

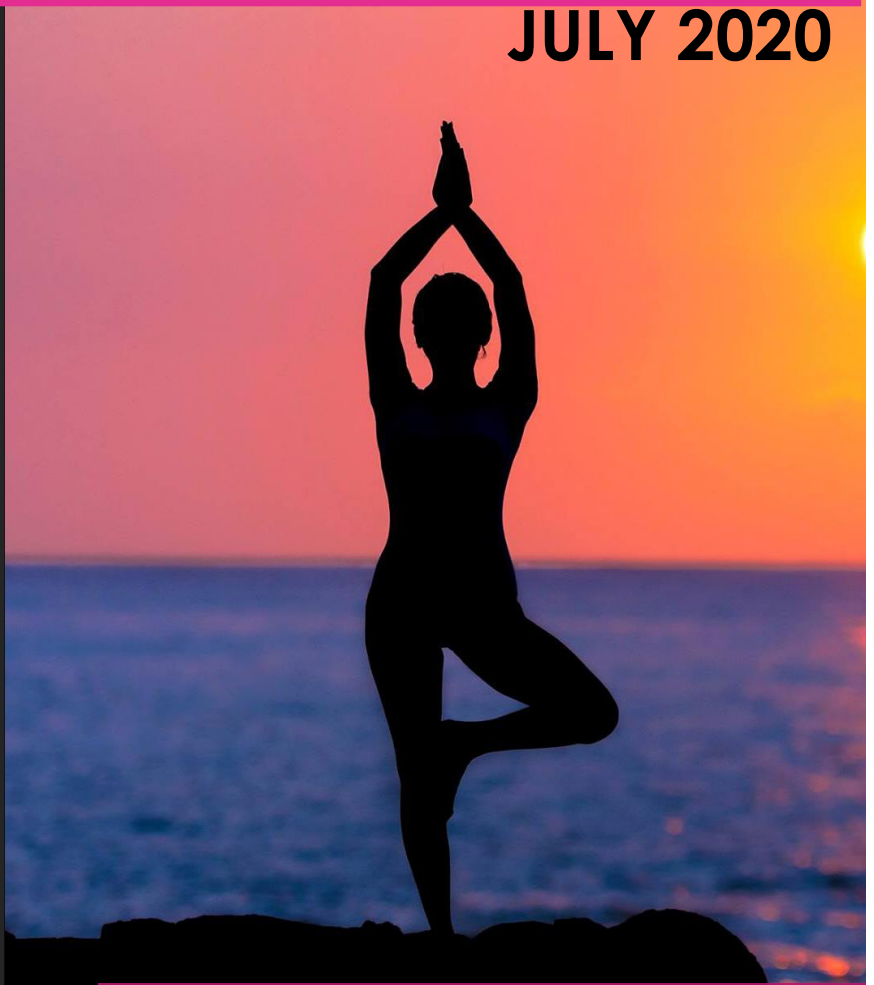
JULY 2020



# Wholeheart HOPE Healing

NEWSLETTER

Welcome to the first Wholeheart HOPE Healing monthly newsletter. The intention of this newsletter each month is to guide you through your healing journey with Planetary and Collective Energy Updates. Yoga, Meditation/ Mindfulness techniques and tips. And lastly, supportive nutrition and herbal remedy education.



**We Rise,  
We Heal,  
We Overcome!**



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## ENERGY UPDATE

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July will be a time to detox, recharge and take some time to release all the energy imbalances that came into your awareness through the month of June.

We closed out the Eclipse season the first week of July. This month the energy will feel a bit more Zen for us. We will begin yet another transformative planetary shift in September, so I am suggesting to all my healing students to take time for self this month.

Use this month to get back to basics. Revisit your routines and habits-Did you notice that during the Pandemic that you lost your day to day routines? What behaviors, habits, and thoughts did you notice disrupted your flow?

July is our opportunity to revise and restart. You may notice the urge to purge, your environment, your habits, your mental and emotional state. Physically you want to detox. This month's Yoga focus and nutritional advise will be all about that DETOX. Perfect month do so. Keep reading for more information on what yoga teaching will support your detox process, as well as what to consume to aid in cleansing your temple.

For more information about this month's energy shifts by my go-to healer and astrologer click [here!](#)



## WHAT IS DETOXIFICATION?

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Detoxification is the process of getting rid of unwanted toxins within the body that build up from toxic foods, excessive hormonal production, and excessive substances like alcohol, caffeine, prescriptions medicine, etc.

There are many ways to detox your body and there is a lot of great research to support your journey in cleansing your temple. Just a few are:

1. Drinking plenty of water.
2. Eliminate fried, pre-packaged, and processed foods from your diet.
3. Avoiding Sugar and sugar substitutes. (Use Honey or Agave instead).
4. Create a sleep routine and keep technology devices out of the bedroom.
5. Get physical, movement helps release toxins.
6. Meditate to reduce stress and anxiety (reducing excessive hormonal production).

For more tips and techniques on how to cleanse the Mind, Body and Spirit book your Integrative Health Coaching, Energy Healing and Yoga/Meditation Instruction with me. Please visit [mywholeheartedhope.com](http://mywholeheartedhope.com) for services offered, events, and testimonials.

“Life is a balance of holding on and letting go.”



## SAUCHA (CLEANLINESS)

Saucha is one of the Yoga Niyama's that means purity, cleanliness, and clearness. When we think about this, most think of cleansing with soap and water. Saucha is much more in depth than that. Saucha is about consuming things that are pure such as clean water and foods that are not processed or boxed. Eliminating excessive substances like caffeine, alcohol, nicotine that slow down and negatively impact your digestive system. Saucha also includes cleanliness of mind. Being aware of your thoughts helps reduce negative self-talk. Speaking harshly or harmful to self would be an example of not practicing Saucha.

Some practices you would include in your non negotiables to achieve Saucha are fasting detoxifying cleanses, particularly a cleanse that helps reset your gut biome and clear your digestive track. Receiving regular Lymphatic Massage, taking salt baths, and practicing mindfulness activities that clear the mind of chatter or chaos.

Your home environment is also a place to incorporate Saucha into your wellness routines. Your home is a direct reflection of your mind. If your home is unorganized and chaotic then your mind is also misdirected. Let go of excess, practice minimalism, turn off technology, clean and sanitize all furniture, and spaces frequently used. Keep cabinets, closets, and storage spots organized and labeled.

For more reading on how to begin a practice of Saucha click [here!](#)