

Sacred Morning Ritual

CHEAT SHEET

SACRED Morning Ritual

Here is a little info sheet for what I discussed in the Sacred Morning Ritual video.

Prop Ideas

Candles, fairy lights, essential oil, cozy blanket or another heat source if it soothes you.

Meditation Tips

If you plan to meditate once a day, the morning is the best time. There is a space between fully asleep and fully awake that is the perfect mind space to plant intentions and create and expand internal peace.

An acronym to stay mindful of your morning meditation from my teacher, Davidji, is RPM which stands for Rise Pee Meditate. I actually rise, pee, brush my teeth, start the coffee, light candles, bust out some essential oil and THEN meditate...but that would not make a very good acronym!

Another option or “add on” for your morning meditation is to get set up and before you click play on your monthly guided meditation, you can choose different questions to ask the Universe before sinking into the meditation:

- Who am I?
- What am I grateful for?
- What do I really, really want?
- How can I serve?

I have given you examples of some of the questions I use but please feel free to customize the questions.

- Slowly and silently repeat these questions for about a minute or 2 and after the last round, take a deep breath and visualize blowing the questions out into the Universe, having faith that the answers will be revealed to you throughout your day. Then start your guided or other meditation.
- Gratitude practice. You can write a quick list of big and small gratitudes or create a full-on journal devoted to daily gratitude depending on how much time you have and what feels good.
- Uplifting, educational or spiritual reading. This can include pulling cards from various inspirational decks, books, articles, etc.
- Journaling. You can also use this time to journal and/or clear out any mental cobwebs or clutter by doing what is sometimes referred to as a “mind dump exercise.” The instructions are to write 3 pages freestyle with no editing or stopping. Simply allowing whatever is in your mind pour onto the paper. This impactful exercise came from a book called, *The Artist’s Way: A Spiritual Path to Higher Creativity*, written by Julia Cameron in 1992 that is still inspiring people today. I have been using this exercise weekly or monthly to clear the cobwebs from my creative mind for decades.
- Move your body in whatever way feels good and fits into your life. Start where you are and build from there. This does not necessarily need to be a part of your sacred morning ritual if you prefer to exercise later in the day. I just find if I don’t do it early, I won’t do it at all.

This is a loose outline to plant the seeds of a Sacred Morning Practice. Feel free to add your own and customize to you.



Terri Cole is a licensed psychotherapist and global leading expert in mindfulness, meditation, relationships, and wellbeing. For two decades, Terri has worked with some of the world's most well-known personalities from international pop stars to Fortune 500 CEOs. She empowers over 100,000 women weekly through her platform, online community + popular podcast, The Terri Cole Show.

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