

7 Sacred Morning Rituals to Awaken Your Energy

By Tati Cazarim Founder of PuraVive Wellness

1. Sunrise Stillness

Begin your day in silence. Sit by a window, feel the light on your face, and take five deep breaths. This ritual invites calm and clarity into your morning.

2. Sacred Coffee Moment

Turn your morning coffee into meditation. Hold your cup, breathe in the aroma, and drink slowly with gratitude. Each sip is a moment of presence.

3. Morning Pages of the Soul

Write freely for 5-10 minutes. Let your soul speak without filters. This practice helps release cluttered thoughts and uncover inner guidance.

4. Bless Your Body

As you stretch or move, whisper words of love to your body. Honor your vessel. This ritual uplifts self-worth and activates sacred embodiment.

5. Scripture or Wisdom Reading

Read a few lines of spiritual text whether from Proverbs, Psalms, or a book that speaks to your soul. Let ancient wisdom guide your day.

6. Light a Candle with Intention

Lighting a candle invites sacred energy. As you light it, whisper your intention for the day: peace, courage, joy. Let the flame remind you of your purpose.

7. Speak Life

Affirm aloud: 'Today, I align with peace and purpose.' Your voice carries power. Speaking truth shapes your energy and your path.

Each of these rituals is a doorway to presence, to clarity, to soul.

Choose one or two to begin with. Consistency brings transformation.

And always remember: your mornings shape your life.

With light and intention,

Tati Cazarim