



# An Ideal Morning Routine

[www.nithyashanti.com](http://www.nithyashanti.com)



# BEDITATION

## Start your day with Self-Inquiry



Who is having this experience?

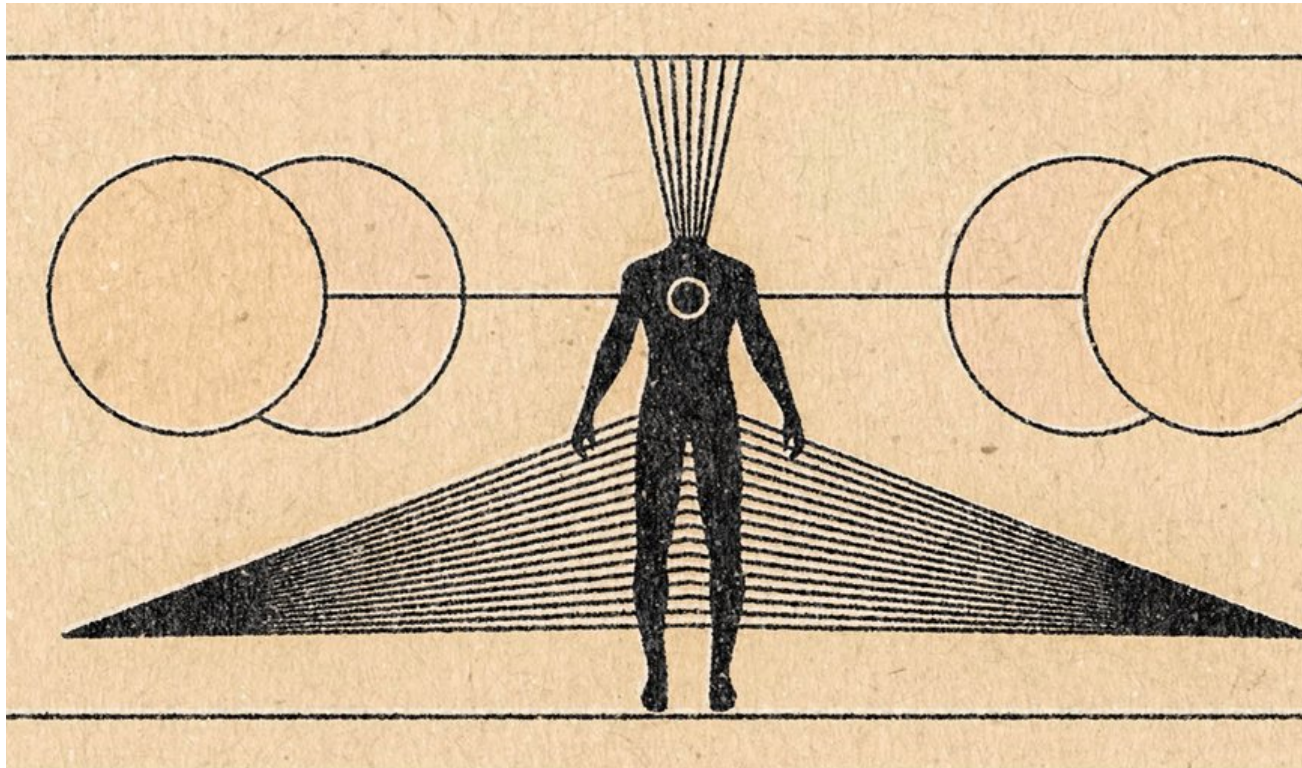
I am

Who am I?

Awaken curiosity. Abide in a state  
of wonder and not knowing

# HEADLESS WAY MEDITATION

Shift from being a person to simply being.



- In my direct experience, at zero distance, I can't see my own face
- I always wear my face a few feet away in a reflection of some sort.
- I never meet face to face. I meet space to face.
- The further the mirror goes the more the reflection changes, it reflects a body, a room, a house, a world, a galaxy.

# Interstitial Journaling



- The practice of making short **journal** entries between tasks/activities throughout the day.
- **HOW?**
  - ☐ Note down time
  - ☐ Note down what you just did
  - ☐ Mention how you are feeling
  - ☐ Note down what you intend to do next
- **Benefits:**
  - ☐ Activates the frontal lobe of the brain
  - ☐ Tends to keep you more present and intentional
  - ☐ Breaks habitual patterns



# LOTUS OF GRATITUDE





# Affirmations

Research shows reciting positive affirmations can:



Reduce stress



Improve academic performance



Enhance overall wellbeing



Encourage greater openness to behavioral changes



Affirm one's sense of self-worth



Help people develop a broader perspective when it comes to how they view themselves



Minimize the impact of negative emotions



Remind people that they possess psychological resources

Examples:

- In my presence beings receive an incorruptible seed of enlightenment.
- In my presence beings are seen for who they really are.
- I choose to make this a complaint free day.
- May I be a channel of blessings for someone today.
- This or something better happens in a joyful and harmonious way, under Divine timing, for highest benefit of all!

And so it is!





*I am the clearest possible channel of the highest possible blessings in the world*



# VISUALIZATION

Visualize your  
BPO- Best Possible  
Outcome  
3 times a day for 68 secs

This or something better  
happens with joy and ease  
for the highest benefit of  
all at the perfect time.

“Hold a thought for just **17 seconds**  
and the Law of Attraction kicks in.

Hold a thought for **68 seconds**  
and things move; manifestation  
has begun.”

| Abraham-Hicks

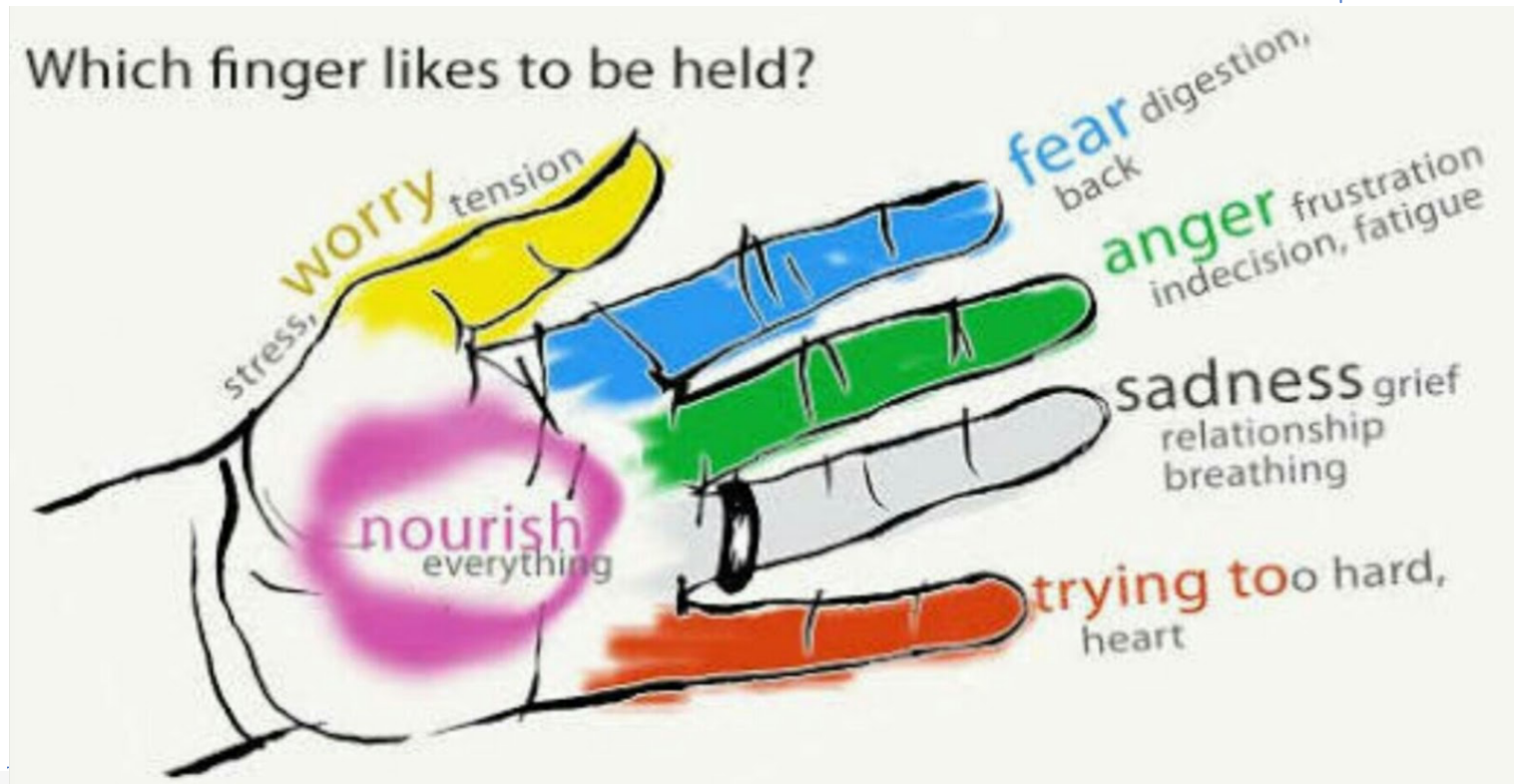
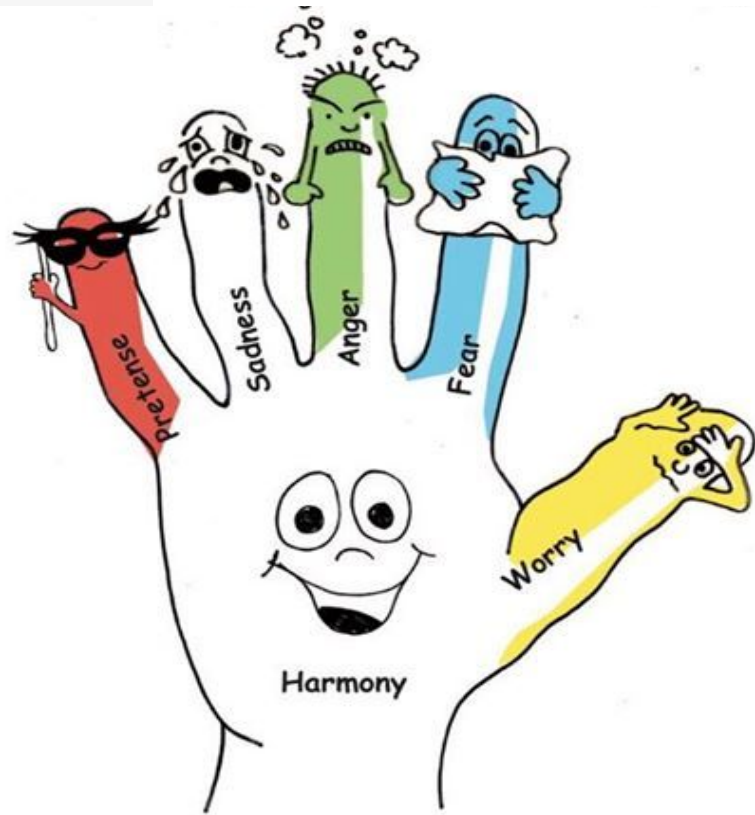




# JIN SHIN JYUTSU

The practice of holding fingers to harmonize attitudes  
Can hold it for 3 breaths to several minutes

Remember: End Worry F.A.S.T.



Mai Yur Ma

Infinite blessings for all







# Water Therapy

- Keep a bottle in the sun an hour or longer
- Have solar charged water
- Optional - One tbsp of apple cider vinegar in a big glass of water in the morning and drink it
- This cleanses your entire system
- Drink water before brushing in the morning
- Blue glass bottles are beneficial for emotional healing and integration

# MIRROR GREETINGS

*Have a healthy relationship with yourself*

Look into the mirror and say

Hi (your name)!

The highest in me bows to the highest in you.

Just for today what if there is nothing wrong with you!



**Replace ANTS – Automatic Negative Thoughts with High Quality Thoughts**



## EXERCISE: WIM HOF BREATHING

- Inhale through the nose and fill up the lungs
- Exhale through pursed lips
- Repeat 30 times
- After last exhale, hold your breath and notice how long you can hold for
- Thereafter take a big inhale and hold your breath for 10-20 seconds
- Repeat the steps above another three times



Practice:  
Exercise and  
Breathwork

- ☐ Anuloma Viloma
- ☐ Kapala Bhati
- ☐ Wim Hof Method
- ☐ Bhramari

**Listen to  
Inspiring,  
Uplifting  
Music**





# MEDITATION

## Quiet Time



# Example of Meditation

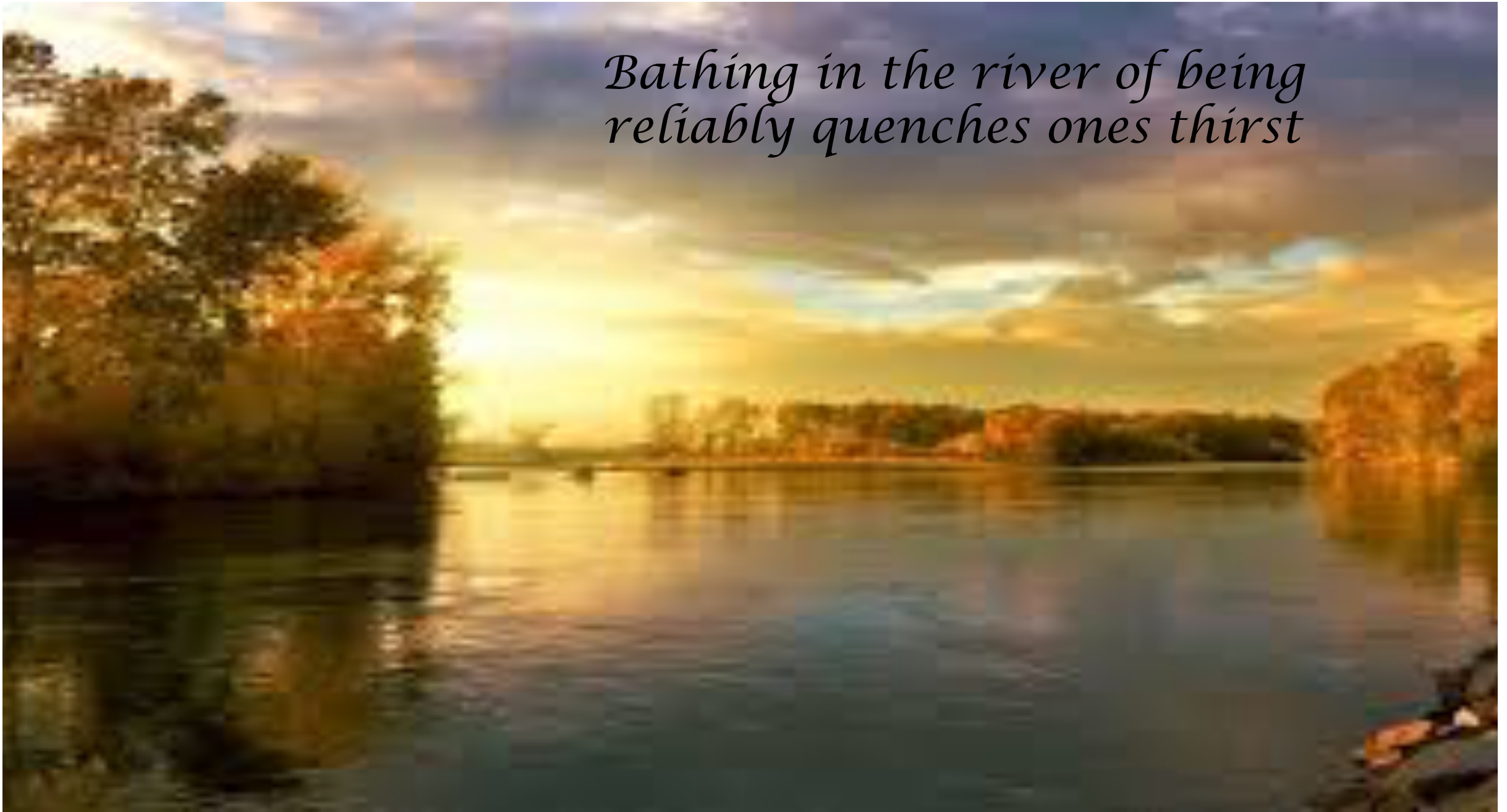
## Non-Separation of Silence and Flow



- Aware of experience – sound, sensation, thoughts
- Experience for experience's sake
- Get in touch with the silence behind the sound
- Every thought arises on a background of no thought
- Recognize silence and flow
- Recognize they are one- unity consciousness



*Bathing in the river of being  
reliably quenches ones thirst*



*From a state of being, let all the doing emerge,  
let all the giving, having and receiving happen.*





# Reclaim Your Inheritance



- The fastest way to happiness-  
is happiness
- The fastest way to joy-  
is joy
- The fastest way to peace -  
is peace
- The essence of everything  
you seek is right here NOW

# BLESSINGS IN FOUR FLAVORS/BRAHMAVIHARAS



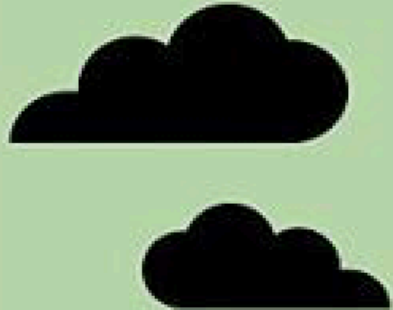
*Metta*



Often translated as  
loving-kindness

Put simply it is wishing  
well for others

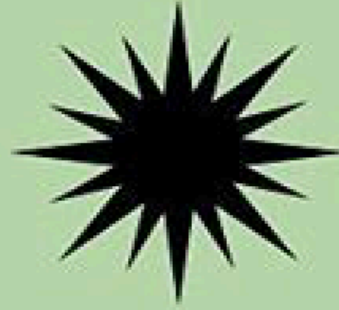
*Karuna*



Usually translated  
as compassion

It is the quivering of  
the heart in response  
to suffering

*Mudita*



Translated as  
appreciative joy

It is opening the heart  
in response to  
happiness

*Upekkha*

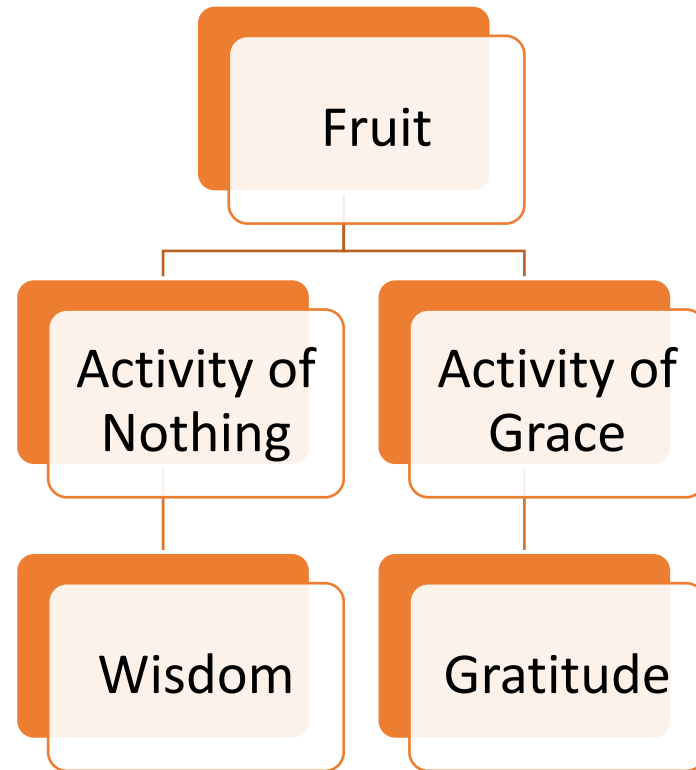


Translated as  
Equanimity

The factor that keeps  
us stable when  
opening the heart



# Fruit Of Any Spiritual Practice



Between wisdom and gratitude life flows with no resistance

# Inspiring Reading



Pick up anything that is  
inspiring and uplifting



Feed your mind with  
high quality thoughts



Be an active reader –  
annotate



READ LESS BUT READ  
TWICE



# Morning Pages

- Morning pages is a process of writing 3 pages of stream of consciousness every day.
- Benefits
  - ☐ It allows you to brain dump, to get things out of your head.
  - ☐ It helps to clear your mind before you start your day.
  - ☐ It eases any anxiety or worry by allowing you to get it out of your head and onto paper.
  - ☐ It helps you focus your mind.
  - ☐ And it helps you find the answers to things that you are stuck on.

# MORNING PAGES

“Unlike journaling, Morning Pages is not an attempt to chronicle life from a distanced perspective or to leave a legacy narrative. Instead, it's the practice of getting out the surface-level thoughts that—for most of us—speak much louder and more insistently than our deeper, creative thoughts.”

# THREE PROMPTS FOR JOURNALING



Three Questions



How do you want to grow as a human being?



How do you want to contribute and make the world a better place?



What experiences do you want to have before you die?



The logo for 'Hour of Power' features the words 'HOUR' and 'OF POWER' in a bold, purple, sans-serif font. The letter 'O' in 'HOUR' is replaced by a clock face with black hands and a red second hand.

# HOUR OF POWER

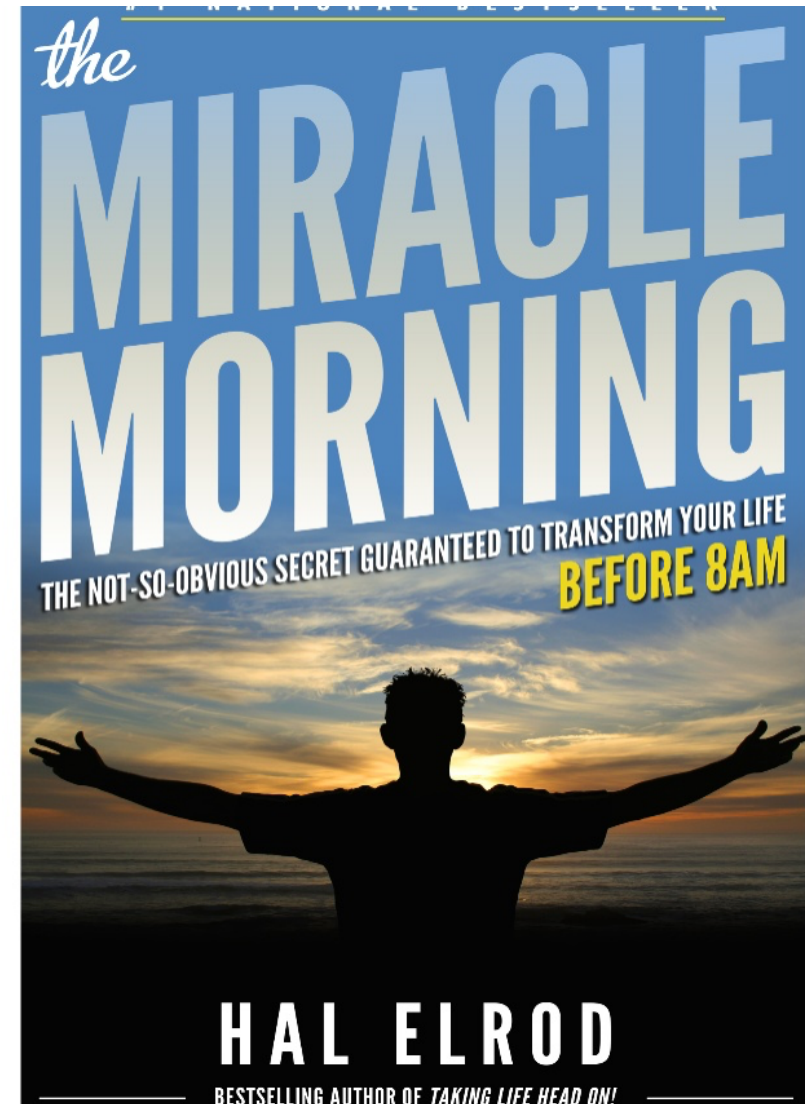
20 MINS Perspiration

20 MINS Meditation

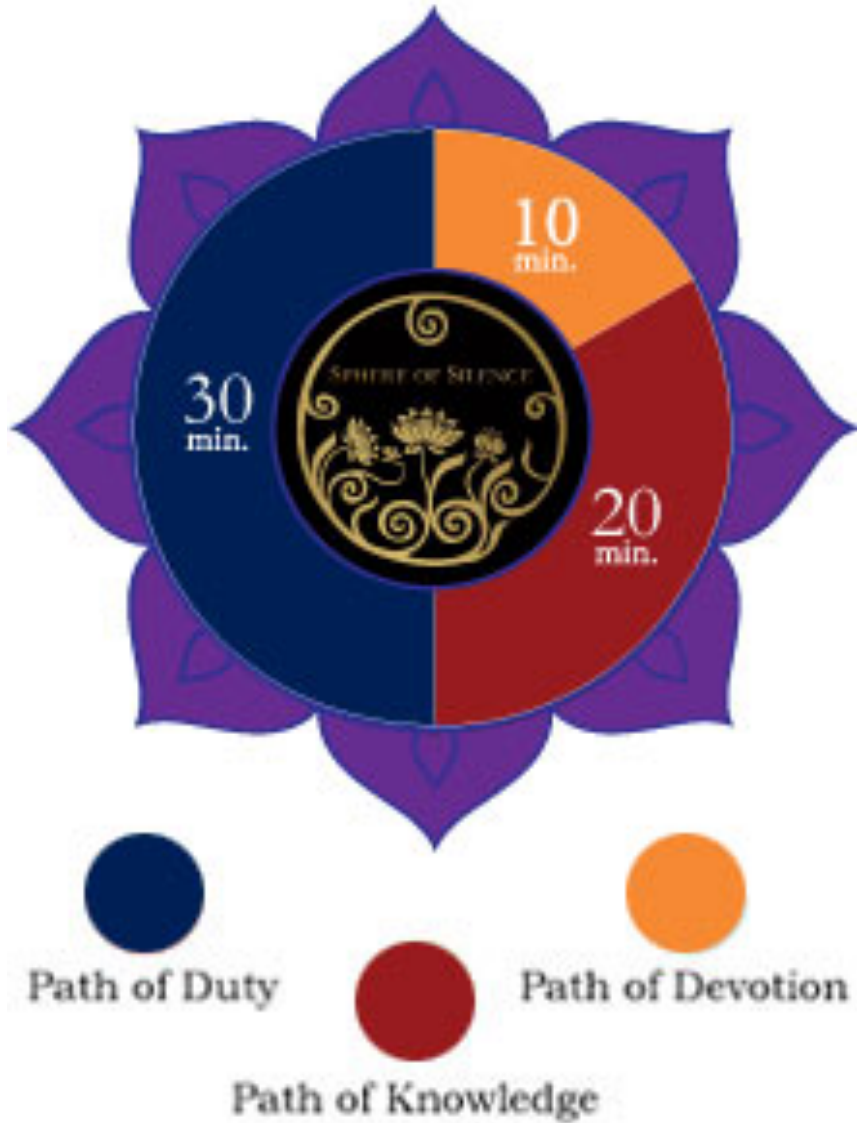
20 MINS Inspiration

# From the Book The Morning Miracle

S – silence 5 mins  
A – affirmations 5 mins  
V – visualization 5 mins  
E – exercise 20 mins  
R – reading 20 mins  
S – scribing 5 mins







# Sphere of Silence

- Divide morning one hour into
- 10 mins – yesterday
- 10 mins – today
- 10 mins – tomorrow
- 15 mins – read
- 5 mins – reflection on previous day notes
- 10 mins – quiet time

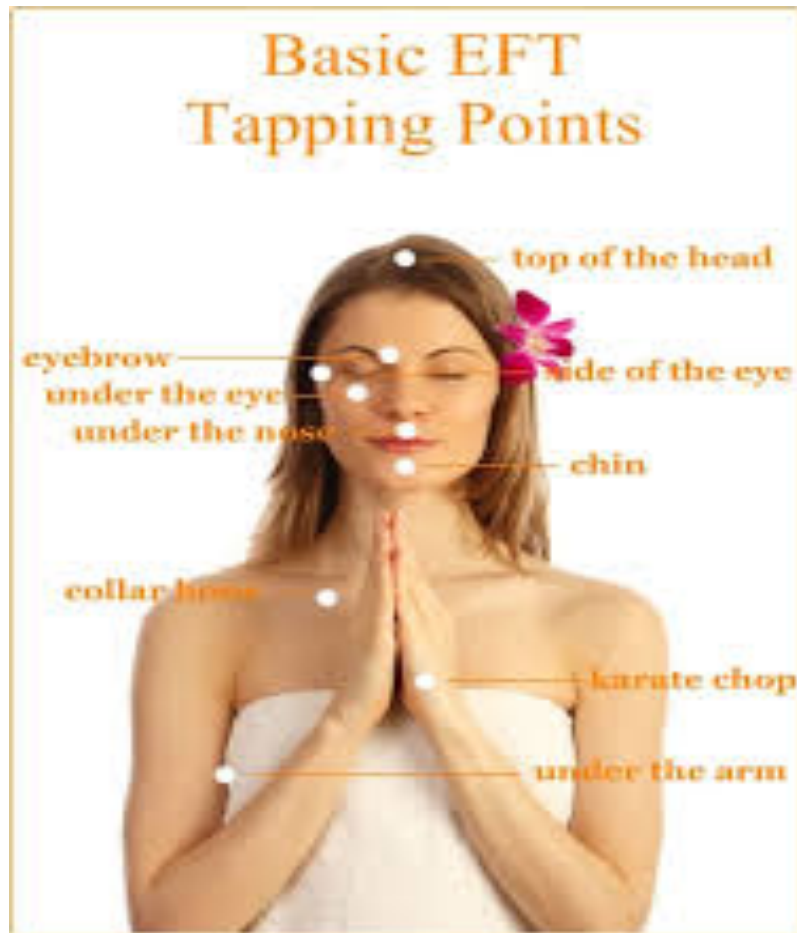
And during the day...

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# UNBURDENING

## EFT – Emotional Freedom Technique



## HO'OPONOPONO

**HO'OPONOPONO**

This ancient Hawaiian Mantra has been used by the Kahuna, the mystic healers, for centuries.

1. Close your eyes and imagine anyone you would like to heal your relationship with, or any memory that you find troubling.
2. Repeat theses 4 phrases with prayerful intention:

- \* I am sorry.
- \* Please forgive me.
- \* I love you.
- \* Thank you.

ONE LOVE - The Lightworkers Home



- OTM – Opportunities to Move

- MBA – Move Breathe Appreciate

# Practice



# Alternate Hyper-focus and Scatter-focus



- Scatter Focus - creativity
- Hyper Focus – productivity
- Alternating between both is important



- Add elements from this presentation to your routine that suit your lifestyle and context
- Feel free to play around
- Share your feedback with me at [nithya@nithyashanti.com](mailto:nithya@nithyashanti.com)

*Do your best & take a rest!*