



Start Your Day the Wise Woman Way

A daily 15 min ritual to live your dreams

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Creating a simple morning ritual and consistently doing it transforms your life! Before you know it, resistance is a thing of the past, and you're in the flow. Every time you choose to set aside 15 minutes for yourself in the morning (and it is a choice), you're investing in yourself . . . in *your* dreams, wishes, and desires. You are so worthy of living your dreams. And the world will be a better place because you chose to live them. But if you think you have to conjure up this life you desire all on your own, drop that idea like a hot potato!

The Universe loves to co-create with you and your Wise Woman patiently waits for you every day! Consistently practicing the Wise Woman Way builds momentum. It creates a magnetic field of energy around you that attracts your heartfelt desires. You literally become what you desire. As you practice the Wise Woman Way, be prepared to step into the field of your dreams! Preferably, this is done soon after you wake in the morning, and ideally before you get onto the computer or check your phone. But any time is a good time to practice the Wise Woman Way! Have fun!

- **Arrive into the present moment (2 min)** Take some slow, deep, smooth, and gentle breaths. As you inhale, let your belly expand like a Buddha belly, and as you exhale, let your belly float gently back to your spine. Breathe in gratitude for the gift of this day. Breathe out gratitude for the world around you. Breathe in the breath of the trees and breathe out appreciation for this beautiful Earth we call home.
- **Activate and Own Your Center through Vertical Alignment (4-5 min)**
- **Breathe love into every cell of your body (1-2 min)** Fill yourself with love and gratitude for your body. Love your quirks, every part of your body. To help you feel this love for yourself, imagine someone or something that you love. Perhaps your partner, child, pet, friend, place in nature, etc. Notice when you let yourself feel this love, you feel it in your body. Perhaps your heart expands or you feel tingly energy. Now transfer this love to yourself. See if you can feel the same depth of love for yourself that you feel for your partner, child, pet, friend, place in nature, etc. Let this love expand within you and overflow into your personal energy bubble. Be creative. Use imagery if you'd like. For example, sense the love as billions of stars filling your unique personal energy with sparkling light.

- **Repeat your current What If question (2 min)** As you do, bring your awareness to the back of your heart chakra, in between your shoulder blades. Imagine it opening like a door or a flower blooming, or . . . The back of your heart chakra is the largest receptor in the human energy field. When it's fully open, you are fully open to receiving. Feel your energy expand as you release your What If question to the Universe.
- **Connect with your Wise Woman (1-2 min) Place your hand on your body where your Wise Woman is most at home inside of you.** Say hello to Her. Pause and listen. Does she have a message for you today? You could ask: Please express to me whatever's in my highest good about _____. Perhaps you see an image, hear some words, or get a feeling as your answer from her.
- **Activate a Current Desire (2 min)** Bring one of your current desires to your awareness. You are truly deserving of this desire simply by being who you are. Repeat the following phrase several times: I am so happy and grateful now that _____ you fill in the blank. The key is to feel as if your current desire has already manifested. Feel within the joy and gratitude of already living your desire. The emotional energy of gratitude, joy, and excitement fuels your desire like a rocket taking off. To manifest one must believe it to see it. It's no longer "seeing is believing."
- **Take Aligned Action – What Are you Choosing Today? (2 min)** Consciously choose your actions for today. For example, I often say: "I choose today to show up for my clients 100%. I choose to move with ease and flow through my day." If your Wise Woman gave you specific suggestions for actions when you connected with her, courageously act on them. Trust that she will always lead you to your highest and best good, even if your logical mind thinks it's crazy! She will help you manifest your current desire. Listen and act on her suggestions.

You have now activated the Wise Woman Way! Let the energy you've created carry you through your day. When you consistently practice the WWW, you charge up your energy field and literally become a magnet for what you desire. Before you know, you're living it!



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To learn more www.joandargo.com

