

Morning Routine



"The most creative act you will ever undertake is the act of creating yourself"

Deepak Chopra

MORNING ROUTINE

...how to start your morning

When we sleep, our bodies process, and begin to eliminate all the toxins we have built up throughout the day. This is why sleep is so important. It allows us time, when our body is most rested, to heal, and digest. As we move through PITTA energy, our time for digestion, and move through into VATA energy, our time for elimination.

According to Ayurveda, the best time to wake is within that Vata energy between the hours of 2am - 6am. When we wake in that time we benefit from the airiness of Vata energy to help us get moving in the morning, and to help us finish off the elimination process.

You may find that you wake naturally during these hours but tell yourself to go back to sleep only to find you are more tired when you wake a few hours later. This is because you have tried to wake in a time that is very kapha energy, that which is slow and heavy. If this happens, try including more 'stimulating' practices into your morning - body brushing, rebounding for example to get your energy moving.

There are, of course, different practices that will support you at different times, and for different people's energy but below are some basic principles we can all benefit from.

First some things we could all do with avoiding first thing in the morning...

○ Try not to look at your phone, the news, or anything over-stimulating first thing. Our body, mind, soul are just rising from sleep, and the intense stimulation can put us straight into fight or flight mode - dictating how we will move into the rest of our day.

- If your phone is your alarm, either place it on flight mode, place it outside of your room, or by an old fashion alarm clock. The EMF that our phones emit can be disruptive to our sleep pattern.

○ Try not to start the day with heavy food, or stimulating drinks, before your digestion has had a chance to wake.

...when you wake

- Take a few deep breaths to ease you into the day, and to wake your body up.
(You can do this before you leave your bed)
- Take a moment to thank the day and set an intention of how this day will be. Who do you want to be today?
- Tongue scrape, oil pull, and brush your teeth to remove toxins
(your dosha/time of year will show you what oil is best but coconut or sesame is a good starting point)
- Wash your face and practice self-massage - or maybe some dry brushing if you are feeling sluggish.
(again look to your dosha for which oil is best for you.)
- Neti Pot to clear out your nasal passage, and help with sinus clearance
- Wash your face and practice self-massage
- Eliminate your bowels.
(If you wake in Vata time of day this is most likely to be easier)
- Practice stomach-churning, or gentle twisting movement to start waking your digestion, and begin some gentle stretches to walk your lymphatic system.
- Wake up your digestion with warm water as your first drink of the day. Add citrus (lemon or lime), apple cider vinegar, and a pinch of spice (I like Cayenne pepper)
- Try and ground (earthing) in the morning, or at least get some sun on your face to keep your circadian rhythm balanced.
- Take a moment for stillness. This can be meditation, or a simple awareness exercise, or simply enjoying your morning drink in stillness and peace.
(Taking that time to connect with nature can also be your mindful practice)
- Journal. This can be as simple as writing a gratitude list, or a full journal practice.
- Practice breathwork - either guided or your own practice.
- Practice some gentle movement to wake your body up. Resist the urge to do HIIT or cardio too early. Allow your body to wake gently.

**Try to do everything with intention and purpose.
Do it because it makes you feel good!
Be present in every moment.**