



# THE SOIL TO SOUL BLUEPRINT

To Becoming A Successful Eco -Entrepreneur



BY DONNA MALTZ  
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# Calling all Entrepreneurs and Wantrepreneurs who are ready to be Eco-Entrepreneurs.



Below you will find the Soil to Soul Assessment and the Soil to Soul Blueprint.

The **Soil to Soul Blueprint** is the prelude to the **Soil to Soul Academy**, a comprehensive program designed to delve deeper into your desires and realize how to achieve success, wealth, and health in all areas of your life. The Blueprint will set you on the right path. If you wish to dive deeper and invest in your success, The Soil to Soul Academy is for you.



**The sky is the limit!**



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## Are you ready: Answer YES or NO

- To end exhaustion and enjoy success?
- To stop struggling?
- To explore your deeper purpose in life?
- To create a sustainable business that generates income while helping to regenerate humanity and the Earth.
- To develop and manage an evolving business in sync with your values.
- To learn how to move your career forward and have more time for what matters most?
- To make more money while having a greater impact in the world?
- To redefine success and wealth?

If the answer is yes to these questions, take the **Soil to Soul Assessment**.





## The Soil to Soul Assessment (SSA)

Soil to Soul Assessment will help you get in touch with your interpersonal and entrepreneurial goals.

When the time comes to check in with others to see how they are doing, we usually find the time, right? What about taking the time to check in with yourself? Where do you stand at this time?

The SSA provides a current benchmark regarding your mental, physical, and spiritual health in relationship to your career. I use this with my clients to help them figure out what is necessary to shift to a mindset that supports their bank account, health, and *lifekind*.

**Please be honest with yourself throughout the assessment.**

Take your time and be thoughtful with your answers. Go at your own pace. Experience more clarity as you go through this evaluation.

*Even when we seem to only have problems,  
there are many more opportunities.  
We can find them by being inquisitive, especially about ourselves.*





**Access your inner core so you can create the life you truly desire.**



## On a scale of 1-10, where are you now? (10 being the highest score.)

Today's Date \_\_\_\_\_

- Overall, my satisfaction with my life is \_\_\_\_\_.
- My level of fear about what is happening in the world is \_\_\_\_\_.
- My physical health is \_\_\_\_\_.
- My mental health is \_\_\_\_\_.
- My spiritual health is \_\_\_\_\_.
- My joyous level is \_\_\_\_\_.
- My relationships are \_\_\_\_\_.
- My relationship with the Earth is \_\_\_\_\_.
- My satisfaction with how I spend my time is \_\_\_\_\_.
- My relationship with money is \_\_\_\_\_.
- My career or job satisfies my deep desires this much \_\_\_\_\_.
- My entrepreneurial drive is \_\_\_\_\_.
- It is important to me to be successful in business \_\_\_\_\_.
- I am ready to live and work like the future matters \_\_\_\_\_.
- I am ready to move my business and life to the next level \_\_\_\_\_.

## Which areas do you most need to shift in your career to be successful? Rank 1-10 by importance

- \_\_\_\_\_ Mindset around Money
- \_\_\_\_\_ Health, mental and physical
- \_\_\_\_\_ Time management
- \_\_\_\_\_ Happiness
- \_\_\_\_\_ Relationships
- \_\_\_\_\_ Education
- \_\_\_\_\_ Personal development
- \_\_\_\_\_ Motivation to make a difference
- \_\_\_\_\_ Attitude about future of the world
- \_\_\_\_\_ Spiritual beliefs

## Ask yourself these tough questions:

- What or who is holding me back?
- Can I afford to make a shift in my career right now?
- What am I afraid of?
- What will happen if I do not make a shift?
- Am I ready to make a shift?
- Why do I want to make a shift?

## Delve deeper into a few more personal insights:

My FAVORITE things to do are -

I AM searching for -

My FAVORITE people with whom I enjoy spending time are -

This can be IMPROVED in my life at this moment?

Who or what are the Energy Vampires draining me?

Is my work ALIGNED with my values? If not, what must I do to be more in alignment?

Do I take time to FOCUS ON health and family, or is my work taking away what is meaningful to me?

What does SUCCESS look like? And what does it feel like?

What are the top two things that will likely derail me from TRULY IMPLEMENTING change?

1.

2.

Am I ready to add into my life the rituals and routines that will allow me to make my world and the planet a healthier, more equitable world?

What does it mean to me to be an Eco-Entrepreneur?

How important is it for me TO SHIFT?

## ARE YOU READY TO BLOOM?



If you are ready to discover new habits for success, move your business and life to the next level, and explore becoming a Soil to Soul Entrepreneur, schedule a FREE Discovery Call with me.

During your Discovery Call, we will explore deeper insights into your answers in this evaluation. Based on your results, I will provide you with 3 specific things you can do right now to launch or grow your eco-career. Are you ready to bloom?

**I'M READY!**

Email results to [donnamaltz@soiltosoul.com](mailto:donnamaltz@soiltosoul.com) and [schedule a complimentary one-on-one Discovery Call](#) to explore innovative Soulutions to your personal questions and see if the Soil to Soul Academy is right for you.



## About Donna Maltz



Donna Maltz has been a successful eco-entrepreneur since 1980. She started multiple sustainable companies, including her first organic farm in the 70s. Among her many achievements, she started the first Natural foods bakery and cafe in Alaska, which won Alaska's Small Business of the Year Award in 2010 for being one of the pioneers of organic food in the state. Donna also went national with the nation's first organic cocoa and chocolate syrup, branded as AH!LASKA.

She is now an author, speaker, Soil to Soul life and business coach, and leader of custom Holistic Healing Retreats on the gorgeous Big Island of Hawai'i. The retreats focus on culinary healing arts and Nature Therapy. With an ongoing passion for being part of the Souolution, Donna loves encouraging others to live in ways that better themselves and Mother Earth. She is the founder of Soil to Soul Solutions and Soil to Soul Academy, which both guide others to make the world a more ethical, vibrant place for all sentient beings.

Her coaching programs are designed for ambitious professionals and eco-entrepreneurs who want to balance their work and lifestyles and give back to their communities.

When she's not working on social and environmental justice, she's hanging out with her life-loving husband, playing with their many four-legged friends, and photographing Hawai'i's stunning natural landscape.

If you wish to become a certified Soil to Soul Entrepreneur, [schedule a one-on-one Discovery Call.](#)



I empower  
Soul to Soul Entrepreneurs  
to stay healthy  
become thought leaders  
and to prosper.





## Welcome to the

### Soil to Soul Blueprint to become a thriving Eco-Entrepreneur

*Since the Ice Age, nothing has changed the world faster than business.  
Ethical businesses, led by morally courageous people,  
can rapidly transform our world for the better.*

**If you are a businessperson who wants to make a difference in the world, then you are in the right place.**

**Why and How to Plant and Grow a Soil to Soul business in the 21st Century.**

## You will learn how to:

- Redefine success and wealth.
- Change your money mindset and get what you deserve.
- Succeed by educating.
- Learn to lead from a place of alignment with your values.
- Clarify your unique gifts and ways to share and monetize them.
- Know your authentic self and embrace the goodness only you bring to the world.
- Attract your tribe and thrive incorporating the value of unity in community.
- Master the heart-centered Soil to Soul method for identifying the business and people that light you up.

## **Following the Soil to Soul Blueprint, you will discover:**

- How to trust and be your authentic self.
- Your purpose in life and your career.
- Take control of how you use your time.
- Experience more inner peace and freedom to manifest your intentions.
- Time management, including fulfillment and joy.
- Reasons to balance your workstyle with your lifestyle.
- Inspiration to change and move forward in your career.
- More fulfillment and joy.
- Reasons to start or scale an Eco-Business.
- Meaningful connections with like-minded eco-entrepreneurs to help you achieve your goals faster and easier.

## **The Soil to Soul Blueprint will teach you how to make a living creating a business that can help both lifekind and future generations.**

- Learn how to differentiate between time wasted or time well spent on the best-suited tasks.
- Create an inspiring and solid vision for the lifestyle you wish to manifest and then cultivate your vision.
- Making day-to-day business decisions can be challenging if you don't have your personal values aligned with your career.
- At all costs, do not let your business take over your life.
- Aligning your business with the lifestyle that brings you joy is the only sustainable business. To make this a reality, you must acknowledge what your novel brilliance is and how it influences your business priorities.

I'm opening enrollment to the Soil to Soul Academy to help a select few who are committed to doing what it takes to create both a fulfilling life and a successful eco-career.





This **Soil to Soul Blueprint** is a comprehensive guide to help you on your journey to eco-entrepreneurship. If you enjoy this guide, you will love our **Soil to Soul Academy** starting next year.

In the following pages, I will introduce you to reasons, tools, and methods to operate a business while maintaining peak health and ensuring a safe future for our children.

Eco-entrepreneurship is the responsible way to deliver products and services. Online or in-person, a green business generates positive change.

**Why being a Soil to Soul entrepreneur is so important.** When the Earth is suffering, we suffer. With an unbalanced economy, skewed politics, distressing social fabric, and health risks at an all-time high, business is the bottom line for our ailing planet.

Today there are only 60 years of farmable soil left, and more than one in four species on Earth faces extinction. This number will rise to 50% by the end of the century unless urgent action is taken. Our children are counting on us to protect Mother Earth so they can swim in the ocean, play outside barefoot without a mask, and all the other natural gifts children deserve.

Women business leaders have a better understanding of the value of diversity and inclusiveness. By nature, we are nurturers, and now, more than ever, all of lifekind needs nurturing. It can be overwhelming when we juggle the responsibilities of raising our families and building a business. I get it. I've been there.

Now a grandmother and the founder and CEO (Conscious Ethical Optimists) of multiple prosperous Soil to Soul businesses, I'm ready to share what I have learned. All my businesses have had a positive impact on future generations while I stayed true to my values. My home is in Hawaii now, and I'm living the life of my dreams.



Me back in 1984 during the first remodel of our cafe. I was 27.

But it was not always perfect. Back in the early 80s when I got into my first business, women did not have the support we have today. The unsustainable American Dream was taking advantage of the Earth, and female entrepreneurs were not fashionable. No one is to blame, but I did crash and burn in the middle of my career. Being in the depths of despair for a few years was no fun. I did not understand the importance of balancing my work with my lifestyle. My priorities got screwed up, and when I fell, I fell hard.

I learned the hard way how to have a successful career as an eco-business warrior. It took doing the work for the right reasons. With a “can do” attitude came essential lessons. I learned to prioritize health, family, and business; in this order. It was also crucial to be grateful and live by principles that protect our world for at least seven future generations.



**I offer you the Soil to Soul Principles as part of a Life and Business Plan.**

## Principles

I've cultivated these guiding principles throughout my life. They are now inspiring many others to live like the future matters and have a fulfilling career and life. They provide the foundation for the Soil to Soul Blueprint. Together they form a broad set of values that helps regenerate people and the planet. They can help guide your business and life decisions.

**Be Part of the Soultion:** With reverence, cultivate a life that prioritizes restoring the Earth and caring for one's self and others. Support endeavors that are focused on regenerative Soultions. Be a mindful, active citizen — a soulful light in the world. Give more, take less. What we appreciate, appreciates.

**Health is Your Greatest Wealth:** A healthy body fosters a healthy mind, which lays the groundwork for a more vibrant world. Nourish everything, from the soil to your soul. Respect. Replenish. Rejuvenate.

**Live in Harmony with Nature:** The Earth is our home. Honor and integrate the wisdom of the systems and cycles of Nature into your life. Nature-based Soultions hold the keys to humanity's most challenging problems. A restored connection to the Earth is essential for our survival.

**Know Your Truth:** Know who you are, and know what you love to do with a purposeful why. Celebrate life from the depths of your soul and rejoice with others. Manifest your dreams and embody your highest potential. Love and accept yourself. What we focus on grows.

**Mentors are Essential:** At any age, have mentors and mentor others. The benefits received from intergenerational support are priceless. Knowledge fertilizes the mind to think and create. Wisdom comes when we apply what we have learned. Be a mindful lifetime learner and teacher.

**The Past ~ History is no Mystery:** Reference the past to improve the future. Connect with your roots. Then, compost what does not serve you and nurture what does. Forgiveness allows you to live in the present and look forward to the future.

**The Present ~ A Gift, Receive it in the Now:** Invest your time and energy into a purposeful passion, in the Now. Cultivate love and compassion with gratitude in the Now. Gratitude changes our attitude. Time is our most valuable currency; spend it wisely.

**The Future ~ Live like the Future Matters:** In shifting our focus from the good of mankind to the good of lifekind, we create an evolving paradigm that improves the quality of life for all. Resilient, we can adapt to the unknown.

**Connection is Sacred:** Support and take part in creating a vibrant community and local economy. Cultivate unity and reverence for all life in your community. United, we bring value, balance, and diversity to our world. Our sacred yet vulnerable web of life connects us all, and we depend on it. Together, we can strive to live like the future matters.







## Sequential Soil to Soul Steps for Success

This mini blueprint is part of the MasterMind Soil to Soul Blueprint I offer my clients. We start with a series of questions that will help sculpt your own path toward becoming a Soil to Soul Entrepreneur. Each business is as different as the stars.

By answering the Soil to Soul Blueprint questions, you will have a basic plan to ignite your actions. After answering the questions, if you still have questions, please schedule a complimentary discovery call with me.

### **Step 1: Make a life plan - No business plan is truly successful without an accompanying life plan.**

We talk about writing a business plan for success, but what about a life plan? It's common to get enamored with the idea of running our own business without considering how it will affect our health, families, and the Earth. A company has a greater chance of success with a healthy life plan. When you are vibrant, your business mirrors that.

When you know who you are, you can operate a business that lights you up each morning and fills you with joy. The Soil to Soul Principles are invaluable to help create a wholesome lifestyle and leave a lasting legacy aligned with your values. The following questions will help gauge where you're at in your self-actualization work.

**Answer them with all honesty, and the rest of the Blueprint becomes a rainbow of opportunities. Do not overthink your answers.**

- Who are you?
- Do you let others define who you are?
- What makes you feel whole?
- What do you love to do?
- What is your purposeful why in life? Knowing this makes everything in your work meaningful.
- What are you grateful for? Consider that there is a constant source of energy in the good times and the challenging ones.
- What stands in your way?
- Name the energy vampires in your life. Identify and then ditch them to embrace what turns you on.

## **Step 2: The power of language - The words you use, control your feelings, successes, and your health.**

We are living in unprecedented times, and the future is unpredictable. Remember, there is nothing constant in Nature except change.

### **It's Your Choice to Change**

Eliminate negative words and thoughts and choose to be conscious of your thoughts and words. For example: Eliminate saying, "I have to, I've got to, I should have." Stop "wanting" and "needing," and start "choosing." Changing our language helps rewire our brains. Choose opportunity and awe, as opposed to doubt and desperation. It's a choice to choose love and compassion as our driving forces for who we choose to be. Choose to let go of energy vampires and open your mind to masterful mentors. It's your choice to make the best of every situation.

Choosing to unplug from negative news and unsustainable propaganda helps reprogram our minds. Switch to healthy habits and nurturing rituals that regenerate your body, mind, and soul. When you change your thoughts to positive and proactive, you make better decisions. Build your vocabulary with positivity. "I will, and I can. I am determined. I am happy, healthy, and safe. I am here for a reason, and I make a difference. I will adapt and change. These are choices I have made. There are no mistakes, only lessons to learn. I got this!"

**Answer the following questions to get clarity. Again, do not overthink your answers.**

- Do you like the way you speak to yourself?
- Do people listen to you when you speak?
- Are you a good delegator?
- How do you respond when you are verbally attacked?
- How do you talk to your children, family members, and employees?
- What words can you choose that are more empowering and positive?

### **Step 3: Health is Your Greatest Wealth both Physical and Mental.**

Without our health, no business success matters. Vibrant health is the most important goal for you and the planet. It is the bottom line!

Answer the following questions to get clarity. Do not overthink your answers.

- What are you eating?
- How is your food intake affecting your health and the health of the planet?
- What are you feeding your family?
- What is your exercise routine?
- How much time are you spending in Nature?
- Do you ever walk barefoot? Swim in the ocean, a lake, river, or pond?
- What you put on your body is as important as what you put in your body. What are you putting on your body? Do you understand the ingredients?
- Are you living and working in ways that make you feel energized and joyous?





#### **Step 4: Heal and integrate past traumas and limiting beliefs.**

It is essential to acknowledge and address any emotional and mental blocks so you can move forward. Doing so will help you grow your business and live your life aligned with your heart and purposeful why.

Many successful businesses and practices stem from moving through past traumas. Being able to solve problems is a gift to help others through the lessons of your own experiences. Compost what does not serve you and nourish what does.

**Answer the following questions to get clarity. Do not overthink your answers.**

- Are you holding on to a past trauma? What is it, and why are you still reliving it?
- How are you dealing with it?
- How is the trauma affecting your relationships? Your career?
- What would your life be like if you could free yourself from the pain?
- Can you see a way out, or do you choose to live with it?



If you have experienced trauma and it's holding you back, choose to take a step back from your business and prioritize taking care of yourself. Nurture yourself first, then you will be unstoppable.

## **Step 5: Redefine Success and Wealth**

Is it a 6 -figure income you want, or is it 7 or 8? Or could it be that success is love, passion, vibrant health, meaningful relationships, clean air, potable water, living soil, clean oceans, preservation of species, world peace, and individual peace of mind?

**Answer the following questions to clarify what is important to you. Do not overthink your answers.**

- What does success mean to you?
- Do you agree that health is your greatest wealth? If not, what is?
- How much money do you need to be comfortable?
- How do you spend your money?
- How do you save your money?
- Is money the root of all evil or a tool to do good in the world?
- Where did you learn about success, and do you agree with what you learned?
- What would you do with your money if you made \$100,000 a year? A million? 10 million?
- Are you ready to redefine your own success and wealth?



## **Step 6: Prioritize Health, Family, Business (HFB), and accept what you do affects the planet and future generations.**

In these evolutionary times, we understand that starting or adjusting your current business might be challenging. Choosing the right company gives you a greater chance of success. Take into consideration how this business is or will affect your health, family, and the Earth. Having the right attitude and prioritizing HFB is key to long-lasting success.

**Answer the following questions to clarify your sequential steps to starting or scaling a Soil to Soul Business. Do not overthink your answers.**

- Why do you want to start or grow an eco-friendly business?
- Why do you want to be a Soil to Soul entrepreneur?
- What do success and wealth look like when your career is making a difference in the world?
- Are you balancing your workload with your lifestyle?
- Money Mindset; How can a simple shift in your relationship with money help you make more and stress less?
- Do you know how to make money by saving money and budgeting?
- What actions are you already doing that you can expand upon to make your life and career more eco-friendly? (Hint: Think beyond recycling and using recycled paper.)
- How is your career affecting your health? Your family?
- What are the actual costs of what you do in terms of the impact on the Earth and future generations?
- How much time do you spend in Nature? Did you know that being outside in Nature makes you smarter and healthier?
- What do you do to avoid and relieve stress?
- Do you spend enough time with your family and friends?







My family - husband, son, and granddaughter.

### **Step 7: How to be a CEO (Conscious Ethical Optimist) and start or ramp up your company.**

The business climate has changed, as have the opportunities. Between climate change and Covid, there are as many opportunities as there are problems. The primary purpose of a Soil to Soul business is to serve the greater good. Ethical businesses and business leaders with moral courage are making a difference. Maybe you are one of those people running one of those businesses! Yay. If not, you can be.

When you understand and take responsibility for the value chain of your business, meaning the source of where everything originates and how that affects the world, you are in business to make a difference. You can learn a lot about a business simply by looking in your trash.

Trashy companies produce a lot of garbage. Often it is made in other countries using exploited labor to produce the trash that ends up in our garbage cans, and eventually our landfills, or it litters the landscape and sea.

A Soil to Soul business person runs their company with ethics that reduces waste and regenerates the soil by being mindful of the origin of the products used. Our souls are nurtured when we are conscious and innovative in our business practices.

**Answer the following questions to clarify your intentions to create a Soil to Soul Business.**

- What is your mission? Your vision? Your goals?
- How is your business filling a niche?
- What does your value chain look like?
- Have you created a memorable brand and a valuable product?
- As the CEO, what does your dream career look like in (and after) the COVID Era?
- What simple and achievable steps are you taking to make your dream life and business a reality?
- Is your business serving and enhancing your dream career and that of your community? The world?
- How are you marketing your business?
- Are you choosing or changing the name of your business to express your deep values and to educate your customers to your ideals?
- What are you doing to economize so that your net worth increases?





Soil to Soul Book Launch Party

## **Step 8: Soil to Soul Entrepreneurships nuts and bolts. Write or rewrite your business plan.**

Like building a house, a garden, a life plan, etc., there are sequential steps to take. A solid plan helps you scale your business and your impact. My first business plan was for a successful green bakery/cafe I ran in Homer, Alaska for 37 years. It started with a conversation with a very successful businessperson, my father. I adapted his business nuggets as part of my plan, which evolved with hands-on knowledge and the times. Mind you, these were for a foodservice business. Each business has unique qualities that must be addressed. Most of these are pretty universal and I can attest they remained part of my business plan for nearly four decades.

## Words of my father:

*"Donna, keep the cash flowing at all times. The tighter you run the ship, the more profit."*

*"Donna, keep your hands in the till at all times." Translation: Always keep track of the money.*

*"Donna, work towards a 30-30-30-10 margin — 30 percent cost of goods, 30 percent overhead, 30 percent payroll, leaving you a minimum of 10 percent profit."*

*"Donna, NEVER be late on payroll. Your employees are your greatest assets or biggest asses. Know when to compliment and promote and when it's time to kick some ass."*

*"Donna, keep your eye on the big picture. Do not agonize over the details. Procrastination is a killer."*

*"Donna, the most important clause to put into a business plan is, 'Things will change, and so will you.' A plan is only as good as your actions."*

Yes, it is a good idea to write a business plan, with the knowledge that it will change - just like a diet plan. It's about inputs and outputs.

A Soil to Soul business plan adds the Soil to Soul principles and the triple bottom line model, which refers to the 3 "P's" – **Profit, People, Planet.**

This is a business concept where companies factor in the environment, their people, and the economic benefits into their business model, which is engaged in eco-friendly policies and community interests.



**There are many questions and business details to consider when formulating a business plan. What have you done, or are you doing to bring forth your best talents and your genius into your business plan?**

- Are you considering how to balance your work and your life plan?
- Are you clear on how your business can plant healthy seeds for the future?
- What makes you unique and valuable and separates you from your competition?
- Do you understand business terminology: such as, ROI budget, cash flow, balance sheet, bottom line?
- Have you acquired your business license?
- Is it better for you to file for taxes as a sole proprietor, an LLC, or a corporation?
- What protection and insurance do you need?
- Do you have written policies and procedures?
- What is your marketing plan, budget, and sales forecast?



**Your limitless potential is endless!**

If you have a business plan, it might be time to update it with the Soil to Soul Principles. If you are a start-up with no plan, there are basic business plan templates online. I cover this topic more in-depth in the MasterMind Soil to Soul Blueprint.

### **Incorporate these important items into your plan:**

- How your business is going to leave a small footprint and have a greater impact.
- How your business will support and take part in creating a resilient, robust community.
- How your business will stimulate a vibrant economy that cultivates unity and reverence for all life.
- What it means to you to be a Soulutionist.

### **Other points to consider when creating a secure and legitimate strategy for your Soil to Soul business:**

- Build your business around the tribe and community you love to work with and serve.
- Find other like-minded business people (Joint Venture Partners). Connecting and collaborating is Nature's way.
- Trust, consistency, and integrity are pillars for an ethical business.
- Economize, be wise, be conservative to build your bottom line.
- When your staff works with you, not for you, the results are remarkable.
- Remember the benefits of appreciation and celebration. Awards are rewarding.
- Imagine your business in five years, in ten years.
- Have an exit strategy.







**Your business can be part of a lasting legacy.**

## **Path to Peace**

*“Right livelihood is reflecting our loving-kindness  
and compassion in the way we earn our living.  
It is nurturing and caring for others with our work.”*

— Shi Wuling



**To truly have a healthy business,  
we must be healthy!**



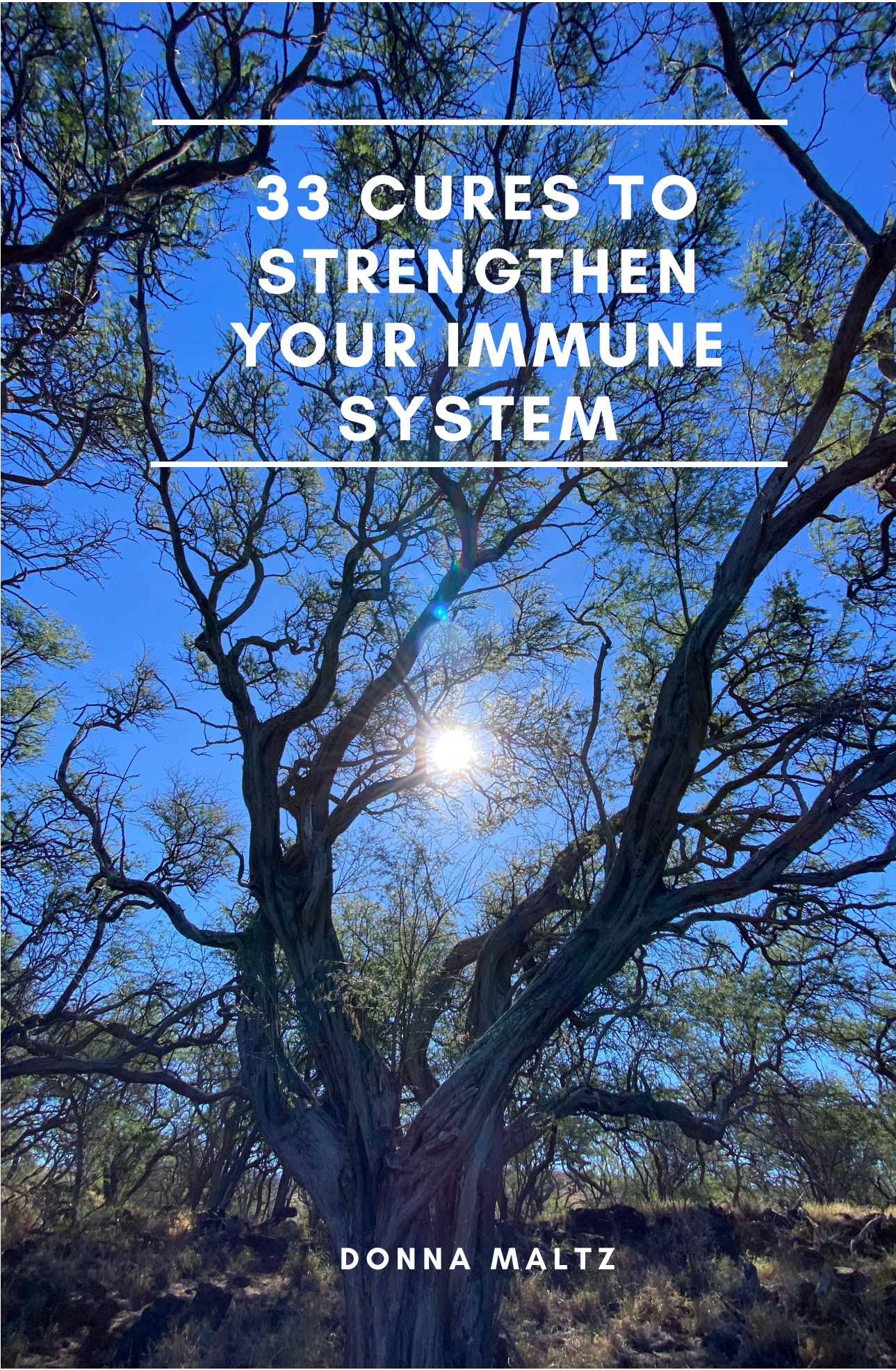


**If you got this far then you are ready  
to dive into becoming a  
Certified Soil to Soul Entrepreneur.**

**Apply for the  
Soil to Soul Academy  
TODAY!**

**Book a Discovery Call  
and let's get started.**





# 33 CURES TO STRENGTHEN YOUR IMMUNE SYSTEM

**DONNA MALTZ**



## Conscious Cures Soulutions Full of Possibility!

*The secret of getting ahead is getting started.  
The secret of getting started is breaking your complex overwhelming tasks into small  
manageable tasks and starting on the first one.*

*~ Mark Twain, writer and humorist*

Each of us has multiple tangible ways we can support our well-being. When we feel good, we can help others navigate a better novel way of being. Together, we can help heal the Earth.

Our physical and mental health strengthens when we focus on the positive and incorporate daily practices and healthy rituals. We get through the COVID era by fortifying ourselves for what is yet to come. A healthy mindset, a robust immune system, and letting go of fear and judgment is a recipe for success to defend against the daunting crisis the world is facing.

*We have not realized our full potential.*

I'm honored to share with you these conscious cures that I incorporate into my life. You can find sources for all in the Notes section at the end of the book. Of course, I always recommend you doing your own research and finding cures specific to your needs.

**Reduce stress.** Stress raise your blood pressure and pulse, making you more receptive to illnesses. The American Medical Association has noted that stress is the primary cause of over 60 percent of all human illnesses and diseases. If anxiety and fear are pressing down on you, get the help you deserve so you can leave the fear behind. Incorporate exercise, mindfulness, meditation, and breath awareness into your daily rituals. There is so much to do, and extraordinary opportunities to embark upon.



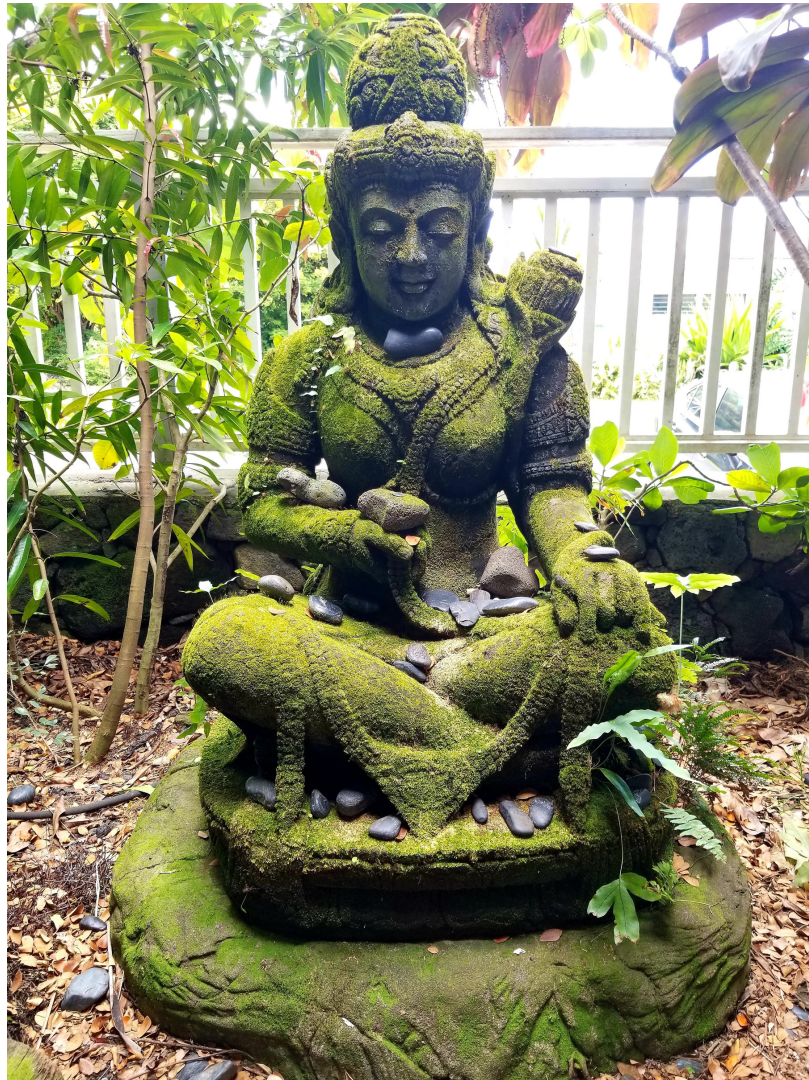
**Exercise.** Exercise lowers your body's stress hormones and regulates your cortisol levels. Whether it be yoga, Pilates, martial arts, or swimming, being active releases the chemical endorphin, enhancing your mood and acting as a natural painkiller. Daily exercise gets your blood pumping to purify your body. A high-temperature environment helps block viruses from entering, which is why your body reacts to infection with a fever that helps kill a virus and sweating that removes toxins. Sweating and breathing hard is good for us.

Besides boosting body's feel-good chemicals, such as serotonin, exercise helps you sleep better, and regulate your weight. Serotonin is a neurotransmitter, or chemical messenger, involved in many processes throughout your body, from regulating your mood and aids in smooth digestion. Move your body every day and, if possible, do so outside. When we're stuck inside, we may lack the motivation to get our blood pumping and our breath puffing. Cleaning your living space from ceiling to floor can be a stress-buster workout, just like lifting weights. Put on some dance tunes and get those endorphins pumping!



**Practice mindfulness and meditation.** From Kundalini meditation to music meditation to walking meditation, there are many options. Learn to still your mind by your perception of a mindless task and turn that time into a mindful one. Mindfully wash your dishes, feel the pots and pans in the warm water, and experience the difference while present in the task. It will make your “work” more gratifying. Listening to the sounds of Nature or soothing music helps get us into a meditative state, as do warm candlelit baths. CBD oil can also help chill your mind and relax your body.





**Be aware of your breath.** It is so simple, yet so powerful. You can relax your thoughts and still your mind by becoming fully aware of your breathing. Sigh often and give it some sound! Gentle, relaxed breathing is better than breathing deeply when you are anxious. Focusing on your breath and repeating a positive mantra, such as, “I am safe, happy, and healthy,” can bring peace of mind and help regulate your breath.

**Cultivate expression, not depression.** Having outlets to express yourself leaves little room for depression. Some of the most incredible music, art, and business ideas have come from misfortune. If you find yourself feeling down, pick up something you love to do, and express yourself. Sharing your creations multiplies expression and joy. When others see you expressing yourself, they are more inclined to ignite their own passions.



**Help others.** One of the best ways to boost your mental health is to help others. It reduces sadness, fear, and anxiety and motivates you to do more acts of kindness. When you share your gifts, it gives you dignity, a sense of purpose, and self-worth. Everyone benefits.

A simple act of kindness goes a long way. You can offer to shop for a neighbor, make meals for others, donate to a charity, make masks, write an upbeat blog, and always share your smile. We all can find ways to cope and contribute. Our internal and external environments are more habitable when we integrate kindness, love, and compassion. Take a moment to think about what you are doing with your precious time.

**Nature-ize when you cannot socialize.** Not being able to socialize is stressful and can get depressing. When you're out in Nature, you can responsibly *Nature-ize* and enjoy time with loved ones and friends. You can also reap the benefits of communing with plants and animals while enjoying the fresh air and outdoor activities.

Studies reveal Nature therapy and communing with Nature has a positive effect on your physical and mental health. When people are outside, they often feel and act more friendly toward others. It's the perfect time to get outside and to get to know your neighbors. When parks were closed due to the virus, children learned to climb trees and swing from ropes. Families walked together, and bikes came out of storage. In many areas, dog adoptions increased, and dog walkers were out in greater numbers than ever before.





**I repeat, no matter where you are, spend as much time as you can outdoors.**

The power of Nature can absorb negative energy and help you cope with being cooped up. There are so many ways to enjoy the great outdoors: forest bathing (shinrin-yoku), wave watching, tree climbing, hiking, moonlight walks, gardening, fishing, skiing, and snorkeling, just to name a few.

You can cry and scream and allow yourself to let loose and feel free. Nature holds no judgment.

Find your inner peace, guidance, and strength as you climb upward and out. Leave the urban lifestyle for at least an hour a day and rejuvenate your body, mind, and spirit. Being in Nature is free entertainment. Fresh air freshens our outlook. It also builds our immune systems.

**Study Nature and learn about yourself.** We have a lot to learn from Nature as we rebuild our world. When you observe Nature, you can learn how to be more resourceful, balanced, and resilient. You can see how biodiversity is key to a healthy community. Each ecosystem is interdependent but functioning as a whole, thriving on interconnectedness.

Landscapes interconnect ~ a forest to a meadow ~ a pasture to the coastline. Acknowledging that everything is interdependent and interconnected, we make better choices for ourselves and the world.

**Put your hands in the soil via gardening and houseplants.** The benefits of gardening are boundless. Soil is the most diverse habitat on Earth, offering multiple reasons to take part in it. Studies have shown that people who put their hands in the bacteria-rich Earth have fewer allergies.



Soil contains antidepressant bacteria that boost serotonin levels and elevate our mood. We know gardening reduces stress and anxiety and can serve as great physical exercise. If you haven't already tried it, try it. Fresh air is an added benefit. If you cannot garden outdoors, houseplants are the next best thing.



Houseplants do the opposite of what humans do when we breathe: they release oxygen and absorb carbon dioxide. Not only are they beautiful to look at, but they also freshen the air and eliminate harmful toxins. Research by NASA has revealed that houseplants can remove up to 87 percent of air toxins in twenty-four hours! It makes sense to get our hands in the soil and keep planting. Fewer toxins equate to healthier immune systems. The more we plant, the healthier the Earth's immune system.

Decades of observational studies have proven time spent in natural environments with hands in the soil are linked to improving our overall health. Grounding ourselves by going barefoot in healthy soil is an added bonus.

**Eat as if your life depends on it.** Eating a low-carbon food-print diet matters. Support your local farmers and enjoy nutritious regional food, knowing you are strengthening your local economy and the well-being of Mother Earth. Build your immune system and help save the planet.

Consuming foods that boost your mood and your immune system will reduce anxiety and stress levels. Eat a diversified diet with plenty of fresh plant-based foods: fruits, veggies, nuts, seeds, whole grains, healthy fats, and quality meat and dairy. If you are vegan, it is essential to beef up other areas of your diet.





Add extra immune-building foods such as turmeric, ginger, citrus (especially lemons), mushrooms, peppers, garlic, and onions. Fermented vegetables, such as homemade sauerkraut and kimchi, are a boon to gut health. Foods high in selenium, vitamin D, Omega-3 fatty acids, antioxidants, B vitamins, zinc, proteins, and probiotic microorganisms are excellent choices. In times of additional stress, high-quality supplements are also a good idea.

Stress eating is terrible for our wellbeing because we find ourselves overindulging or the opposite, forgetting to eat. Neither is the correct answer. If you find yourself falling into either trap, it's time to do your research or speak with a nutritional coach. Avoid the use of alcohol and other addictive substances.

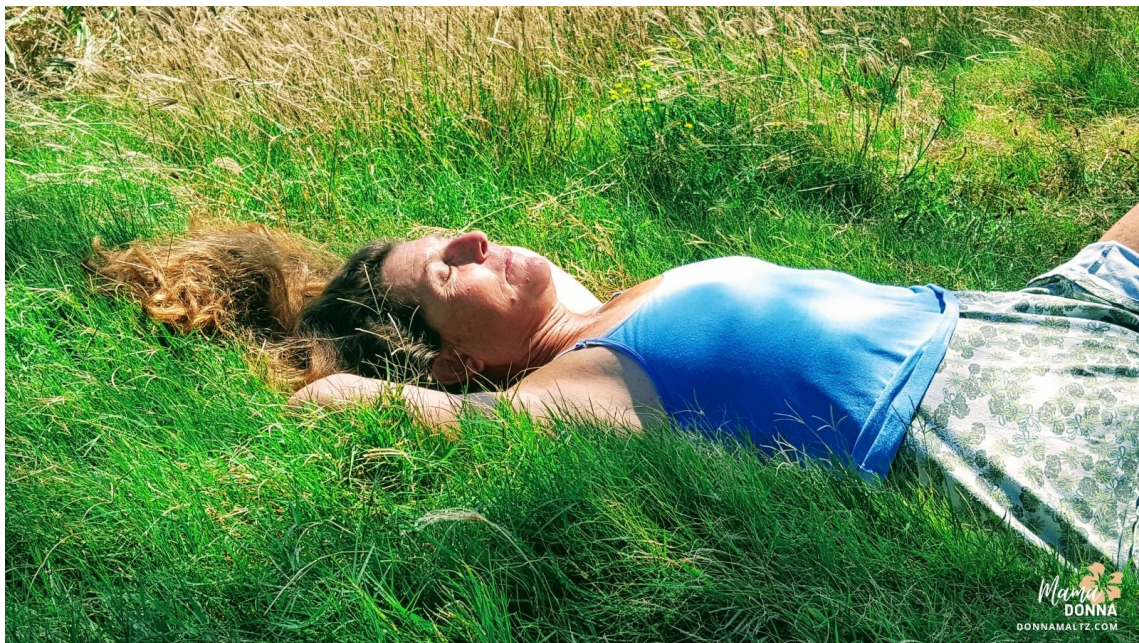




**Stay hydrated.** The link between water and stress reduction is well documented. Our bodies are made up of 70 percent water. All our organs, including our brains, need water to function correctly. If you're dehydrated, your body isn't running well — and that can lead to stress and even hospitalization. The National Academy of Medicine recommends 2.7 liters (eleven cups) to 3.7 liters (almost sixteen cups) per day. Depending on your level of exercise and what you eat and drink, the quantity will vary. So, sip your stress away.

**Take cold showers.** A burst of cold water at the end of a shower, or an entire cold-water shower, may sound uncomfortable, but the benefits outweigh the temporary chill. Cold showers have been used for centuries to improve circulation and build stress resistance. They also increase endorphins, which reduce stress. Cold showers jolt your body, which increases alertness, energy, clarity, and happiness. I suggest easing into it until you can stay in the cold water for two or three minutes while breathing deeply.

**Sleep and rest when you are tired.** I cannot overemphasize getting plenty of rest and enough sleep. Sound sleep repairs our precious bodies and minds. Go to bed and wake up at a reasonable time and get off the screen after dark. I recommend to my overworked clients that they get into bed by 9 pm with a cup of calming tea, settle in with a good book, and listen to relaxing music. You can find plenty of great meditative music for free online to help you get a good night's rest. Make sure you are getting enough magnesium in your diet or consider taking a supplement.



Sleep seven to eight hours, not four or twelve. Too much sleep can often be as detrimental as not enough, and it's a potential sign of depression. If you find you are sleeping too much or not enough, it's time to get help.



**Stick to a healthy routine.** We are creatures of habit. Finding a new pattern can be challenging but rewarding. Make a schedule that is varied and includes time for work and self-care. The key is to balance your lifestyle with your work style. We are all wired differently. Knowing your natural biorhythms — your body's rhythms of life that indicate your best timing for sleep, activity, and creativity — will help you figure out your ideal routines.



**Create a self-care toolbox.** Keep items around your home to help fix what ails you. They could include: a journal, dumbbells, essential oils, turmeric, herbal teas, supplements, a favorite pillow and blanket, Epsom salts to put in your daily bath, candles, playing cards, downloaded meditation music, or rock 'n' roll. You get the picture. Load your self-care toolbox with things that make you feel better. Use it as a ready first-aid kit when you feel overwhelmed. If you have children or are living with other people, help them gather a self-care toolbox too. Share when needed.

**Find what you can control, to keep you in control.** In moments of significant uncertainty or feeling overwhelmed, it's essential to manage your personal space. Organize your bookshelf and paperwork, purge your closet and drawers, and clean under the bed. Cleaning helps to anchor and ground you when everything around you is chaotic. In the process, you may find useful items to add to your toolbox. You never know what you'll find under the bed.

**Attend to household hygiene.** Research has shown that essential oils can kill most airborne microorganisms and boost your immune system. Oils such as thyme, clover, cinnamon, and oregano, offer tremendous benefits for personal hygiene and disinfecting your home.

Many household products are plagued with harmful chemicals and can damage your health and the health of your family. If you are in quarantine or working at home, purify your home with essential oils and other natural home remedies instead of the toxic chemicals and disinfecting formulas that compromise your health.

**Clean up your act and your decor.** We are all challenged to redefine what our homes mean and how to make them homier. Photos of loved ones and images of Nature and our favorite places can help boost our morale, as does keeping our spaces clean and orderly. When our homes are welcoming to us, they are inviting to others.



**Attend to personal hygiene and dress for success.** Bathe daily, brush those pearly whites, and care for your overall appearance. Take off the PJs and get dressed in clothes that make you feel good. If you are a black-and-white dresser, and feeling down, try changing it up with bright colors. Tie-dye works for me. What we wear on the outside affects our insides, including our smiles.

**Practice oral hygiene and other natural therapies to build your immune system.** Oil pulling is an effective way to remove toxins from your mouth, which is the main pathway to your digestive system. In addition to boosting the immune system, this time-tested and gentle approach to good health also treats tooth decay, kills bad breath, whitens teeth, improves cracked lips, helps cures bleeding gums, soothes a dry throat, is heart healthy, and reduces inflammation.



I recommend reading up on this ancient and very effective Ayurvedic remedy. After you oil pull, you can rinse your mouth with food-grade hydrogen peroxide, which also boosts your immune system. These natural remedies have little impact on the Earth and a significant impact on your health.



**Be aware of your word; what you think and say matters.** You do not want or need to do anything if you choose not to. It's your choice to change the words that control your thoughts. Use your words to uplift the world — one person at a time.



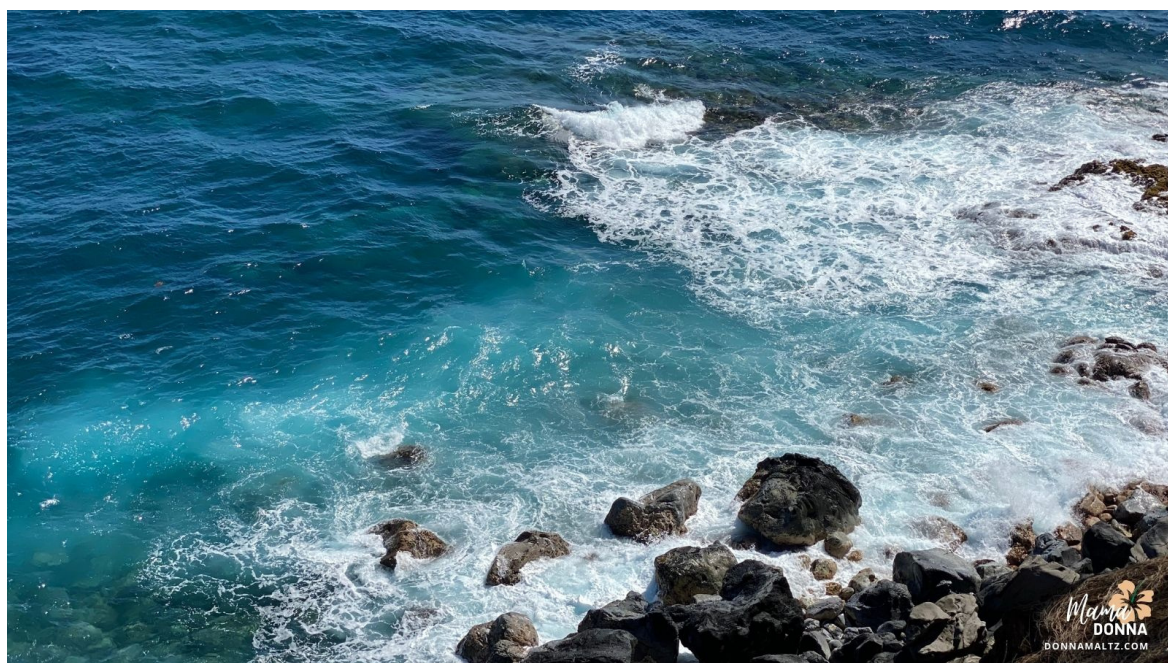


Living with love in our hearts, thoughts, and words improves our lives and makes the world a better place. It is a powerful Soulution; choose a mindset and use words that express opportunity and awe instead of doubt and desperation and enjoy the results. Our words affect our actions and have the power to shape our reality. Choose to change your language and what you choose to take in. This simple *Soulution* can rewire your brain.

Since words and emotions come from our thoughts, how we think affects how we speak to each other. What we say directly affects how we relate to the world. The most powerful words you think and voice, are the ones you say to yourself. When you honor your words, you have integrity. When you do not follow through on your word, you lose respect for yourself, and others lose respect for you. When you are conscious of the words you think and speak, you confidently share your intentions.

Every time you think about saying, “I need, I want, I have to, or I should,” replace it with a choice or some form of; I am choosing rather than wanting. I have chosen to, rather than need to. It is my choice, rather than I have to. You get the picture. When you choose something, it empowers you to take action rather than the guilt that comes from thinking you should have done it. Choosing to be tender and kind to yourself and others will change your life and influence those around you to act with integrity.

**Understand that where you get your download affects your upload.** What we read on social media, in a newspaper, on the computer, or in a book affects our inner dialogue. Turn off the news and tone down social media unless it's positive. Mental hygiene is critical to your health.



Scary, negative, and overwhelming media can bring us down. Yes, it is vital to stay informed, so choose sources you trust for up-to-date information without bombarding your nervous system. Resist repeatedly checking several times a day. You don't have to know how many people got sick or died every hour or if the stock market crashed. Your mental health will improve without the constant onslaught. It is crucial to counterbalance offensive news content with hopeful information that brings you joy. Go on a news fast and social media detox at least one day a week. You will thank yourself for it. Throughout the other days, avoid addictive media patterns. Visit libraries and bookstores online. Libraries offer free e-books, movies, and music for you to download. Cleanse your mind with positivity.

**Stimulate your mind.** Immerse yourself in a new hobby or art project. You can get an online degree, learn a foreign language, make new recipes, start playing a musical instrument, read great novels or self-help books, and watch educational films or lighthearted movies that make you laugh.

**Laugh often.** Laughter is exceptional medicine. The more you laugh, the better you feel. Get some good joke books, watch a good comedy, and help others laugh. Laughter stimulates your immune system and is excellent mental medicine. Engage in fun things you enjoy. You can even play games online with people from another continent.

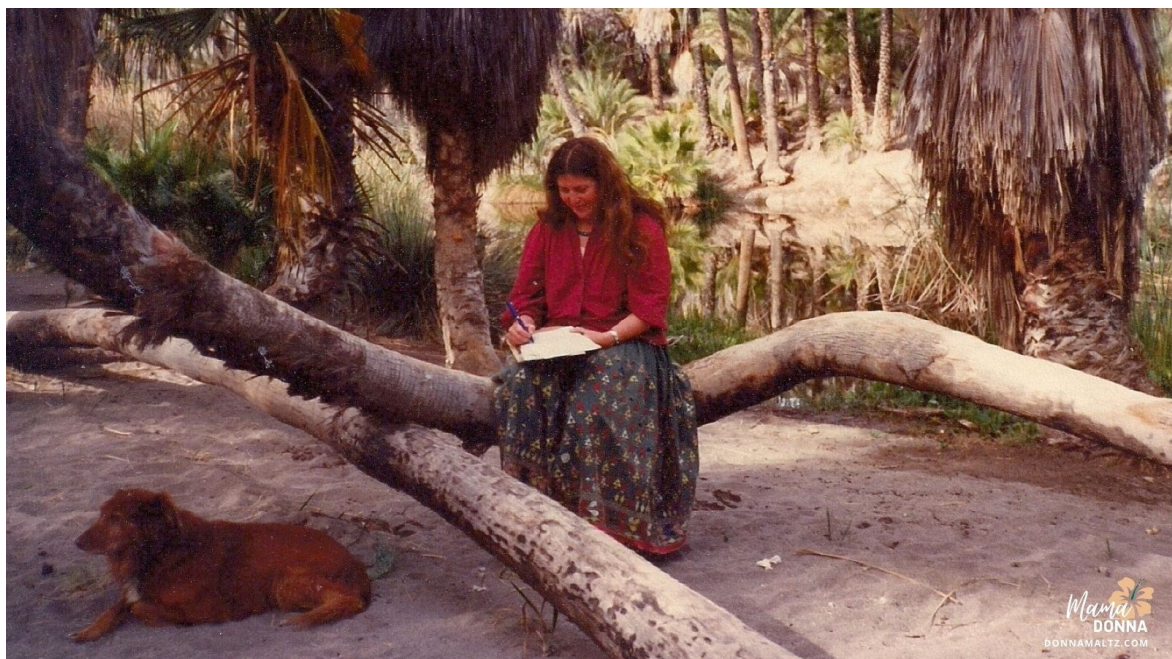


**Enhance your mood and memory with music.** While you are dancing—sing—and while you are singing—dance! Singing and dancing are proven ways to boost attitudes. All the systems in your body will thank you.



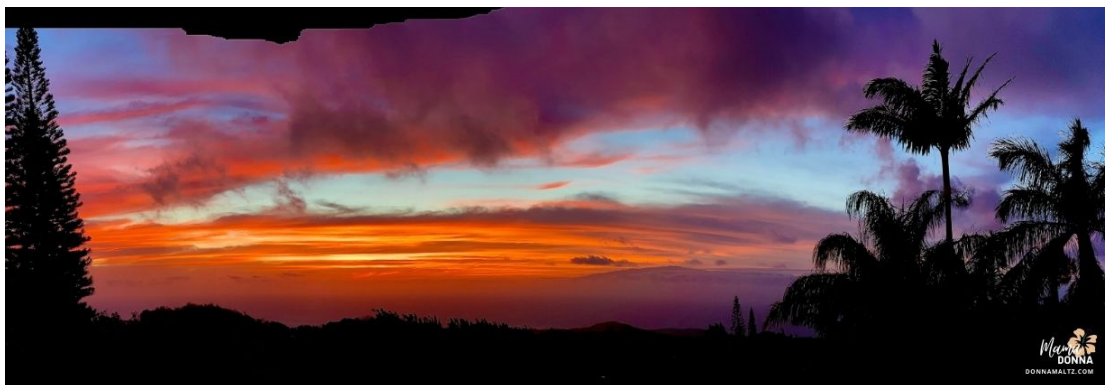
**Write in a journal.** Journal writing can recharge your batteries, reduce stress, find answers to problems, and help unload the mental turmoil that holds you back. It enables you to express your feelings by letting them flow onto the paper. Write what you are grateful for and what may be bothering you. Your writing can help manifest a better life for yourself. Some of your journal entries could even turn into a published body of work someday to help others.

Anne Frank, a teenager who wrote a diary while hiding from the Nazis in Amsterdam, has been a great role model and mentor. She wrote while confined to a small attic for two years, and her writing has inspired countless people over many generations. Her incredible story helps others navigate troubling times.



**Be honest with yourself and others.** Adults and children are entitled to express their feelings. Being cooped up can bring out the worst in us. We all have our moments, so drop the judgment and ask others not to judge you. Judgment is the demise of society. Listen and allow all parties to be heard with an open mind. Give each other room to breathe. You are more effective when you move with grace.

**Manage your anger.** Anger can take over our beings. Yes, we get angry, but how we manage our anger directly affects the outcome. There is usually a definite winner and a sore loser, and nothing gets resolved. Anger often stems from rejection and being hurt, causing a profound reaction that can spiral out of control. A resolution comes if you have the awareness to help guide your emotions to speak your truth, rather than your rage. It is much better to have an evolutionary mindset than a revolutionary attitude.



Do your best to agree to disagree, avoid arguments, and communicate with an open heart. Agree to listen. When we are honest and compassionate, it sets an example. Bridge the gaps by meeting on common ground. Embracing new ideas, what you agree on first will make it easier to address the disagreements. Being understanding helps bring out the best and most honest side of each other.

When we feel angry and not ready to share our truth, it's best to take a time out, and reach for our toolbox. Sometimes it's best to just walk away from a situation, head outside to a park, the ocean, or anywhere you can be alone. Find a safe place where you feel safe to cry, scream, and move. Writing, songwriting, diving into an art project, and taking walks in Nature are excellent ways to project our thoughts, let off steam, and gain clarity.

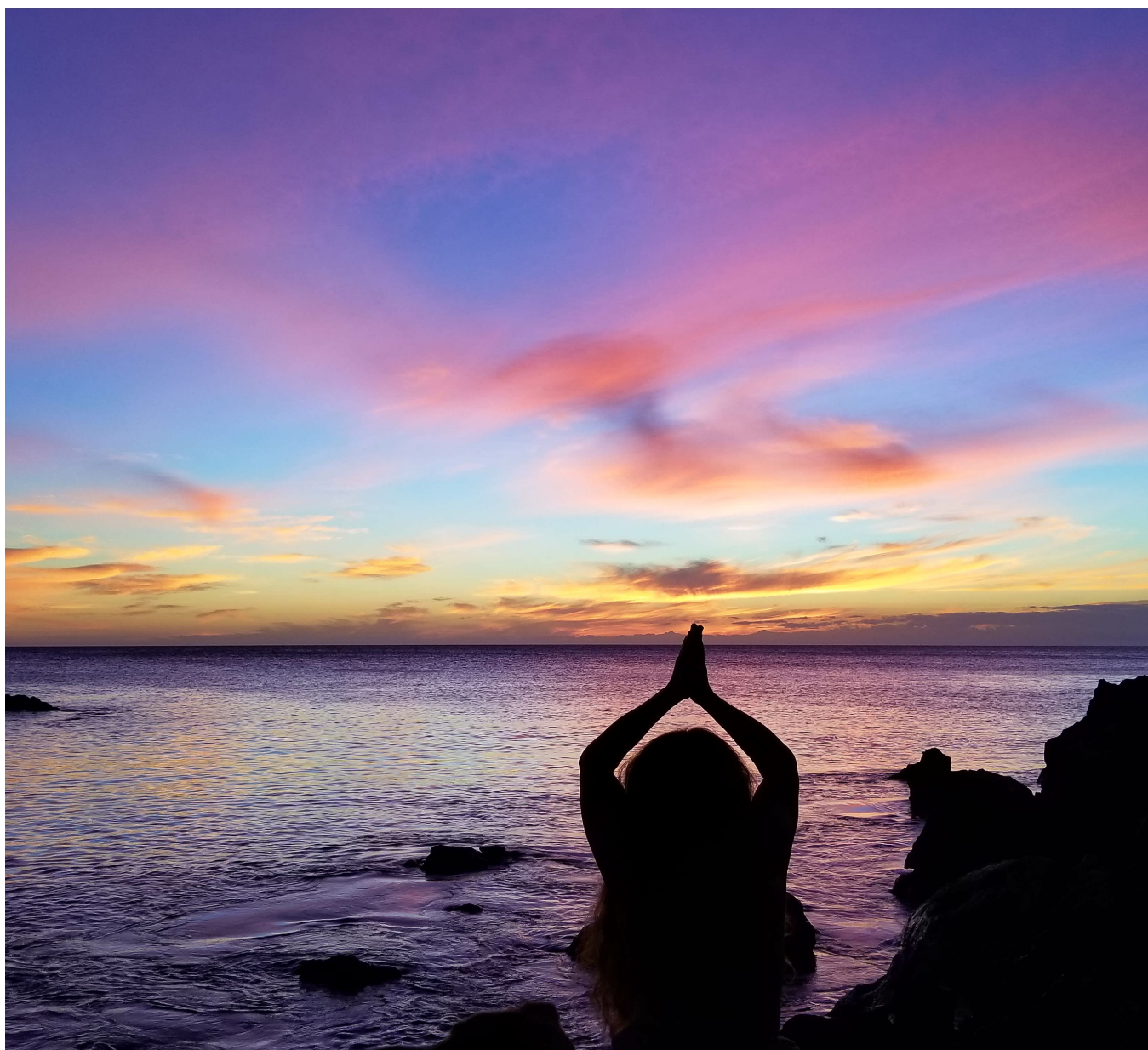
Our emotions, like everything in life, change. Losing our temper is natural, but how we manage it makes all the difference. Resources are available to help keep our anger in check. Looking for help is courageous, not a sign of weakness.

**Accept yourself.** This pandemic era is challenging for all of us, but it too shall pass. Almost everyone in the world is struggling with disruptions in their daily lives. Accept everything about yourself in this situation without question, blame, or self-doubt. Remind yourself, "I am doing the best I can at this moment." Even if you are not, that's okay. The more you say it to yourself, the better you will feel.

Let go of those terrifying thoughts that paralyze you and remember to use your self-care toolbox. When you let go of negativity, you make room for positivity to grow. Expect surprises and do your best to be flexible. Like a tree in a hurricane, stay rooted and grounded.

**Remember, you are not alone.** Remind yourself daily that your troubles are temporary, even though it may feel like there is no end to the uncertainty. There is no roadmap to predict what will happen in life. This virus reminds us to never take our precious lives for granted. More tragedies and travesties will occur in this world, so it is essential to remind yourself to take good care of yourself. Find someone you trust who can help you feel safe and reconnect to yourself.





**Ask for help.** If you cannot accept yourself and the situation, admit you may need additional assistance and then, go get it. There is no shame in asking for help. If friends and family are not enough to support you, that's okay! Get professional guidance.

Mental health professionals, coaches, nutritionists, online support groups, and other services are available to assist you. Most health insurance companies cover mental health, and if you do not have health insurance, there are other programs to help support you. Life is kicking our asses big-time right now, so don't feel like a victim. Find what you need.



**If you have children, allow them to be your teacher.** Now is not the time to punish; it is a time to help your children feel loved and safe. Create an environment for emotional connection and support. Your children don't need to hear the news.



Remember, our mental health affects our physical well-being and children can feel and see what we are going through. Like you, children do better when they have a routine and a self-care toolbox full of books, toys, arts and craft supplies, and stuffed animals. Enjoy doing art and playing together. Love and affection are the best gifts for you and your child's mental health. Safe play dates are an added bonus.



**Live like the future matters.** When you know you're doing something good for the planet and, you have a soulful purpose and become part of the Soulution. Choose to be part of a global society drenched with love and compassion and work within Nature's systems and cycles. Adopt a Solution-influenced mindset.

**When you are part of the *Soulution* and not the pollution,  
you are living like the future matters.**

**Harness the power of gratitude.** Focus on what you are grateful for and watch your life change. That sums it up! People talk about being grateful, but what does that really mean? Where do you find your gratitude, and how do you express it?

As for me, I am grateful for the cleaner air and oceans, happier bird songs, and the stunning summer flowers and vegetables. I'm thankful to have more time to write and photograph and spend time with my dear husband, close friends, and playful dogs. I am grateful to have time to help others who are less fortunate than me and that my home has never been so clean and organized! I have so many things to be grateful for: my health, chocolate, the ability to read, friends who listen and really hear me, the change of the aromatic seasons, the many sounds of music, a closet full of clothes, the sunrise and the sunset. **What's on your list?**



**Thank you so much for reading!  
It means the world to me that you're taking care of yourself  
and Mother Earth**



**Together, from the Soil to the Soul,  
we can create a brighter world  
for future generations.**





## A Note From Donna

I am going to be honest and forthright with you. You must recognize how important it is to gather your strength, be open-minded, and help bridge the gaps of division. We all must do our part to bring life back into balance.

**Ask yourself if you are truly living the life you wish to live.** There is always room for improvement. After all, this is the real Universe(ity) of life. Choose not to lose your soul in turmoil. Shut out all the distractions and face those things you've been avoiding. It is a time of massive transformation. A time for conscious cures.

**Whenever you feel boxed in, do your best to breathe freely and open yourself to see the beauty in every moment.** If you feel like a victim, then it's time to wake up and realize that you have the power to become the creator of your life. You can do that if you're ready to take full responsibility and believe you can transform into a better self. If you wish to see significant change in the world, that is the most important thing you can focus on right now.



**Reconnect and allow the wisdom to flow;** the ever-changing current of life is not something to fight or resist. Take the time to relax. Be still. Observe the changes, and you will discover how to ride these changing waves.



Just like being conscious of the breath, it's all connected in beautiful harmony. A new wave of energy is available to ride. Yet it's our responsibility to learn how to ride that wave and not drown in our sorrows.

**The support and resources are available to guide your good intentions.** Many of them I offer you in this book, and others are in your community. Pursue them all and find your tribe. When you take your control back, you discover a wealth of power inside yourself you never knew existed. You become in charge of your life again, which charges you up with the energy to discover who you are and how your unique skills can be part of the *Soulutions*.

**Utilize your time wisely**, which is our greatest currency, to bring forth your full potential. It's time we all redefine what success and wealth means in the 21st century. Focus on your dynamic qualities that position you to be healthier and wealthier in the truest sense, minus the dollars that most think are the answer to freedom and happiness. Each of us can play a role in the betterment of our planet. There is no more "talking" about it; it's time for action. What we focus on grows.

**Place your intentions and follow through with your actions.** Be discerning, as you awaken the divine, and evolve in this new era. Strive to be a bright shining light. The ecology of our lifestyle is a determining factor for our future. With reverence, focus on the betterment of your community and the planet, not just yourself or the bottom line. Making investments in yourself, you are making an investment that pays for itself. When your bank is full, you can share your riches and brighten someone else's day.

**Lead by example and live from your heart.** Passionately share your abundance, gratitude, and love. Find ways to connect and serve your community, and the necessary dollars will come. Together we are better and can help shift the world into a more balanced and sustainable state. Focus on the opportunities with each action you take and spread love, joy, and prosperity.

**Go forth with grace and help guide the human race to balanced abundance.**

It's time we all open our eyes, be present, and savor the wisdom and lessons of Nature's systems and cycles. Like a seed planted in the soil, a sensation arises when you stand barefoot on the ground, breathing deep and soaking up sunlight. It's a reminder that we've all been planted here and have plans/intentions to achieve and grow.

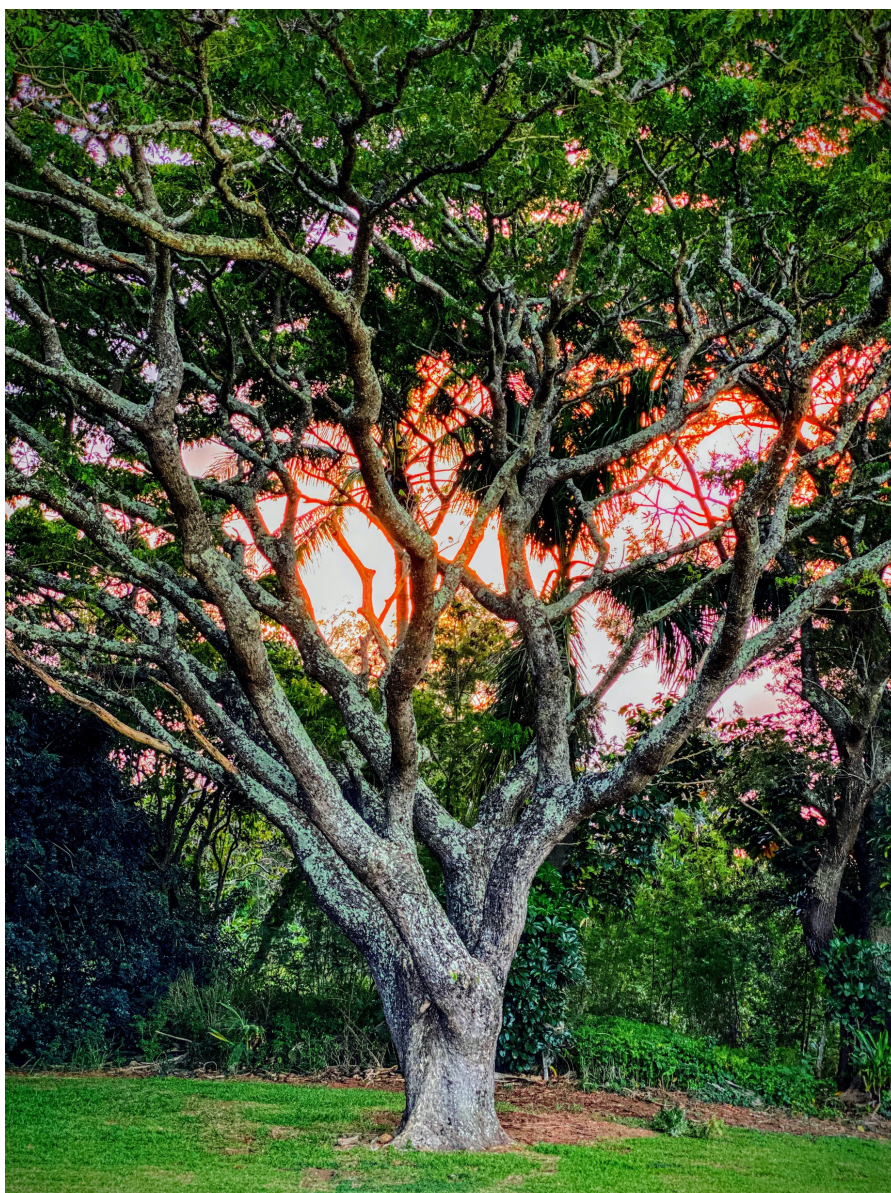
**The real question is, do your preferences align with the Earth's?**

You can call me old-fashioned, and Eco Bohemian, feminist, or Earth Mother, but I stand for what I stand on. I'm here to protect what's beneath my feet, the Earth and the critters large and small, yet also to evolve. I am dedicated to human equality and taking less from our Earth, to reaching for the stars but not calling them my own, to conquering only my inner demons, no one else's, or nothing else.

I believe we can change and experience life's joys as we collaboratively solve problems, living in intuitive balance. Ask yourself how you can drift your mindset from the idea of humankind and shift your consciousness to lifekind. Where do you stand?

We don't know what tomorrow will bring; it's the question of a thousand dreams. What you do and what you believe matters. I am optimistic that with the right intentions, this will be an evolutionary time that brings humanity to a place of revelation and grace.

As we adapt to the changes, we become more resilient. I believe those working for a just society will come out of these challenging times with better dreams. I think we will not only recover from this, but many of us will do the most important and meaningful work of our lives as we build, therefore, our own world. With Nature as our guide, we'll learn from tragedy and not be afraid to recognize where we have failed, and honor where we have shined as humans.





*Teach our children well.*

*I hope you focus on the beauty of life  
and embrace the things you love.*

## **Big Love and Aloha**



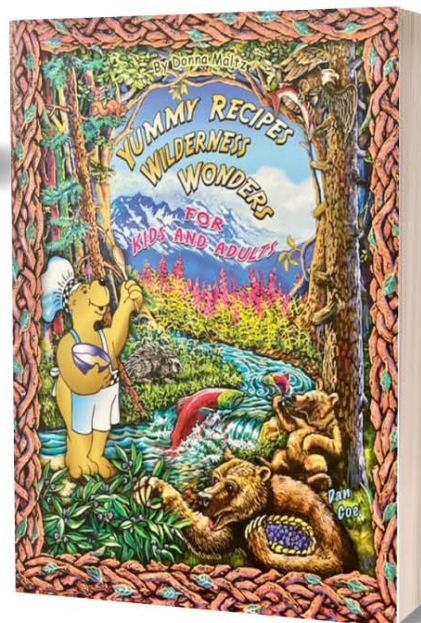
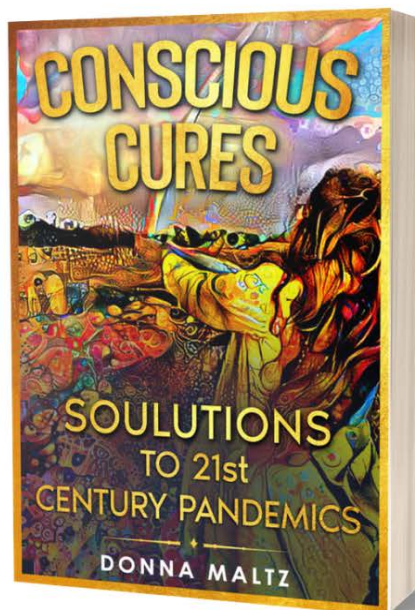
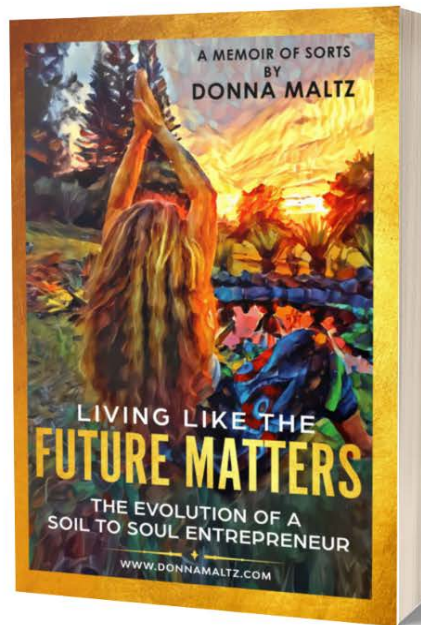
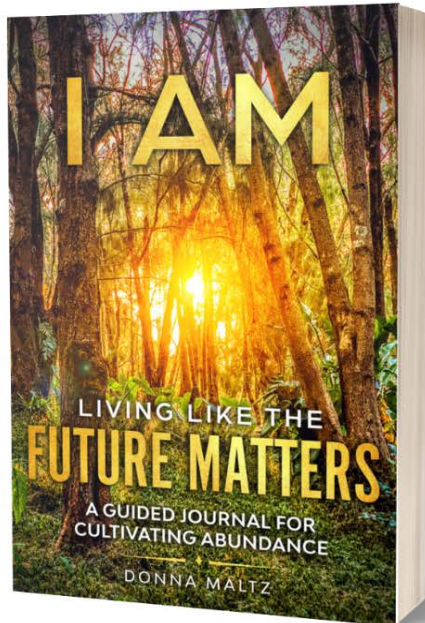
## **Donna Maltz**

*Our success is not just in human connection and love.*

*Extend that connection and love to all of lifekind  
and we better our world.*



Please enjoy my inspirational books!



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