



“Stop Being Stuck In The Rut Spinning Your Wheels A Daily Mindset Reboot to Keep You Out of Overwhelm”

Welcome to your “Daily Mindset Reboot!”

I’m so delighted that I get to share my special daily practice with you. This practice keeps me sane in a chaotic world. It grounds me in an open and sustainable way, and gives me a great start and blissful end to my day.

As you implement these simple and yet often profound activities, it builds the momentum as you use it daily. Therefore, I highly recommend that you don’t just try it out but at least stick to it for seven days. As you may know, it takes 21 days to establish a new habit!

The morning and evening rituals are done on a daily basis. The process doesn’t take long. It takes me about 20 minutes to complete in the morning, 10-15 minutes in the evening. They will add a sense of purpose, groundedness and direction to your life.

6 Steps in the morning to start your day with a bounce in your step. 6 steps in the evening to help you unwind from your day. And some extra goodies - reminders and prompts for you during your day!

May these practices bring you as much calm and peace in your days, as it has provided for me. May they keep you sane and grounded in a world that is getting busier and more chaotic by the minute. Please scroll down the page...

Your “Mindset Reboot” Morning Practice

1. Put a smile on your face. Upon waking, don't rush to get out of bed, feeling crappy, nervous or anxious because it sets the mood for the entire day. Set your alarm so you have some extra time in the morning to adjust and cultivate a feeling of lightness and happiness to embrace a new day.

I know you might be thinking: “OMG, I'm never going to get out of bed! I've been trying since decades to feel happy, how am I supposed to do this in minutes?!” The point here is that we are not our emotions. When you decide to start your day with the intention of feeling happy—no matter what your life situation may look like through your current emotional filter—your body physiology responds immediately. It's literally as simple as making it a habit to decide to feel at peace. Practice this “happy switch” by envisioning a happy or funny memory that puts a smile on your face.

When you feel light and expanded, it's time do a good cat stretch while still in bed. Expand your arms and legs and stretch, allow your body to expand. Try it! It makes you feel so much lighter and alive! Now imagine your body surrounded with white light, and allow the white light to filter through the body, purifying and energizing your energy field.

2. Hug yourself. After your luscious cat stretch (you're still under the covers), wrap your arms around yourself and give yourself a really good hug for 20 seconds. Imagine yourself sending a big dose of self-love to you and your inner child. You may be hearing messages from your Soul or inner child in the form of thoughts, feelings or memories. This profound act of self-love and self-embrace activates the release of the neurotransmitter Oxytocin (the bonding and cuddle chemical). It is the glue that allows us to connect on a deeper level. Cuddling an animal will have the same effect. Amongst many other health benefits, it will enhance your mood therefore raising your personal vibration. Your self-love ritual sets you up for the day.

3. Now that you're feeling expanded and light(er), it's time to set your intention for the day. Putting attention on an intention that guides you through your day allows your creativity to flow freely and for much magic to arrive! Here are a few examples, and after time you will come up with some of your own:

“May I today be more joyful and grateful for what is to come.”

“May I today love myself more than ever before”

“May I today share my love and kindness with all I come in contact with”

Now you're finally ready to get out of bed and start your new day. Like the saying goes, you're literally starting the day off on the right foot!

4. **Cleansing Drink.** Upon rising, squeeze the juice of half a lemon into a tall glass (8 ounces or 250 mls), add your water. I always add sliced ginger and fresh turmeric and let it sit for at least 5 to 10 min to let the flavours come through. If it suits your taste, you can mix it with either warm or hot water, depending on the season and your taste. You could use your blender and blend it all together and also could add a tablespoon of Braggs Apple Cider Vinegar to the mix. This drink cleanses the liver, alkalizes the body and promotes a healthy digestive system. Drink the whole glass on an empty stomach!

5. **Breathe consciously.** It is time to start your breathing. You could do this while you are letting your drink sit or after you have drunk your lemon juice mixture - either way is OK. Gently put your attention on your breathing, breathe in through the nose to the count of 4, hold the breath to a count of 2, and breathe out through your mouth to the count of 4. Work up to doing 10 rounds of these always following your breath with your focus. You can choose your own rhythm of count once you the hang of it, you may find it more comfortable to do a 5-3-5 routine. This gives your brain and blood the oxygen to be vibrant and alive. Be aware after breathing you may feel light headed, so the next exercise is perfect to get you back in your body again and to set you up for your day.

6. **Get your body moving.** After your focused breathing you are ready to start moving into your day. I like a quick exercise to bring my body to total awakesness. I bounce my body up and down for a minute or two. Some days I do it with my weight on my whole feet, or sometimes just my toes. Keep the knees soft, move your neck and head around and wave your arms too while doing it!

This releases any tension in the body, and gets the lymphatic body moving. It grounds me into my body quickly. Or if you prefer, go outside and ground yourself by putting your feet barefoot on the ground, or hug a tree and give yourself a treat and take in nature's energy. You are now ready for action! Ready for the next step in your day, whether it is your shower, your breakfast, your work!

Extras:

As part of my personal spiritual practice and "me" time there are couple of extra things I do, cos I allow myself the time. I write in my journal at this time, as I am in quiet space and it feels a good addition for me, or you could leave it til later in the day! And I meditate or sit quietly for a few minutes to encourage stillness within me.

"Wherever you go, go with all your heart" ~ Confucius

Mindset reboot personal practices throughout the day

1. Be aware, present and mindful of the state of your energy
2. Breathe consciously
3. Smile a lot to your heart and to others
4. Come back to your intention, how are you doing?
5. Be loving and kind in your manner
6. Laugh as much as you can and see the lighter side of life
7. Be the observer with no attachments
8. Stand tall, your posture is telling your body and mind how you feel
9. Go slowly through your day, don't rush, stay relaxed
10. Hydrate your body, drink a minimum of 2 -3 litres of room temperature water a day

Your "Mindset Reboot" Evening Practice

1. Unwind from your day. As you're getting ready to wind down from your daily activities, it's important to get your body into a state of relaxation and make a break from your day. When you relax you allow the body to do its natural healing. Put on your type of music and dance off the noise and mind chatter in your head for at least five minutes. Or another way is to sit quietly, and imagine a shower lightly turned on in your head and see the shower draining away your brain chatter and experience your body tension melting away. By doing this you are at advantage of really being able to enjoy your evening.

2. Dinner. Have your meal completed no later than 7:30 pm hour so your digestion is complete by the time you retire (at least three hours before going to bed). This allows your body to complete the 7 stages of nutrition, and allowing for the necessary absorption of nutrients and the all-important start of the body's repair cycles of resting, repairing and recuperating.

3. Stop watching TV or working at your computer at least an hour before going to bed. These days we are all inundated with so much outside activity, stimulation and information that comes at us like a speed of a bullet train, we need a break. Our brains need time to switch off and relax. When we are constantly bombarded with this

kind of energy field, our nervous system is always on constant alert and never gets to switch off and relax.

4. Ensure your bedroom is conducive to sleep, and feels calming and pleasing to the senses. A totally darkened room gives you the correct rest and signals for the body to produce the necessary natural hormone melatonin that you need for repair and keeping your body's clock in a natural balance. If you have no blinds or curtains use an eye mask. It does the same thing! When we don't get enough sleep, our bodies and nervous systems get stressed and eventually we crack.

5. Light sleepers. To help with maintaining that good night's sleep, you can drink teas for relaxing, such as chamomile, valerian. You can take a melatonin homeopathic, play soft music, burn natural oils or apply natural oils to the bottom of the feet and the back of the neck body such as lavender - and there are others which do the job too. There are many remedies that will relax the mind, the body and create the right ambiance for you to sleep well.

6. If you have a small problem bothering you, before getting in bed, write for 5 to 10 minutes to get it off your mind. It is like putting the problem on the shelf to look at tomorrow. During the night your subconscious goes to work and usually in the morning - the solutions are there! To help the mind rest you can also take a quick whizz through your day by going backwards and revisiting your activities. When you have done this, see your mind as a waterfall washing.

7. Gratefulness. And the last thing before you lay down your head. Have a gratitude journal by your bedside? Write at least 3-5 things that you are grateful for that happened for you during your day. And remember to be grateful for you! Gratefulness builds your spiritual mettle and a loving heart. Switch off the lights and sleep with the angels! Have a restful sleep and know that you will wake up feeling refreshed and ready to have a smile on your face.

Thank you so much for allowing me to share my personal daily rituals with you - it is an honour. They make a big difference to my life. No matter what goes on for me or what challenges I may have they help me maintain my equilibrium and start and complete my day in the right way. They bring a sense of space and peace into my life. I admit I don't always do them every day (life does get in the way sometimes). However, they have been an established part of my life for quite a few years now and have definitely given me a platform to heal my separation. I wouldn't be without them and I feel confident that it will be a great addition to your day.

I would love to hear how this practice impacts your life. Please send me a note to Penelope @ Heal Your Separation.com

If you are struggling and still stuck in a rut even after you apply some of these practices, it is a surefire sign that there are negative patterns running your life. Having rituals will make a big impact, but it probably won't change your core patterning. I would love to support you in creating a life of more joy, ease and peace. If you'd like to learn how to make even greater positive changes in your life. Please [click here](#) to apply for your Complimentary Breakthrough Session with me and we can see what is possible.

Love Yourself. No Matter What.

Penelope Aelfin

Soul Separation Detective ~ Self-Love Warrior ~ Heart Mentor