

Greeting Our Day



A Living Roots Connection exploration to awaken the nature of life within and around us

This exploration (Soul Key™) supports you directly by:

1. Vitalizing your body/mind/spirit with the energy given by the Earth.
2. Informing you, specifically, about how you are blocked or “in-synch” within yourself.

I hope you receive as much insight, simple joy, renewal, and strength as I have over the years from this connection.

A STEP-BY-STEP GUIDE TO THE ‘GREETING YOUR DAY’ EXPLORATION:

1. Upon waking and before you move into the rhythm of your day, step **outside** your door into the breath of nature. (For me, this means that I have used the restroom, put on slippers/robe and have started my tea. For you city folk, dressing may be

important ☺ .) It is key to do this before moving into the details of your day - such as, showers, interacting with children, checking your email, writing your to-do list, etc.

2. Move and relax your body. Take a deep breath and, filling your heart, exhale the breath down throughout the bottoms of your feet into Mother Earth.
3. Inhale and draw the Love/vibrancy from the Earth up into your heart.
4. Focus your awareness in your heart center with the words “I am grateful for the gift of my life and the experiences of my day”.
5. Open to the feeling.
6. Notice what patterns come up for you with this process and make note of them in your journal. For example:
 - a) Was it difficult for you to stay in your body?
 - b) Were you thinking of your to do's?
 - c) Did you feel the feelings as you said the words or were they just thoughts?
 - d) What other feelings came up?
 - anxiety, aloneness, resentment, worry, grief, joy, peacefulness etc.

Positive feelings give you a reflection of where you are flowing, of how you are aligned in a ways that support your life, health, and growth. Negative feelings/patterns inform you, specifically, about where your blocks are. This information gives you insight to begin to create change and healing.

Taking this time to open yourself to the beauty and vitality of the Earth provides an avenue for you to open deeply and drink in the life-force that the Earth is offering to nourish you. Entraining to the wisdom and energy offered by Nature helps us with a first step in understanding HOW to free our heart. It is this knowledge, in addition to our practice, which allows us to take in – promoting deep healing of our body, mind, emotions and spirit. The awareness and resolution of any personal blocks are determining factors in the depth of the gifts that we receive. Every sunrise is there, glowing with the pulse of its beauty for all to receive. Those that are given this gift of nourishment and insight are the ones that take the moment to pause and open with awareness.

My Love to you in your journey!

May Laughter Light Our Eyes,



© Copyright, 2010 All rights reserved , Sharon Sundine

Please feel free to forward this to a friend for personal use only, with the included website information: livingrootsconnection.com