



AN INTENTIONAL MANUAL FOR HER

Lower stress and anxiety levels, ground and relax &
step encouraged into your next beautiful chapter



ABOUT

Jane Alexander
Somatic Healing Expert

As a certified Sound Healing & Somatic Breathwork Facilitator and Somatic Coach, Jane is dedicated to empowering individuals to reclaim calm and balance in their lives. Jane supported over 700 clients to date, primarily women, in healing body and mind and in stepping back into their power. Celebrating women on their healing journey has been one of Jane's greatest honor and joys, and has been the catalyst to curate the the Intentional Shower Experience. Our Intentional Showers are meant as a cherished and unforgettable evening to celebrate, honor and bless the bride or mother-to-be as she courageously steps into her next chapter.

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A SPACE TO CELEBRATE HER

Our Intentional Showers are a sacred gathering to celebrate a woman's rite of passage into marriage or motherhood. Rooted in love, support and intentionality these showers create a ceremonial space to bond with the women closest to you and to honor the feminine. Unlike traditional showers, the main focus is on connection and empowerment through encouragement, intentional wellness practices as well as thoughtful and heartfelt rituals. Our deeply meaningful showers are a tribute to the sacredness of birth and union and a cherished and celebratory event to be remembered.



THE INTENTIONALITY OF OUR SHOWERS FOR YOU

We believe every woman deserves to be enveloped by love, support and confidence as she moves through the sacred rite of passage toward Motherhood or Sacred Union. Our cherished showers are curated to help you release fears, and to feel strong, empowered and blessed on this journey. This manual is meant to allow you to tap into the magic and sacredness of our Intentional Shower Experience and to find more peace, courage and empowerment today.



RELEASE

A Cleansing Ritual

A powerful cleansing ritual to release fears and worries so you can show up fully and open-hearted for the next chapter of your evolution.



CLEANSING Ritual

Cleansing Ritual w Sage

Allow yourself some peace and quiet for your ritual.

1. Turn off all electronics and distractions and open a window in each room since sage has a strong scent. This will also allow for stagnant energy to clear out faster.
2. Tie your hair back and wear comfy clothes in case there is some ash falling off the sage stick. ****Fire hazard!****
3. Light the sage stick and wait for the flames to cover about an 1/8 of the stick before blowing out the flames. The produced smoke will do the cleansing.
4. Place the smoking sage stick in a heat-proof container and walk slowly around each room. Pay special attention to the corners of each room. Walk slowly, ash can be a fire hazard!
5. Walk around with the intention to cleanse out the old and to create space for more peace, joy and happiness to enter the space or use our cleansing prayer (next page)
6. After your house is cleansed, hold the sage stick in front of your heart space, close your eyes and end the ritual by allowing the sage to surround and cleanse you, through your awareness and your intention.
7. If the sage stick is still smoking after your ritual make sure to press the burned end of the stick into the heat-proof container to extinguish the smoke completely. Allow the sage stick to cool down for at least 2 hours before storing it.*

Organic Sage can be found here: <https://amzn.to/4ilt5ew>

If you are pregnant or sensitive to scent, we would recommend to test burn a little bit of sage to see how your body response to the scent, before saging the whole space in case you feel nauseous. If you are pregnant or sensitive to scent, we also recommend to have someone present for the ritual as support.



CLEANSING RITUAL

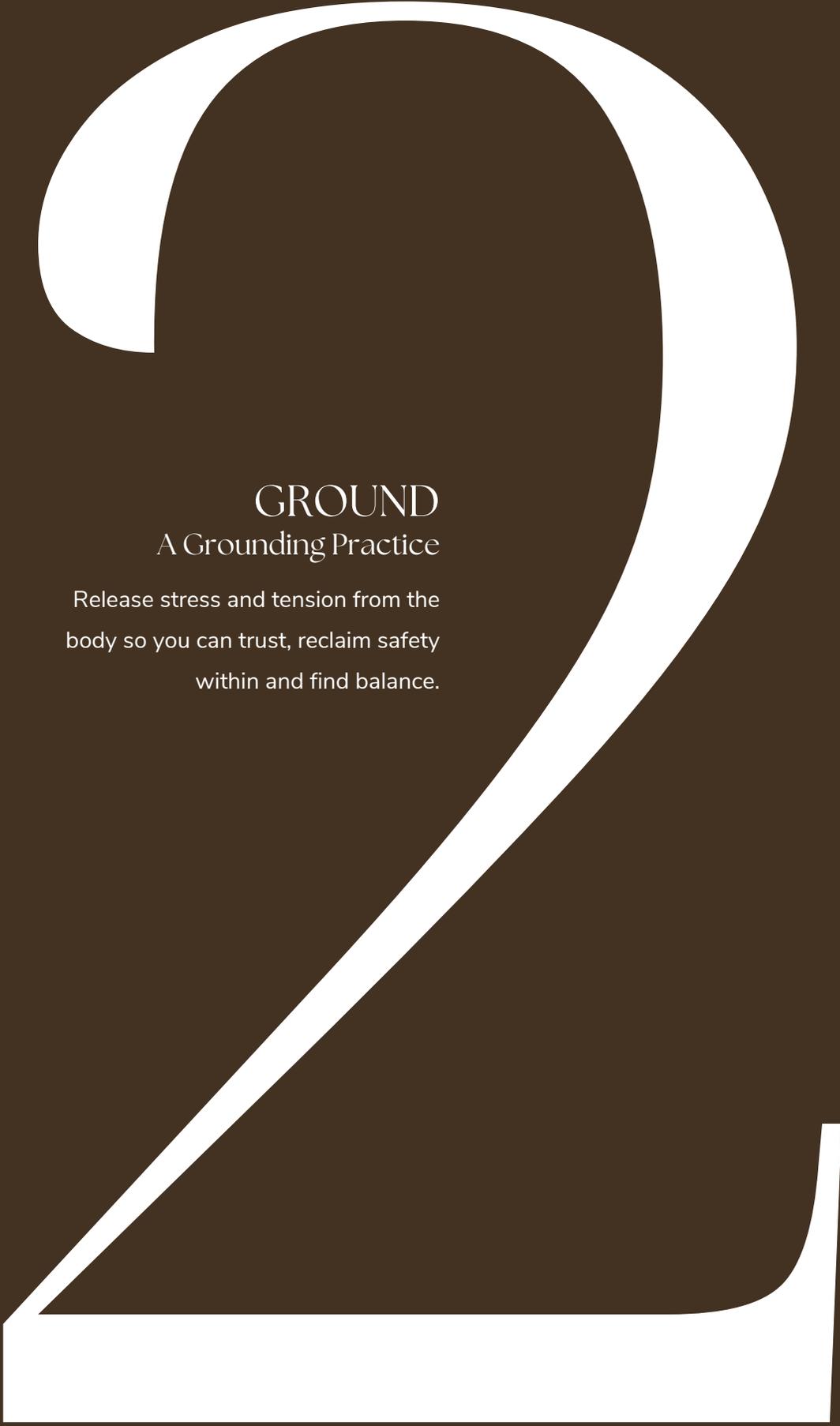
Cleansing Ritual w Purple Flame Visualization

Visualize a purple flame moving through every single room of your home and around your body. Send the purple flame through each room of the home with your intention to transform unserving energies into light, balance and love or speak our cleansing prayer as you visualize the purple flame. Finish up the ritual by allowing the purple flame to surround you and to cleanse out anything out of your energy field that is not of the highest light and not unconditional love.

CLEANSING PRAYER

Choosing wording according to your ritual (sage or purple flame)

I, here and now allow sage/the purple flame to cleanse my space. May any heaviness, any darkness, and any stagnant energy be dissolved with sage/the purple flame into light, may it be transformed into lightness, into peace, abundance, joy, happiness, health and balance. May anything that is not of the highest light and of unconditional love be cleansed from the space and from my body. May what is cleansed from the space and from my body be filled with love, with light, with prosperity, with joy, pleasure, play and ease. Thank you. Thank you. Thank you. It is done. It is done. It is done and so it is.



GROUND
A Grounding Practice

Release stress and tension from the
body so you can trust, reclaim safety
within and find balance.

GROUNDING PRACTICE



GROUND & RELAX through Meditation and Breath

When you feel anxious, stressed or out of balance, the fastest way to come back to a balanced state is through Mindfulness and Breathwork. Through Mindfulness we bring the awareness back to ourselves and to our body, which calms down the nervous system. Through Breathwork we can release tension and stress from the body so we can cultivate more peace, stillness and balance within. We recorded a Somatic Grounding Practice for you followed by a 6-Minute Daily Breathwork Practice to reset the nervous system and to release stress and tension from the body. The recorded Practice can be found here: <https://youtu.be/IEUVgtzJORo>

Disclaimer for Pregnant Women: The 3-Minutes of Cleansing Breathwork of the 6-Minute Breathwork Practice is not suitable for pregnant women as it is activating the nervous system. If you still want to give the practice a try, we would recommend to utilize the grounding practice and to only take calming breaths in and out of the nose during the Breathwork portion of the recording. You can also listen to our Free Mindfulness Meditation to release stress and anxiety that is just as helpful to relax the body. This practice is suitable for everyone: <https://stan.store/tanatarahaaling>



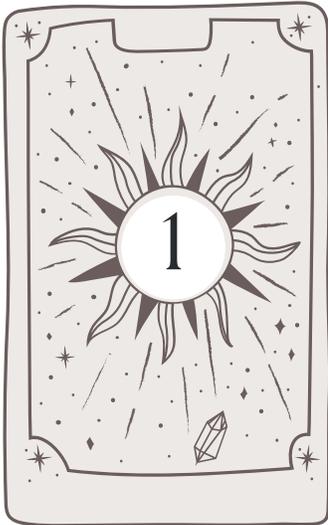
BE BLESSED

A Blessed Message for You

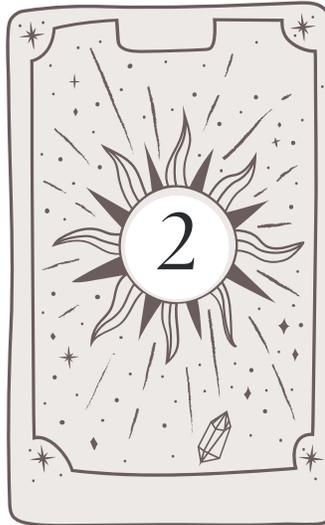
Choose a Powerful Energy Card and receive
an encouraging and blessed message for you
and your journey ahead.

A BLESSED MESSAGE JUST FOR YOU

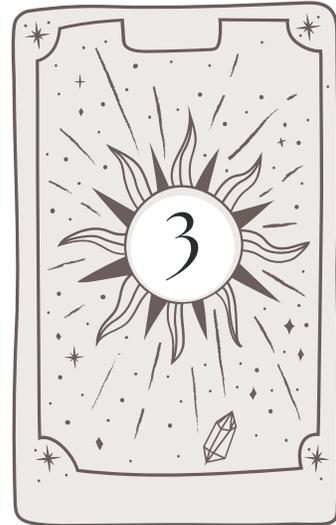
Choose one of the 3 powerful Energy Cards below that were intuitively chosen according to the number you select. How to choose: Close your eyes and ask yourself, which number speaks to me 1,2 or 3? When you decided on your number, click the link below the card to receive your message.



Card 1: <https://youtu.be/VidqNu1emmE>



Card 2: <https://youtu.be/ccMoEuzB5tg>



Card 3: <https://youtu.be/0bczwclxWX8>

Loved our Oracle Card Message and the Deck? Get yours here: <https://amzn.to/4d7xqHm>





BRIDAL SHOWER

Discover the Serenity and Sacredness of our Bridal Shower Experience. Our Intentional Bridal Showers are deeply meaningful gatherings curated to honor the bride's transition from her current life into Sacred Union. Step into a World of Tranquility and Love as you honor sisterhood and celebrate the bride-to-be. Sip a cup of deeply grounding tea to settle into the space and to co-create a sacred Circle surrounded by candles, flowers, rose pedals and crystals. Hold space for the bride to dissolve any fears and worries during the Encouragement Circle. Strengthen connection and find deep relaxation and rest with our intentional Wellness Offerings, curated to your unique needs and vision for your Intentional Shower Experience. The thoughtfully curated Rituals with Keepsake for the bride and the pulling of an Energy Cards with an uplifting and encouraging message for each woman concludes the memorable ceremony to celebrate the bride.

BABY SHOWER

Discover the Tranquility and Richness of our Intentional Baby Shower Experience. Our Baby Showers offer a heartfelt evening to honor the Maidens journey into Motherhood. Step into a Sacred Space of Love and Encouragement to celebrate sisterhood and to honor the mother-to-be. Feel welcomed into the space by deeply grounding tea to start the journey. Surrounded by your sisters, co-create a sacred Circle with candles, flowers and crystals. Help dissolve any worries and fears with Words of Wisdom during the Encouragement Circle. Relax Body and Mind and deepen your connection with your sisters with our nurturing Wellness Offerings, curated to your unique vision for your Intentional Shower Experience. Close the Sacred Circle with two powerful Rituals and uplifting messages to bond and to hold space for the mother-to-be and for a sacred moment to be cherished and remembered.



FREE
DISCOVERY
CALL





OUR COMMITMENT

We are here to honor each and every woman as she courageously steps into the next chapter of her evolution. We hope the practices in this Manual are serving you well and wishing you that you feel supported, loved and cherished each step of your journey. The practices in this Manual are inspired by the sacred rituals of our Intentional Showers and are meant to leave you feel grounded, empowered and lighthearted. We would be honored to celebrate your rite of passage into Motherhood or Sacred Union with you. With our sacred practices, signature wellness offerings and heartfelt rituals we are committed to create cherished containers and a celebratory event to be remembered. We would love to curate a memorable evening of depth, beauty and heartfelt connection for you and the women closest to you. Book your free Discovery Call with us today: <https://TANATARA.as.me/discoverycallshowsers>



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CURIOUS ABOUT OTHER OFFERINGS?

Get our FREE Reset Tools, join one of our In-Person or Virtual Classes or get a Copy of our Trauma-Informed Journals



FREE MINDFULNESS MEDITATION

Unwind and allow yourself to be guided back to stillness and peace with this Guided Practice immersed in Sound.



FREE BREATHWORK PRACTICE

Utilize your breath in this 6-Minute Guided Daily Breathwork Practice to lower stress levels and to balance body and mind.



CLASSES & EVENTS

We offer trauma-informed and somatically-led classes to reset the nervous system and to heal body and mind.



THE 5-MINUTES TO HEAL JOURNAL

A guided Journal with a trauma informed approach to healing and to deepen the connection of body and mind



THE 5-MINUTES TO GROW JOURNAL

A guided Journal with a somatic approach to healing to transform challenges into power

