



GINA PICCALO ASTROLOGY

HOW TO BE KIND TO YOURSELF

A guide to soul nourishment
in times of crisis

BY GINA PICCALO

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Gina Piccalo Astrology

6009 Sherwood Drive

Nashville, TN 37215

www.ginapiccaloastrology.com

A SIMPLE STARTER KIT

*For a spiritual practice ...
...that creates space in your heart for the good stuff*

All of our anxiety stems from a lack of self-love. When we're faced with high stress life events, we often revert to our childhood coping techniques — for better or worse.

This starter kit is designed to bring you back to yourself. When you are feeling whole, you make better decisions and are more available for crisis management.

*This is a practice — not a “perfect.” It offers some **daily rituals, resources** and **meditations**.*

*The goal is to open you to joy and abundance — the natural flow of the cosmos — with moments of **being**, amidst the breathless **doing**.*

Start slow. Keep this simple. Try at least one each day — with your whole heart.

If you keep it up, within 40 days, you will have a new spiritual practice.

A stylized, handwritten signature in black ink, appearing to read 'Lina' or similar, with a long horizontal stroke extending to the right.

DAILY RITUALS

UPON WAKING

As soon as you are aware that you are awake, think of one thing – in one word – you are grateful for and write it here _____

Locate that gratitude in your body. Where do you feel it most? Allow that feeling to fill your whole being. Take it with you into the day.

Observations: _____

MID-DAY

3-MINUTE PAUSE.

1. Stop what you're doing completely. Do nothing. Be still.
2. Picture a scene or a person or a pet who brings you unconditional—uncomplicated — love and joy
3. Inhale deeply. Fill your lungs completely. Make this image more vivid. Hold the image in your heart. Feel it in your body.
4. Exhale fully. Empty your lungs completely. Feel the shoulder and neck muscles relax. Allow that feeling to flow into your whole being.

Hold a hand to your heart and say these words silently as many times as feels right:

In this moment, I give myself the compassion I need.

Observations: _____

DAILY RITUALS

BEFORE SLEEP

Tosha Silver's Change Me Prayer

1. Focus your mind on your most pressing worry— the one threatening to keep you up all night.
2. Read the following prayer to yourself or out loud, surrendering that problem to your idea of the Divine:

Divine Beloved,

Change me into someone who can give with complete ease and abundance, knowing
You are the unlimited Source of All.

Let me be an easy open conduit for Your prosperity

Let me trust that all of my own needs are always met in

Amazing ways and it is safe to give freely as my heart guides me.

And equally, please change me into someone who can feel wildly open to receiving,
Let me know my own value, beauty and worthiness without question.

Let me allow others the supreme pleasure of giving to me.

Let me feel worthy to receive in every possible way.

And let me extend kindness to all who need — feeling compassion and understanding
in even the hardest situations

Change me into One who can fully love, forgive and accept myself so I may carry
your Light without restriction.

Let everything that needs to go, go

Let everything that needs to come, come

I am utterly Your own

You are Me

I am You

We are One

All is well.

ANYTIME RITUALS

Adjust Your Mindset

- Wake up a little earlier to be still before the day starts
- Go to bed 30 minutes earlier than usual, sans devices
- Find a tree near your house and sit next to it for a spell.
- Notice the inner voice. Set it to kindness-only.

Feed Your Brain

- Watch some TED videos/old episodes of “Cosmos”
- Google the science behind mindfulness
- Visit your local library or used bookstore
- Take a social media hiatus. Pull out your sketchpad.

Get Organized

- Pick a crowded drawer you hate to open and clean it out
- Have a yard sale/Freecycle.com give-away
- Set a timer for 10 minutes and delete old emails until it sounds
- Clean out a section of your closet and donate to a favorite charity.

ANYTIME RITUALS

Get Physical

- Walk around outside for 15 minutes. Notice your surroundings.
- Plant something in your yard. Or pot a plant for your home.
- Take a long bubble bath. Watch your worries drain away.
- Cook a special meal for yourself. Invite someone kind to share it.

Books for your Bedside

Teachings to settle and center your mind before sleep ...

- “It’s Not Your Money: How to Live Fully, From Divine Abundance,” by [Tosha Silver](#) – A step-by-step guide to help you surrender to Love and prosper.
- [“The Untethered Soul,”](#) by Michael A. Singer — Simple teachings on finding inner peace.
- “The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are,” by [Brené Brown](#) — Boost your self-esteem and cultivate self-love with this book.

Listening On-the-Go

- [NPR’s Hidden Brain](#) podcast discusses unconscious patterns that shape our choices, hosted by Shankar Vedantam. This one takes your mind off the little irritants.
- [The TED Interview](#) – Podcast featuring some of the world’s most interesting and innovative thinkers. Check this out when you need a dose of hope and optimism.

Laughter = Endorphins = Peace of mind

- [“Groundhog Day,”](#) When you’re feeling cynical and worn out by stupidity, peak Bill Murray is the perfect remedy.
- [“The Money Pit,”](#) No matter how bad your day was, it’ll look like a walk in the park compared to this story. Besides, remember when Tom Hanks was funny?
- [In the Loop,](#) When all you want to do is [spew obscenities](#) like an angry Scotsman, watch “Veep” director Armando Iannucci’s brilliant 2009 political farce.
- [“Bridesmaids,”](#) That food poisoning scene at the bridal boutique. Kristin Wiig. Melissa McCarthy. Just sayin’

Meditations

When insomnia plagues you ...

[Michael Sealey](#) — In a calming British accent, this hypnotherapist leads your mind, step-by-step into a more peaceful, less anxious state of being.

When you have no time ...

[UCLA's Mindful Awareness Research Center's meditations](#) — Led by the gentle Diana Winston in three to 19-minute sessions, these meditations are simple and profound.

When you're at the breaking point ...

- [Self-compassion.org](#), the website of Dr. Kristin Neff featuring short, free meditations that build self-awareness and calm in moments of crisis. Listen once, then modify for yourself.

VISITING YOUR INNER CHILD

For moments of suffering

Adapted from "Reconciliation," by Thich Nhat Hanh

Imagine it's possible to send your wise and loving thoughts and feelings *back in time* to your younger self. Imagine that the past is malleable. Imagine sending that love or idea or concept back to the precise moment you needed it most.

Imagine if you think hard enough about a moment in time – if you embody it – you are as good as there.

That's what this meditation can do for you. It opens an energetic (metaphysical) portal. It's a psychological time machine.

THE PROCESS

Find a quiet moment and 10-15 minutes of uninterrupted time.

Close your eyes and picture yourself in a restful place in nature. Engage all your senses. Feel the sun on your face. The breeze on your cheeks.

In the distance, you'll see a figure coming toward you. As she gets closer, you see her hair, her smile, her eyes. **It's your younger self.**

This is "Patient Zero" of your current emotional state.

You're being triggered by this younger self.

You're going to sit and dialogue with this version of yourself.

Ask her what she needs, what's on her mind, how she feels. Invite her to sit next to you. Give her time to answer.

Sometimes your child may be too scared to come forward. If she's been neglected her for a long time, she may be angry. She may scream at you. In that case, you lovingly tell her you will wait until she's ready.

"You can talk directly to the child with the language of love, saying, 'In the past, I left you alone. I went away from you. Now, I am very sorry. I am going to embrace you.' You can say, 'Darling, I am here for you. I will take good care of you. I know that you suffer so much. I have been so busy. I have neglected you, and now I have learned a way to come back to you.
— Thich Nhat Hanh

The key here is not perfection. You aren't here to chastise or preach to your inner child. Just to open a channel between the adult self and your wounded younger self so that healing can take place.

He will likely want something that you have been reluctant to give to him. Time. Space. Attention. These sound so simple, but we're often extremely resistant to receiving them.

Indulge her anyway. Invite her to sit with you. If he's a young child, invite him on to your lap. Tell her you love her. Tell him you are here to protect him and free to listen or hug or play with him whenever he needs you.

"This practice is not a practice for ourselves alone, but for numberless generations of ancestors and descendants." — Thich Nhat Hanh

Ask her what she needs. It might be a new set of crayons. Or maybe it's simply time to cry in your arms. Maybe he wants you to daydream with him. **Whatever it is, it's vital that you make time to give that to her in your imagination.**

This is a subtle but powerful practice. It heals the psyche and your deepest wounds. You will see instant results. **Over time, it will literally change your life.**

Do this meditation as much as possible for the next 40 days. **May it bring you peace.**



P.S.

Find a photo of yourself at the age that first pops to mind when you think of your past. Carry that photo in your wallet. Take time every now and then to look at that younger you. Hold her in your heart. Send her loving thoughts. Tell her she is safe now.

P.S.S.

Reach out if you need me. Email: ginapiccalo@gmail.com

BE KIND TO YOURSELF