

Power Hour for Your Soul



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Refresh
Recharge and
Reinvigorate
yourself...

Power
Hour for
the Soul



...with a regular
Power Hour for the Soul.

- Outlined here is a template you can use whenever you're *feeling a bit run down or drained*, or if you're feeling a little *out of balance* and have *lost your sparkle*.
- You can take a Power Hour when you want to re-centre yourself, whenever you feel like it. Or you can make it a part of your routine.

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It's your soul.
You get to call
the plays.

- You can mark the occasion by *preparing your space*, making sure the room you're going to use is tidy and uncluttered.
- To *amuse your senses* you can light a *candle* and deploy some *fragrance*.
- Keep handy a *pen and paper* for when you want to write down an insight.
- Drink a *glass of water*.

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The first part could be the biggest challenge...

- *Give yourself an hour of your day.* By yourself, alone and undisturbed.
- Power down your devices and find a comfy place.
- Have a little stretch and give some attention to any achy muscles.

(If you want to use a device for music or an alarm, turn everything else off so no notifications come along to distract you).

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- The idea behind this Power Hour is to spend the time *nourishing your soul*.
- The water, the candle, the fragrance and the space are like offerings to the *sacred Life* within you, the source of all your energy.
- The act of setting the space, coheres your intent to *honour* the life you hold.

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And the intent here is to:

*INVIGORATE YOUR BEING
BY CENTERING YOURSELF.*

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Give yourself the kind of
attention that rarely comes by
in day to day life.

YOU CAN THINK OF THE
POWER HOUR

as a time for
MUSING

CONTEMPLATION

REFLECTION

PRAYER

LETTING GO AND
RELAXATION.

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As you sit, or lie down, ideally with a *straight back*, ask yourself a *question* and ponder everything that comes up.

The question you're going to ask is:

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How am I with myself now?

How am I with myself at the
moment?

- Your Power Hour is a time for you to *get really comfortable* with the reality of your answers to this question.
- *Check in with yourself*, with your body, your emotions and your ideas.
- Hold up your current experience of life and everything against the mirrors of *fulfilment, satisfaction* and *contentment*.

Are you satisfied with the way things are and the way things are going?

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REMEMBER:

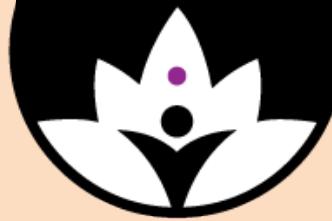
Yes the Power Hour is a *time for ideas*, should they arise.

But it's not a time for solutions.

The focus here is on *acceptance* of what is, and *gratitude* for all that you are and for all that you have.



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Let your mind drift and your
thoughts wander.

This activity will comprise the
largest portion of your time.

As your Power Hour comes to an end you can *make a choice* about...

...which of your feelings and actions you want to *carry forward* and which you want to *let go*.

Spend the last portion of your time having a nice stretch.

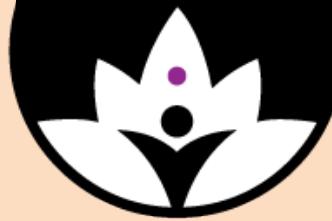
Give some attention to your neck and shoulder muscles and rub your hands and feet.

Drink another glass of water.

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When you're ready, emerge
gently back into your day.

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When you give yourself time...

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When you allow yourself space...



You shift into a place of nourishment.

This kind of attention will psychoneuroimmunolgically*

- Boost your immune system.
- Your body will go into a healing mode.
- You'll experience an enhanced sense of energy.

And you'll get the best results if you do this *regularly* -

Once a week and you'll establish a baseline of contentment in your life.

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*Psychoneuroimmunology - refers to the connections between the *psyche*, and the *nervous* and *endocrine* systems.

It says that what's in your mind is in your body.

E.g. Think of your favourite food and your mouth will water. The way music can make you tingle and your hairs stand on end. The amorous feelings that arise when you think of your loved one. When you see a picture of a baby animal and your body floods with the hormones of cuteness.

Here are the steps again:

- Prepare your space.
- Get comfy.
- Have a glass of water.
- Ask the question, “How am I with myself at the moment?”
- Take deep breaths.
- Be in non-judgement about whatever comes up.
- Contemplate and Reflect.
- Drink more water.*
- Stretch and massage your body.

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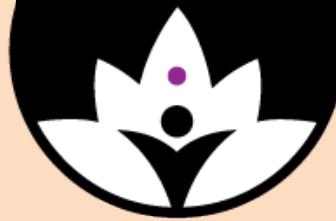
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*Water is a *conductor* and ideas are made with *electricity* - the flow of charge across your synapses and through your nervous system.

Being consistently hydrated allows your Ideas to flow. Literally.

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Whenever you're feeling like you could *use a boost of energy* you can use this Power Hour template and make it yours. Share it with others who you think would like the same *invigorating benefits*.

Any reflections or insights you'd like to share, please leave a comment at facebook.com/khalil.s.patwa

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Or...

“I’m taking a Holy
Time Out now!”

