

morning manifestation

**PRACTICES
WORKBOOK**



MANIFEST

the life you desire

Gaia

© Gaia International Inc.

Gaia's Morning Manifestation Practices covers three methods of realigning, recharging, and calming your energy for the day.

Gaia Headquarters
Louisville, CO 80027
www.gaia.com

Gaia

Table of Contents

<u>Welcome</u>	4
<u>Make the Most of Gaia & Checklist</u>	5
<u>Tracker</u>	6
<u>Teas & Tonics</u>	7
<u>Meditation</u>	10
<u>Yoga</u>	16
<u>Summit Bonus Inspiration</u>	21
<u>Thank You</u>	25

Welcome to Morning Manifestation Practices

Thank you for participating in Gaia's Manifest The Life You Desire Summit.

You are not alone. The summit ended, but your Friends at Gaia are here to help you continue on your path. As we learned from summit experts, having a clear mind and energy free to manifest is important. Think of this guide as a quick tune up to realign your foundation until we see you at the next summit.

Some days you may need one technique for a simple shift, and other days, you may need more. It's your choice. You choose the life you want to create!

This program was designed with the morning in mind. However, if you're a night owl, or on a different schedule, you'll find the routines can be adjusted to any time of day that you can focus and commit to improving yourself.

This guide is designed to do four things in your manifestation practice:

1. help you energize your body, mind, and spirit,
2. calm your body, mind, and spirit,
3. inspire you, and
4. hold yourself accountable.

The techniques are broken down into teas and tonics, meditations, yoga practices, and summit bonus inspiration. Use them in the morning, or throughout the day, to **manifest your best life.**



Make the Most of Gaia

Keep Manifesting After the Summit

Be sure to save workbook to your computer in order to have answers save and typing appear in boxes.

- Tell Us What You Like! Fill out the Interest Questionnaire.
- Explore 70+ topic categories to learn, transcend, and grow!
- Add series, episodes, and experts' videos to your "Favorites."
- Set up a schedule to watch episodes.
- Share the love! Pick two friends to add on your account for free.
- Create a watch party with friends and family.
- Use this workbook for realignment and accountability.
- Discover Gaia's Recommendations for you based upon your history.
- Watch 5 to 30 min. videos during your break.

Morning Manifestation Practices

Weekly Checklist & Tracker

Stay accountable and track your week in this checklist. Empower your days and celebrate your week filled with self-care and hold yourself accountable by checking each section to live your best life.

To Your Vibrant Life!

Energy Boost

- Tea or Tonic
- Meditation
- Yoga
- Summit Inspiration Bonus

M	T	W	T	F	S	S
<input type="checkbox"/>						

Increase Calm & Release Tension

- Tea or Tonic
- Meditation
- Yoga
- Summit Inspiration Bonus

M	T	W	T	F	S	S
<input type="checkbox"/>						

Track Your Weekly Morning Manifestation Practices

Want to hold yourself accountable? Type your Morning Manifestation Practices below.

For example,

4/15 Turbo Charge Smoothie, Tiffany Bush yoga.

Note: Up all night with children. Loved energy boost from yoga & smoothie. Energy lasted.

4/16 Ultimate Morning Tonic. Listened to Gaia Sound Bowl meditation.

Notes: Woke up anxious. Calmer after tonic and meditation.

Morning Manifestation Practices

Teas & Tonics

Turbo Charge Smoothie

from Food Matters

- **Energy Boost**

Gaia members join James Colquhoun, co-host of *Food Matters*, as he shares one of his favorite energy boosting smoothies that he first discovered in one of Jason Vale's juice bars in Dubai.

Enjoy this vitalizing drink to start your day.

Ingredients

- 12 oz (1 1/2 cups) coconut water
- 1 handful Spinach
- 1/2 cucumber, peeled
- 1/2 cup pineapple, chopped
- 1/2 lime, peeled
- 1 tsp. Superfood greens (or Spirulina powder)

Add ingredients in the order above. Blend all together in blender.

TURBO CHARGE SMOOTHIE



FOOD MATTERS®
SMOOTHIE RECIPES



The Ultimate Morning Tonic

from Food Matters

• Increase Calm & Release Tension

Are you feeling overwhelmed or stressed?

Shift your energy with Laurentine ten Bosch, co-host of *Food Matters*, who shares this soothing blend that balances your mind and body.

Ingredients

- 1 tsp. Fresh or ground ginger
- 1 tsp. Fresh or ground turmeric
- 1 tbsp lemon juice
- 1 tbsp apple cider vinegar
- 1 tsp raw honey
- Pinch of cayenne or black pepper
- Pinch of ground cinnamon

Add all ingredients to a large mug. Top off with boiling water. Stir well.

Enjoy!

TEAS AND TONICS FOR
SLEEP AND STRESS



THE ULTIMATE
MORNING TONIC



Morning Manifestation Practices

meditation



Morning Manifestation Practices

Checklist & Article

Select Your Meditation Style

Mark off each meditation on the checklist below after using it during your morning practice. For more detailed descriptions of meditations, please refer back to your *Manifest The Life You Desire* Workbook (page 9).

Focused Meditation - focuses on the 5 senses.

Spiritual Meditation - similar to prayer, seeks a reflective, contemplative state.

Mantra Meditation - a repetitive sound used to clear the mind, such as "Om."

Transcendental Meditation - uses a mantra or Sanskrit words to focus.

Movement Meditation - incorporates a form of motion while meditating.

Mindfulness Meditation - a life practice used throughout the day to release judgement.

Breath Meditation - focus on your breath while meditating. (Practice here on page 11)

Meditation and Mindfulness: Methods for Lasting Peace

By Paul Wagner

Mindfulness is an essential and useful pathway that leads to peacefulness. It isn't rocket science, it doesn't require a trendy workshop, and it doesn't require that you live in an ashram.

"Each place is the right place. The place where I now am can be a sacred space."
– Ravi Ravindra

What is Mindfulness?

The most basic definition of mindfulness might be the act of paying attention to the things that you are experiencing, and then choosing peacefulness in relation to every action, person, thought, feeling, and response.

Mindfulness in its purest form has the following characteristics:

- Being fully present to what's happening in this moment.
- Leaving the past in the past.
- Letting fantasies of the future dissolve.
- Refraining from self-judgment and judging others.
- Keeping emotions in-check.
- Responding instead of reacting.
- Strengthening our connection to our core selves.

While mindfulness might not require you to be warm-fuzzy, spiritually-focused, or heart-centered, it does require a measure of awareness about what you are presenting to others and how you are being received.

The positive net-result of mindfulness might be that the people you engage feel non-threatened, accepted, heard, and relaxed upon interacting with you. Meanwhile, you would most likely be unaffected by interactions with others, remaining fully aware of yourself throughout each experience.

Some say that kindness and love are vital to the experience of being mindful. I don't agree with this sentiment. Many people are broken, lost, lonely, hurt, and disconnected from their heart. That's their business.

Even in their states of brokenness, I believe these types of people can still create a connection to their clarity, and remain aware of how they are affecting others. It's in this way that almost anyone can represent mindfulness, even if only for a few moments.

What is Meditation?

Meditation is an ancient practice that helps people go beyond their personalities and deeper within themselves so that they can experience a more profound and connected sense of their true Self and their realities.

While many forms and teachers have emerged since its inception, meditation hasn't changed very much and continues to hold the fascination and respect of a long list of spiritual leaders, traditions, and religions.


Meditation techniques can include something as simple as focusing on a flower and welcoming the beauty of that flower into our hearts. It might also involve training the mind and heart to be receptive to the present moment so that our awareness can expand. The primary goal of meditation is to inspire the superfecta of peacefulness: spiritual connectedness, mental clarity, emotional tranquility, and physical relaxation.

Meditation can occur in any location, and at any time, although early mornings offer the most meditative atmospheres. During early mornings, our bodies are in restful states of self-nurturance. This is also when all of the usual societal energies are dormant. Many monks arise at 3 am and meditate until 6 am.

The Difference Between Mindfulness and Meditation

Meditation is mindful by nature, although it might be said that meditation takes us beyond our minds and therefore helps us become more expanded when compared to basic mindfulness.

It might be said that mindfulness is a form of meditation, but the practice of mindfulness might not always be meditative. You might be present to this moment in all its glory, but you might not achieve a meditative state or move beyond the mind.



It might be that mindfulness brings us into the present moment so resolutely that we are present to the activities and behaviors of our minds. Meanwhile, meditation helps us go above, surpass, or supersede our mental processes.

“Concentration is a cornerstone of mindfulness practice. Your mindfulness will only be as robust as the capacity of your mind to be calm and stable. Without calmness, the mirror of mindfulness will have an agitated and choppy surface and will not be able to reflect things with any accuracy.”

– Jon Kabat-Zinn

Mindfulness Meditation

Mindfulness meditation is one of the least complex forms of meditation. The premise goes something like this: choose to peacefully focus on your actions, emotions, and thoughts as you experience them, without thinking of the past or future, and without any preconception, precondition, or judgment.

If you are walking in the park, feel your feet and breath, embrace the trees and flowers, be present to your surroundings and everything that you see, feel, and hear.

If you are speaking with another person, be fully present to every thought that comes to mind, distilling and then disregarding all of your emotions, opinions, judgments, and other mental fodder. Be present to and present with your actions, live within your words, and forge a pathway to your core Self.

One form of mindfulness meditation consists of focusing on an object or idea. This might involve mental imagery, relaxing a part of your body, calming your mind, or gently concentrating on the breath.

When doing mindfulness meditation, be present to your thoughts, words, and responses. Ignore all extraneous distractions and fodder. Enter this peaceful space often, and remain in it for as long as you can.

If you're interested in learning more about the topic, you might consider searching for mindfulness training in your area.

Useful Meditation Techniques

There are many helpful meditation techniques. You might select a method within a specific tradition like Hinduism or Buddhism, or you might choose to meditate on the image of your deity.

Among many others, you might consider Kundalini, Zen, or Transcendental Meditation. Millions of people throughout the world utilize these forms of meditation to invite peacefulness, open their hearts, and expand their awareness.

Dr. Vasant Lad, one of the most remarkable innovators and leaders in Ayurvedic medicine, and Director of the Ayurvedic Institute in Albuquerque, NM once said to me, "To become the rose, you must meditate on the rose. That which you meditate on, you become." I love this quote because it speaks to the core nature of meditation.

Through meditation, we can change our realities. By focusing on the most peaceful sounds, imagery, and aspects within creation, we begin to mirror them. Over time, we can embody the peace found in the loveliest flower and the most gentle wind.

Breath Meditation

1. Find a quiet place and consider lighting a candle. Sit in a comfortable position, either on a meditation pillow (on the floor) or on a couch or chair. Be sure to have back support so that you are not tempted to slouch.
2. Chant the sound "OM" three times.



3. Close your eyes and take three deep breaths, inhaling and exhaling freely and deeply.
4. Imagine that your breath is the key to your peacefulness. Imagine it to be a gentle river that can bring light and love into your body.
5. For the next five to ten minutes, try to focus solely on your breath. Let go of mental imagery, the past, the future, stressors, and any interruptions emerging from your immediate environment. Be grateful throughout the experience.
6. Focus on your incoming breath and enjoy it.
7. Focus on your outgoing breath and enjoy it.
8. In your mind's eye, imagine each breath enter your body and exit your body. You might imagine that your breath is akin to white light, or you might want to assign another color to it.
9. As your breath moves into and throughout your body, imagine that your breath is nurturing every organ.
10. When you exhale, imagine that you are releasing stress and toxins.
11. When you complete your five to ten minutes of focusing and breathing in this way, conclude your experience by chanting, "Om Shanti Shanti Shanti Om."

Open your eyes and thank your heart and lungs for being full of life. Take a few moments to gather your energy and thoughts.

Throughout the day, consider the peacefulness you found during this meditation. Try to repeat this process tomorrow and continue from there.

"By concentrating on a form, sound or light, we learn to constantly be in that state of inner aloneness and to be joyful in any situation."

— Amma

How Do I Begin?

If you can start by meditating for 2 minutes a day, you'll be off to a great start. See if you can increase the number of minutes every day. Over time, you'll establish a healthy habit of rising early and beginning the day with lovely clarity of mind.

You might also consider reciting Sanskrit mantras. A mantra helps us detach from our monkey-minds and focus on the highest vibrations.

If meditation and mantras are challenging, explore being in the present moment through mindfulness. Being mindful inspires peacefulness, clarity, and relaxation.

As a result of being mindful, you might experience improvements in your relationships, work dynamics, and physical health.

Morning Manifestation Practices

yoga



Morning Manifestation Practices

Energy Boost

Enjoy your morning, or evening, yoga practices taught by Gaia's professional yogis, who guide you into a calm or energized state. Gaia members rave about Tiffany Bush's Good Morning Gratitude practice. For those that want one pose that can rejuvenate, a sun salutation, used in Bush's video and on the next page, brings in energy and gratitude.



Energize your morning by releasing stagnant energy and filling yourself with gratitude.

TIFFANY BUSH | Yoga Teacher | Vinyasa, Hatha, Meditation



Sun Salutation

surya namaskara

Sun Salutations are also known as "Hasta Uttanasana" in Sanskrit and "Raised Arms Pose."

This position lengthens the spine and greets the day, filling the body with energy.

Stretch and keep the spine straight to allow the synovial fluid to move. Place or face the palms together, and allow a gentle arch in the back.

Some of the asanas and their Sanskrit names include:

Hasta Uttanasana – Hands Intense Stretch Pose

This position has palms pressed toward each other, the back arched, and the practitioner gazes toward the welcoming day.

Urdhva Hastasana – Upward Hands Pose

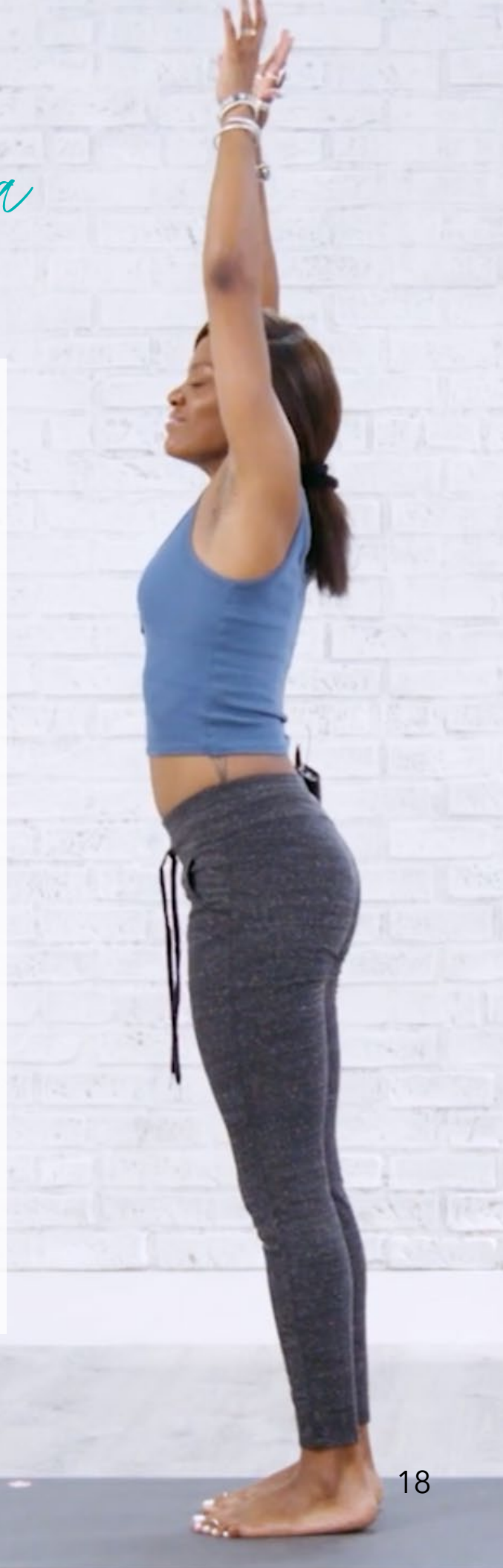
This position is more gentle on the spine. It includes a straight spine with the hands facing each other and a soft gaze forward.

Urdhva Vrksasana – Upward Tree pose

This position also has a straight spine, the palms touch each other, and the gaze focuses the thumbs.

With all of these poses, breathing into each movement and letting the gaze follow to the sky, forward, or on the thumbs changes the intensity of the pose as it connects with the mind, body, and spirit.

As always, do what feels best for you!



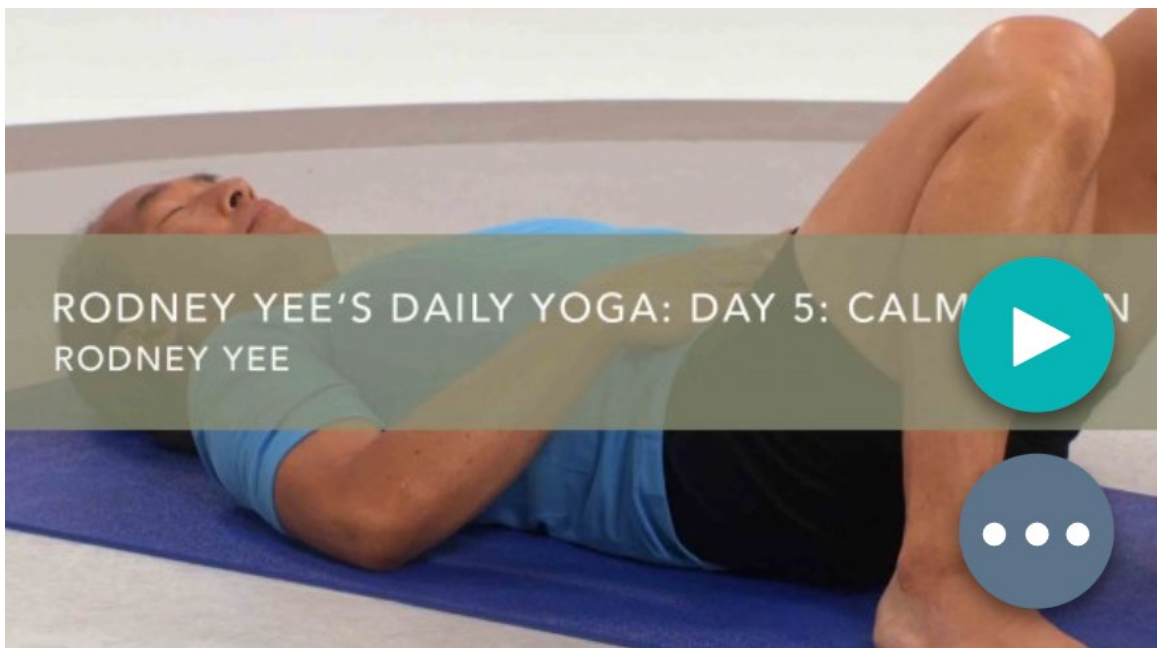
Morning Manifestation Practices Increase Calm & Release Tension

Members enjoy hundreds of videos that target their needs. Calm your sympathetic nervous system with Rodney Yee's A.M. & P.M. Yoga for Beginners. Even one pose can provide relief and help realign your mind, body, and spirit. Knees to Chest Pose, on the next page, is one pose that has simple, but profound, results.

Create calmness throughout your mind and body as you breathe and stretch into relaxed bliss.



RODNEY YEE | Yoga Teacher | Hatha, Therapeutic, Meditation



Knees to Chest Pose

apanaasana

Apanasana, Sanskrit for “Downward-moving life force pose,” is known to relieve digestive issues and menstrual cramps, open hips and calm anxiety, anger, high blood pressure, and pain in the lower spine and back.

Start this posture while lying down. One at a time, bring each knee to the chest. Wrap fingers or arms around the shin or knees (whichever is most comfortable) and breathe into the position. The other leg is either rest on the ground or bent (for aching backs).

This is one of the ultimate relaxation postures that increases a sense of calm in the mind and permeates throughout the body.

Enjoy!



Morning Manifestation Practices

summit bonus inspiration



Summit Inspiration Bonus - Episode Excerpt

Becoming Superhuman or Beyond Belief

Dr Joe Dispenza: During meditation, my heart just opened up. I was sobbing with joy. And I was having these waves and waves and waves of love and gratitude.

I can only describe it as a bolt, like a lightning bolt of energy arrived in my heart. And it didn't come up through the center and down. It just came out through my heart and up through my head.

I was very conscious of the fact that I don't expect to see anything. And then all of a sudden, I don't know. I started feeling this weird, strange shaking all over my body. But it was getting stronger and getting stronger.

And there are tears of joy rolling down their face. They are being baptized by the divine. And when that occurs, they feel so whole and so in love with life and so in love with themselves, it's impossible to want. How can you want when you feel whole? You feel like you have everything.



And that's the moment the magic happens over and over again. And there is a biological, neurological, genetic upgrade in that person. And when that occurs, you will feel so connected and so whole, you no longer experience separation.

Imagine your heart is in supercoherence. And when that heart starts to beat in rhythm and they're sustaining it, all of a sudden, that field starts to expand. That energy starts to become very coherent, like dropping a pebble in water after pebble after pebble. And it's creating this wave.

George Noory: Joe, why is it so emotional for people? My God. They were breaking down, crying.

Dispenza: Yeah, I know. And it probably scares a lot of people. But they're not in any type of pain.

Noory: No. It looks like it's glee.



Dispenza: Yes. God, we spend so much of our lives, George-- 70% of the time, according to the research-- living in survival, living in stress. And living in stress and living in survival is when your brain and body are out of balance. And when you're in survival, you're always anticipating the worst thing to happen in your life.

So most people live by the emotions of fear or anger or hostility or aggression or competition or envy or jealousy. And they don't know how to open their heart because in survival, it's not a time to open your heart. If you're being chased by a predator, it's not a time to learn. It's not a time to sit still. It's not a time to go within.

The survival gene is switched on. You have three choices-- you run, you hide, or you fight. People then close down their heart because they don't want to be vulnerable.

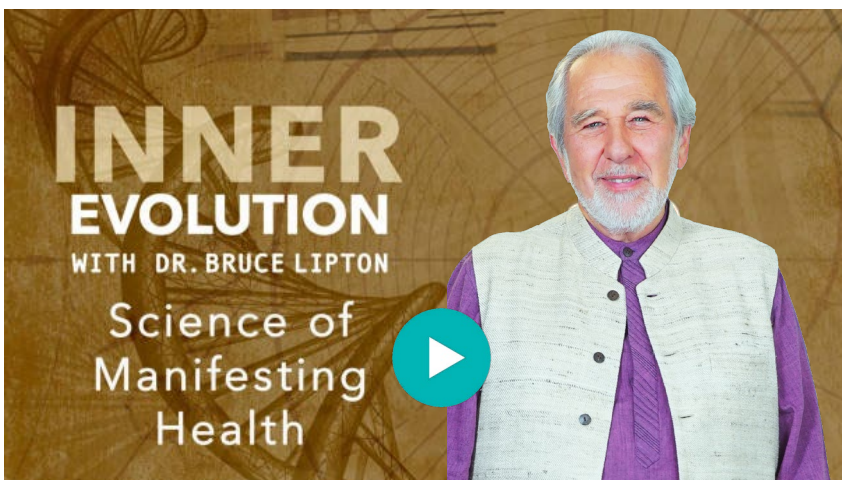
So we teach them. We partnered with the Heart Math Institute, and we teach them how to self-regulate. We teach them how to activate the center and how to begin to trade guilt or sadness or pain for gratitude and worthiness and a love for life and a joy for existence.

Discover More Transformational Experiences on Gaia



Dr Joe Dispenza

Unlock your highest potential with Dispenza, a New York Times best-selling author and Gaia host in the exclusive series, "Rewired." Discover the secret formulas for rewiring your brain and building a new future that you've intentionally created.



Bruce Lipton, Ph.D.

Discover groundbreaking science that you are not your genes with Lipton, a pioneer in epigenetics, who takes us into cell structures, and the energy of the quantum realms, to reveal the secret mechanisms connecting consciousness with wellbeing.

GAIA ANNUAL MEMBERSHIP

Manifest The Life You Desire Today

JOIN GAIA for \$99 USD annually
(one-time payment equals \$8.25/month for the year)



Watch. Transform. Belong.

Gaia offers the largest online resource of consciousness-expanding videos—over 8,000 informative and enlightening films, original shows, yoga and meditation classes, and more that you won't find elsewhere.

THANK YOU



Gaia