**BODHI BLUEPRINT PROGRAM**



**WEEK 3: PREPARATION**

**Week 3: Preparation (Detox + Cleanse Preparation)**

*‘The answers are all within ourselves.  Ultimately, no guru, teacher or philosopher will give you the answers - they will guide and inspire you.  It is our own dedication to living with open hearts and commitment to the day-to-day details of our lives that will transform us.’*

**Week 3 Requirements**

* **Movement –** exercise 5-6 days this week for at least 30 minutes per session. Try to exercise at home at least once.
* **Meditation**
  + 3-15 minutes/day everyday
* **Nutrition – Ween Week**
  + Work with Cravings: As you continue to incorporate vibrant, fresh, whole food into your diet, begin to think about what sweetness means to you.  When do you usually crave sweets? Do you consider candy, cookies or other sweets necessary? What is your relationship with sweets?
  + Slowly begin to remove coffee.  Cut back to no more than 2 alcoholic drinks per week. Hydrate.  Reduce meat consumption to no more than 3-4 ounces twice/week.  Phase out dairy and gluten.  Cut out processed sugar and refined carbs.  Double your intake of greens and begin to experiment with juice/smoothies.
* **Self-Inquiry - Identifying the Barriers and Authenticity of Self.**

*Nutrition Reflection Questions*

* As we incorporate vibrant, fresh, whole food into our diet, begin to think about what sweetness means to you. When do you usually crave and eat sweets?
* What is your emotional relationship with food? (do you eat to relieve stress, when sad, angry?)

*Breaking Free and Setting New Ways: Identifying the Barriers and Authenticity of Myself*

* *In what parts of my life am I being inauthentic?*
* *Do I live from my own expectations or what others have of me?*
* *Where am I being inauthentic? What is it that I do when I’m inauthentic?*
  + *My insight is:*
  + *I pretend:*
  + *I cover up by:*
  + *The cost to me is:*
  + *The cost to others is:*
  + *What is the possibility if I let go:*
* *What unconscious habits do I want to break?*
* Where do I feel stuck?
* What patterns do I want to uproot and lay anew?

*General Support Questions*

* In what areas of my life can I have less reaction and more divine interpretation? For example, in my relationships when things get stressful or when I’m stuck in traffic or when I make a mistake.
* What things are most likely to trigger reactivity in me? What can I do in those moments of reactivity to respond better?