



## Daily Practice

A daily practice that flows from your knowing of wholeness, where you don't try to fix yourself, but instead honor the divine intelligence that's already within.

### Morning | Align with Truth

#### 1. Awakening Breath (3 minutes)

As soon as you wake, place a hand on your heart and one on your belly. Breath in and say in your mind

***"I am born of Source. I am whole."***

Let your breath remind your body that it is safe, loved, and already perfect.

(DO this before checking your phone or reaching for anything outside of you.)

#### 2. Mirror Truth (1 minute)

Look into your eyes in the mirror and say

***"I am not becoming I already am.  
My body reflects the truth I live."***

Watch how your posture shifts, how your face softens. You're not performing—you're remembering.

### Midday | Sacred Nourishment

#### 3. Intuitive Eating Moment

Before eating, place your hands over your food and ask quietly

***"Body, do you desire this?  
Will this align me with ease,  
energy and clarity?"***

Your body will answer. Yes. No. Trust the pull Even if it surprises you.

Let eating become a moment of receiving, not controlling.

### Evening | Integration & Embodiment

#### 4. Wholeness Check-In (3–5 minutes)

Lie down, or sit comfortably. Scan your body.

Ask

What felt aligned today?

What felt forced or false?

Where did I abandon myself?

Where did I remember my truth?

Then say

***"I bless it all. I reclaim it all.  
I bring it home to wholeness."***

Let go of judgment. Every experience is a doorway back to Self.

### Optional | Movement as Worship

#### 5. 5-Minute Flow

Put on music that moves your soul. Not for fitness. For embodiment. Move your body as if it is already divine—because it is. Stretch, sway, dance, crawl, breathe—feel yourself as Spirit in form.

### Mantra to Whisper All Day

***"There is nothing wrong with me. There never was.  
I remember who I am—and my body does too."***