

# 9 Powerful Ways to Start Your Day



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## **Begin the Day Bright & Balanced**

While a morning meditation or yoga practice is hardly new .. Have you considered that your morning can provide an “energetic stamp” .. or imprint that will carry through your day? Have you also considered that it doesn’t need to be SO involved as to become overwhelming? The practices offered in this article are intended as simple inspirations into deeply transformational practices.. At the start I suggest reading through them all and picking just one.. or trying each one out and honing in on what might work for you. The key to the practice(s) that is(are) ideal for you is you own sense of joy, expansion.. ‘oh that would be lovely’.. sensation. Remember we are heading into a brighter world, so it is important that you feel joyful!

### **1) Breathing:**

The first and most basic is often the most profound.

Breathing is powerful because it instantaneously affects our body and constitution... and it is something we (ideally)can connect to every moment of the day. The only thing between us and our breath is ourselves :)

So I want to suggest two basic breathing practices here.



1) **Deep Breathing:** Breathing in through your nose for a count of 10, hold for a count of 10, breathe out for a count of 10, hold for a count of 10 ... continue for 5 to 10 cycles. This type of breathing will expand your lung capacity, and full your body with fresh new prana and life force energy .. as well as encourage what needs to be released to level the system.

2) Nadi Shodhana Breathing (also known as alternate nostril breathing): You are going to use your right thumb to

close your right nostril, and use your right middle finger to close your left nostril.

Begin by taking a deep full inhale as you exhale close your right nostril with your right thumb... After you exhale through the left nostril inhale through the same left nostril.

Release the right nostril and use the right middle finger to close the left nostril.. exhale through right nostril.. then inhale through the right nostril.

Release the left nostril and use the right thumb to close the right nostril.. exhale through the left nostril... inhale through the left nostril.

Continue this cycle of alternate nostril; breathing for 10 rounds. This cycle of breathing brings into balance the right/left front/back energy meridians in the body.

## 2) Meditation:



Meditation connects us into the core of who we really are, beyond this physical world and our human body with its human circumstances. When we meditate, we create a space of peace and balance.. not only for the mind, but the body soon falls into step and our aura naturally can come into balance as well.

During times of transition and expansion, it's powerful to connect to this sense of balance, peace and harmony. It is our own deep sense of well being and connection that ultimately gives us our power and transforms all aspects of our life.

Regardless of your religious or spiritual beliefs, meditation is a powerful way to infuse the start of our day with a sense of the sacred.

As you strengthen your ability to connect with energy, spirit, your sacred self.. you will find over time and with a little practice that these things become more than a passing “sense” ...they turn into a deep knowing that you carry with you throughout your day. You begin to notice the living wellspring of peace and joy that permeates everything and is ever present, even (and especially) during times of transition and transformation.

### 3) Journaling:



Journaling/writing in a notebook can be as much a connection to the divine spirit.. an exploration of self.. as it is a place to release so as to transform. There are a multitude of ways to use journaling for your benefit. Here are a couple that work for me:

***No Boundaries and No Requirements Journaling.*** This is exactly what it sounds like.. your notebook or journal becomes your place to express deeper aspects of yourself that may not have been expressed in your life... to dream big and create a



vision for your future.. to sort out or release your experiences from the day... to ponder big truths and relish lovely experiences you may have in your life. The thing I personally love about journaling is that it is truly a safe and sacred space.. where we can open ourselves full to any and all stories, emotions, experiences, hopes, fears, dreams and desires. In the act of personal writing we can move beyond the fear of being criticized or judged.

**Release Writing.** - I love this for healing trauma and releasing old stories that we just don't like and want to let go of. Here you allow yourself as many pages as you need to write and write and write about something that happened that was bad or hurtful.. just release and write on day one.

You have two options on day two. you can write over (as in take the same sheet of paper from yesterday and just write over what you've already written) or start fresh with a new sheet of paper.. and once again write it ALL out.. the important aspect to release writing is that you truly don't censor.. you let it all go.. and write.

Day three same thing.. Tell your story again.

You might notice something funny happening.. the story is getting shorter. As in, the charge you have around your story is



releasing and you are intuitively called to write less. Keep at this process until the story has shifted.

Once you feel the story has shifted, you can either find the next story you want to release or move onto another morning practice!

#### 4) Reading:



There is a trend in “spiritual literature” that can make us feel we need to read something “appropriate”. No. Read what makes you feel loving and joyful. For the years when I was learning to grow my won plants I read everything about plants! And then I closed my readings with a connection th etc plant kingdom.

I now love to explore and experience the new voices that are emerging in the realm of modern spirituality as well as

connect to the ancients... So I keep both ancient texts and fun new reads by my bedside.

Bottom line, find writers or books that reach deep into your being and shine a light on your true existence, the part of you that's pure, whole and beyond physical reality. Those that when you read their writing, it takes you to the core of who you are.

## 5) Stretching:



I personally love a 10-20 minute super slow yoga practice. I prefer my mornings calm and quiet, as this sets the tone for my day. The most important thing to know is that this is not something outside of your ability.. it does not need to be elaborate.. or anything uncomfortable in any way! In fact, if

you're uncomfortable that a sign your body is need you to listen. Think of a cat and how long its body becomes when it stretches and how slow, drawn out and almost deliberate it is with every stretch. When a cat stretches, it's like nothing else exists. If I didn't know better, I'd think the earth stopped spinning just to wait for the cat to finish its stretch.

This is the kind of mindful, relaxed stretching that mornings call for. You can stay in bed or get up, it doesn't matter. As you stretch each part of your body one at a time, close your eyes and feel the stretch in your muscles, holding them for 10 seconds or more. Make yourself longer than you usually are, reach out with your arms and hands and in the opposite direction with your feet and legs. Gain a few inches in height.

Do some shoulder rolls, alternating between backward and forward. Roll your head slowly, letting the weight of it drop as it hangs from your neck. You'll need to get out of bed for these. Roll your feet at the ankles, your hands at the wrist. Basically, roll anything that can be rolled, including your hips and pelvis. Stretch in whatever way feels good to you and listen to your body. Some mornings it will tell you to focus more on your neck, while others it may need more attention to the back.

## 6) Gratitude Practice:



I just love this one! As it's a simple clean pure way to begin the day.. and it can be tapped into and expanded upon as we go about our day!

The most important aspect to focus on when you wake up is the feeling aspect. So you are literally finding something you FEEL grateful for.. a healthy body.. roof over your head.... good people in your life.. a new expansive challenge for the day.. the list is endless.

You can either sit quietly and imagine the image of what you are grateful for.. or you can create a gratitude journal and

write about it. Either way, as I mentioned, the most important part is your FEELING of gratitude. As, in feeling love.. feeling your heart sweet,.. noticing that your breath has deepend... feeling your heart open... feeling the energetic charge of gratitude and love.

The cool thing about his practice is you might find it naturally pops itself into your day... Oh! Hey!, Loka at this thing that reminds me of what I practiced this morning.. the universe is responding to me.. I am so grateful!

The impacts of a gratitude practice are truly limitless.



## 7) Music:



I am a big fan of sound healing.. So my first nudge is to encourage you to seek out (on youtube or otherwise) something to listen to that is not what we usually think of as "music".. but there are songs and tones.. and you will likely feel you self attuning to these sounds.

I practice and teach sound healing.. and one thing I know is that there is instant and infinite potential for the vibrations of something to entrain and uplift us.

A simple youtube search on sound healing should turn up thousands of offerings. As you listen, tune into your heart rate and your breathing.. you will likely notice a shift.. and a calming effect. This technique is also wonderful because you can bring it with you everywhere you go.. Enjoy!

## 8) Bath/Shower Ritual:



This practice invites you to turn your morning shower/bath into a ritual for self love.

While I most love baths, I currently live with a shower, so I have created a shower ritual with my favorite oils and salts that I love to give love to myself as I rub them on my body.

I suggest preparing a sugar or salt scrub for yourself during bathing.. as well as an oil for the end.

As simple sugar/salt scrub recipe:

1 cup raw sugar or dead sea salt

1/2 cup coconut oil

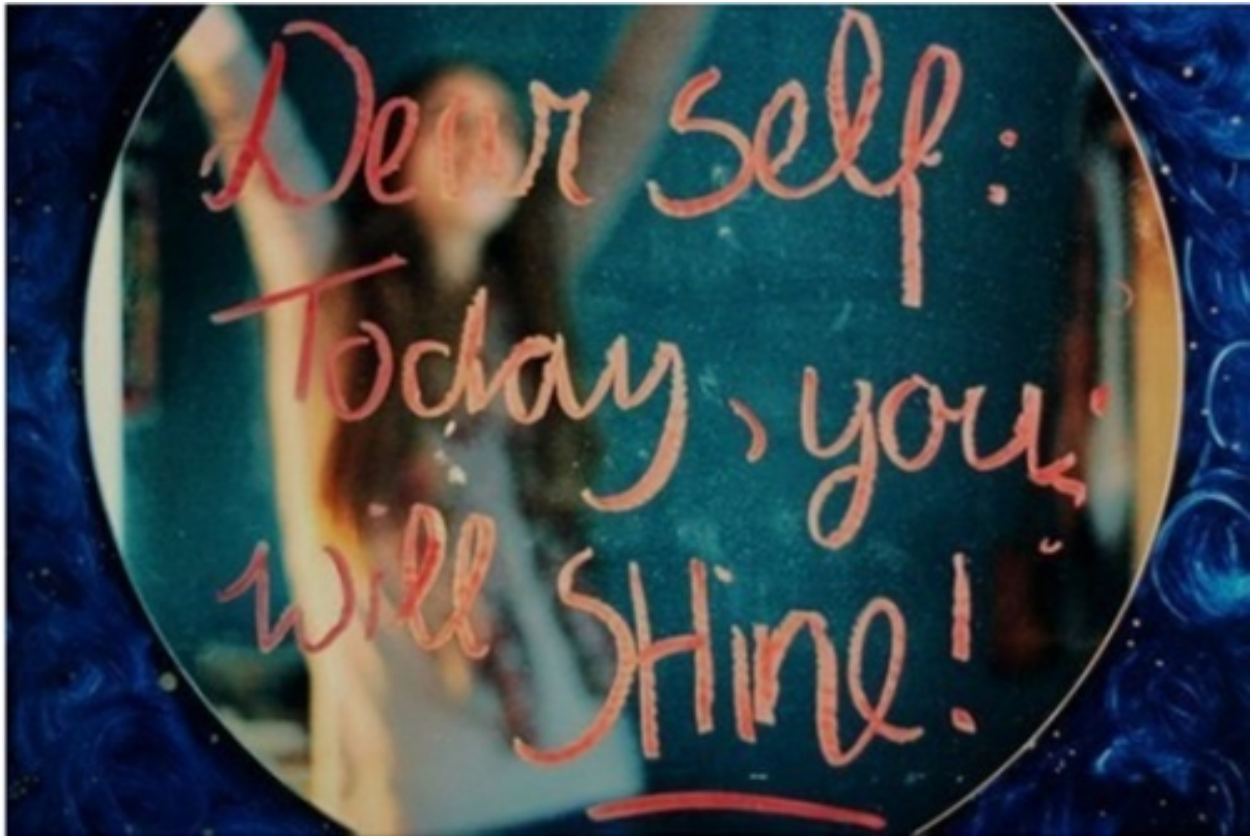
1/2 cup extra virgin olive oil

6 drops of two of your favorite essential oils

While you are creating this scrub infuse it with love, put some crystals around it or just enjoy making it.. knowing that you are making this simply and totally for you.

Use this after your bathed/shaved.. rub it and scrub it lovingly over your body.. as your hand touch your body let it be with the intention to give love.

## 9) Mirroring:



What we tell ourselves subconscious when we look in the mirror is super powerful. Meeting and addressing those thoughts and beliefs will untimely set us on the course toward deeper love.. Calling in more love and sending it out.

Find a saying that resonates for you, I sure two of my faovilets below. Write it out, on a post-it and tape it to your

bathroom mirror or write it with a dry erase marker on the mirror itself

"I am whole, perfect, strong, powerful, loving harmonious & happy"

"I am loved ,I am love, I am worthy of my heart's desires."