

Certified Mediumship Training

*Discovery Homework
Module 7:*

*Taking Care Of Yourself
As A Medium!*



CARMEL JOY BAIRD
Spiritual Medium

Taking Care Of Yourself As A Medium

Your health and wellbeing

This week it's time to focus and prioritize the most important thing... you! You're no good to others unless you take care of yourself first.

This week your homework is to:

Organic

Source places you can buy organic food. This will feed your body and your Spirit to give yourself the best food that your mind, body and Spirit deserves.

Carmel follows a Paleo diet. Find a diet that works for you.

Drink out of glass and ensure you are hydrated enough every single day.

Ground Yourself

Find what works for you to ground yourself every day. It could be crystals, or a certain activity. Stock up on Epsom salts and products that make you want to spend time in water which is grounding and cleansing

Your Outlet

Find your hobbies outside of mediumship – this is another important thing to do to feed your Spirit and provide balance in your life.