

Mindful Morning Ritual
Of 7 Essential Self-Care Practices
For Busy Women

by

P. Lynn Ahearn



MINDFUL MORNING RITUAL OF 7 ESSENTIAL SELF-CARE PRACTICES FOR BUSY WOMEN

This is Lynn Ahearn of [Busy Woman's Meditation](#) and as a meditation coach and teacher, I'm on a mission to help women learn how to incorporate meditation into their busy lives as part of their daily self-care practice.

Many of us realize that one of our primary responsibilities in life is to nurture our mind-body-spirit connection. My philosophy: Take care of your mind-body-spirit and your mind-body-spirit takes care of you. I believe more of us would do this if we knew how and if we could find the time in our busy schedules to do it. Well, now you can, with a powerful self-care practice that helps you begin your day with an intentional, focused and prioritized morning ritual or routine. It's the perfect way to nurture and take care of ALL of you as you jump-start your day!

So because I care deeply about helping women and want to support them, I created a self-care routine for women that can be done each morning that not only focuses on the physical, but on the mental and spiritual, as well. It's called;

Mindful Morning Ritual Of

7 Essential Self-Care Practices For Busy Women.

It consists of seven steps for bringing self-love as well as the sacred into your world, through simple acts of self-care. When you commit to making your self-care a priority, you're telling the Universe (and even yourself) that you love and value yourself and believe you deserve to live an amazing life that you also love – because YOU DO! And interestingly, once you start to take better care of yourself,

you'll find that you have far greater capacity to take care of others, too.

The basic building blocks for all self-care: eating well, a good night's sleep and moving your body, are all included here, as well as a short meditation and some simple yoga stretches, too. Along with these practices I've included intention setting, energy work and journaling, plus I've even given you two healthy "wake up your energy" drink recipes here, to make *after* you complete your morning ritual.

SELF-CARE IS SELF-LOVE IN ACTION

For many women, myself included, one day you suddenly come to the realization that *there's no one taking care of you* – not even YOU! And while mani-pedis and massages are special treats I look forward to periodically having, the truth is, real self-care is so much more than just having an occasional indulgent experience.

Often what happens is in our desire to please others, we put ourselves and our own needs last, but it's really necessary to make your own mental, emotional, physical and spiritual health and well-being your highest priority in your life. It all starts with your mindset and being aware of your level of self-love as evidenced by your level of self-care or how well you are treating yourself. This includes what you're doing and what you're not doing.

Real self-care is about deeply nourishing, recharging, renewing and taking care of yourself in every way; mentally, physically, emotionally and spiritually. It's about investing in your well-being *on every level, every single day* so you have reserves of energy that you can draw from for normal daily living or for when life hits you with the unexpected.

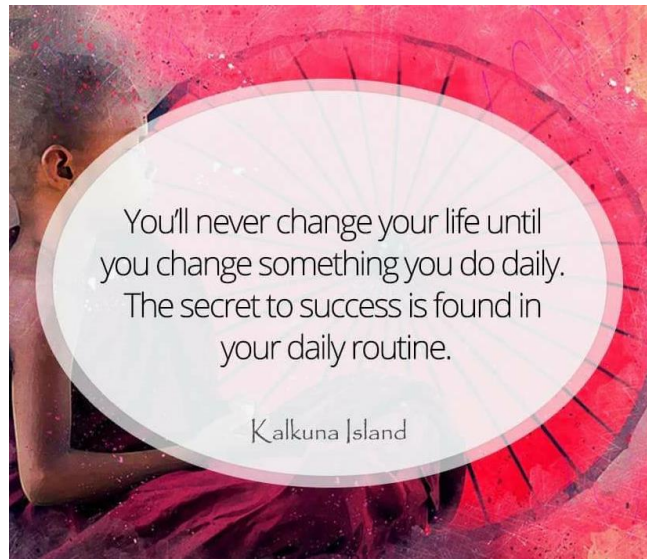
MY SECRET: CLEAN LIVING

When someone asks me what's "my secret" for not looking my age (at this time I'm almost 70 years old!) I tell them that I try to take good care of myself. I am a huge fan of "clean and natural" food, all natural household brands and beauty products without harmful ingredients and using safe, sustainable ethically-sourced ingredients. I drink lots of water (including lemon water and apple cider vinegar and water) and greatly limit my exposure to the sun. I don't smoke. I eat clean and healthy, avoiding sugar and gluten whenever possible and drink only occasionally and usually just wine, when I do. I take probiotics, vitamins and other supplements regularly. I have a daily skin care routine that also includes weekly facials at home and also professionally.

Of course, I try to meditate and have quiet time with myself every day. I exercise, walk or do yoga, get plenty of sleep (usually at least 8 hours a night) and I give myself [Reiki](#) when needed. I keep as much stress as possible out of my life and consciously release it when I am carrying it. I'm all about not wasting a precious moment of my time in unforgiveness, staying mindful and present to my life and being aware of the toxicity in my environment (physical, emotional, spiritual and mental) and eliminating it.

As someone who has meditated and has practiced yoga for almost 50 years, (but I want to make it clear that I am not a yoga instructor or expert), I wanted both of these life affirming self-care practices to play a prominent role in this ritual. I don't know *any* self-care practice that is faster, easier or better for you than meditation, it's essential for living a healthy life and promoting positive well-being. Studies

show that meditating regularly can result in significant improvement in your mood, in your ability to handle challenges and stress and even helps you to be more focused and productive...and that can make a big difference in *any* busy life!



The key to ALL of these is *daily consistency*. Sporadic or inconsistent self-care is just NOT going to do it for you. It must be a daily, non-negotiable priority in your life for you to gain the real benefits from it. This is a marathon, not a sprint and your commitment to your own self-care is what will sustain you in the long-haul.

The 7 Essential Self-Care Practices:

1. Breathe and Move To Wake Up Your Body
2. Intend To Wake Up Your Spirit
3. Meditate To Open And Free Your Mind
4. Journal To Free Your Soul
5. Give Thanks For Everything

6. Alkalize And Cleanse Your Body

7. Nourish Your Body

Use this **Mindful Morning Ritual** as a self-care guide. It has been designed to support and serve your own practice of healthy living and engaging in healthy relationships in your life – including the one with yourself! To ensure that, you're encouraged to make this your own. Play and have fun with this! Add to it or change any part of it, so that it really speaks to your heart as well as your Soul.



RISE AND SHINE

Now, even though making your self-care a priority may be important to you, we all know that once everyone gets up and going, the demands of the day can easily take your focus away from that and that's where prioritizing comes in. Prioritizing gives you a way to deliberately slow down and focus on what is most important to you.

3 WAYS TO PRIORITIZE

1. Every day write down three things that you need to accomplish. This is not a laundry list of "to-do's" that make you feel like you didn't make any progress, but simply the top three things that need to get done. Start with those things first and nothing else happens until those are accomplished or completed.

And make one of those three things doing this ritual each morning. Because the entire ritual only takes about 15 minutes to do, I recommend doing it first thing in the morning, before the rest of your world has awakened. This allows you to have some well-deserved and much-needed "me time" at the beginning of your day, so just set your alarm the night before to wake you up 15 minutes earlier and you're good to go!

2. If it isn't a "hell, yes!" then it's a "no." Protect your boundaries and your schedule, including what you say "yes" to.

3. Stop being a Super Woman and ask for help. Learn how to be vulnerable and ask for help when you really need it.

PREPARING THE SPACE: CREATE A SACRED ATMOSPHERE

Because our outer environment affects our inner environment, before we begin our meditation coaching sessions, I ask my coaching clients to honor themselves by spending time preparing the physical space for our session that is private, quiet and serene and where they will not be disturbed.

Ideally, this ritual should also be done in a private and quiet area that you set aside just for this purpose. Doing this, you are signaling to Spirit that you are ready to transform your environment, your living space and even your life itself, into a sacred space.

It can be something as simple as a [yoga mat](#) placed on the floor, or sitting in front of a window or an altar and lighting a candle, or setting aside a corner of your bedroom, or even a closet. Use your imagination! Your sacred space can also be as elaborate as an entire room you have set aside just for this purpose of creating the time to connect with your Soul.

Surround your space with meaningful items to support your ritual and help you to align with a spiritual mindset. Some suggestions are; incense, candles and flowers, your favorite crystals, a [salt lamp](#) , salt candle holder, essential oils, an [essential oil diffuser](#) (do not have this around your pets), you could darken the area a bit and have soft [music](#) playing, include figures of deities, angels, pictures of loved ones who are here or who have passed on, or whatever else makes you feel good and will add to the sacred atmosphere you want to create for this ritual. The background music I suggest you use for this morning ritual is [“Relaxing Nature Sounds”](#) or feel free to use any relaxing [music](#) you like. [Earbuds](#) are recommended.

I have chosen very simple yoga asanas or poses that should be done in your bare feet, preferably on a carpeted floor or a [yoga mat](#) while you're wearing loose, comfortable clothing. Remember to breathe deeply as you do them and always listen to your body, in this as well as *in everything!*

DISCLAIMER: The information provided on this site is for educational purposes only and you participate in this self-care ritual at your own risk. You are responsible for yourself and I am not a yoga instructor, so please use your own judgement regarding the yoga exercises.

Also, always consult a medical practitioner before attempting any exercise to ensure that you're healthy enough to do it and to not injure yourself. Please do not attempt to meditate while driving a car.

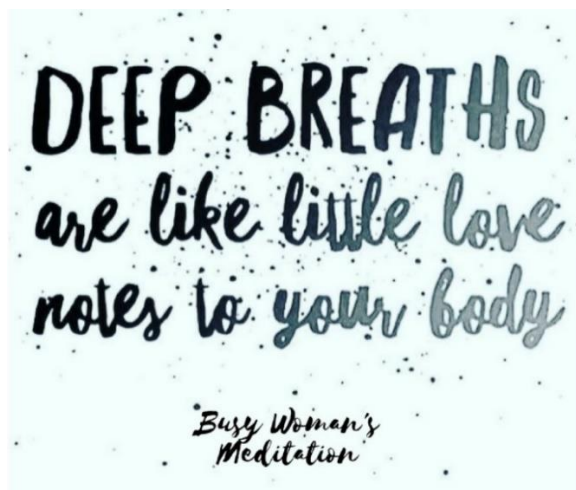
So light your candle, turn on your salt lamp and start your music, it's time to begin **A MINDFUL MORNING RITUAL .**



1. BREATHE AND MOVE TO WAKE UP YOUR BODY

- Start by breathing deeply while sitting down on a folded blanket, yoga mat, [Zafu](#) or [meditation cushion](#) in a cross-legged, half-lotus position, with hips a little higher than your knees. In yoga, this is called Sukhasana (Sue-KAH-sa-nah), **Easy Pose** (see above). This pose lengthens the spine and promotes grounding and centeredness, which are necessary to stabilize you and help you to feel safe.

Close your eyes, and if you like, have your hands together at the heart in “Namaste” (nah-mah-STAY) position, (the Sanskrit phrase for “the divine in me honors the divine in all”), take a big, deep breath in through your nose, exhale nice and long through your mouth. Now rest in this position and enjoy the silence for a few moments. Continue breathing this way, taking deep, even breaths in through your nose and exhaling nice and long out your mouth, throughout the rest of this Morning Ritual. This opens up and moves the prana, or life force energy, throughout your entire body and brings oxygen to your brain.



- A great to wake up your energy is by doing the [Thymus Thump](#). Your thymus is a small gland located in the center of your chest, on your sternum bone. Making a soft fist and thumping or tapping your thymus gland about a dozen times with a little pressure using one or both hands, stimulates your immune system and your energy system. Do this every morning to boost your energy and throughout the day, as often as is necessary.
- Doing an [Easy Seated Twist](#) gives your spinal column a really good stretch, which opens up the hips and lower back and wakes up the spine. This is especially important if you sit all day. Remain seated in [Easy Pose](#) as you place your left hand on your right knee and your right hand on the floor behind you, to use as leverage.

Inhale deeply, then exhale fully as you twist your torso to the right while turning your head in the same direction, as far back as is comfortable. No forcing here. Sit up straight, hold a moment and untwist.

Repeat on the other side, with your right hand on your left knee and using your left hand as a guide on the floor behind you, inhale deeply, then exhale fully and twist your torso to the left, stretching as far as is still comfortable. Sit up straight and hold the pose for a moment. This stretch should feel really good. Then gently unwind and face forward again.

- Now move on to [Cat/Cow Pose](#) (see below), to further loosen and wake up the spine, tighten and firm the belly and aid in grounding and connecting you to the earth. Come to all fours on the floor. As you inhale, arch your

back, tilt your head back and press on the floor with your hands. Exhale, pull your belly in, fold your chin toward your chest, and arch your back in the opposite direction. Do this 4 complete times, alternating back and forth.



- This next pose is a delicious resting pose called **Child's Pose** (see below). It's super calming for the mind, great for digestion, stretches the lower back and opens up the hips.

Kneel on the floor, sit on your heels, touch your big toes together and separate your knees about as wide as your hips. With your legs tucked under you, bend forward in a deep bow of thanks and gratitude and slowly walk your hands out and on the ground in front of you, as far as you can reach, bringing your forehead as close to the floor as is comfortable. No forcing, just relax the shoulders and feel a nice, big heart-opening stretch here.



If this feels appropriate to you, this might be a good time to make the choice to consciously surrender your ego to God, Spirit, or your Higher-Self. You're not surrendering to some invisible and benign force "out there," but to an intimate, loving, all-wise and higher part of yourself "in here."

So while still in this resting pose, you can say this (or use whatever else you choose to say) silently or out loud:

Dear Higher-self/Soul/God/Source/Universe, this day it is my intention to consciously connect to you as I surrender my ego and ask to do and receive what is for my highest good and is in my best interest. And so it is.

Hold this position for a few breaths, then "walk" your hands back.

- And now, sit back on your heels and come back into **Easy Pose**.



2. INTEND TO WAKE UP YOUR SPIRIT

- Next, relax, breathe deeply and then set an intention for your day.

Setting intentions are a powerful way to focus on your spiritual side as you set the tone for and create your experiences. I suggest you have an intention, but not an expectation. An intention is something you *desire* to see happen, an expectation is something you *need* to see happen. Choose one from this list or hold **any** intention you choose.

This day I intend to...

- * be more consistent in my morning ritual
- * choose to allow the Universe to delight me today
- * remember that I am enough!
- * acknowledge that Spirit is the source of my supply
- * make regular daily meditation a priority
- * choose to be only love (or only peace or only joy or only truth) today
- * be grateful for hidden blessings in my life
- * recognize that I am an Awakened, infinite and eternal being

* listen to my body when she speaks

We'll use the intention you chose in the next part of the ritual, meditation.



3. MEDITATE TO OPEN YOUR MIND

- Sit in silence at least once a day.

In yoga, we call the time to stop all activity, take a break and just be in the silence, Savasana (shah-VAS-anna). It's a pose of total and deep rest and relaxation - making it one of the most challenging poses for all yoginis, even experienced ones. The same holds true for meditation, a practice of total and deep rest, relaxation and silence - making it one of the most challenging practices for all meditators, even experienced ones. I like to think of meditation as unplugging from your day, giving your brain a rest and getting quiet to briefly reconnect with the most powerful and loving aspect of yourself, your Higher-self. And the busier your day is, the more you need to meditate. The benefits of meditation are endless, but it's entirely possible

for you to gain the full benefits of meditation by taking quick meditation breaks and incorporating a few mini-meditations into your busy day.

Let's do a meditation exercise together now so you get this experientially. You can stop here and do your own favorite meditation or use this simple one that I've created that you can do in less than five minutes, called the "Busy Woman's Morning Meditation." This is an example of the type of meditation in my [Busy Woman's Meditation Program](#). This meditation has been imbued with healing [Reiki](#) energy, so if you wish to receive it, simply accept it and please enjoy that added benefit. Keep your eyes open and follow along with the meditation script I've provided below, and if you're in a safe place to do so, let's begin the

BUSY WOMAN'S MORNING MEDITATION: A GUIDED MEDITATION



Good Morning Sweet Soul!

Let's begin this Morning Meditation

to welcome in and begin your new day.

Find a comfortable seated position,

with your back straight and supported,

your hands resting on your lap, palms facing upward.

Feel the connection with and the centering support

of the earth beneath your feet

as you awaken to this new day.

Gently soften and close your eyes.

Roll your shoulders back and become aware of your breath.

And let's take a few big, deep breaths

to energize and awaken every cell of your body from the crown of your head, down to your fingers and toes.

Breathing in deeply through your nose, and out through your mouth, completely emptying your lungs.

Make these breaths long and slow.

Nice and easy.

Breathing in and breathing out.

Continue breathing this way, with presence and awareness.

On your next breath, place your hand on your heart.

Feel it beating.

and from this space of expanded awareness and presence

enjoy a nice, big heart-opening breath,
feeling deep appreciation for this brand new day that awaits you
full of possibilities,
as you silently repeat this affirmation of gratitude,
I thankfully welcome in ALL the goodness this day holds for me.

Take a moment now to set your intention for today...
Breathe your intention deeply into your heart.
Inhale deeply, exhale deeply.

And may you be extra gentle, loving, compassionate and patient
with your heart today.

May you know deep peace.

Just enjoy that feeling of being in complete harmony with yourself.
Allow this time of presence and stillness to create the tone for your entire
day.

Now take a final, deep cleansing breath.

Stretch... smile...

Slowly open your eyes and begin your beautiful day,

your **Busy Woman's Morning Meditation** is complete. 😊

You can enter back into this sacred space anytime you want or need to,
throughout your day. Just close your eyes, relax and do this simple breath-

work technique; breathe, release, repeat, even if it's just for a few minutes, or even just a few breaths, whenever you feel you need it.

4. JOURNAL TO FREE YOUR SOUL

- Spend 3-5 minutes doing some journaling now and do more later, if you like.

Awareness is the beginning step to transformation and journaling is one of the best ways to create awareness in your life. It's a time to connect to your Soul and connect to YOUR Truth and get to know yourself better. I like to refer to journaling as listening to your Soul for inner-guidance, answers and insight, which is ultimately one of the best self-care practices there is!

Some people say journaling (done either by writing in a [physical journal](#) or using your computer) is "brain-dumping," and to a certain extent it is a way of freeing up space in the brain and a great way to help process whatever issues you're going through.

Journaling is a private and solitary practice and no one sees what you write but you. Another of the many great gifts of journaling is it gives you a tangible way to look back and measure your growth; from where you were to where you are now. When you journal you can write about any insights, a-ha's, self-reflection, new awareness you receive, or whatever else you feel led to write about. Don't censor yourself or over-think when journaling, but allow whatever you sense needs to come through, to come through. Often when you're meditating divine wisdom just naturally comes through, but you can always *consciously* ask for divine wisdom during meditation, or

afterwards, when journaling. Begin by writing, “Thank you divine wisdom for writing to and through me today,” and then keep writing. Ask yourself some really deep, probing questions like, “What would I do if I could do anything right now? What do I need right now? What has my Soul been asking for lately? What blocks/fears am I willing to face and let go of, now?”



You can start a [Gratitude Journal](#) by writing, “Today I am grateful for . . .” and then write about what you appreciate or have gratitude for.

I follow Sheryl Sandberg’s “**3 Moments of Joy**” practice and spend time every day (either at the beginning or the end of the day) thinking of three things I’m grateful for. These do not need to be big things, they can be simple, tiny little everyday things; my new baby granddaughter’s sweet smile or appreciating a bed made with freshly washed, crisp white sheets. Some other possibilities for expressing gratitude are; an opportunity you have today, something that happened yesterday, or something good that’s going to happen in the future. Finding three things you are grateful for can instill gratitude in you, even on those days that have been difficult or challenging.

The Law of Attraction principle you're engaging here is the more grateful you are, the more you *have* to be grateful for!

A great tool to get started with journaling is this on-line journaling website: [The Gratitude Workbook](#). While you're at it, take a moment to write out your daily "To-Do" list to help you to get organized and set some priorities for the day ahead and so you won't be tempted to do it while meditating :).



5. GIVE THANKS FOR EVERYTHING

- It's time to close out the main part of your morning ritual and give thanks.

Come to a standing position, close your eyes and place your palms together at your Heart Chakra area. Silently or out loud say, "Thank you" to the Divine Creator or Whomever you wish, for everything that happens in your life this day, including the lessons and the blessings, both hidden and revealed. The

quickest way to end suffering and move past a block is to accept what is happening at the moment and ask to be shown the lesson in it for you. This moves you out of resistance, which blocks your good from coming to you.

Now repeat the mantra we began with, "Namaste." Take a few deep breaths and envision yourself being lovingly surrounded and protected by the Creator.

6. ALKALIZE AND CLEANSE YOUR BODY

- After going six plus hours overnight without refueling, our bodies get dehydrated, so the first thing to do in the morning is pour yourself a glass of water and drink the whole thing.

Prepare for yourself a glass of [Alkaline Lemon Water Morning Cleanse](#) and drink it on an empty stomach, even before you have your morning cup of coffee (you can alkalize your coffee, too, with a pinch of baking soda and a quarter tsp. of organic coconut oil).

This [Alkaline Lemon Water Morning Cleanse](#) drink will hydrate you, jump-start your metabolism and purify your internal system. It also acts as a powerful antibacterial as it flushes out toxins, maintains healthy pH levels in the body and helps with weight loss.



Alkaline Lemon Water Morning Cleanse*

Ingredients:

- 1-2 Tablespoons of organic lemon juice (fresh, not from a bottle)
- 1/8 teaspoon of food grade Baking soda
- *1/8 teaspoon pink Himalayan or sea salt (*optional, as long as you do not have high blood pressure and have to watch your salt intake)
- 8 oz purified water
- Optional: handful of organic fresh herbs: oregano, parsley, cilantro or basil

Instructions:

Mix all well in a glass or if adding herbs, you can blend in a blender.

Makes one 8-ounce glass. Can be served hot or cold.

Drink 1 glass of this at the start of each day.

I keep a pitcher of this in my fridge and grab a glass of it each morning. For a pitcher use 32 ozs. of water, juice from 1 fresh lemon, 1/2 tsp. each of pink salt and baking soda. Add fresh herbs to an individual glass of this water to keep them from spoiling too quickly.

A super easy and effective practice is to use equal parts pink *Himalayan salt, Epsom salt and baking soda mixture as a scrub when you shower or take a bath. Just bathe as usual and then take a handful of your mixture and rub yourself down all over and rinse. Be sure to do this each day, like you would brush your teeth. This is a great way to keep your skin healthy and support your lymphatic system.

*Please DO NOT use table salt or even sea salt, which often contains plastics from the ocean, only use Himalayan pink salt. Since salt does not “go bad” like other consumables, a good place to get Himalayan salt at a great price is an off-price store like Marshall’s, Home Goods or TJ Maxx.



7. NOURISH YOUR BODY

- It’s estimated that 31 million Americans skip breakfast every day, so as long as you’re not allergic to any of these ingredients, be sure to give yourself a

big advantage over all those other people and have a healthy breakfast and make this delicious, high vibrational **Busy Woman's Basic Green Smoothie**. It allows you to use virtually any type of green and any kind of fruit. This is the kind of yummy breakfast that tells your body, "Mwahh...I love you so much!!"

Busy Woman's Basic Green Smoothie

Ingredients:

- 1 handful each of organic kale or spinach
- 3 fresh herb sprigs
- 1/2 green apple – sliced
- 1 stalk celery
- 1/2 of a peeled cucumber
- 1/2 avocado
- 1/2 lemon - juice only or cut up and use entire half lemon
- 1/2 frozen banana
- ½ cup fresh or frozen blueberries
- 1 tsp. of ground flax seeds and/or chia seeds
- 1tsp. of [maca powder](#) (helps with energy and mental clarity, optional)
- 1/8 tsp. turmeric powder
- 1 tsp. - 1TB. of virgin coconut oil (raw, unprocessed and unrefined)
- 1 TB. of plain organic yogurt or 1 oz. kefir (optional)
- ½ tsp. (or less) ginger powder or fresh ginger root shavings (optional)
- ½ tsp. cinnamon
- 3-6 ice cubes and pure water to fill line **OR** 1 cup coconut milk/coconut water to fill line

Instructions:

Blend all in high speed mixer, drink now or chill and drink later. Makes one 12 ounce smoothie. Double this recipe and refrigerate for the next morning.

(FYI: a ripe banana contains high levels of dopamine, so it's a natural relaxation and feel-good chemical.)

Something else I highly recommend you do to feel good, save time and money and lose weight is to learn how to make stock for soups. Have at least 1 or 2 different plant-based, gluten-free, high-fiber, low salt, fat and sugar, real-food soups each week.

Thank you for joining me in a [Mindful Morning Ritual of 7 Essential Self-Care Practices For Busy Women](#) and for your willingness to make your self-care a priority by giving yourself a few minutes at the start of your busy day, just for you! Now it's up to you to take action and practice this ritual EVERY SINGLE DAY. How can you tell if this Morning Ritual is working? By how you feel afterwards, so I'd [love to hear](#) how it was for you.

GIRL, YOU GOT THIS! Now get ready to have an amazing day! ♥

About the author, P. Lynn Ahearn



Life Coach, Meditation Teacher, Author, Reiki Master, Spiritual Coach, Higher Consciousness Coach, Certified Career Intuitive Coach®, former Director of the Law of Attraction Training Center, and Law of Attraction Coach Trainer.

Since 2001, as a life coach, spiritual teacher and Reiki Master, Lynn has worked with literally hundreds of heart-centered women, helping them to create a deeper, more authentic and intimate connection to themselves and their Soul by understanding who they really are as a spiritual being, here to express their human self.

Her intention is to make meditation simple, practical and accessible *for all women* and it's her great honor to help busy women to easily incorporate it into their lives as part of their daily self-care and create their own solid meditation practice that supports them and helps them to live a more consciously awakened life.

Lynn is also the author of the book, *Awakening To The Wisdom Of Your Soul*, a memoir about her own journey of spiritually Awakening. Read an excerpt [HERE](#).

Visit [Busy Woman's Meditation](#) for a variety of resources to move you forward on your life's journey.

Discover More

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