



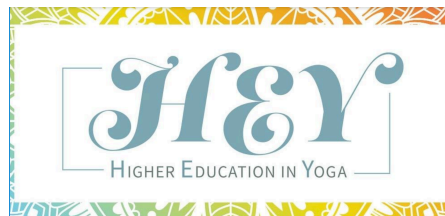
Episode 2 - Prioritizing Self Care

Welcome back, this week to the modern mystics podcast, this is a lot of "Kalia and I'm excited to chat with you this week about prioritizing your self-care. Now, I'm hoping that this podcast is exceptionally good timing for you, because the holidays are coming up, and that tends to mean that we get more hectic more frazzled more flustered but even if it doesn't, I imagine that this being the end of the year, you're probably running ragged and running at the very end of your rope as they say, burning the candles at both ends. Now, if you're a yoga teacher, I know you're doing that. And if you are a modern mystic it is very likely that you are doing that because people like you and I, people listening to this podcast we're healers, we are here to help serve others to give to others to nurture others to work with others spiritually and psychologically astrologically alchemical logically, in all of the ways in which we work with them and oftentimes that leaves us incredibly sapped.

So here we go, "Welcome to the modern mystics podcast, I'm your host. A lot of kavala. The yoga doctor, I'm here to help you realize your potential as a spiritual leader and elevate your work in the "ellice yoga mysticism and spirituality. This podcast covers all of our favorite topics, including yoga alchemy astrology divination spirituality psychology ritual and mystical practices, both ancient and modern. Get ready to up-level your status as a modern mystic.

So I wonder if you've ever actually taken the time to prioritize your self-care.

My guess is most likely not very few of the people that I know in this industry are able to do that. I do have one girlfriend who is amazing at her self-care I won't call her out by name, but she knows who she is, I just admire her so much every time I speak with





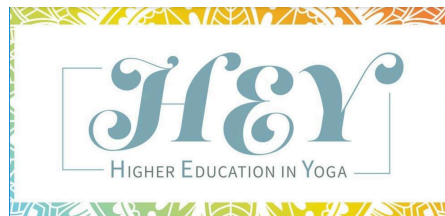
her, she's telling me that she's coming from a massage appointment or that she's just come from a peace or that she's just testing out this new power that she took 30 minutes in her afternoon to go do a steam and sauna. And she lives here in New York City and works here in New York City, just as I do and she runs around doing the yoga teacher hustle teaching classes in many different locations, and yet she still manages to find time within her day to prioritize her self-care. So I wanted to take a page out of her book and give you all some techniques and actually three secrets that are going to help you to prioritize your self-care and not us this holiday season, but hopefully really all year and potentially for the rest of your life.

Because if you are doing the work of a modern mystic if you are stepping into your role as a spiritual leader, as I'm assuming that you are then it's really important that you care for yourself, and make sure that you are recharged.

The way that I like to think about the work that we do is that we are like vessels that are transmitting whatever you'd like, energy wisdom information spiritual practice teachings all of the things that we share with others. We are just vessels, or a transmission centers for... So that information comes in through us all of the information that we access all of the healing and spiritual work that we do. I like to think of it is coming from a higher, bigger place than just us.

I know for myself, I personally don't have the ability to transform someone else's lives, but I do have the ability to tap into the wisdom of the ancients and the modern, the modern ages in order to give that information or that healing or that nurturing advice to someone else so that they can be transformed by it. I never like to think of it as coming through me personally, that I had just the conduit for this work.

The, if you think of your sell house can do it sort of like a water hose, a garden hose





you wanna keep that channel really clear. And if we don't practice self-care, or if we don't prioritize our own personal practice that conduit that garden hose can get gunked up and we don't flow as easily we feel as if we're not inspired, we feel like we're getting cross-transmissions we're not able to really channel what it is that we need to. And here's the thing about the work that we do as we do it as we move this work through our bodies. And outwardly to others, it serves us as well, we get the benefit of the healing that we're transmitting we get the benefit of the yoga that we are teaching we get the benefit of the alchemy that we are producing in our classes or with our private clients or however it is that we work we get all that benefit more so as we transmitted as long as we stay clean and clear as good vessels of transmission. So this is one of the reasons why, as a spiritual leader, as a modern mystic it is so critically important that you truly do care for yourself, think of it this way, your ability to care for others is always dependent on how much you care for yourself. So if you let yourself say for a day, you're gonna feel a little rusty, the next day, but if you neglect yourself for a week weeks at a time, months, maybe even longer imagine how difficult it's going to be to keep trudging forward, with the work that you do now it's okay also if you don't work specifically in a spiritual career, you're listening to this podcast, for a reason. I'm assuming it's because you're interested in mysticism and yoga, and even as you are learning about this stuff you are still broadcasting it, and bringing it to the people around you, whether that be people in the workplace, or your family at home, you are still carrying this wisdom forth to them, so you are still worth all this self-care, so that you can continue to be a good conduit in whatever way it is that you do transmit this information.

I'd like to think of that image that we always see when we're flying in an airplane. And they give you that safety briefing before you take off, you open up the pamphlet. And of course, what does it tell you that if in an emergency the oxygen masks drop down that you apply one to yourself first, you always put the oxygen mask on you first,





because if you can't breathe if that oxygen isn't flowing to you you will be absolutely useless in terms of trying to help anybody else around you, and that's no good.

So this is a good bit of simple wisdom to apply to your life.

So we're gonna be talking about this all month, actually in my higher education yoga membership, we're talking about self-care, prioritizing and self-care. So this is a conversation you'd like to continue with me and the membership. I'm inviting you to a 114-day trial just head over to higher education do yoga, trial to check that out.

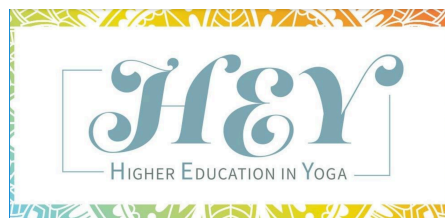
So your state of mind and well-being directly affects your every day life and I've got three secrets for you that are going to help you get self-care in the priority Lane in your life. Because I know it's easy to stick it on the back burner trust me.

Alright, secret number one here is schedule your time.

Now I know that many of us do this for appointments for business meetings, but I want you to start doing this, for your self-care as well, because frankly, if it's not scheduled, it's not real.

Now, you may already know that this is true when it comes to meetings or professional engagements that you have to attend. If you have a meeting with your boss on Tuesday, a four, and it's in your calendar of course you're gonna show up on Tuesday. At four, but what I'd love for you to do is to schedule the things that also fulfill you and to help you keep your conduit clear because that's just as important as meeting with your boss at 40 PM.

Now, I also wanna remind you that you want to schedule both work and play, and





curating your attention is really important to... So as we schedule out our day, let's say we schedule our practice in the morning, and then we follow it up with some work stuff we schedule a break at lunch, maybe a 30 minute walk. I also really encourage you to schedule a 15-minute "shaan every day after work, or every day after whatever it is that has consumed your day is complete, 15-minute "shabana does not just to work exceedingly well, after a powerful... As in a class, it works well after we've exerted ourselves throughout the day. So, give that a try.

You wanna schedule your play time as much as your work time? So if you wanna keep say Saturday free, go ahead and schedule it as a free block of time put that in your calendar so that something doesn't sneak up on you. I have this happen to me all the time that somebody will say. Oh hey, let's do, let's do coffee on Saturday.

And maybe it's a student and of course they wanna hang out and talk to this student, and how coffee... But now my free Saturday has just gotten an appointment, and it shifts the energy of the entire day.

So schedule out your time, both work and play. And one of the things that I love to do is batch scheduling my time.

So for example, I like to record several podcast in a row I've got my set up already everything is plugged in, ready to go, I've got the program on my computer, the inspiration is flowing I've got everything organized and I can just roll and record several podcasts at once and that way not out the... I knocked out of the way, and I'm all set for a few weeks. You can batch schedule anything so that you can do more of it in one block of time and not have to set up or commute. Get yourself in the mindset and then at the end, take down commute home. Imagine for you, yoga teachers, this might be actually trying to batch schedule your classes.





This is something that I used to do when I used to teach in the studios, many years ago where I would try to get all my classes into a block of time, so I would start it for a PM on a Tuesday afternoon, I would have another class at 6, and then another class at eight, and that way I was in the studio, I was in one place, I was doing one thing, I didn't have to commute there and back, I didn't have to get myself in the mindset I didn't have to... And myself up and get ready to do the practice and to do the teaching.

So if there are ways to batch schedule your time I highly recommend it. Another way that people are really successful in that scheduling their time actually and really saving time throughout the week is to batch cook.

I have a good friend who does is every Sunday afternoon, she dedicates herself about three to four hours of batch cooking for the entire week so she'll prepare all of her vegetables for the week, she'll get all of her cuts of meat ready for the week she'll prepare any sauces that she needs for the we... Now, of course, this takes some planning.

You have to understand what meals you'll be eating throughout the week and of course you have to plan all the grocery shopping, to have the food there and ready for you so that you can batch cook. But I think it's brilliant that way, throughout the week, she's not spending an hour or two every single night figuring out what she's going to eat, going to the store to get all the ingredients, preparing them in the evening and then also cooking them. It saves her themed Cine at a time during the week, so that she could spend the evenings with her family. I think that this is brilliant. So that's another way to batch schedule your time. Curating your attention is another one of my favorite ways to schedule time. It's really easy for us in this day and age, to





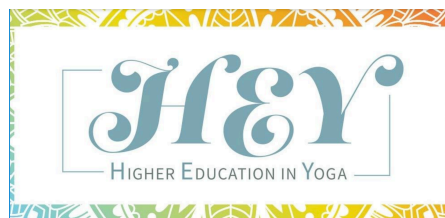
get super distracted.

I can't tell you how so often I'll pop on to a social media account and just find myself scrolling still five minutes later and I know that I, a long... Any of us as a are subject to scroll, we are victims of the scroll the endless scroll. Frankly, it takes our energy and attention away from life, from the people in front of us when the people we are sitting with. So just as a general road, love for us to put our phones and our devices down more often, but if you need help curating your time in that way, one of my favorite things is an app called Freedom.

The freedom app is an app you can put on your phone or your computer and it will actually block you from the social media sites, so you don't end up going down those ridiculously long rabbit holes and wasting your time.

You actually block any site. I think with freedom, if you find yourself constantly heading over to medium dot com and reading their articles, then you can say, "You know, I really don't wanna do that. Between the hours of 4 00 PM and 9 00 PM. I just wanna settle my day and be with my family during that time. I could do it before four, but not after four. And you can set your own limit. So, hearing your attention if there are things that are distracting you, pulling your tension away from the people or activities that you love then figure out ways of curating your attention and give that freedom. aperi.

I also wanna make sure that you're taking a full 24 hours off every week, really, really you should have two full days off every week. And for many of us hearing that, I know it's gonna send like, "Oh my God, I don't have the time. How am I ever gonna do this? But it is possible and that is why we do have weekends, so hopefully you can schedule two full days off. Especially my yoga teachers who are listening to this, I





know that that can get tricky because, of course, people love to take your classes on Saturday and Sunday, and so that potentially means that you don't have a full 24 hours off, if you have to adjust it. So that perhaps Tuesday is your day off, that's also totally fine.

It's nice to have a day off during the week. As well anything that you do for an activity will be much less crowded during the week. So, there are some benefits, but please make sure that you take at least a full 24 hours off every week to just rest rejuvenate and recharge.

Alright, secret number two, stick to your practice.

I know that that's a difficult thing to do, especially when we find ourselves so busy. And of course, it's when we're busy that we're most frazzled and when we feel so unable to keep up with our practice. But your practice is really important, your spiritual practice is absolutely essential for keeping you in something that we like to call flow state.

So flow state is the new hip trendy buzz word coined by positive psychologists who discovered that there is a state of mind, a state of being in which we are the most productive were the most happy. Everything just flows. It's a state of mind, and a state of being where time really doesn't matter that whatever you're doing or whoever you with or whatever. You're currently occupied by it's almost as if you don't notice anything else going on, you don't know how much time has passed? You feel like you could do this thing forever, like You could be here forever. That's flow state, that's our most happy productive state. Now, thank you very much positive psychology, but yogis have known about this state for a long time. We call it yoga.





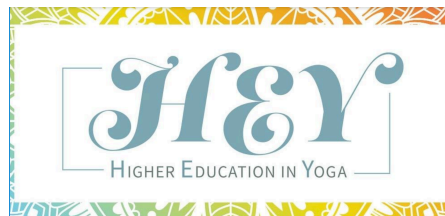
So this is the psycho-spiritual state of yoga, the actual psychological state of yoga, and yoga is a psychology that will be another podcast. It is a psychological practice as much as its spiritual practice. It's actually not as much physical practice. I know that sounds wild probably to some people listening but ponder that for a moment and just consider that there is a state of mind, a state being that you already have that you already know how to tap into that. You've been there before, you could easily get there again. And the easiest way to get into this very productive, very blissful state of mind is through your yoga practice.

Now, I want to put a little asterisk there, because I also don't want you thinking that you have to spend all day every day practicing in order to get into this flow state it actually doesn't take that much it's not that hard.

You have the ability to be in the state of yoga, and I mean at the state of enlightenment yes, correct. Any time that you want to... It's a state that you've been in before. Any time you have felt this suspension of time, this feeling of joy and bliss this ability to just be consumed with whatever task is in front of you. We've all been in that state. That's the state of oneness with whatever it is that you're doing around you in your world.

And it's something that we're all in-built with now. The practice of being enlightened is actually not that novel. What's novel is the ability to do it for longer periods of time, so most of us could get into flow state or we get into it accidentally, and it's only for a short period of time. What we wanna be able to do, is to extend that period of time that we feel this sense of bliss and joy.

That's what your yoga practice allows you to. It allows you to connect more fully, more completely and for a longer duration, but it doesn't take that much you don't have to





do 90 minutes or two hours with of practice, you don't even have to do awesome at... Yeah, I know I said it.

Your yoga practice should fit into your life, not the other way around, okay, your yoga practice should fit into your life. Not the other way around.

Maybe it's five minutes in the morning, maybe it's a simple prayer.

One of my most favorite practices is to get up every morning and to simply write down three things that I'm grateful for that simple gratitude practice changes my mind and my attitude the entire day. It does for you, too. And it does for many of the students that I've recommended to try this gratitude practice, so it can be incredibly simple. Think outside the box. I actually wrote an entire book about this called "Yoga beyond that. So if you're interested in reading more about how to create a practice a daily practice that's not overwhelming, that fits into your life, feel free to check that book out, but remember, your yoga practice does not need to dominate your day, Okay, choosing simple, effective practices that keep you connected or key?

Let go have the focus on the Asia.

Maybe it just takes a few stretches, to get you to that connected feeling.

Maybe you just do a child's pose at our dog, maybe you simply stand in to Asia where I sit on the floor or sit in a chair.

Maybe you close your eyes for a few minutes.

The important thing is that you're not really doing what you're told or what you think





you should be doing. We really have to all stop showing ourselves yoga anywhere in general, but what we don't wanna do is what we think we should be doing in our practice. Oh, I should start with an ohm. I should start with son Sita ions I should end with 20 minutes of meditation let go of that script let go of the... Should and simply do what moves you. What are the practices that actually feel the most powerful for you?

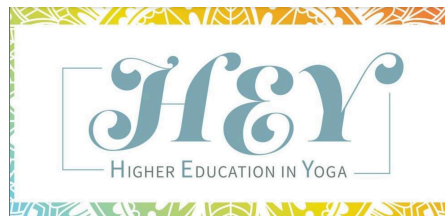
Maybe it's an invocation rather than a meditation, maybe it's a 15-minutes CASA rather than 15 minutes of sun salutation. Do things that make you feel connect to choose the tools that work for you, and truly try to dial it down so that you only do what is necessary to maintain this flow state this state of yoga.

What gives you what this gives you? The freedom to do, is not over. "Think it not over do it.

You can start your day with a few minutes you can actually pepper practices throughout your day, you could spend 30 minutes with your eyes closed deep breathing, almost at any point during the day, not well driving. Obviously, you could spend 20 minutes on a mind full walk during your lunch break, you could send an email to someone you haven't heard of or heard from rather in a long time, that tells him how grateful you are to have them in your life.

You could pick a flower on your walk. For somebody at work. There are so many ways to bring the mindfulness, the state, the psycho-spiritual state of bliss and joy into your day, through yoga practice. It doesn't have to be this one giant time slot at the beginning of your day, or the end of your day or at any point in your day, really.

So make your practice not obsessive this is not an obsession, there's no room for guilt





here. Built should not enter into your practice. We wanna make your practice, we wanna make you feel about your practice the same way that you feel about brushing your teeth, right?

Most of us hopefully fingers crossed... Brush or teeth about twice a day, and it's something that we do, we do it every day, it makes our mouth Field Fresh and clean and it's great for dental hygiene. We know the benefits of it more convinced and so we do it, we do it as a part of our daily routine, but you know what if something happens that we fall asleep one night and we don't brush our teeth, the world doesn't end, we don't... We don't wake up the next morning with all of the teeth having rotten out of our head because we missed one night of brushing, we just wake up the next morning and we brush our teeth, that's it, there's no kill, there's no session about it, it's just something that we do I want us to think the same way about our yoga practice that this is just something that we do and if life gets in the way, in a really big way, and we miss a piece we'll find little ways of fitting it in or if we don't wake up and do our morning routine because we have a 6 AM flight so we'll sit on the plane and do a couple of invitations silently.

There's ways to work around your schedule, there's ways to work around what your day looks like and there's ways to make sure that yoga practice fits into your life.

Not the other way around.

Okay, so now let's go through our final secret for prioritizing your self-care secret number three is to prioritize your personal well-being and I mean, to prioritize your personal well-being over everybody else's.

And I know that that's tough for those of us in this work, because we like to work for





others, we like to serve others, we wanna heal others and it often comes at the expense of our own well-being, but that doesn't... That's not sustainable, that ultimately doesn't work out.

We have to prioritize our own well-being first so that we can be better healers better yoga teachers. It's really imperative.

Your vitality, translates into vitality for your own life, as well as for the work that you do.

So let's think about what kind of smart additions or subtraction in your life that would make your life easier.

I'll give you an example, one example is to hire help, perhaps a house cleaner, maybe a chef maybe a personal trainer.

Now, I know perhaps some people listening think, "oh my gosh, I can't afford help, I can't afford help. Well, you may actually be able to afford more than you think, number one, if you look into it, and number two, if you cut out some of the things that are distracting and draining you.

Oh, I have to do drinks after work, at least twice a week with my colleagues.

Well, if that trains you and distracts you, maybe saving that money would allow you the space to invest in something like a house cleaner or a chef for a personal trainer. If you look up personal chafing or private stuffing in your area, you'll find that it's actually not as expensive as you think. And what you'll save by eating healthy, nourishing made for you: food at home is often about the same as what you might





spend every week in your restaurant budget.

There are also different places, you can pick up home-made meals. I know that many cross-fit gyms. I know there are even some cross with gems here in my area where I live in New York City, where you essentially decide how many meals you want per day, and there is a chef nearby with a kitchen and she just drops off the meals every day at the cross with gym and the people had their meals to go for the day.

So I wanna just open up the possibility that things that might feel out of reach or RIMPAC, TCA or un-doable right now that they may actually be more doable than you think and freeing up the time and really heavily curating your life, so that you are investing what's most important to you might make it possible to get the kind of help that you need that will help to elevate your own well-being. So, just planting the seeds. Of course, none of that is necessary. There's no need to spend extra money just to prioritize your personal well-being, you can actually do things yourself in order to do that. So I wanna just give another example, which is to utilize a meal planner. There are a lot of apps out there that help you to plan your meals.

So if, let's say, a chef, isn't an option for you, you can use an app put in all your settings and then every week you are delivered a meal plan as well, as a grocery list.

The meal plan has all sorts of recipes as well to cook everything that's in in that meal and then it's all done for you. You don't have to think about what's gonna be for dinner, you don't have to wonder about what you're gonna shop for, you don't have to spend the time every single evening trying to figure it out, you do it once a week and it's done. So that might be a way to subtract or add things that will make your life easier, just because you've done things one way for a while doesn't mean that you have to continue to do them. Of course Einstein tells us to do something over and





over again and expect a different result is the definition of insanity. So if you feel a little crazy in life, it might be time to do something a bit different.

I'd also love for you to block out certain days just for you certain times, just for you just for you time.

And it doesn't have to be anything specific, so perhaps it's an hour here, or two hours there, you don't have to plan to do anything, it doesn't have to be time for you to do your practice or time for you to wash your hair, just time for you to do with whatever it is you want.

So when that free block of time comes up, you can actually ask your own soul, what is it that you need now? And to do that, I also encourage you to engage in hobbies other than your yoga or a mystical practice.

Okay, so for all my yogis out there, I know that we can become barely obsessive with our practice and we tend to have blinders on to anything else if that is the case. And remember what it was that you used to do before you started yoga practice? If you can even remember back that far, or start to explore different hobbies that gets you moving in different ways, or getting get you out into different crowds of people, it's really really good for you, very healthy. It will also make the yoga practice sweeter in that kind of realm. You can also take classes that engage your brain differently. So, not yoga classes. So during your time maybe you'd like to take a ballroom dancing class?

That's a fun way to move. It's social, it gives you a little bit of exercise, it gets you out of the house, just as an idea, just something else to do of course, you could always enjoy nature. Nature is there and available to us and always free do things that you





love, even if you think they're not yoga, co-heirs this is your life and you are here to enjoy it.

So let's recap secret number one is to carefully schedule your time, both work and play, secret number two is to stick to your practice no matter what, but to remember that your practice needs to fit into your life, not the other way around.

And secret number three is to prioritize your personal well-being over even that of the well-being of others.

So before I close out the podcast today, I wanna tell you a little story, and this happened to me many, many years ago, almost actually, two decades ago at this point, I was a new yoga teacher and I was incredibly overwhelmed, already. I've been teaching yoga for a few years. And a good buddy of mine had just gotten her certification as a life coach. Now this was, I mean, this was almost 20 years ago, so this was way before a life coaching was even known or a thing or even cool. No, I had no idea what it was, and she asked me if we could do a trade, I would offer her yoga private sessions and she would offer me, life coaching, and I said, Sure, fine. I'll look at this a try.

Well, she saw how overwhelmed I was. I was teaching ten classes per week, racing all over at that time, I lived in Colorado, so I was racing all over the "narmer area to teach classes, teaching seven days a week, saying yes to every subbing opportunity. Every time I would get an email from a student or a client or a studio, I would try to email them back as quickly as possible, so that I could make sure and get the job or get the money or whatever it was, that they were asking me to do it, I just, it was a lot, it was a lot, and on top of all that, it was a full-time yoga teacher and the studios, so I really wasn't making hardly any money, it was terrible, terrible income and I was running





myself ragged and she saw this as he said a lane. You need to take a vacation.

And I said There's no way I can do that. I said I don't have any money, I don't have time, I'm busy, I'm working, I can't, I can't take a vacation, as much as I want to... And I know that I needed, I just can't. And she said, "Okay stop freaking out. And we're going to do a station.

And once again, this was way before hashtag vacation even existed, she said For the next two weeks, I want you to take a self-imposed vacation, where you do several things. Number one, you check your email only 30 minutes per day, and is to put wet. But what if I don't get back to them right away, that's terrible. She said People can wait 24 hours, and if you're checking your email 30 minutes, once a day, it will be no more than 24 hours before you get back to them and if you have a confined block of time in which you have to check your email that you'll get it done during that time and that will be it.

So email 30 minutes, once a day, she said, I want you to find your lightest day of teaching and sub out the classes on that day, so that you have at least one full day off.

I want you to do something healthy for yourself at least once a day, it can be simple, take a 10-minute walk or eat a nourishing meal or take an after work ship as a... Not whatever it is, do something nourishing, for yourself. Once a day and she said... And over the next two weeks, I want you to schedule one self-care visit with a professional, whether that be getting a massage, getting a facial. And I said, Well, I haven't had my hair cut and over two years, and she said, "Well then do that. So, over these two weeks email, checking once a day, doing something nourishing, for myself, once a day, making 24 hours off during the week and then doing something special for myself, which was get a haircut. So after the two weeks we came back together and





she said, a lot of... How is your vacation?

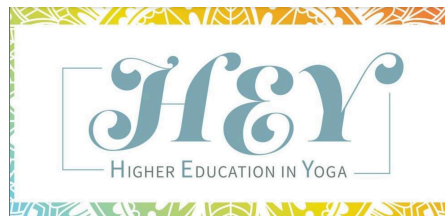
And I say, "My gosh, I'm like, "I changed a woman. This is so nice, I said, This has been so freeing, it's been so nice to relocate the email, to just a small period of my day to make sure that I do the thing from every day I said... And I got my hair cut I said I feel great, I said... And I'm panicked about this station ending and going back to the way things were, and she said, "Well a lot of... Here's the thing, I actually want you to stay on this that I... For the rest of your life.

She said This is how you should be living your life every day from here on out.

And that was such a powerful, beautiful lesson for me, and it's why I share it with you in this podcast here, and also why I developed these three secrets to your own self-care so that you can have this experience of nourishing yourself prioritizing your well-being, so that you can continue to step into your role as a spiritual leader and make more impact with your gifts, because that is what you are here for, that's what you are being called to do.

We are talking about this self-care, matter mysticism spiritual leadership, all mind long in my higher education yoga membership. So if you wanna come and check it out, just go to higher education at yoga trial for your 1-14 day trial, and don't forget over the next week until the next podcast comes out, I would love for you to prioritize your self-care and potentially take your own at Canton.

And if you organize a vacation for yourself, based on these secrets that I have shared then please let me know how it goes. I would love to hear from you, and if you've enjoyed this podcast, head over to iTunes or whatever listening platform you found me on and give me a review.





Not only is it super heartwarming for me, but it also helps others to find this podcast who may enjoy it.

It's been my pleasure to talk with you about prioritizing your self-care here today, and I look forward to chatting with you again on the next podcast.

Now, most days.

