



Nine points of Daily Routine for a healthy life style

This is an ancient yogic daily hygiene routine. Following this routine saves one from dullness of senses that drag one towards old patterns of irritation, depression and lack of self-respect.

1. **Three deep breaths.** Upon waking up take three deep breaths while lightening your heart and calming your eyes. With the first breath think/say - "I love my self", with the second breath – "I respect myself", and with the third breath – "I am here to serve the highest good (or God)".
2. **Check your breath flow.** Which nostril is more open (left side or right side)? Put the same foot (left or right) on the ground first. This is starting the day on the "right" (correct) foot! 😊
3. **Drink water.** Drink a glass of lukewarm water with fresh lemon/lime juice or a tablespoon of apple cider vinegar (with "the Mother"). It's nice to add a little honey too.
4. **Move around.** Straighten your bedroom, sweep the floor, etc. then go to the bathroom.
5. **Clean inside your mouth.** Brush your teeth. Clean your tongue with a tongue scraper.
6. **Short oil massage & stretching.** Give your body a gentle message using sesame or coconut oil, then do a few gentle stretches for 5-10 minutes.
7. **Pranayam & meditation.** Do a short pranayam (3 times) and short meditation for 5 to 10 minutes. [Pranayam and meditation can also be done after showering.]
8. **Shower.** Feel the water touching your body and take a moment to appreciate the sacredness of water. Connect with water as the perfect medium for carrying positive vibrations. Keep positive mantras or affirmations in mind while showering.
9. **Breakfast.** Start the day with healthy, nourishing food.