

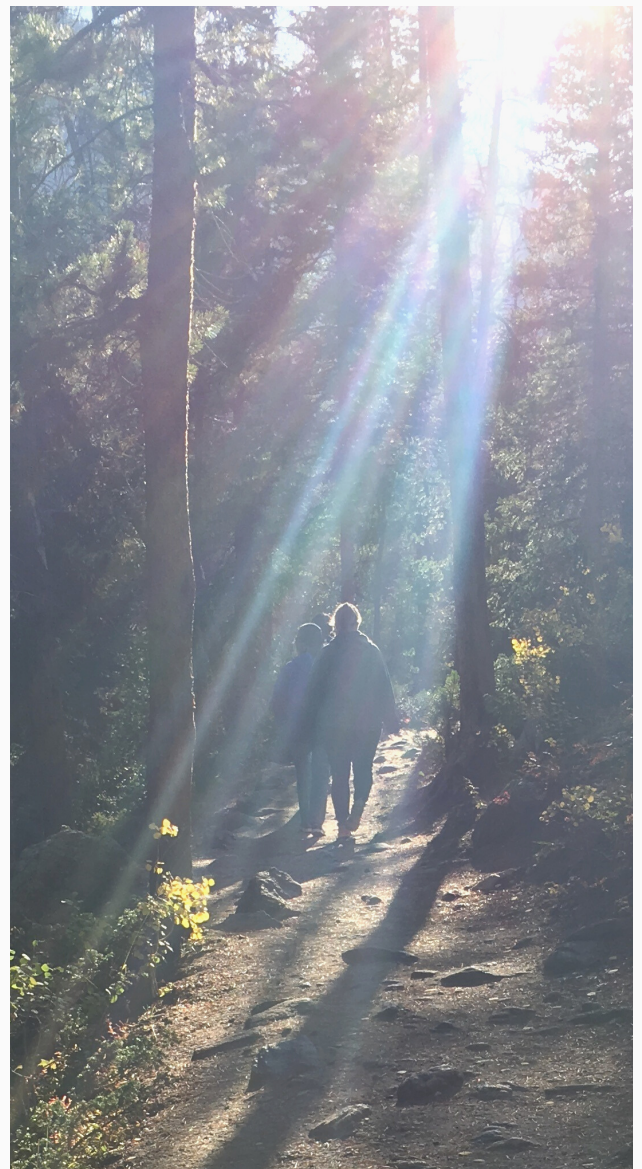
EVERYDAY SPIRIT QUEST

12 STEPS TO GET STARTED ON YOUR OWN SPIRITUAL JOURNEY

You came into this life looking for an adventure. Sometimes life, stress, and anxiety get in the way. You can reconnect once again to your own inner wisdom, knowing, and strength by going on your very own spirit quest. You don't need to go to an exotic location to go on a spirit quest. A magical spiritual journey can be found in your own backyard. Here are some suggestions to get started.

To start, you have to raise and maintain your energetic vibration. Here are a few ideas:

- Treat your body like the temple it is. Your soul might go on but your body has a shelf life that can be shortened with poor self-care and extended very easily. Be healthy. Eat well, limit sugar, limit or eliminate alcohol and other substances. Move it, dance, stretch and walk.
- Get good sleep
- Meditate
- Be grateful
- Spend time in nature. Pay attention to animals and plants. Smell the flowers!
- Have fun, play, sing, and dance!
- Be creative, it's easier than you think!
- Look up! Look at the stars, follow the cycles of the moon, and watch birds fly!
- Find your tribe and find a guide, like me!
- Simplify and declutter
- Create sacred space in your home, in your yard, and in your life.
- Journal about all of it!



Well, that should get you started! Wishing you many blessings on your journey. Barb

For more information, visit my website at www.insightandhealing.com