



Week 1: Getting in to Alignment

Daily Practice: Activating your Light body

Activate your light body by absorbing light in its most potent form sunrise (AM) and sunset (PM) This step is suggested but not required if you are not able to connect with the sun at these times. I invite you to make time to ground outside and receive nourishment from the sun daily however.

If possible, doing your daily **Presence of Breath Practice** (see below) while connecting with the sun at Sunrise (AM) and Sunset (PM) would be ideal.

Starting your morning and ending your day with your Presence of Breath practice will support you in aligning with your inner being before setting out on your day and bringing you back into alignment at the close of the day.

What is the Presence of Breath Practice (AM / PM ritual)?

In order to get clarity from our Soul, we must first get still, close our eyes, and drop into the body/present moment.

As you breathe, deep inhales, and longer exhales out, the heart will begin to calm and the mind will start to clear.

I invite you to take 10-15 min to get into this calmer state as a daily practice. Have your Journal with you for Part 2 of this daily practice.

Reference the: [Presence of Breath Practice Meditation video/audio](#) <— Click here

You may also use this practice throughout the day as you notice moments of discord, anxiety, frustration or confusion arising. These are signs that we have gone into fight or flight mode and are in a state of over analyzing / rationalizing our experience via our craving Mind (monkey mind)

Once you complete your Presence of Breath Practice you may proceed to the next step of Stream of Consciousness Journaling below:

Stream of Consciousness Journaling

Once you have come into your calm centered state of alignment ie the theta state achieved as a result of our Presence of Breathe Practice: I invite you to pull out your journal and free write whatever is coming through you. The key is to jot second guess or think of what to write. Rather right whatever is flowing forth from your higher self.

This practice will support you in straightening your connection to your communication channel with your higher-self.

The key is to not second guess anything you're writing, and really not force the process. You may be pretty surprised, I usually am, with what flows forth. And the key again is just let it happen, let it flow. Don't question anything before you write it. Just literally write it all down stream of consciousness style in your journal.

Here are some of my prompts to support you in starting off:

Speaking to your inner being:

How can I honor you today?

What in you is itching to come out to shine and be expressed through me today?

What does a state of ease, grace, and flow look and feel like?

What is one thing I can do for me today that will activate joy in my being?