

# From Shiloh Sophia

Posted on April 09,2017 by nmcreatrix

## *My Morning Ritual*

Do wake and pray

Don't turn on the devices

Do look outside at the colored light

Don't start to think about work

Do turn on the kettle

Don't get dressed right away

Do pick up a book of poetry

Don't complain to anyone nearby

Do stretch your body

Don't think about politics

Do give thanks for another day

Don't follow anyone else's advice

Do create a morning ritual

Don't resist gazing into your teacup

Do choose to be connected to life

Don't think twice about going to the canvas

Do revel in the time you have created

Don't wait

Do it today

Xo ~ Shiloh Sophia

If we don't set boundaries we will break the invisible ones connected to self honor. What does your morning ritual include?