

Applying my magic when times are dark or I'm out of sorts

## The Gift of PISS

### Pause:

- Stop and take time to be in whatever you are in
- Awareness of what is going on
- Allowing the current state you are in to be
- Accepting your feelings without judgment

### Indulge:

- In the emotions
- In time to be in it and process it
- In the senses (essential oils, baths, music, darkness, etc)

### Stir:

- Deep breaths
- Movement
- Stretch
- Laugh
- Play
- Do what you enjoy

### Shift:

- The energy
- The perspective
- From isolation to connection
- From separation to unity

