

MORNING RITUAL

Kick start your day this way

BE GRATEFUL

Let the first thoughts be of gratitude. List things you are grateful for in your life.

CLEAR & CLEANSE

Body brushing (exfoliating) and shower (clears off energy, and dead skin)

GROUND

Ground to the Earth: Orientate to the 4 directions. (try this Heart Connection meditation)

VISUALISE

Visualise your Aura/ energy: Imagine a strong and protective shield around your electromagnetic field.

MEDITATE

(5 minutes) (focus on your breath - nothing else)

MOVE YOUR BODY

(minimum 10-15 minutes) (yoga, stretching, exercise, running, walking etc.)

INTEND & AFFIRM

Set your intention, or repeat an affirmation (e.g. I am adaptable, I am Light, I love myself, I am (positive statement in the present tense))