



SET AN INTENTION AND CREATE A DAILY PRACTICE

- Find a comfortable space where you can meditate quietly. Feel free to use blocks and bolsters to ensure that you can sit properly with your hips tilted forward, your back straight and shoulders relaxed. You want the chin to be tilted down slightly, lifting the crown of the head and stretching the cervical spine at the back of the neck.
- Close your eyes and visualize a golden cord drawing down from the base of the spine to the center of Mother Earth. Visualize another cord drawing up from the base of the spine, through the spinal column and out the crown to the center of the universe. Feel the connection above and below.
- Take a few long breaths, in through the nose, then out through the nose. On every inhale, visualize fresh, clean prana, your life force energy, filling you up - and as you exhale, release all stress and anxiety. Expand on the inhale. Ground and elongate the exhale.
- Contemplate your intention for the day. It can be one word: patience, love, clarity, focus, joy or even victory. Why Victory? Because by simply taking the time to arrive on the mat, you are already victorious in your efforts to elevate your mental, physical & spiritual growth. Congratulate yourself!

“Nothing is more spiritual, and really braver, than waking up in the morning and summoning the energy to face yourself, your life and your tasks with solidarity, enjoyment & vigilance! That is what spirituality is on a daily, momentary basis, making a conscious effort to replace your insecurities and self-doubt with the victory of humanity”

-Guru Jagat



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- Tune In: Begin by rubbing your hands together, generating heat, then bringing the hands into prayer pose at the heart center. Tune in with the Adi Mantra, chanting 3x Ong Namō Guru Dev Namō (I bow to the infinite wisdom, I bow to the wisdom within me.)
- Place the back of the hands on the knees, palms facing up and touch the thumb and index finger into Gyan Mudra, your receptive posture. Your arms are straight, shoulders are relaxed and eyes closed, gently rolled upwards & focused on the center of the brow. This is your third eye - your point of intuition.
- Take a deep inhale and push your tongue onto the roof of your mouth, mentally chanting your chosen intention/daily mantra, over and over with purpose. When you need to breathe, release the tongue, release the breath, and then inhale again and repeat. Do this for 1-3 minutes, setting your intention deeply into the conscious and subconscious mind.
- Breathe normally for 1-2 minutes, in through both nostrils, out through both nostrils, and just let everything settle. If your mind wanders, just come back to the breath, no criticism, no critiques, just back to the breath, back to the breath, *back to the breath*.
- Close your session by bringing the hands back to the heart center in prayer pose. Chant three long Sat Nam's (truth is my name) being sure to feel the vibrations you create!
- This meditation is an excellent way for anyone to start the day and build a daily meditation practice. It is easy and can be done anywhere.

My Gift to You: Please know there are thousands of different meditations you can use with the breath, mantra, and mudra. They can help release stress, anxiety, help with addiction, calm the heart, cleanse the mind and inspire the soul. If interested in learning more about techniques that will be most beneficial, simply ask, and I will happily guide you to a meditation which works for you and your available time frame. Give it a try and perhaps keep a journal to note your experiences!

Wahe Guru!

With Love, Light, & Cacao, Candace



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