

The moment I wake up...

*"The moment I wake up
Before I put on my makeup
I say a little prayer for you..."*

(I Say a Little Prayer; songwriters: Burt Bacharach, Hal David; Warner/Chappell Music, Inc., Casa David LP)

The nano-second of "spaciousness"

For most everyone, there is a nano-second between the time when one wakes up and "thinking" kicks in. In that space, a place of "spaciousness," one might hear birds commiserating with one another, or smell the aroma of brewing coffee, or notice the light of the rising sun, or sense the warm body of someone or a pet a millimeter away, or just be in touch with one's own body. No thinking - just sensing, being aware, noticing.

For those who are, or have been engaged, in practices such as focusing, presence work, contemplation, mindfulness, or meditation, for example, this nano-second can turn into seconds, even minutes. No thinking. Just sensing, being awash in awareness. No thinking. Being present.

Your day

Then, thinking kicks in. The day begins. But how it begins can be a curiosity. For some, the day begins with a knee-jerk jump into their electronic world. For others, it's a meditation, or exercise, a prayer, or planning for and setting intentions for the coming day. How about you?

Here are some common or not-so-common ways to begin your day. They may resonate; they may not.

1. When you wake up, stay in bed. Breathe deeply. Sense your body, and notice (just notice; don't judge) what you're feeling - happy, sad, angry, hurt, fearful, resentful, confused guilty, jealous...and see how these feelings show up in your physical body. Don't do anything. Just breathe and allow the energy of the feelings to run their course. Track the energy as it moves through your body. Don't attach stories to the energy. Just follow the energy. Generally, the feelings/energy will melt away. Often your body's inner wisdom will arise. Be curious. What's the message?

2. Notice the first thought/issue that comes to you upon awakening. Is it work related? Family related? Self-care related? Track the first thought for a few days. Do you see any pattern? Be curious about the pattern. What does the pattern tell you?

3. Do you usually wake up feeling alive, refreshed, and renewed? Sad, unhappy or upset? Peaceful, calm and relaxed? Angry, guilty or ashamed? Why? What needs to happen (or not happen) for you to wake up feeling positive, relaxed, and in a state of equanimity?

Some questions for self-reflection:

- On a scale of 1(low) to 10 (high), how much do you like yourself? Do you practice loving self-care?
- Do/Can you wake up feeling you deserve to have a pleasant or good day, a productive day, a peace-filled day?
- Do you commit to taking care of yourself during your day?
- Do you feel you're deserving of love?
- Do you surround yourself with toxic people? Why?
- Do you spend more time and energy caring for others than you do caring for yourself?
- Are you living your life from a place of honesty, sincerity and self-responsibility?

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