



# *Creating Space for Health:*

*An Interactive Guidebook for  
Clearing Energy, Getting 'Unstuck',  
and Moving Toward Optimal Self-  
Care and Healing*

# Take the time to be in 'stillness' for a few minutes with your favorite cup of herbal tea and ask yourself the following questions.

Is your mind too busy to have clarity about your goals, dreams, and ambitions?

Is your physical space so cluttered that you don't have a dedicated space for meditation, yoga, dancing, writing or whatever activity you feel is healing?

Is your schedule so full that you don't feel like you have time for healing practices such as exercise and healthful eating?

Is your budget so over-extended spending most of your money on vitamins and herbal supplements with little to no results?

If you can relate, this interactive guide is for you. Most of us have areas in our life where we feel stagnant or stuck in patterns of behavior that do not serve our health and well-being.

Working through the clearing activities presented in this guide, you will see how consciously clearing 'stuck' energy will move you away from unhealthy patterns and move you toward more optimal self-care and healing.

This guidebook has been designed so that you can work through all of the activities during a specified time-frame (say over a weekend) or they can be completed over the course of a month or more (completing one clearing activity each week).

The goal is to complete all of the exercises and activities at a pace that resonates with your mind, body, and spirit without becoming overwhelmed. Don't be alarmed if you encounter some emotional 'stuff' as you clear energy. Just notice it, acknowledge it for what it is, and keep moving forward.

Energetic clearing often produces a ripple effect around you. You may notice as you work through this guidebook that other areas in your life start to clear. I invite you to enjoy the journey and get that energy moving.



# 01 Creating Space--A Healthy Mind

How often has our inner critic started chatting away at us even before we get up in the morning? Once we are in some conscious awareness of the day ahead, our minds start racing about what we can or maybe cannot do, everything that has to happen, all of the email we must read and respond to as soon as possible.

It is no wonder that we awaken early with our hearts racing before our feet ever hit the floor. How did we manage to ruin what might otherwise be a great day or event before we ever get out of bed?

Julia Cameron author of *The Artist's Way* and *It's Never Too Late To Begin Again* recommends that we begin each day with what she calls "Morning Pages." At first, I thought this was not such a great idea, but I decided to play along and just go with it. After all, I had purchased her books, so why not take her advice, right?

Anyway, morning pages as she describes them are "three pages of longhand morning writing about absolutely anything." Spoiler alert for you techies, this does not mean typing 3 pages. Yes, you got it, she actually means writing out three pages of your thoughts.

These morning pages are to be written first thing in the morning and are **NEVER** intended to be shown to anyone. The intent is to just write without any regard to it making sense or even being grammatically correct.

Make a grocery list if needed, but just fill up 3 pages with random thoughts. It is amazing what clarity you will get for your day once you adopt this practice.

I would recommend that you purchase an inexpensive notebook or loose leaf lined paper for this daily activity. This is not the time to invest in an expensive leather-bound journal.

Remember, these pages are for your eyes only and may be discarded as needed.

**Creating Space Activity:** Get out of bed, make your herbal tea or coffee and start writing on the sheet provided here. I have given you one sheet to get you started, but you will get the idea.

Getting started is truly the hardest part. If necessary, just start writing I don't know why I am doing this and before you know it the page will be full. If you are on a roll, pull out additional pages and keep writing.

**Goal:** I will write morning pages \_\_\_\_\_ days this week.

*"The pages notify both us and the universe precisely where we're at. View them as a form of active meditation. As we write freely, we find ourselves freer in our lives."  
Julia Cameron*

# Morning Pages

*Use this sheet to get you started writing your morning pages*

A large, empty rectangular area with a light beige background, intended for writing morning pages. It occupies the central portion of the page, below the title and instructions.



## 02 Creating Space--A Healthy Body

We have all been guilty of saying things like “I don’t have time to exercise” or “I don’t have time to cook healthy meals.” That is just the nature of our overly busy culture and scheduled-to-the-minute lifestyles.

To begin, I recommend that you consciously consider removing the phrase “I Don’t Have Time” from your vocabulary and thought process. Instead, I have adopted the habit of saying, “I might not have time for abc because I CHOOSE to spend time doing xyz.”

Often we get into pattern of thinking that is ‘stuck’ and feeling like we don’t have enough time. In all honestly, there are days when we could use a few more hours to get everything done for ourselves and for everyone else who counts on us.

There are many times, however, when we do things out of habit without even realizing what time-wasters they really might be. For example, how often do you just look at your phone, tablet, or computer to just check a quick email or status update on social media, only to realize that you have spent 30 minutes or more reading posts/emails that you virtually care little about?

So for the next week, fill in the following grid to determine where you are actually spending time that might be better used for something you enjoy or clear space for engaging in a healthy behavior such as walking, meditation, or yoga.

Better yet, instead of keeping up with the world via social media, how about just taking out your smart phone and actually calling one of those special people that you claim to keep up with on Facebook.

# Weekly Time Management Chart

Use this chart to track your use of time during the next week. Maybe you will find where time is being wasted and where you might be able to carve out a few minutes for yourself to nurture your body.

|       | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|--------|---------|-----------|----------|--------|----------|--------|
| 6 am  |        |         |           |          |        |          |        |
| 7 am  |        |         |           |          |        |          |        |
| 8 am  |        |         |           |          |        |          |        |
| 9 am  |        |         |           |          |        |          |        |
| 10 am |        |         |           |          |        |          |        |
| 11 am |        |         |           |          |        |          |        |
| 12 pm |        |         |           |          |        |          |        |
| 1 pm  |        |         |           |          |        |          |        |
| 2 pm  |        |         |           |          |        |          |        |
| 3 pm  |        |         |           |          |        |          |        |
| 4 pm  |        |         |           |          |        |          |        |
| 5 pm  |        |         |           |          |        |          |        |
| 6 pm  |        |         |           |          |        |          |        |
| 7 pm  |        |         |           |          |        |          |        |
| 8 pm  |        |         |           |          |        |          |        |
| 9 pm  |        |         |           |          |        |          |        |
| 10 pm |        |         |           |          |        |          |        |
| 11 pm |        |         |           |          |        |          |        |

**Creating Space Activity:** After completing and reviewing the time management chart above, complete the following statement:

If I did not take time for \_\_\_\_\_, I could have time for \_\_\_\_\_.

**Goal:** I will spend less time doing \_\_\_\_\_, to clear space in my calendar to do \_\_\_\_\_ which will enhance my self-care and healing.

Make a list of the Self-Care health related activities that you would like to begin and a projected start date. Feel free to add activities that you might want to eliminate that are not serving you in a healthy way as well (example: stop smoking).

### Activity Start/Stop Date

- 1.
- 2.
- 3.
- 4.
- 5.

*"The key is NOT to prioritize what is on your schedule, but to schedule your priorities." ~Stephen Covey*



## 03 *Creating Space--A Healthy Soul*

We all need a dedicated area that can provide us a place for healing our soul. Too often, we look around our environment and see cluttered surfaces and spaces. It is difficult to visualize a healing space where we can nourish our souls through meditation, yoga, reading, writing, etc., because these cluttered areas represent 'stuck' energy.

Imagine an area in your home or yard where the clutter has been cleared.

What would the energy feel like in a space that would provide the motivation to meditate, do yoga, read, or any other activity that you enjoy to bring healing to your soul?

My ideal healing space would include the following (ex. candles, pillows, fountain):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Creating Space Activity:** Walk around your home or yard taking notes about where you might create a space that is just for you and jot down your ideas. (This could be an entire room, corner of a room, or even a bench outside).

Once you locate a potential space, sit there for a few minutes and write down how you feel in this space. Do you need to move items around, move items out, or simply rearrange items in the space?

*Remember, just the act of physically moving items or rearranging items will move energy, so be very clear about how this space makes you feel.*

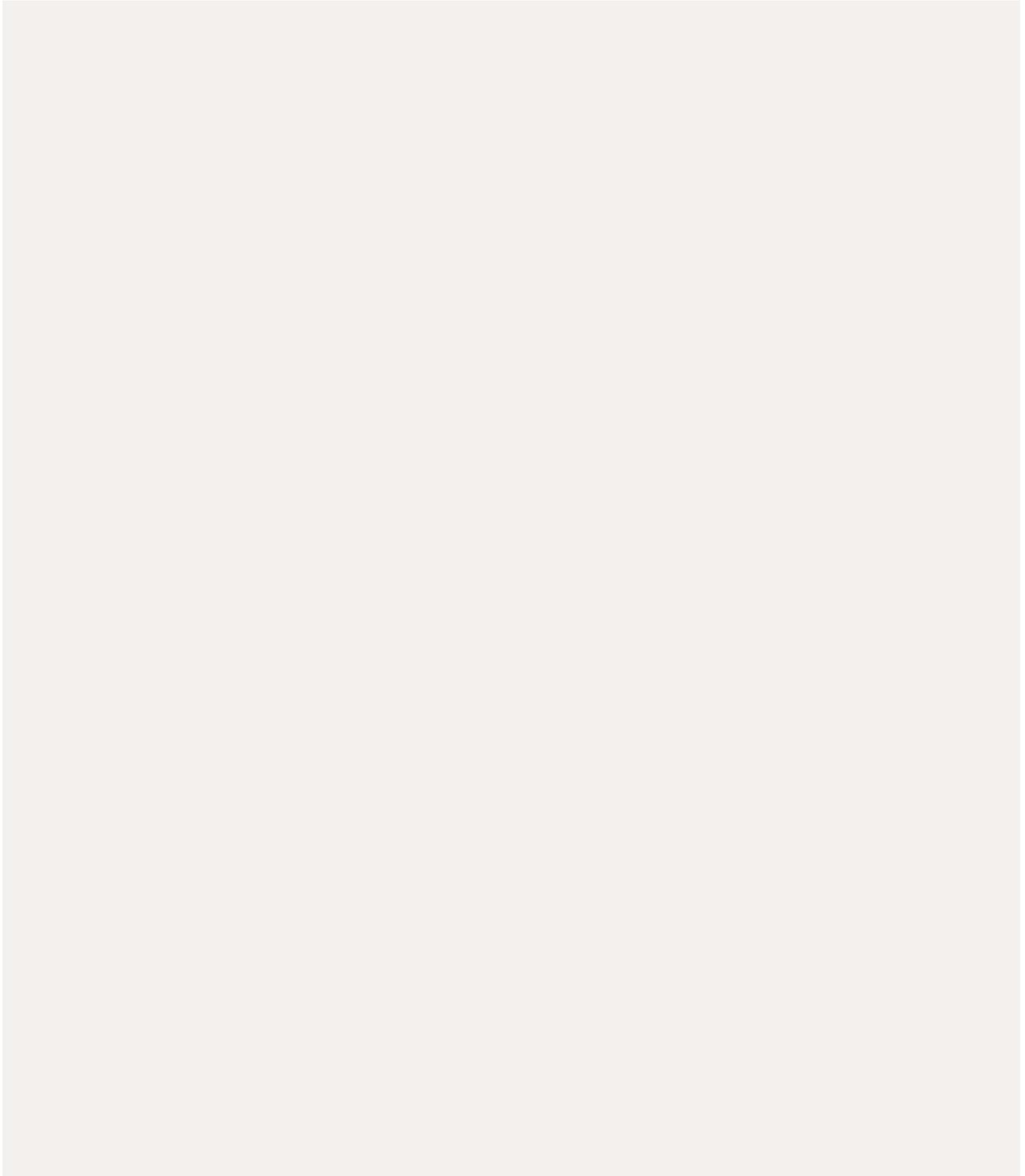
**Goal:** I will clear \_\_\_\_\_ to create a healing space for \_\_\_\_\_ by \_\_\_\_\_. (Date)

*"Clearing practices create new neural pathways in the brain, relax the nervous system and produce feelings of calm and well-being."*

*Stephanie Bennett Vogt*

# Space to Feed Your Soul

*Using this page, design your ideal healing space. Feel free to take some artistic liberties here—draw, paint, or paste pictures from magazines of what a healing space looks like to you (remember, the sky is the limit).*





04

## *Creating Space--A Healthy Medicine Cabinet*

Each year, millions of Americans spend billions of dollars on the next 'miracle' drug, supplement, or vitamin that usually has outrageous claims about its health benefits. Just walking into the grocery store, co-op or health food store, one can see that dietary supplements are a huge business.

However, do these supplements and vitamins really benefit our health? Dietary supplement makers aren't required to prove their supplements have any effect on health.

Supplement makers have to adhere to the FDA's good manufacturing guidelines and are required to accurately identify the ingredients in their products; however, they don't always do so.

Unfortunately, taking vitamins and herbs cannot compensate for poor lifestyle and diet choices, despite what the latest marketing campaign tells us.

Prescription medication use is a fact of life for many of us. However, how many of us are taking prescribed medications but remain unclear as to why we are taking it?

Ask questions about your medications from your health care provider or pharmacist like why I am taking this medication, what side effects might I experience, and how long will I be taking this medication?

Most of us have a cabinet, drawer, or basket filled to the brim with medications (prescription or over-the-counter), herbal supplements, and vitamins.

How often do you peer into this abyss and ask yourself why did I buy all of these things, when did I start taking them and why, or better yet, when did I stop taking them and why?

The next clearing activity will be easy for some and painful for others. I want you to take every single medication, supplement, and vitamin product that you currently have in your possession and place them on a flat surface like a counter, table, or desk.



# Medicine Cabinet Review

*Using this page, I want you to pick up each container, read the label, and write down the following information. (Use additional pages if necessary).*

Name of Medication, Supplement, or Vitamin

Who Prescribed or recommended it and when?

Why do I take this product or medication?

Do I take this consistently or as prescribed? Yes or No

How does this product or medication benefit or enhance my health?

## Creating Space Activity:

After completing the medication/supplement review, reflect on the following:

These products were recommended in the past (or I found them in the health food store or online) and they no longer benefit my health. (List anything from your review that you no longer use or no longer feel the need to use).

- 1.
- 2.
- 3.
- 4.
- 5.

If I would let go of \_\_\_\_\_, I could make space for \_\_\_\_\_ that could enhance my health in a better way.

If I stopped spending money on the supplements or vitamins (listed above) that I no longer need, I would clear space in my budget for \_\_\_\_\_.

Describe how would it feel to clear away some of the supplement/vitamin regime from your new spacious healthy lifestyle?

**Goal:** I will no longer purchase any medication, herbal supplement, or vitamin unless I fully understand the benefits to my healthy lifestyle beginning \_\_\_\_\_ (Date).



## *What Happens Next?*

At some point during this process, you have probably asked yourself what this clearing really has to do with health and well-being. It is my hope that as you have worked through this guide, you have cleared areas in your life that will allow you to fully engage in your own self-care and healing.

*Consider the following:*

How would it feel to have mental clarity about your goals, dreams, and ambitions?

How would it feel to have a beautiful space for meditation, yoga, reading or any activity that nourishes your soul?

How would it feel to have opportunities in your daily schedule for healing activities such as exercise and enjoying healthy meals without indigestion or acid reflux?

How would it feel to fully understand and appreciate how medications, herbal supplements, and vitamins work within your healthful lifestyle without breaking the budget?



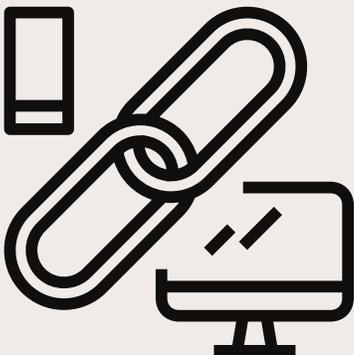
## Step One

Check out my nurse practitioner owned practice  
@ [www.herbalhealthandhealingarts.com](http://www.herbalhealthandhealingarts.com)



## Step two

Reach out via email  
([julie@herbalhealthandhealingarts.com](mailto:julie@herbalhealthandhealingarts.com)) to  
determine if the services that I offer are a match for  
your self-care and health needs.



## Step three

Schedule your appointment with me here:  
[.https://makeanappointmentwithjulie.as.me/](https://makeanappointmentwithjulie.as.me/)  
Let's explore how we can work together to  
optimize your health and well-being.

# Hey! I'm "Julie Smith Taylor"

Thank you for signing up for my monthly newsletter. I hope that you will find inspiration and healing each month as you engage with me through "**Healing Remedies.**"

My nurse practitioner owned practice, Herbal Health and Healing Arts, is dedicated to helping people with health challenges engage in self-care and healing. I partner with clients to bridge what they are currently doing with what they desire to be doing regarding their health.

If you would like to work with a healthcare practitioner that is totally committed to enhancing your self-care and healing, reach out via email at [julie@herbalhealthandhealingarts.com](mailto:julie@herbalhealthandhealingarts.com) or via phone at 910-231-7800 to determine if working with me is a good fit for your health care needs.

"NEVER LET YOUR CURRENT STATE DETERMINE YOUR  
FUTURE STATE" ~JULIE SMITH TAYLOR

*Drop Me A Line...*

JULIE@HERBALHEALTHANDHEALINGARTS.COM

*"A 'healer' is not someone that you go to **FOR** healing. A healer is someone that triggers within you, your own ability to heal yourself."  
Author Unknown*