



Rewilding the Writer's Soul #7

Your Body Partner

Purpose: A practical ceremony for bringing your body 'online' in your writing career and life

🕯 You'll Need:

A small candle (or tealight)

A notebook or ledger

Steps:

This isn't just woo-ty's workflow, it's practical, sacred, and doable:

Protein First Promise - Before you open email, eat 20g of protein. Your brain needs fuel to build your future.

528Hz Ritual Reset - Play 528Hz audio while writing your to-do list. Let it hum healing into your day. Or if you're using a Schumann-type device, switch to 528 during the overnights as well.

Midday Body Check - Set a 2pm alarm that says: "What does my body need right now?" Then listen. Without guilt.

Track like It Matters - Use your planner or notes app to track:

Pain levels

Meals

Energy rating

Wins

This isn't about perfection.

It's about partnership. 🍌 ❤️

