



Exercise 2

Summary:

Goal: Start the day by entering a flow state connected to your subconscious, inner wisdom, and body, setting the tone for a purposeful and joyful day.

Process:

1. **Morning Awareness:** Stay in the half-awake, half-asleep state for the first five minutes after waking.
2. **Breathing:** Inhale deeply to draw in new energy and exhale to release any lingering tension.
3. **Mind and Body Connection:** Remain present, free from rushing into tasks, allowing your intuition and inner wisdom to emerge naturally.
4. **Entering Flow:** Stay connected to your subconscious insights, feeling a sense of potential and creativity.

Benefits:

- A clear and fresh start to the day
- Access to intuitive insights and creativity
- Calm and focused mind, aligned with the body
- Increased potential for flow throughout the day

Application:

Spend the first five minutes of the day in a relaxed, alpha state, allowing creativity and insight to arise naturally. By gently transitioning from sleep to wakefulness, you create a flow that carries into your daily actions, fostering purpose and joy.