

10 WAYS TO

Turn Self Care Into SOUL Care



From Teacher - Healer - Artist

JACQUELINE MORASCO

www.SpiritedPractice.com

10 ways to turn your Self-Care into SOUL Care

1. Take any self-care routine and make it sacred.

--Brushing your teeth, driving to your local store, washing dishes

How do you make it sacred? Stay in the present moment while you do your habitual task. Make it a special occasion each and every time. Take a breath before. Pay attention to each step you take.

2. Turn a part of a room into sacred space.

--Create an altar in your bedroom, light a candle, keep fresh flowers or a plant.

An altar contains any objects that are special to you. I like to have all the elements represented (earth, water, fire, air and ether).

3. Nourish your mind, body and Spirit with healthy food that you love.

--Don't eat ingredients you don't like, buy organic and local-when possible, eat sitting down.

There are many ways to enhance how we eat.

4. Breathe deeply and consciously in between each activity.

--Moving from work to car, before and after a phone call, listen as someone speaks then pause and think before you answer.

5. Say a silent prayer of gratitude or affirmation before sleep

--Thank you Spirit for ____.

6. Notice and create random acts of kindness.

--Smile at people in the grocery store, stop and smell the flowers, help a neighbor shovel snow.

7. Practice being grateful for whatever shows up in your life.

--Have a regular gratitude practice that you WANT to do daily, keep a journal, have an object you look at or touch and tell them what you are grateful for.

8. Make something each day.

--A rhyme, a picture, a meme, a meal, anything YOU create.

9. Move your body with Joy in your heart-make sure it's a movement you enjoy.

--Run up the stairs, shake your hands, move your hips in a circle,

10. Love yourself as you are.

--Look in the mirror and notice one thing you love about yourself. Dress the way that feels good to you.



My name is Jacqueline Morasco, I am the Creator of Mantra Oracle Cards and the Owner of Spirited Practice.

I was shown yogic practices and energetic healing in my early recovery from addiction. Who knew it was going to be part of my life over 30 years later. I am a retired Middle School health and science teacher, a Certified Yoga Therapist and a practicing Artist and Energy Healer.

I have studied Vedic Chanting since 2005 and have practiced using Sound throughout my life. After years of study and research, I was shown how to find your Soul Sound through Vedic Astrology. After experimenting with myself and clients, the process crystallized and now I want to share it with anyone who's interested. My purpose on the Planet is to create harmony through sound and silence.

Breathe, Connect To Your Intuition, And Choose A Card

My Magic Mantra Oracle Card Deck is an easy way for you to take a small break in your day to clear your mind, breathe, and receive guidance.

Use them daily, weekly, monthly or whenever you feel like changing how you're feeling.

This 50 card intuited oracle cards deck is comprised of my original art.

[Click Here To Learn More](#)