The 5 Track Plan represents a lifestyle. Be kind to, and patient with, yourself. Persist. It gets easier as it becomes more familiar. Re-visit the steps regularly to continue fine-tuning your journey.

Track 1 relates to everything within the ENVIRONMENT.

- Environment of your body, your mind, your relationships to self and others, the physical environment of the home / office around Self.

- Cleaning up the environment starts the moment we wake up!

Become aware of what you are thinking at the outset of the day. Speak respectfully, encouragingly and kindly to Self.

- Review cosmetics, cleaning materials, household products, food. Read the labels and throw out things that you would not ingest. Our skin, mouth, eyes, ears and lungs "ingest" - what we put onto and into them.

- WHOLE, organic, and unprocessed food is an intention of care when putting foods into your body, in the stead of modified and processed foods. An apple does not have a list of ingredients to figure out! It is whole. Clean out cupboards by donating processed, artificial sugars and foods labelled with codes starting with E's; white flour; or MSG – more in Track 4 on Nutrition or join our Telegram Community for ideas and suggestions.

- Hang / put pillows and bedding (without covers) in the sun at least twice per week, even if indoors. This reduces mite and organisms living in them, which constantly challenge to your immune system when sleeping at night. They live, breed, and re-enter our body over and over as we sleep – from inside our pillow!

Ever wondered about your chronic morning sinus?

- Check the house for black mould (in kitchen, behind pipes, in roof corners of bathrooms, shower curtains).

Clean with vinegar (never bleach) or get professionals to clear this highly toxic type of infestation.

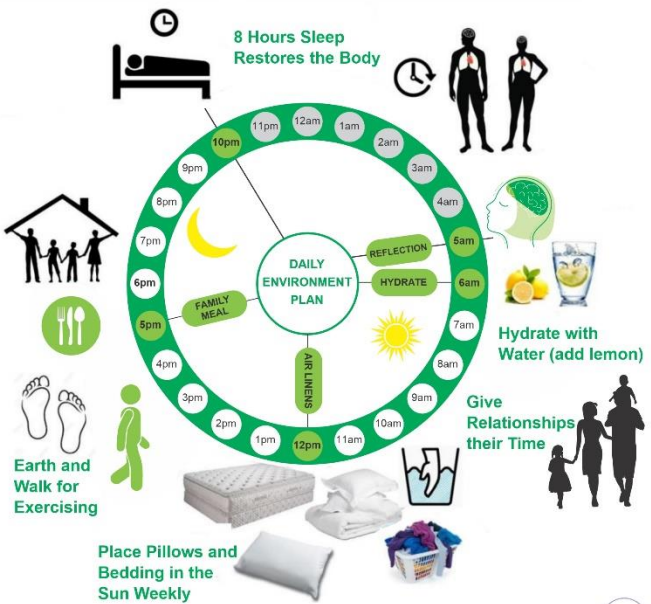
- Sit in the sun / garden or in nature barefoot for at least 15 minutes per day. Touching the earth cleanses, balances, and heals.

ENVIRONMENT MANAGEMENT

We have created a diagram, to give you a conceptual structure for your days' reminders and actions.

Addressing the environment is the first step.

A simple rhythm of daily mindfulness, oil pulling, pillow(s) into the sun weekly, walking bare feet, drying damp rooms, clearing cupboards systematically is ongoing life maintenance.



Track 2 – BREATHING & VISUALISATION next

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BACK TO 5 – TRACK PLAN