

# CREATING A MORNING SPIRITUAL PRACTICE (Sadhana)

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1. Start the night before With a nourishing evening routine that gets you sleeping by 10pm.
2. Start the morning right. Wake, brush, wash face, empty bladder, brush, tongue scrap, oil pull, drink up to a quart of hot tea-like water to provoke morning elimination, neti and/or nasya. Get the channels open and clear.
3. Exercise Outdoors to connect with nature.
4. Easy, gentle yoga Stretch the body gently to prepare the body to sit.
5. Create a sacred space for sitting There is value in one spot. You may enjoy sitting outside or you may consider creating an altar inside- this can include beautiful objects, elements from nature, symbols, images that inspire, flowers, incense, fruit, offerings, photos of your ancestors, sage, etc. Create a space that is quiet and free of clutter to come to each day.
6. Establish a stable and comfortable seat on the floor or on a chair. The hips are slightly higher than the knees. Use pillows to support your hips and lower back if need be. The spine is tall yet relaxed. The head, neck, and trunk are straight so you do not go into the sleep state, you remain in the conscious state and give your full attention to your practice. Feet parallel and grounded. Close the energy that runs through and out the fingers by joining the tip of the pointer and thumb fingers together. Contain the energy that runs through the root by engaging the root lock, squeezing the sphincter. Contain the life force. If your arms are on the long side hands closer to knees, short arms closer to hips...create your own individual posture here. Chin slightly lifted. Relax.
7. Pranayama Breathing practices such as Diaphragmatic Breathing and/or Nadi Shodhana to balance the body-mind-sense complex.
8. Ground and orient your body with the senses. Try a survey of the body or sense meditation.
9. Gratitude, Repentance, and Prayer. Establish gratitude for ALL THAT IS. REPENTANCE: Repent means "I will not repeat". This may be journaled or spoken aloud. PRAYER: Make a sacrifice of actions that did not reflect your inner wisdom to the Divine Reality and ask for the strength to overcome those challenges so you can better serve the Supreme Self. These are not ego centered prayers. This is part of developing a relationship between the personality and your higher Self. Bear your habit patterns that have not been serving your inner wisdom and offer them back. This is powerful for spiritual disciples, agnostics and atheists. Yogic prayers are an honoring of the Self and all can believe in themselves.
10. MEDITATE There are thousands of techniques. Choose one and pursue it for at least 40 days and notice the effects on all the layers of your being. Expand your awareness, notice the witness within - the part of you that is unchanging, the part of you that is eternal. For personal guidance email me: [suzannemartinyoga@gmail.com](mailto:suzannemartinyoga@gmail.com)

