

Stellar Ways

TO START YOUR DAY



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Howdy!

Welcome to this seven-day experience- Stellar Ways to Start Your Day.

I'm glad you're here, because getting your day off to a stellar start is one of the most productive and life changing things you can do for yourself. It doesn't have to be hard, or take three hours to do. But, this simple act will help you set the tone for the day to come.

Agreements

As a participant in this experience you agree to the following conditions.

-All materials used included with this course copyrighted and intended for your own personal use. Do not share any of the materials, links, or passwords with others.

-You are responsible for your own health and well-being. Take care with the practices and listen to your own guidance. Make adjustments as necessary.

-This is a process of exploration and learning. There will be opportunities for each of you to share personal insights, revelations, and stories on the Facebook Group page and on the live phone call. Please respect the privacy of the group. Do not repeat personal information that others have shared in this group, outside of this group.

Thank you.

Facebook Group

The private Facebook Group for is a great place to share your discoveries and observations, ask questions and interact with fellow explorers as you play with the materials. I will be checking the group page regularly to answer questions and cheer you on.

Please go to the link below and request to be added to the group.

<https://www.facebook.com/groups/458328014360844/>

Materials and Recordings

You will have access to program materials via a private page on the website.

Links to recordings will be mailed out daily.

For your records, here is the link to the Stellar Ways to Start Your Day program page.

<http://trishelting.com/stellar-ways-to-start-your-day/>

The password is: thisway

Timing and Flow

You will receive 7 lessons for 7 days. Each day you will receive an email with a short lesson to review and a practice recording to use the following morning.

Lessons will be delivered in both written and audio format so you can listen and follow along in whatever way makes sense to you. Each lesson will also contain a separate recording of that morning's practice.

We will wrap our 7 days with a Q + A on Monday May 9, at 6:00pm Central Time.

Overview;

Day 1- Just Breathe

Day 2- Hello Body

Day 3- Good Intentions

Day 4- The Sound Of Silence

Day 5- Align Your Energy

Day 6- Feed Your Soul

Day 7- Moment To Moment

Live call Q + A

You will have the opportunity to participate in a live Q + A at the end of our 7 days. Please add the date and time of the call to your calendar. Call information will be posted in the private Facebook group and sent out via email. If you are not able to attend the call, a recording will be sent to you so you can listen later.

Call is scheduled for **Monday May 9, 6:00 pm Central Time.**

Call in number **1-712-432-3066**

Code: **545726**

And off we go!

Please head over to the Facebook page and say hello! I'm looking forward to spending the week with you.

So... why aim for a stellar start?

First let's look at that word. Stellar.

It refers to something that is made of the stars, is brilliant like a star, or is very distinguished in some way.

If we trace back the origins of time and space, we are, all of us, stellar- made up of stars. Brilliant, shining, and radiant, distinguished, stand out, and unique.

You are a star. And you deserve to shine.

What I'm sharing with you in this program has come out of the work that I do for myself and with my private clients. The practices are not only calming for your whole system – they are also powerful and transformative if you work with them on a regular basis.

Each evening lesson takes under 10 minutes to listen to, and with the exception of one 7

minute meditation, the other morning meditations take about 5 minutes.

Let's get to it!

Stellar Ways

TO START YOUR DAY

Lesson 1

Lesson #1- Just Breathe

Breath is a powerful tool. In fact the ancients say the energy of life rides on the breath. Yet breathing is not something we think about that much because it happens automatically. The only time we really think about it is if we're struggling to breathe- due to a jog up a hill, allergies, asthma, or some other respiratory ailment.

Since the energy of life rides on your breath, what better way to start your day than by taking some conscious, intentional breaths to deliver that beautiful life giving energy right to the cells of your body.

Tomorrow morning's practice is to just breathe.

If you can, try do your breathing before you even get out of bed. But if you forget, or you need to use the restroom, do your breathing practice as soon as possible after that.

Formal breath practices are done in a seated position, but because I want you to breathe first thing in the morning, preferably before you get out of bed, you'll be doing this practice lying down. And then in tomorrow's lesson we'll explore some seated breathing.

So, right now I'm going to run you through a little preview of tomorrows practice so it will feel familiar, and not freaky and new to you when you try it in the morning.

Find a spot to lay down. And get comfortable. Now you'll want to be on your back for this, and the first thing I want you to do is simply notice how your body feels to be lying here on the couch or floor or bed, wherever it is you landed. And take a moment to check in with your feelings, and thoughts, so you can get a sense of where you are before you start. And then, without changing it, notice your breath. What is your breath doing on its own right now? Is it deep or shallow, fast or slow, rough or smooth? Take a moment to build some awareness around what your natural breathing pattern looks like.

Next start to gradually deepen your inhale, and as you do that, you might notice that your exhale will get longer too. Let this process be organic and natural. Inhale and exhale at your own pace.

Some things to notice as you breathe; when your breath comes in your sternum lifts and your ribs expand, you might even feel your belly rise. In fact, if you can see if you're able allow your belly to relax so when the breath comes your belly rises even higher. Then notice as the breath goes out that the belly will sink, the ribs will come back in towards the center of your body, and the sternum will move down to where it started.

As you continue to breathe at your own pace watch this movement happening, not literally watching with your eyes, but observe and feel with your senses that as you inhale, the sternum rises, ribs expand, belly rises. And as you exhale belly sinks, ribs come back in and sternum moves down.

Now keep breathing and feeling that movement of the breath coming in the nose down the throat and into your lungs, noticing that as the belly rises, it feels almost like your breath goes all the way down into your belly. That feeling of the breath moving into your belly is your diaphragm moving, downward to create more room in your lungs for the breath to come in.

Also notice temperature and texture of your breath feels. Does it feel cool or cold or warm? Are there any scents on the air?

Take a few more breaths and when you feel complete, release your breath and let it return to natural.

Notice now if there have been any changes in your breath. Is it deeper? Slower? Smoother than it was when you began? Notice too your feelings and your thoughts, have they shifted since you began to focus on your breathing?

Rest here a moment before rushing into any other tasks.

Thanks for taking a few minutes to explore breathing with me. You'll want to have tomorrow's audio practice loaded onto your computer, iPod or mp3 player before you go to bed tonight so you'll have it ready first thing in the morning.

Goodbye for now, and I'll see you in the morning sunshine.

Practice #1 Breath- The Energy of Life

Subject: Breath First

Start your day with conscious, intentional breathing and fill your cells with the energy of life. Do this first thing in the morning before you get out of bed. 6- 12 breaths.

Note: You can play with doing this breath practice lying flat on your bed, with knees bent feet flat on the bed, or with a pillow under your knees. Notice which one of these feels most comfortable and use that one as your standard position for practice.

- 1- Begin by laying on your back. Get comfortable, put a pillow under your knees or bend your knees and place your feet on the bed if it feels better for you.
- 2- Check in. Notice how your body feels as you lay here. Does your body feel heavy or light? Any aches, pains, or stiffness? Now check in with your emotions. How do you feel as you awake this morning? Is there a sense of sadness, excitement, or joy? Notice your thoughts. What are you thinking? Are you being driven or distracted by any thoughts as you wake? How is your energy? Is it dull and sluggish, or buzzy and raring to go? Next, notice your breath. How is it as you this morning as you wake? Is it fast or slow, shallow or deep, rough or smooth?
- 3- As you notice your breath, begin to deepen your inhale and lengthen your exhale. You're breathing at your own pace, there's no need to be exactly where I am with my words as your breath. Simply continue to breathe and incorporate my instructions as you feel ready.
- 4- Feel the progression of your breath as it moves in and down, sternum rises, ribs expand, belly rises. And as it moves out and up, belly sinks, ribs come back in, sternum sinks. Continue feeling this progression of your breath in and down and out and up. Feel the movement that your breath creates.
- 5- Notice a sense of expansion as you inhale, and the sense of release as you exhale, almost as if your body were a balloon, expanding as the air comes in, and gently releasing as the breath goes out. Inhaling- feel expansion. Exhaling -feel release.
- 6- Keep your breath comfortable and natural as you do this. Don't try to push your breath bigger or longer than it wants to be. You don't get extra points for difficulty Just let it be easy.
- 7- Be aware of any subtle pauses in your breath. Do you notice at the end of the inhale there is a slight pause? And another pause at the end of the exhale? Allow those pauses to be there in whatever way feels right, just notice them.

- 8- When you finish your practice take a moment to rest and observe any changes in the way you feel. Check in with your body? Your emotions? Your thoughts? Your energy? And your breath? Do you notice any changes from when you began?

You can use this same practice any time of day for a quick calm-down, energy boost, or to re-center your energy.

Have a beautiful day.