

Find Your Zen

Mastering Meditation



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welcome



NICE TO E-MEET YOU

Dr. LuLu Shimek is a Naturopathic Physician and expert in genetic health, working with patients experiencing chronic disease: hormonal imbalance, endocrine disorders, gastrointestinal dysfunction, depression, anxiety and fatigue. She believes that once we dive deep down to the root of the problem of the distortion and ignite our bodies innate ability to heal, we see unimaginable changes in our well being.

Her passion lies in helping people discover their zest and joy for life that has been lost along their path of illness. Before starting Dr. LuLu Naturopathic Clinic, she journeyed through many careers, a true “renaissance woman”. Dr. LuLu studied interior design at the University of Georgia and has a doctorate from the prestigious Bastyr University. She also is an herbal formulator, international speaker and author spreading the message of health and educating about prevention and wellbeing. Her podcast, The Genetic Genius, is dedicated to genomics and planetary alternative health. Her new book will focus on using botanical medicine and other natural modalities to heal the whole body by optimizing vitality, increasing wellbeing and enhancing cellular performance.

Her new book Detox. Nourish. Activate: Plant & Vibrational Medicine for Energy, Mood & Love offers a visionary approach to empower readers on the path of self-discovery and self-mastery. This three step system is designed to heal trauma at the core level from this lifetime and many previous generations. These three areas of well-being are explored, in depth, with eleven primary alchemical interventions to facilitate healing down to the DNA level. With a series of introspective explorations, meditations, plant based formulas and profound insight, readers connect deeply to Detox, Nourish and Activate the brain, adrenal glands and heart for holistic healing and personal growth. The power for your healing journey is at your fingertips. Transform your health, your life, and your world.

Dr. LuLu facilitates ceremonies to activate plant and mineral medicine connecting points around the world to elevate planetary consciousness and community. As the botanical medicine director, at the Veterans Healing Farm, she is able to share her expertise with the veteran community about using plants to help heal and elevate their lives. She is invigorated by traveling and seeing the world with her husband visiting botanical gardens and anything related to delicious food.

Dr. LuLu Shimek



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Find Your *Zen*

We live in a world that seems overrun by chaos, where we have to face personal and social challenges on a daily basis. Nearly everyone is affected by it at some point, and everyone experiences it differently. However, we are all also wired to fight back against these foreboding odds and live up to our full potential with love and healing. But this wiring gets shortened due to physical, emotional, and even social factors. As a result, you might feel overwhelmed and ultimately think that you are not capable of handling all the pressure without breaking down.

It is times like these, when you feel restless and uncertain, that staying centered and finding your Zen and core integrity is particularly essential. It is important during these circumstances of confusion to learn to fight back with intuition and consistency build a soul connection capable of overcoming powerful fears and helping clarity prevail. It is also important to keep your nervous system and your inner self aligned so that anger and other negative feelings don't build up, burying the natural love every one of us was born with.

*"The DNA of my heart easily heals, transforms,
and adapts to my ever evolving being."*

Dr. LuLu Shimek

Excerpt from Detox. Nourish. Activate: Plant and Vibrational Medicine for Energy Mood & Love





Ways to Find Your Zen

IN A BUSY WORLD

- **Feel:** Be aware of your feelings, but don't let the chaos become your reality. Rather, let everything exist the way it is while trying to bring it back to normal, using the inner light that helps you stay aware and connected to your own inner reality.
- **Rise early:** Rise early and start your day sooner. It allows you some free time to collect yourself, contemplate, the day ahead, and stay connected to your inner self. You can use this time for deep breathing, prayer, yoga, meditation, or any other method you feel calms your soul.
- **Practice deep breathing:** Deep breathing balances your nervous system and is transformative in an amazing way. Inhale slowly, pause, and hold your breath for a beat. Then exhale slowly and controlled, with another pause before your next inhale. This breathing exercise will bring energy and love to every cell in your body.

Ways to Find Your Zen

IN A BUSY WORLD

- Take a shower: Massage your body with almond oil and take a short rest. Then indulge in a hot shower and feel your body relax. You will feel refreshed and your senses revitalized the second you step out of the shower. This practice will prepare you to effectively handle the stress of daily life.
- Take genuine, mindful breaths: If at any time of the day you feel you are losing control over yourself, take a short break and practice slow, mindful breathing for a few minutes. At least take five authentic breaths to reclaim your Zen and feel revitalized again before returning to your routine.
- Be kind to yourself: Feeling ashamed or guilty of past actions can really bring down your morale and make you feel low. Forgiving yourself, on the other hand, can promote good and positive vibes. Try to forgive yourself more often to feel *loved and uplifted*.
- *Positive words: What we say has a profound impact on our feelings and the people around us. Affirming and positive words promote good mutual feelings and surround you with the positive energy. Reclaim your love and energy by using positive words.*

Incorporating these tips and steps into your life can help you live a happier and more peaceful life in the midst of all the chaos in the world around you.





Meditation

Meditation can have a very positive effect on our attitude toward life. Take some time to quiet your mind. This helps to soothe your nerves and reduce stress. When you don't internalize stress, you are more likely to perceive good vibes from others and feel happy about life and your relationships. You can also practice yoga, which includes good techniques for reducing tension. Meditation can help support your immune system and fend off diseases. Meditating techniques, such as concentration meditation, are used to focus on a single point. Mindful meditation is used to control wandering thoughts. Its benefits include lower blood pressure, improved blood circulation, lower heart rate, less perspiration, slower respiratory rate, less anxiety, and reduced stress. It can also help boost energy levels when practiced as part of a regular routine. Here are a few simple ways to start meditating:

- Sit or lie as comfortably as possible and close your eyes.
- Breathe naturally; don't try to control it.
- Now breathe by focusing your attention on it. Notice how your body moves with each inhalation and exhalation. Observe how your thorax, chest, and abdomen move during breathing. Just notice the movement without controlling the breathing process. Start doing this for 2 to 3 minutes and then increase the duration.

How to Practice Meditation for the Beginner

Meditation can be an incredible tool to help you find your Zen and stay relaxed and prepared to face the world. If you are new to meditation, then follow the below steps and tips for a successful start.

1. Choose a suitable time: Meditation is meant to be a relaxing time, so try to choose a time that is convenient for you and won't cause or experience any sort of interruptions.
2. Go to a peaceful place: Choose a peaceful and quiet place to meditate so that you are able to concentrate effectively and achieve the best results.
3. Sit in a comfortable posture: Your posture makes a huge difference in helping your body and mind relax; make sure to sit in a proper posture. Try to sit straight with your spine erect, keeping shoulders and neck relaxed and eyes closed during the whole process.
4. Meditate on an empty stomach: The best times to meditate are before meals because it prevents you from dozing off soon after eating. Alternately, don't meditate if you are hungry because you will not be able to fully concentrate.
5. Start with a warm-up session: Warm-up exercises before the meditation will help to achieve better results
6. Take deep breaths: Deep breathing is essential for helping your body relax and getting energizing oxygen to every cell in your body.



*"I open and surrender to a life filled with
love & joy"*

Dr. LuLu Shimek

Excerpt from Detox, Nourish, Activate:
Plant and Vibrational Medicine for Energy Mood & Love

5 Simple Techniques to Meditate

Walking Meditation: If you don't like sitting for long periods of time, then walking meditation might just be the thing for you. You will have to focus on your body while moving. While your arms and legs swing, feel them uplift and extend. Feel your feet as they rise and touch the ground while keeping your mind focused on the moment, instead of paying attention to other things.

Breathing Meditation: Get in a comfortable position, close your eyes, and inhale slowly through your nose. Hold the breath for a pause and then exhale it through your mouth again slowly.

Mindfulness Meditation: To practice this one, your mind needs to be present in the right moment. Start by focusing on your breath and continue by feeling other sensations in different parts of your body.

Mantra Meditation: This meditation can be practiced by repeating a sacred word, such as "aum," in order to bring your mind to a state of focused tranquility. You can repeat the mantra aloud or repeat it silently.

Empty Mind Meditation: This meditation technique allows you to be fully aware without a specific focus. Simply sit in a peaceful place in a good posture and let your thoughts float without passing any judgment on them.

These meditation techniques are simple ways to start your meditation practice or enhance and refocus your existing one.



Ways to Cleanse the Mind and Balance Chakras


You are a complex being. Part of finding peace and calm in the storm is maintaining the health and wellbeing of your spiritual self. Here are a few ways to cleanse your mind and balance your chakras in order to find your Zen and lead a happy, healthy, and more peaceful life.

Essential oils: Essential oils work with the chakras to help you cleanse your mind and balance your chakras. The following combinations are most effective for balancing the respective chakra. You can diffuse them, apply them to the specific areas, or apply them to your palms and inhale.

- Base chakra: cedar and patchouli oils
- Sacral chakra: ylang-ylang, gardenia, and clove
- Solar plexus chakra: lavender, citrus oils, and bergamot
- Heart chakra: anise and lemon balm
- Throat chakra: sage and eucalyptus
- Brow chakra: jasmine and mint
- Crown chakra: frankincense and sandalwood.

Meditation: Meditation is one of the simplest, most effective ways to cleanse your mind and balance the chakras. Chakra-cleansing guided meditations help focus on shifting your stuck energy into opened, cleansed and activated chakras in order to support and nourish you, especially if practiced with active forms of visualizations.





Ways to Cleanse the Mind and Balance Chakras

Crystals: Crystals are also helpful in balancing and cleansing your chakras. Specific crystals can be used for each chakra such as:

• Base chakra: red jasper, garnet, red coral, ruby, and hematite

• Sacral chakra: orange calcite, yellow jasper, moonstone, carnelian, and sunstone.

• Base chakra: red jasper, garnet, red coral, ruby, and hematite

• Sacral chakra: orange calcite, yellow jasper, moonstone, carnelian, and sunstone

• Heart chakra: the emerald, green calcite, malachite, aventurine, rose quartz, and green tourmaline

• Solar plexus chakra: citrine, pearl, amber, tiger eye, and golden topaz.

• Throat chakra: blue quartz, aquamarine, blue topaz, and turquoise

• Brow chakra: sapphire, amethyst, and lapis lazuli

• Crown chakra: diamond, clear quartz, and fluorite

Yoga: Yoga also offers a simple way to cleanse and balance your energy. Certain poses can be extremely beneficial in balancing, opening and activating certain chakras. For instance, the downward dog pose is useful for the base chakra. Certain specific styles of yoga can particularly help in this regard. Kundalini yoga, for example, is helpful in opening and activating the crown chakra.

Ways to Simplify Your Daily Activities

To the Essentials

Making our life simple can help in various ways, but leading a simple life in today's busy world is often easier said than done. The following ideas can help simplify your life and slow down your pace.

1. **Take it slow:** Try to take life a bit more slowly. Instead of moving at a sporadic, frenetic pace, move consistently and steadily to make progress and accomplish things effectively and smoothly.
2. **De-clutter:** Try to de-clutter your mind as well as the physical space around you. This can help you remove things that don't have any meaning in your life anymore and let you focus on things that do.
3. **Focus your choices:** make informed choices and strive for the things you actually want and need to stay in your life. Try to limit the number of choices you make at a given time in order to pay full attention to each one and achieve them in a healthy way.
4. **Learn to say, "No":** it is important for you to learn to say, "No," if you really want to simplify your life and focus on your actual purpose. "No" doesn't have to be a bad thing and "No" does not need explanation. If it doesn't positively impact you, your family, or your spirit, say, "No."
5. **Make time:** Make time for your priorities and the activities that energize you. Make the time for what is important to you, what motivates you, and what feeds your soul.



I RELEASE & LET GO

Ways to Simplify Your Daily Activities To the Essentials

6. **Say "No" to stress:** Stress has a negative impact on the health of your mind, body, and soul and can severely complicate your life. Just relax, try to be flexible, and avoid stress as much as possible.

7. **Get enough sleep:** Getting enough sleep is critical in supporting your mind and has a direct effect on your body and soul. When you do not sleep enough, you get annoyed at every little thing and do not feel good about anything. This may, in turn, affect the people around you in a negative way. Try to get 7-8 hours of good, quality, restful sleep to feel fresh and healthy when you wake.

8. **Exercise:** Many people exercise to stay physically fit; little do they know that exercise has a lot of mental benefits as well. Make a habit of exercising regularly to keep both your mind and body fit.

9. **Spend time with your loved ones:** Spending time with your loved ones is food for the soul. You feel refreshed and happy when you get enough attention, love and time from your loved ones, and they can experience the same thing from you.



I AM OPEN TO FULLY RECEIVE LOVE




How to Let Go

When You Feel Out of Control

We often overdo things while trying to keep in control of everything. We need to understand the importance of letting go of that control at the right time to save yourself from embarrassment, stress, and wasted time or energy. Letting go doesn't also mean that you are giving up on your desires; it simply means that you are being more flexible. Don't get attached to specific ideas or routines and try to let go when you feel out of control. Here are three ways to rescue yourself when you feel out of control and let go at the right time to move with the flow.

1. Step away: Step away from the person, situation, or event to avoid any disappointments. This will give you a chance to calm down, find some clarity, and go with the natural flow of the things while leaving the control behind.
2. Stop looking around: Stop worrying about everything that is happening everywhere else, and stop worrying about trying to seek or maintain a certain image to please someone else. Allow your expectations to change and be flexible in your approach to things.
3. Listen to your body: Your body is an amazing machine that transmits different signals throughout the day. Pick up on those signals, interpret what they are or mean, and try to give your body what it needs.

Follow these steps to let go of unnecessary things and opt for new challenges rather than clinging to the older things and expectations.



How to Do a Digital Detox

We are living in an age of ever-increasing technology that has delivered digital devices to our hands and made them accessible day and night. These technological advancements may actually be causing more harm than good to our health and relationships, and detaching ourselves from them is becoming a daily challenge. However difficult the task may be, it is not impossible to digitally detoxify yourself if you stay committed. The following step-by-step guide will help you set—and keep—a limit on all that technology to prevent it from taking over your life completely.

1. **Plan your digital detox:** Because so much in your life depends on technology, make a well thought-out and well-timed plan for your digital detox to minimize the impact on the necessities of your routine.
2. **Overcome your digital addiction:** Almost everyone is stuck in a digital rut these days. We have become slaves to our smart devices. To overcome this digital addiction, you need to set some boundaries for yourself.
3. **Entertain yourself without a digital screen:** The next step in digitally detoxifying yourself is to find ways to entertain yourself without using any digital screens. You can read a great book, cook for yourself, exercise, go out, play board games, or a wealth of other great options.



How to Do a Digital Detox

4. Turn off the lights early: We are so addicted to the digital screen these days that it occupies us from the minute we wake until we turn off the light to get to bed. Even then, our smartphone lurks in the shadows, keeping us awake, preoccupied, and out of reach of proper sleep. This unhealthy routine is causing detrimental effects to our health. Excessive use of a digital screen can slow brain function and deteriorate our vision. It can also lead to other physical health issues, like obesity. Set boundaries like limiting the time you spend on a digital screen and going to sleep early—without your phone.

5. **Go old school:** Another effective approach to defeating the addiction of digital screens is to go old school. By going “old school,” we mean you try out the things that we used to occupy ourselves before smartphones. You can start writing, painting, or other arts and crafts that encourage a calmer, more peaceful approach and keep you away from the tech world.

6. **Avoid social media:** In the last decade, social media has been brought to our very hands through our mobile devices, making it all the harder to resist it. With a swipe of your finger, you are connected to the whole wide world, which is quite addictive in itself. This addiction is having a negative effect on modern world relationships. Focus on your real, tangible personal relationships and leave the digital “friends” behind.

How to Do a Digital Detox

7. Take a break from your e-mail: It is critical that you give yourself a break from the constant ping of incoming mail, which, at times, may take you to the verge of mental disorders. E-mail has destroyed all the barriers that are important to staying sane in a busy world. You need sleep, but your client lives in another time zone, sends you an email, now you're up. If at all possible, remove those alerts from your phone and use dedicated times to address your email list.

8. Leave your phone alone: Being addicted to your smartphone is a common phenomenon these days that renders many of us unproductive and unhealthy in its obsession. If you feel a constant need to check your phone every five minutes and can't seem to get over it, you need to take a step back and leave your phone alone.

9. Pay attention to your loved ones: Living in an age where you are constantly bombarded by one form of technology or another, you hardly pay attention to your loved ones and may even be drifting apart from them. Re-connect with your family and friends by disconnecting from technology and actually spending time with them.



How to Do a Digital Detox

10. **Get enough sleep:** Good sleep is as important to life and health as good food, perhaps even more. One bad night of sleep is written all over your face and the body language the next day. The quality and quantity of our sleep has been greatly influenced and negatively affected by the advent of digital screens. Cut off your screen time well before bedtime, and leave your devices out of the bedroom.

A young woman with long brown hair is smiling broadly, her hand resting behind her head. She is sitting in a light-colored wicker chair. The background is a bright, slightly blurred indoor setting.

Confusion

Finding your Zen is more than just a catchphrase. In today's busy and hectic world, it is becoming a necessity. If you don't take charge of your life and learn to care for yourself, body, mind, and soul, it can become all too easy to succumb to the pressures and the stress. Start with something, anything, today to begin finding your Zen, and see what a difference it will make in your life.

If you'd like more support in changing your mindset, contact me for 1:1 Naturopathic Consultation.

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Daily
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I wanted to take this opportunity to express how thankful I am to have you here.

Ready to take your mindset to the next level? Check out my other mindset workshops and programs.

<https://doclulu.com/mindset>

Thank you!