

The Rising Woman Morning Ritual

A soul-nourishing morning ritual for clarity, calm, and sovereignty.

1. Wake With Grace (2 min)

Before getting out of bed, place your hand on your heart and say:

> **"I am safe to rise. I do not need to rush. I honor my rhythm, my body, and my becoming."**

No phone. No pressure. Just breath.

2. Hydrate + Ground (5 min)

Sip room temperature water with lemon or sea salt while barefoot or near an open window.

Say aloud:

> **"With this water, I come back to myself."**

3. Firelight + Stillness (5–10 min)

Light a candle. Sit in stillness or light meditation. Use a mantra like:

- *"Reveal what is mine to know."*
- *"I am open to clarity without chaos."*
- *"Today I choose sovereignty over survival."*

Let your breath be your anchor.

4. 3-Part Journal Prompt (10–20 min)

Use this journal flow to clear space for your soul:

1. **What am I holding today that isn't mine?**
2. **What do I choose to feel instead?**
3. **What kind of woman am I becoming — and what does she need from me today?**

Let it flow freely. No editing. Just truth.

5. Body Pulse (5–10 min)

Gently wake up your nervous system.

- Put on a soft, sensual song and let your body move
- Or stretch lightly — cat/cow, child's pose, or stay in bed
- Or place one hand on your heart and one on your womb, breathe, and *listen*

Whispers from the body are wisdom. Trust them.

6. Affirmation or Oracle Pull (Optional)

Pull a card or choose a mantra for the day:

- *"I trust the pace of my becoming."*
- *"I rise slowly, fully, and on purpose."*
- *"I release roles and return to soul."*

Say it out loud. Let it live in your cells.

Optional Extras

- Sip your favorite warm drink in a sacred mug
- Use essential oils (lavender, rose, clary sage)
- Play your "Rising Woman" playlist to move energy gently

This is your space. Your breath. Your becoming.
The world can wait. You are rising on *your* terms.