



DR. KRISTEN RACE
BALANCE YOUR BRAIN TO BALANCE YOUR LIFE

Morning Ritual Meditation

****Have a pen and pad of paper handy for this meditation****

Good morning!

Thank you for starting your day with a healthy morning ritual.

As you start to awaken take a few simple stretches to wake your mind and body

Before you leave the warmth of your bed, take a moment to be grateful for the warmth, comfort and support that your bed provides as you enjoy three deep inhalations and exhalations

Now you can turn on a light, prop yourself up with some pillows, or shift to a chair or the floor if that will help you stay alert for this meditation.

We'll start with a simple gratitude practice, bring to mind something that occurred yesterday, for which you are grateful.

With this event in mind, notice any physical sensations that arise as you let thoughts of this event wash over you.

Now let your awareness rest on your breath, each inhalation and exhalation.

Note where you feel the physical sensations of your breath the most today, and let your attention rest there.

If your mind starts to wander, simply notice where your thoughts have gone, and come back to the next breath. In the middle of this practice you will hear a bell, when the bell rings note if you are still focused on the breath, if not, don't worry, just come back to the next breath.

Pause and breathe

Now, Shift your attention away from the breath and to the day in front of you. Bring to mind various things the day has in store.

Next, see if you can identify your top three priorities for the day. What things would make the day feel like a win if you were to get them accomplished?

Open your eyes briefly and write down these top three priorities

Close your eyes once more and ask yourself, how do I want to be in the world today? You have a good sense now of the day ahead, what intention will help you proceed through your day with ease? Perhaps your intention is to be positive, productive, focused, calm or patient? Bring to mind any intention that will serve you best today.

Imagine moving through your day fully engaged in this intention, what would that look like? What would it feel like?

Take one more deep inhalation and exhalation and when you are ready open your eyes and write down your intention for the day.

Thank yourself for taking this time to set the tone for your day.