

# MORNING MOTIVATION

# BEFORE YOU START

Hello my angel,

Thank you for honouring yourself and your morning practice. Showing up here represents your devotion to your spiritual practices and your connection with source.

I am so grateful that you are holding space for yourself and I am so grateful that in some small way, I can be a part of that.

Before you start reading this guide, I want to start off with a prayer so that we can start to feel more aligned with our intent to expand our consciousness.

Repeat aloud:

My precious life is a sacred path of discovery. There are sometimes forks in the road, but I am never lost, for I am simply exploring all of the wonderful twists and turns. I am so excited and grateful to be alive.

My heart is open to receiving all the joy in the universe. I am at peace with the unknowing of where my life will take me because I know that I am eternally loved and cared for and that I get to decide how I want to feel.

I come from love and to love I shall return. I live everyday with passion and courage. My time on this earth has an amazing purpose and so I choose to live my life with great meaning.

# SPIRITUAL AF COMMUNITY

Have you joined our community of incredible light workers?  
Click the button below to join:

**JOIN SPIRITUAL AF**

# WHAT'S INCLUDED

Meditation Video

Affirmations (png files & pdf)

Affirmations Video

Breakfast Recipes

Detox Morning Drink Recipe

Digital Visualisation Board (and instructions for DIY)

# YOUR MORNING PRACTICE

Follow each of these steps or customise them to create your perfect morning practice:

## STEP ONE

As your eyes open in the morning, before you get out of bed, say a gratitude prayer. List all the things you are grateful for this morning. Let it flow naturally, and when it no longer feels natural, stop.

Starting our day with gratitude sets the intention for what we will attract for the rest of the day - more things to be grateful for.

## STEP TWO

Ease into your morning meditation. You can choose to stay lying down, or sit up, whatever feels comfortable.

Starting your day in silence allows you to be a vibrational match for peace and calm throughout your day. It also allows you to center yourself and connect with your inner being and higher self.

# YOUR MORNING PRACTICE

## STEP THREE

Follow your meditation practice with an affirmation. Choose one from the provided affirmations, or watch the affirmation video.

Affirmations are declarations to the Universe. You have already decided what your day will look like before it happens. They are powerful.

## STEP FOUR

Make your morning detox drink.

This will invigorate your body and kick start your metabolism. When we cleanse our insides we are consequently cleansing our lives.

## STEP FIVE

Start your visualisation practice, using the digital visualisation board provided, or the one you created yourself.

This process allows you to put focus and energy into seeing yourself living your full potential.

# YOUR MORNING PRACTICE

## STEP SIX

Make your nourishing breakfast.

A healthy breakfast tells your body and your mind that you care for them and you want to be healthy and start your day full of energy and love.

Food holds energy, and it has been scientifically proven that some foods have a higher vibration than others. Feeding your body super foods, raw foods and fresh foods helps lift your own vibration. I have included vegan breakfast recipes for a number of reasons; one, because I myself are vegan and promote a vegan diet, but also because when we consume foods that do not come from a place of love, we hold onto that energy. If you consume dairy milk in the morning for example, often that milk has come from a cow who was forcefully impregnated and lived a life not free, her energy is within that milk. Your choices are your free will, but I do recommend starting your day vegan to lift your vibration for the day.

# YOUR MORNING PRACTICE

## STEP SEVEN

Exercise is a great way to get your body ready for the day.

The type of exercise you engage in is completely up to you.

Some examples include:

- yoga practice
- cardio
- high intensity interval training
- weight training
- swimming
- dancing
- walking

Making time for movement is critical to boosting mental clarity as well as numerous health benefits.

## STEP EIGHT

Post workout, before you start your "work day", make time to read and/or journal. Making time to do something for you will make you feel fulfilled spiritually and mentally. It doesn't have to be for long, even just 10-15 mins is enough time to aid in your personal growth and creative expansion.

# MEDITATION

Start your morning off with a meditation practice.

## ONE

Find a place where you will practice your meditation that feels comfortable. Choose if you will sit or lie down.

You do not need to create a "space" to meditate if you don't want to or you don't have the room. You can meditate anywhere, as meditation is a practice of the mind. It is a practice of spiritual awareness. However, if you would like to create a space for your meditation practices, make it as comfortable as you can. Surround yourself with objects (such as candles, crystals, salt lamps, etc.) and props (cushions, blankets, etc.) that make you feel at ease. But simply sitting on a chair or on your bed is fine. Ideally it is a space away from other people - unless you are doing a group meditation practice.

# MEDITATION

## TWO

Choose your soundtrack or just sit in a quiet place. Set your timer if you choose to set a time. (We recommend that you practice for between 5 mins to 15 mins today)

Sitting in silence is very useful for the connection to self within your mind. Sitting in silence during your practice can be very effective, however, again it is more important that you feel comfortable and relaxed. If music relaxes you, then opt for music, but slowly try to integrate silence into your practices and see if they are more effective.

There is an app called "Calm" which has background sounds that you can play while you meditate.

Start with 1 minute, then gradually increase to 5 minutes, and then try for 10 minutes. It is important that you don't force yourself to meditate for long periods of time if you are not ready for that. It will be physically and mentally exhausting and you will not achieve your desired results. Instead take time to gradually increase your practice. You want to be able to relax your mind without causing stress to your physical body. Do what feels right for you, regardless of what others are doing.

# MEDITATION

THREE

Close your eyes and surrender your thoughts.

Most people find it easiest to close their eyes, as they find it works best to relax the mind and eliminate distractions. However, you may also choose to keep your eyes open, by lowering your eyes and letting your gaze be soft. Again, it is important to find a method that feels comfortable to you.

When you notice your mind begin to wonder back to thoughts, you can come back to the present moment by returning to your breath. Re-focus on your breath. Do not be discouraged or worried if this happens multiple times, this is normal and it will become easier to come back each time through practice. Also, don't try to stop your thoughts, they are natural, acknowledge they are there and then release them and come back to your breath.

# MEDITATION

## FOUR

Begin with a long deep breath in. Hold your breath and then release slowly.

Focusing on your breath is a great way to eliminate distractions and allow your mind and consciousness to be present in the moment. Try focusing on the inhaling and exhaling of each breath. Breathe in, hold, breathe out. The length of each action doesn't need to be moderated, again, find a pattern that feels comfortable to you.

However you may like to try, breathe in for 4 counts, hold for 6 counts, breathe out for 8 counts.

## FIVE

Feel your blood flowing through your body to all your extremities.

## SIX

Focus your thought on the action of your breath.

If you are finding it difficult to settle and you keep being distracted to outside noise, try counting your breaths. For every 20 counts, return to one. Alternatively you could focus on just one of the outside noises, such as a bird chirping or the washing machine circling. Rhythm is a great tool for relaxation. Your third option is to use a meditation soundtrack. There is an app called "Calm" which has background sounds that you can play while you meditate.

# MEDITATION

Alternatively you can use this guided meditation for your daily practice:

<https://www.youtube.com/watch?v=aPUw4H1QGAM>

# AFFIRMATIONS

If you click on the website link and use your login details (from the initial email you received), there are 30 png images with affirmations available for you (alternatively I have provided them as a pdf making it easier to print them).

Use these affirmations daily by choosing one at random, repeating it aloud 3 times as you wake up in the morning and then repeating the affirmation out loud throughout your day, at least 5 more times.

As you say the affirmation, feel the words, visualise, expect and allow yourself to tune in to that vibration.

The affirmations have also been collated into a video and can be viewed daily by you here:

[https://youtu.be/B\\_S8sT\\_Zok4](https://youtu.be/B_S8sT_Zok4)

# BREAKFAST RECIPES

Starting your morning nourished with vibrant high vibe foods help lift your vibration for the rest of the day.

Below are a list of vegan, gluten free recipes to help you start your day feeling energised and healthy.

## CHIA PUDDING

2 tbsp chia seeds

1/2 cup non-dairy milk (we recommend unsweetened almond milk)

1 tbsp maple syrup (if you like it sweet)

Place ingredients in a bowl, stir and cover. Let it sit overnight in the fridge.

In the morning, take out bowl, stir pudding again, if more milk is required, add it now.

Stir through 1/2 tsp cinnamon, 1/4 tsp tumeric, pinch of black pepper.

Top with your favourite toppings. Optional toppings include:

Seasonal fruit

Cacao nibs

Flax meal

Nut butter

Gluten free granola

Coconut

Nuts/seeds/buckinis

Coconut yoghurt

# BREAKFAST RECIPES

## COCONUT YOGHURT PARFAIT

1/2 cup coconut yoghurt  
1 tsp chia seeds  
1 tsp flax meal  
drizzle of maple syrup  
1/4 cup berries (or other desired fruit)  
30g nuts  
Gluten free granola (if desired)

In a glass, layer each of your ingredients and enjoy <3

## SMOOTHIE

1 banana  
Optional (1/2 cup of other desired fruit)  
1/4 cup spinach/kale  
1 tsp cacao powder  
1 tsp cinnamon  
1 tsp nut butter  
1 tsp chia seeds  
Optional (1/2 scoop of vegan protein powder)  
Water

Blend and enjoy!

# BREAKFAST RECIPES

## VEGETABLE & PROTEIN MEDLEY

1/4 cup cooked quinoa  
1/4 cup sliced mushrooms  
1/4 cup diced capsicum  
1/4 cup diced zucchini  
1/4 cup bok choy/pak choy  
1/2 cup kale/spinach

Saute vegetables in pan, no oil necessary, just add a splash of water and cover with lid. Let saute for 4-5 minutes. Once ready, add your cooked quinoa, top with a tbsp of hummus and enjoy!

## GLUTEN FREE VEGAN WRAPS

1-2 gluten free wraps  
1-2 tbsp hummus  
1/2 can of drained chickpeas  
1/4 cup baked pumpkin/sweet potato  
Lettuce  
Spinach  
Tomatoes  
Alfalfa

Mash the drained chickpeas with a fork until only some remain whole. Add the hummus to the chickpeas and mix together forming a paste.

Spread the paste onto the wraps, add the pumpkin/sweet potato, followed by the lettuce, spinach, tomatoes and alfalfa, wrap and enjoy!

# DETOX DRINK RECIPE

Juice of half a lemon

1/4 tsp ginger (fresh or powder)

1/4 tsp tumeric

Pinch of black pepper

1/2 tsp of apple cider vinegar (optional)

Add cold or hot water and drink first thing in the morning, before your breakfast.

# DIGITAL VISUALISATION BOARD

Included on the website is a digital visualisation board. As you drink your morning detox drink, spend a few minutes observing the board and taking in each of the scenes. Imagine yourself in the scenes, feel the excitement of what it would be like to be experiencing that right now.

Hold onto that feeling of joy and excitement throughout your day.

To create your own digital visualisation board, watch the following video:

[https://www.facebook.com/grigoria.kritsotelis/videos  
/g.940998266026771/1215256251855183/?type=2&theater](https://www.facebook.com/grigoria.kritsotelis/videos/940998266026771/1215256251855183/?type=2&theater)

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