



## The Badass Butterfly Daily Practice

Consider downloading the Insight Timer app for your phone or tablet, then come find me under the name Crystal Lynn Bell. <https://insighttimer.com/>. Send me a connection request so I can send you meditation recommendations.

**REMEMBER:** If you are thinking about skipping a practice session—DON'T! Instead, do just two or three really good minutes of stillness and then call it a day. Don't beat yourself up over it. Always come back to the practice with a sense of a fresh start, remembering the deep benefits you receive from your regular practice.

### Morning Practice:

Try to do the full practice every single morning without exception.

1. Connect to your Higher Self with 20 minutes of Silent Mind (Stillness) Meditation.
2. Manage your Ego with Shadow Work and Journaling.
  - Listen to your ego's doubts, fears and anxieties and put them in perspective. Do something about your ego's problem. Come up with some solutions and let ego rest.
3. Connect your mind and body by doing a morning yoga or T'ai Chi practice. See the Iyengar Yoga Home Practice pdf in your Google Drive folder and check out this video from Yoqi: <https://youtu.be/IyINAjEoTIs>



### Evening Practice:

Try to do at least an abbreviated practice every single evening without exception.

1. Connect your mind and body by doing an evening yoga or T'ai Chi practice. You can repeat the same Iyengar Yoga sequence or choose a relaxing T'ai Chi practice.
2. Manage your Ego with Shadow Work and Journaling.
  - Listen to your ego's doubts, fears and anxieties and put them in perspective. Do something about your ego's problem. Come up with some solutions and let ego rest.
3. Connect to your Higher Self with 20 minutes of Silent Mind (Stillness) Meditation.

