

# 5-Minute Morning Rituals for Spiritual Alignment

Start your day in harmony—body, mind, and spirit. These simple daily practices help you ground your energy, align with your purpose, and invite peace into your day.

## Centered Breathing (1 minute)

Close your eyes and inhale slowly through your nose for a count of four.

Hold for two counts.

Exhale through your mouth for a count of six.

**As you breathe, repeat silently:**

“I am here. I am safe. I am ready.”

## Affirmation Alignment (2 minutes)

Stand tall, place a hand over your heart, and speak with conviction:  
“I am open to divine guidance.”

“My energy is clear and my path is aligned.”

“Today, I choose peace, purpose, and possibility.”

## Light Visualization (2 minutes)

Imagine a golden light rising from the center of the Earth, flowing up through your feet, your heart, and your crown.

Feel it expand around you—warm, radiant, and protective.

Visualize your day unfolding smoothly and with grace.

**Bonus Tip: Keep a small journal nearby to jot down a morning intention, such as “Today, I move with ease” or “I am open to joy.”**