

Four Simple Steps to Make Every Day a New Beginning

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Breathe

Andrea Boydston is credited with saying 'If you woke up breathing, congratulations! You have another chance.' As you emerge from your bed and begin your day, there is simple technique you can add in that moment that can honour the new chance and echo through the rest of your activities.

Exhale fully, release whatever sleepy air remains in your lungs, and deeply inhale the new day.

When you are ready, take a three-part breath: breathe in and let your breath expand your abdomen; without exhaling, breathe in again and fill your rib cage; and again without exhaling draw in breath to fill your upper chest. Exhale slowly, letting your whole torso empty and relax.

Inhale again, and feel yourself calm and centered.

Drink Water

As soon as you are upright, and before you imbibe in your tea or coffee, a glass of water can improve your day.

Our physical selves are 72% water. The seven or eight hours that we sleep and don't drink leaves the body dehydrated. A tall glass of water replenishes the tissues in our skin and organs -- all through our body. Metabolism is boosted, and the kidneys can complete their job of flushing toxins out of the system. The brain is 75% water, and will benefit from hydration in the morning, you will feel more awake and alert much sooner.

Be Present with Your Morning Rituals

We each go through a process of washing and dressing and applying any lotions and potions we will wear for the day. Often we simply 'go through the motions' while our mind rambles around with lists of tasks ahead and rehearsals for conversations we will hold. Make an effort to release the swirling thoughts and attend to your activities. Look at the products you are using; smell them; pay attention to the colour and texture and temperature of the things that are touching your skin. If you can't quiet the conversation with your thoughts, imagine that you are teaching someone. Tell how to apply shampoo, and why you have chosen that method. Be with the shampoo. It takes no extra time to feel your hair, feel the bubbles, and feel the water.

Say 'I Love You' to the face in the Mirror

Childhood training about modesty and the need to change can stop us from feeling truly loving towards ourselves. A healthy state of love and compassion for our natural selves brings foundational energy into every other relationship in life. When you look in the mirror with love, you are aligning your vibration to see positive energy in the people who fill your day. Remembering that you are valuable lets you see the value in others, and that can only be a good thing!