




**FREE FOUNDATIONS**

# Lamia Hariri Mentoring

Let this guide be your first step on a new journey toward more health, happiness and power across all your endeavours.



# Welcome

You are here for a reason!  
Embark on this journey with me  
to fully discover and heal the  
wounds of your inner child and  
learn how to ride the waves of  
life's challenges with more ease.  
I will support you on your journey  
with a huge amount of love,  
compassion and a toolbox full of  
expertise. Get started with my  
8 healthy habits video and follow  
along with the PDF.



Best regards,

*Caria*

# 8 Healthy Habits

## Blessings

Count your blessings the moment you wake up and cherish the little things in life: Like having a bed, a warm blanket, a roof over your head, running water, etc. The more blessed you feel, the happier you are.

## Detoxing

Brush your teeth and scrape your tongue before breakfast - your body has graciously been detoxing all night and left some residue on them. It's not a good idea to swallow the toxins with your water or breakfast.

## Intermittent Fasting

Eat for 8 hours (11 AM - 7 PM) and fast for 16 hours. It detoxes your system, helps you manage your energy, burns fat and has many great healing purposes. Try drinking at least 30 ml of water per kg bodyweight.

## Journaling

Schedule your tasks, projects, hobbies and Me-time. Write down your feelings, who and what you are grateful for, how you can excel that day, what you want to bring or gain from the day.

## Breathwork

Open the window and do the 20 connected breaths: breathe in and out through your nose; four short breaths and one long. Repeat four times. This will give you a nice buzz.

## Movement

Find a movement practice that suits you and make an effort to stick to it. Whether you go for a daily walk, do functional fitness or visit the gym – stay active on a consistent basis.

## Cold Shower

Finish your shower with cold water - increase the length of cold showers. The benefits are amazing including building a healthy immune system.

## The 3-2-1 Rule

Take your dinner 3 hours before bedtime, finish your work 2 hours before bedtime and screen time 1 hour before bedtime.

# A Mindful Meditation

1 It's an open-eyed meditation that brings you totally into the present moment. Sit comfortably and consciously observe everything around you in the room.

2 When your eyes notice for example the chair, the pictures on the wall, the books in the shelf, the plants near the window etc. you just say to yourself IT DOESN'T MATTER. If you notice an emotion or a thought, you say to yourself IT DOESN'T MATTER. Even if you have a positive memory or thought or feeling say IT DOESN'T MATTER.

3 Sit like this for 3 or 5 or even 10 minutes. Start this meditation with just a couple of minutes and increase the duration each time. You'll be surprised, how quickly you will bring all your antennas inward again and how present you'll feel instead of being all over the place and giving every THING, THOUGHT or FEELING a meaning.

## RECIPE # 1

# Tabbouleh



### Ingredients

- ½ cauliflower
- 1 red bell pepper or 2 tomatoes
- 2 cups of flat leaf parsley
- 1 cup of mint leaves
- 4 spring onions
- Juice from 2 lemons
- A heap of olive oil
- Salt, chili
- Some salad leaves to serve

### Preparation

- Wash the cauliflower and shred it to rice size crumbs
- Finely dice the red pepper or tomatoes
- Wash and finely slice the herbs
- Skin and finely chop the spring onions
- Pour the lemon juice into a salad bowl and add the cauliflower
- Only then do you add the bell pepper or tomatoes, onions and herbs
- Add salt and chill to taste and mix well
- Serve with fresh salad leaves and garnish as you like

## RECIPE # 2

# Cashew cream



### Ingredients

- 250g cashews
- 1 liter of water for soaking
- 80-100ml of water
- 1 probiotic capsule or powder
- Juice of half a lemon
- 1 cup of mint leaves
- 2 tsp dry yeast flakes
- Handful of dates
- 1 leek

### Preparation

- Soak cashews for 2 hours and pour soaking water away
- Finely puree cashews in a high-performance blender with water and a probiotic (whatever you take; simply open 1 capsule and add powder to the cashews)
- If possible, let this mixture ferment overnight in a warm place covered with a kitchen towel
- The next morning, mix the cream with lemon juice and dry yeast flakes
- Mix with finely chopped leeks and dates, add salt and pepper. My absolute Favourite

## RECIPE # 3

# Rice Pudding



### Ingredients

- 250g ground red rice or semolina
- 5 tbsp coconut oil
- Rice coconut milk or rice milk
- Coconut blossom sugar
- Vanilla
- Optional: Rose water
- Pine nuts and pistachios
- Seasonal fruit

### Preparation

- Braise the ground rice briefly in coconut oil and deglaze with plant milk
- Simmer on low heat and pour milk over and over until the rice is cooked and a thick porridge has formed
- Season with coconut blossom sugar, vanilla and rose water
- Heat the pine nuts or pistachios in a little coconut oil and use it to garnish the rice pudding
- Top off with seasonal fruit



**WANT TO GO DEEPER?**

# Take the next step: The 'Inner Child'

In this 3-part video series you can figure out what you can do to reach your highest potential in life, business or just your personal development.

The inner child voice is one of the most important ones, as your childhood beliefs have influenced all the relationships towards other aspects of your life, your aliveness, your finances and your joy.

Three videos and workbooks to uncover your true relationship with your inner child, how your childhood issues affect you until today and how you can change this and make peace with yourself.

A mindful breathing meditation will support the process and help you embody it all.

