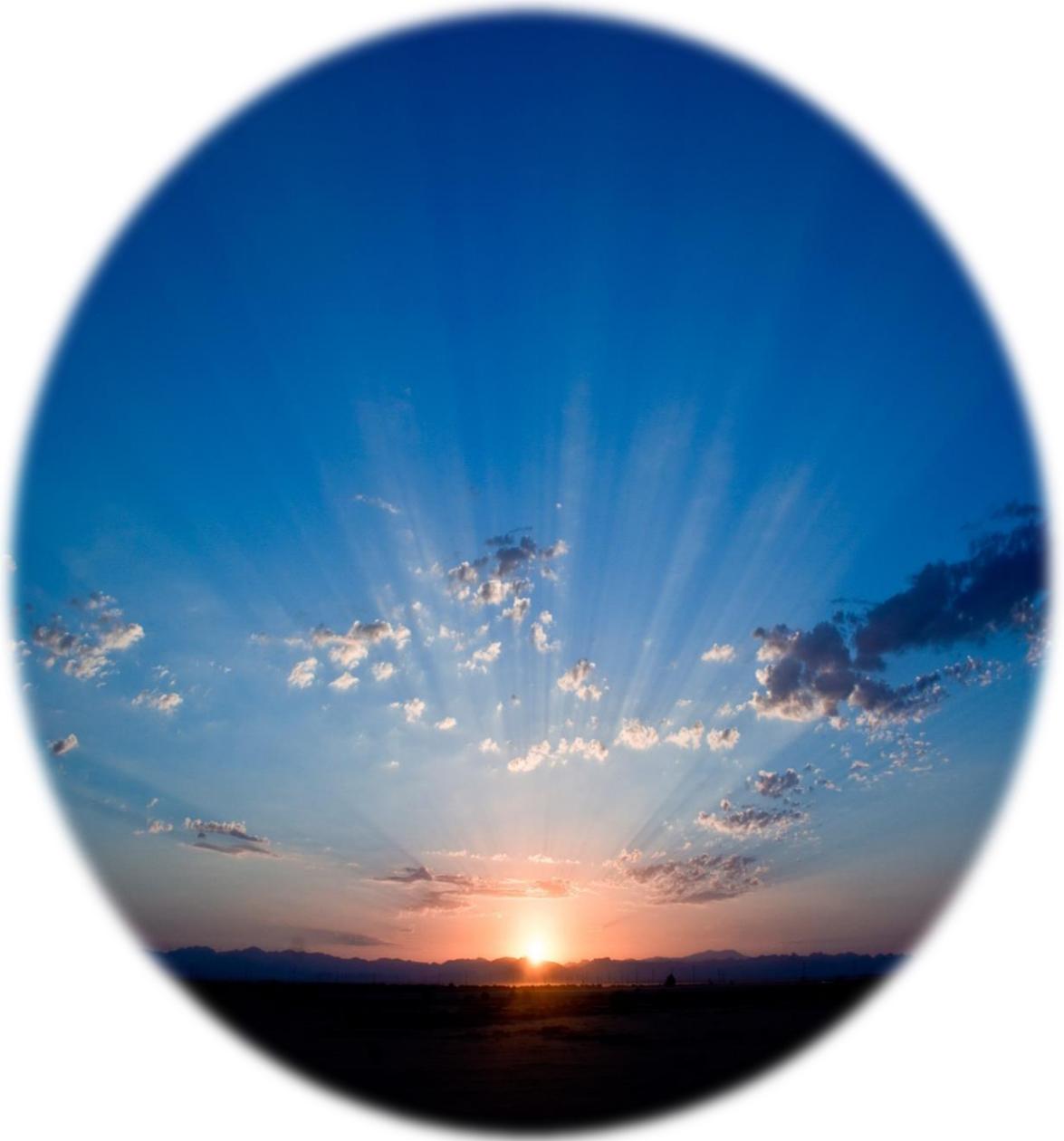


Morning Prime Time



Practice taught by Elizabeth Barron @ Integral Real

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Morning Prime Time Practice

with Elizabeth Barron

@IntegralReal

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Morning Prime Time ~ Outline

As you are waking up/ still in bed/ laying down:

- ✚ Gentle Smile.
- ✚ Deep Belly Breath: 3 times. (See page 2.)
- ✚ Stretch.

Sit up.

- ✚ Gentle smile.
- ✚ Morning Prime Pumped Breathing: 3x30. (See page 3.)
- ✚ Relax your breathing.
- ✚ Deep Belly Breath: 8 times. (See page 4.)
- ✚ Growing Gratitude. (See page 5.)

Stand up, with hands and arms relaxed.

- ✚ Make your move that “anchors” the gratitude. (See page 6.)
- ✚ Make your move that activates your empowerment. (See page 7.)
- ✚ Give yourself to YES! (See page 8.)

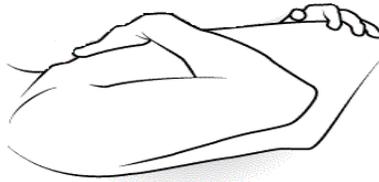


✚ Go forth and ***ROCK*** your day!

Belly Breathing (Diaphragmatic Breathing):

Lie on your back in bed. Bend your knees if that is more comfortable for your back. (Place a pillow under your knees for support, if needed.)

Place one hand on your upper chest, and one just below your ribcage.



Breathe in slowly through your nose as you push out your belly with the air filling your lungs. You will feel the hand on your stomach rise. There should be little movement with the hand on your chest.

Push the air out of your lungs slowly by contracting your belly muscles, exhaling through your nose. Notice the hand on your belly moving down. Again, there would be very little movement with the hand on your chest.

Repeat the full cycle of breathing three times. Breathe in to the count of five. Breathe out to the count of five. Breathe in to the count of five. Breathe out to the count of five. Breathe in to the count of five. Breathe out to the count of five. And then relax your breathing, and relax your hands to your sides.

Practice this daily, until it feels natural (again!). ~This is how we came into this world breathing - using our full lungs - but most of us have ended up being more likely to breathe from the top of our chest, with our upper chest rising and falling, as our belly pulls in as we inhale, and pushes out as we exhale. This is not using our lungs to their fullest capacity, and it has long term effects on our health and well-being!

{ * S * T * R * E * T * C * H * }

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Pumped Breathing (version of Breath of Fire):

Starting Position: Sitting up tall on edge of bed (or in a chair), with your spine straight and your shoulders relaxed, place your relaxed hands on your thighs with your open palms facing upwards. Gently close your eyes.

Focus a few moments on noticing your belly expand with each inhale, and contract with each exhale.

Raise your hands in front of you with your arms outstretched, and bend your elbows, so your upper arms are perpendicular from your shoulders, and turn your palms to face away from you.

Reach up over your head with a quick inhale through your nose, and with a sharp movement of closing your hands into fists and pulling your arms downward, exhale quickly through your nose. Your breathing rhythm will be quick, as in panting (only through your nose!) Your arms will move up with the inhale, and down with the exhale.

Palms open, facing outward, as the arms are raised, and clenching into fists, as you pull your arms down. There is no pause between the inhale and exhale.

Do the pumped breath for 30 repetitions, then relax your arms, hands, and breathing into the starting position.

Take a few quiet belly breaths, and:

Do the pumped breath for 30 repetitions, then relax your arms, hands, and breathing into the starting position.

Take a few quiet belly breaths, and

Do the pumped breath for 30 repetitions, then relax your arms, hands, and breathing into the starting position.

Take a few cycles of belly breaths, and relax.

Please Note: If you feel dizzy, giddy, or light headed, slow down your pace and ensure that both the inhale and exhale are of equal duration.

Deep Belly Breathing (Sitting up):

Starting Position: Sitting up tall on edge of bed (or in a chair), with your spine straight and your shoulders relaxed, place your relaxed hands on your thighs with your open palms facing upwards. Gently close your eyes.

Focus a few moments on noticing your belly expand with each inhale, and contract with each exhale. (For this process, breathe through your nose for inhalation and exhalation.)



With your hands still resting palms up on top of your thighs, gently place the tip of each index finger to the tip of the thumb on the same hand. With the fingers remaining in this position, inhale deeply for a count of seven, and exhale deeply for a count of seven.



Before you begin the second inhalation, relax your index fingers, and place the tips of the middle fingers to the tips of the thumbs. With the fingers remaining in this position, inhale deeply for a count of seven, and exhale deeply for a count of seven.



With the third inhalation, place the tips of the ring fingers to the tips of the thumbs. With the fingers remaining in this position, inhale deeply for a count of seven, and exhale deeply for a count of seven.



With the fourth inhalation, place the tips of the pinkies to the tips of the thumbs. With the fingers remaining in this position, inhale deeply for a count of seven, and exhale deeply for a count of seven.

Repeat this rotation of finger placements with breaths 5-8.

Relax your breathing, and relax your hands back to starting position.

Growing Gratitude (Sitting up):

Starting Position: Sitting up tall on edge of bed (or in a chair), with your spine straight and your shoulders relaxed, place your relaxed hands on your thighs with your open palms facing upwards. Gently close your eyes, and bring your awareness to the center of your heart.

Focus a few moments, imagining, seeing, feeling your heart fill up with the flow and glow of life with each in-breath. Notice the flow and glow of life expanding into every cell of your being with each out-breath.

Gently place your right hand over your heart, and gently place your left hand over your right hand.

Gently smile and focus on gratitude – what in your life brings you joy and happiness.

Focus on who and what in your life that you love.

Feel your heart filled with love, joy, and gratitude - and expand the experience to include the people, places, and events that you care about.

Bring something or someone you have concerns about into your heart space, and fill it or them with light, love, joy, and ever-expanding, ever-deepening gratitude.

Breathe Deeply. Relax your hands back to the starting position.

Bask in the flow of this experience for a few more breaths.

Gently open your eyes, and smile at the day.



Make Your Move (Standing up):

Find an energizing move to make your own.

Standing tall not only makes you feel confident, it also releases a surge of chemicals that lift you into an enhanced state of consciousness.

Find a move that lifts your energy, and you can hold for a minute or two (or three!). Some useful, powerful suggestions:

Super Hero pose with hands on hips.



Fist Pump.



Victory Arms.



Double Fist Pump.



Give Yourself to YES!

Cut loose in your primed state!

Dance ~ Sing ~ Jump ~ Shout

Say YES to your day!

Say YES to your empowerment!

Say YES to your Health and wellness!

Say YES to living a beautiful, grateful, joyful Life!



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