

# Harvest Calm - Introduction

Thank you for exploring Harvest Calm, my hope is that you will find something that is useful for you to bring ease to your days.

Given the mind blowing effects of what panic and anxiety does, I'm aiming at keeping it as simple to follow as possible, so here are a few pointers to getting the most out of the course.

You can either use the course workbook online – and jot things down in your journal, or print out the course and use it to write in.

## **Intention**

At the very beginning of the course you'll need to set the intention for the three weeks, a one or two word headline of what you want to focus attention on healing. Each day you rewrite this intention down.

## **Interruption**

You'll need some kind of alarm setting device that you can hear during your day. This reminder is used to mark the times when for two minutes you do one of the activities as suggested in the course. If it's tricky to take a full on two minute break from whatever you're doing, even a quiet 'mini-break' will do the trick. The point is to interrupt what you're doing and focus your full intention on your inner world and allowing it to take precedence, even for a moment.

## **Starting your day**

In the morning before you get up you write three things that make your day (ideally you'll be prepared with things right by your bed so that you write them down very first thing) - then when you get to your course workbook or journal you can fill them in to reinforce your intention to make your day. In the evening you can write four things that made your day. You'll get more out of this if you really take a moment to absorb and inflate the feeling of satisfaction that comes from these pleasure pods that have delighted you.

## **Connection**

Every day you're being asked to reach out to someone and tell them something meaningful. Please note, this is meant to be something that spreads the love rather than getting to the bottom of old issues, for the purpose of Harvest Calm this reach out is meant to focus attention on connection and harmony. If this is challenging, write down first who you are reaching out to and what you want them to know. During the conversation/text/letter you can rephrase it to something that fits with where you are at in that moment. It is more important that you honour your feelings and acknowledge what you want to communicate and the spirit of what you want to say rather than stressing yourself out saying it. If it is too complicated to express an emotion, a simple act of connection transmits love and is enough to sow the seeds of Harvest Calm.

## **Food Diary**

Keeping a food diary is useful for two reasons. Firstly noticing how you are

nourishing yourself sends a mental message back to your healing-centres that you are actively involved in treating yourself with care which is important in helping to reduce anxiety. Secondly it helps to point out if diet is in any way involved in triggering panic, in terms of space between eating and types of food. Some people experience panic attacks purely due to blood sugar spikes, and some people because of dehydration, if eating regularly seems to ease off the anxiety then it could be key to managing panic in the future.

### **The Chia Smoothie**

This is made with Chia seeds, a quarter of a teaspoon of cacao powder and then anything else you'd like and can be taken at any time during the day.

I change it around depending on what mood I'm in, sometimes with a banana, yoghurt and apple juice, sometimes banana with milk, sometimes sprinkled on muesli or porridge, or sprinkled onto my pudding. If I have more than a heaped teaspoon in one day then I make sure I drink an extra glass of water.

### **The BentoBath**

This is just a normal bath with Bentonite clay, Epsom salts and lavender essential oil. It can either be a full bath, or it can be a foot soak. If it is just a foot soak then it should be at least twenty minutes, this gives enough time for the blood to flow three times around the body, meaning that more of the Magnesium has a chance to get absorbed.

My hope for you is that by going through the process of Harvest Calm you experience relief from what you are going through. For some people a week of focus will be enough to find significant change in their engagement with anxiety and panic, and see real results in reduction of stress. For other people the reasons why the pattern of panic response is more deeply ingrained in the system and a more gentle healing curve is needed. After 18 months of debilitating anxiety an over riding feeling was of hopelessness and powerlessness to change my life to where I could live more fully again. It took me 18 months of slow progress to get to today where having mini panic attacks is rare. I have them very rarely, sometimes they are strong, sometimes just a thin veneer of unease, and then I know it is time to go back to basics and review my self-care.

What I know is, and what saddens me about my fellow panic survivors is that having panic attacks can feel very lonely, what I also know and what makes me feel hopeful is that panic attacks are a very normal human response that with the right context can be managed and reduced to a point where they no longer find the right conditions to flourish in. I know that humans have an enormous capacity to heal, beyond what I previously believed possible, and I have experienced this for myself. Panic and anxiety are two of the more commonly searched terms on the internet, while this indicates that it is a wide-spread issue it also shows that we are not alone. I trust that we will find the right kind of support so that our lives are not ruled by panic, I hope that within Harvest Calm you find some elements suit you and find it easy to make them work for you.