

The Good Morning Process

INTRODUCTION

Good morning! Allowing yourself five minutes of connection time before you begin your day is extremely imperative to a balanced spiritual practice. Sometimes it may be five minutes, sometimes it may be two. And on those lucky days, you may get up to fifteen. The point is, starting every day with intention.

STEPS

1. Begin by sitting comfortably or laying down. If you're still in your bed and you haven't gotten up yet, that's okay
2. Bring the awareness to where you are right now and set an intention to begin your day with positivity
3. Bring your awareness to your belly. Have your hands on it so that as you breathe, you feel your system wake up.
4. Take two full breaths bringing in beautiful morning energy, waking up the body, the mind, and the Soul.
5. Begin to scan your body
 - Start at that crown, bringing energy and light into the crown chakra, awakening it, bringing attention to the type of day you want to have
 - Breathe into the third eye, open it for yourself. Bring awareness to your day. Gently feel if there's anything on the horizons, bring awareness to anything important that has to get done so that you are aware of the physical and spiritual requirements of what's going to happen
 - Breathe into your throat, allow it to take a breath, relax the jaw after a night of sleep, open, move it around, and start to be honest with yourself. Pick two things you want to get accomplished by the end of the day and bring them to the front of your awareness. Set the intention here to be honest in yourself and to live the day truthfully to you. You won't make it the whole day, but at least setting the intentions will start it on the right foot
 - Bring the awareness into the heart and clean it out. Imagine a beautiful burst of energy so that as you breathe, you feel the energy, leaving that heart chakra. If you've had any bad dreams, upsets, or a terrible sleep, I understand. Take another deep breath through that heart, and again, imagine or see it release, a beautiful green coming out
 - Breathe into your solar plexus in your belly. Set your action for the day. Bring awareness and power. Pick one or two things that you are excited about. And if there's nothing going on in the day that makes you happy then be excited to go back to sleep at the end of it. But finding one or two things to feel powerfully excited about
 - Breathe into that sacral so that you can create some solutions and movement today, allow this day to be positive from the beginning. What cool thing do you want to experience?
 - And then finally, for the root, that you know, you're going to be fine today, that if anything happens, you can deal with it. But in general, most days are pretty boring. Set your intention to have a safe day with creative energy and power, allow your heart to open and experience the world in front of it, maintain your authenticity to who you are and keep your visions clear
6. Allow yourself to remember, you are here by God for a purpose, so that every day begins with purpose, enjoyment, and contentment
7. Take a nice full breath, release it, gently open your eyes. and have a wonderful day!

NOTES

1. The goal is to begin your day positive, even if the night was heavy or the day before was. We don't want to set a fake positivity, but we do want to set an intention