

This week you will:

- Do one to two, one-hour sessions of movement and mindfulness.
- Eat entirely plant-based foods for one to two days
- Schedule an initial zoom check-in for early next week



Welcome to the PraXis Wellness Challenge Week Two: *The heart*

To the ancients, the heart was the center of our physical, emotional, and spiritual being. Intuition (knowing without thinking) occurred in the heart, not the brain. The heart pumped out the thoughts of the mind just as it pumps the blood that powers the body. The heart was also the primary organ of spiritual perception. But like the physical heart that can suffer from fatty foods, the heart of the soul could get sick and clogged with toxic feelings, thoughts, and spirits.

So, “Keep your heart with all vigilance, for from it flow the springs of life.” – Proverbs 4:23

**WEEK TWO’S THEME, SCRIPTURE, LECTIO DIVINA AND [YOGA FLOWS ARE HERE](#)** [note: you do not have to do Lectio Divina if you are practicing at home]

### **This Week’s Movement Tip: Becoming Aware of the Body**

If regular exercise, or this type of asana-style movement is new to you, enter a mindful state of awareness during your workout. Try to concentrate on where you have movement limitations you did not know about? What areas are feeling particularly tight. Do you experience any compression (bone on bone) restrictions to your movement? Move into the challenging areas gently without going so far as to cause pain. Try to practice in front of a mirror or can record yourself. Watch your form every once in a while to get a sense of where you are at and where you need to grow.

You can follow along with the sessions that we do over Zoom on Tuesday, at 6:30 EST. Or you can follow the flows outlined on this blog post.

Or, you can find resources for Christian yoga online. We recommend:

Caroline Williams’ Christian Yoga

<https://www.youtube.com/c/CarolineWilliamsYoga>

### **Mindfulness**

If you practice Christian mindfulness like Centering Prayer, Christian Meditation or the Prayer of the Heart, the goal this week is simply to extend your practice to 20 minutes. Or simply increase

the days that you pray. Ideally, you will pray on the same day as you do your plant-based eating. Observe if the plant-based idea does or does not impact your prayer life.

If you are not familiar with practices like Centering Prayer, try to extend the length of time you spend praying until you can reach 20 minutes. Trying to pray a few minutes every day is much better than once a week for 20 minutes.

### **Tips for those who find this practice challenging**

Try to ease into it. Start with just doing 5 minutes at a session and then lengthen your prayer time as the weeks progress. Start with a short prayer of one word, like, Maranatha, or a short prayer no more than 7 syllables, such as, “Lord, have mercy.” Repeat this prayer as many times as you like. You may do it fast or slow. The point is to concentrate on this prayer for a few sessions. Then, slow down until there is some silence between repetitions. Try to extend the silence between repetitions for longer and longer. As you become aware of your thoughts, or other interruptions, go back to repeating the prayer.

If you continue to be frustrated by your progress. Try going for a walk. Walk in a place that is free from distractions, free from people and crosswalks, and things you will need to pay attention to. You can walk on a flat paved trail somewhere. Or you can simply walk in circles somewhere like a park or labyrinth. Repeat your prayer mentally. And do the same steps as above.

## **FASTING**

### 8 Week Praxis Fasting Progression

Weeks 1-2	Weeks 3-4	Week 5-6	Week 7- 8
<b>Plant Based</b> We experiment with a whole food and plant based diet <b>Week one onward</b>	<b>16 Hour Fast</b> We experiment with the 16 hour fast - not eating at least 16 hours between dinner and your next meal <b>Week four and onward</b>	<b>1-3 Day Fast</b> Experiment with deeper detoxification of our bodies and time away from food <b>Week Five and Six Only</b>	<b>Make it your own</b> Take what works best for you and leave the rest (or save it for later). What helps you grow closer to God?

**REVIEW THE SHOPPING LIST:** By week 3 you should be eating plant-based foods twice a week or more. You will need to shop and prepare appropriately. Here is a blog post with resources on plant-based eating or “Christian Fasting.”

<https://praxiswellness.center/2021/03/10/plant-based-diets-are-christian-diets/>

**PREPARING FOR NEXT WEEK'S 16-HOUR FAST:** Begin to make space in our life and schedule for next week's 16-hour fast. Plan out when you will do the 16-hour fast. The fast should start towards the end of the day, like 3 pm to 7 am, or 9 pm or 10 am. Take in no calories. Tea without creamer and black coffee are fine for those who might get a caffeine withdrawal headaches. It is important to stay hydrated. Plan the fast for a day when your fasting hours will allow you to get to bed early [and wake up late if possible] and a day when you will have low energy demands during your fasting time. Fluctuations in blood sugar levels can cause challenges including headaches and fatigue. It's best to eat light, plant-based, low or no carb meals before you begin your fast.

It is very important for you to also have time to pray, especially towards the end of the fast. These final hours are a great time to practice contemplative prayer such as Centering Prayer.

Week 2 - The Heart Plant Based Diet			
Breakfast	Lunch	Dinner	Snack
<b>Chia Coconut Brown Rice Breakfast Bowl</b> 1 c cooked brown rice 2 oz dry chia seeds 2 cups coconut milk 2 tbs coconut flakes	<b>Kale Salad</b> Massaged & chopped kale, chickpeas, sunflower seeds with lemon, garlic, tahini sauce,	<b>Spring Roll Noodle Bowl/ Salad</b> Tofu/ alternative, rice noodles/ lettuce, bell pepper, cucumber, carrots, topped with thai peanut sauce or alternative & peanuts, cilantro and green onion	<b>Roasted Chickpeas</b> Roast chickpeas with olive oil and salt add paprika, curry powder or other spices to taste

### **Exagoreusis** [the check in]

Email Cornelius to set up a time to discuss your first week. Be prepared to give specifics on how long you did your movement session for, how long you sat in silence, what days you practiced on and what you ate. Also, be prepared to discuss what came up for you physically, psychologically, and spiritually during the week. What was the most challenging and rewarding part of the practice. What did God call you to during the week?

~ Maranatha

*"Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable [one]." 1 Corin. 9:25*

**Other video resources**

Intro to the Wellness Challenge

[https://www.youtube.com/watch?v=\\_UsycnG5WR8](https://www.youtube.com/watch?v=_UsycnG5WR8)

Nuts and bolts of challenge

<https://youtu.be/8StW2Cy7zOo>

**FASTING RESOURCES**

**RESOURCE LINKS**

Complete Guide to the Fasting Challenge

[https://docs.google.com/presentation/d/1AebCCEKuswZgz\\_6-xL6t6xAYthEsAAKVnt7aXuRwujU/edit?usp=sharing](https://docs.google.com/presentation/d/1AebCCEKuswZgz_6-xL6t6xAYthEsAAKVnt7aXuRwujU/edit?usp=sharing)

Spreadsheet of Daniel Fast Recipes and Resources

<https://docs.google.com/spreadsheets/d/1jIGKA7WGmadsv5o-rmeaeLk9iMN1Doh/edit#gid=677705405>

Daniel Fast Recipe Website

<https://www.acouplecooks.com/>

Benefits of a Plant-based Diet (University of Texas)

<https://www.mdanderson.org/publications/focused-on-health/5-benefits-of-a-plant-based-diet.h20-1592991.html>