

# *Shakti Key*

## *Comfort Zone ideas*

*Choose 1 that rates an 8 of difficulty on a scale of 1-10*

- *Plan and carry out a 2 day silent retreat- Arrange to get away from the demands of everyday life and prepare your family and friends for no phone use for the two days. Refrain from listening to anything like music, podcasts, tv/movies, or any live conversations. Stay in a state of observation with your thoughts, emotions, and body sensations. Eat your meals mindfully, noticing the colors, flavors, texture and how each slow bite feels. Meditate, practice yoga, go for moving meditative walks and spend time in nature soaking in the healing vibes.*
- *Take a solo trip that pushes you outside your comfort zone but is safe for a solo female to do. (My very first solo trip was horseback riding in Jackson hole in a distant ranch off a dirt road with no phone service). Be creative, perhaps its international, or across the country, solo hiking/camping or remote in your state of residence. This trip is exciting and stretches you and yet you have a deep feeling of peace as well.*
- *Finally engage in a hobby you have been scared to try and sign up for it. Skydiving, Sailing, Diving, race car driving, karaokeing, or dancing. When we have a pull to expand our hearts into new spaces sometimes our rational mind can dampen the thrilling or exhilarating experience of spirit connection by saying why we can't do it. Once again this activity needs to stretch you without moving into unsafe territory. Only you can decide what that is.*
- *Confront a fear that has plagued you for years, whether that be spiders, snakes, heights, dark, speaking, or get out and meet new people. Set up a time to do an activity that helps you meet your fear halfway, then sit and be with that fear while noticing your emotions and breathing through them.*
- *Do something/anything that you normally do with others, and do it by yourself. Movies, your favorite hobby, go out to dinner, hiking, skiing, or go to a play or concert. Recognize that one of the most important relationships is with yourself. Tune in and pay attention to your likes, dislikes, impulses and impressions you receive while being with just yourself.*
- *Choose your own activity and notify Julz what that is by emailing [julz@lifted.yoga](mailto:julz@lifted.yoga)*