

3 Steps to Creating a Marvelous Morning

- 1) Gift yourself by getting up just a couple of minutes earlier than normal to allow yourself time to sit in stillness, connect to your inner wisdom, God, Source or simply listen to that still small voice inside that holds the keys to peace, joy and freedom.
- 2) Even 2-4 minutes of silent meditation (simply connecting to your breath with no expectation) is worthwhile and productive. Get out of your head and into your heart & just listen...be still...breathe! Not only is this good for your blood pressure and physical health, but it's also a game-changer for mental clarity, boosting intuition, feeling peaceful and getting your day off to a positive start.
- 3) Visualize the result of the main goal you're working towards visualization has been proven over and over to help hasten the outcome you want to become a reality in your life. Even if it sounds "woo woo" at first, don't skip this step! The subconscious brain (your imagination is part of your subconscious brain) is a magnificent manifesting machine. What you think about comes about and what you focus on expands so be sure to spend quality time focusing on and envisioning with all your senses involved, that which you want to become part of your reality. We spend so much of our waking days thinking about and stressing about our problems. Remember, what we focus on expands so this step is a critical antidote to help undo all the time we spend focusing on what we don't want to attract.

Be sure to read the attached article for more details on how to create your best and most successful morning routine for your needs.



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