

Important

Before you start practicing, read the [DECLARATION OF LIABILITY](https://oanaratiu.com/declaration.pdf) on>>
<https://oanaratiu.com/declaration.pdf>

If you continue reading the articles published on this site, you acknowledge the terms of the DECLARATION OF LIABILITY and you agree to be bound by it.

Preparing for the day ahead

2 morning practices

RATIU OANA

Practice time, on average:

It varies from person to person, and also on the practice you choose

In which cases, how often and to whom I recommend this practice:

This practice is for everyone who wished to start the day with „the right foot forward“. From the two practices, choose the one that mostly matches your mood in any given day. If time allows it, enjoy them both!

THE 3 STEPS PRACTICE (10 min)

While you are waking up, put your hands on your heart (one over the other) and take 3 slow, deep breaths.

1. Spend the first 3 minutes thinking with gratitude at 3 things in your life. These can be the smallest things that come to mind or big ones. Your health, the fresh morning air touching your face, the presence of people you love in your life and who love you back. Allow yourself to really feel heartfelt gratitude.
2. In the next 3 minutes think about other 3 things, that you wish to achieve during your day... See them as if they already happened. How do you feel now, that you know you can achieve them? Allow yourself to be in this feeling, relax in it, enjoy it!
3. Spent the last 3 minutes contemplating the things that you can do in love during the day. This may be only a word of encouragement, a smile, things that do not cost a thing but mean a lot to someone. This is something you give in love.

What about the last 1 minute? Let yourself bathe in this new energy. Enjoy it for a whole minute then start your day!

MORNING MANTRA (around 10min.)

I use this powerful phrase I want to share with you. I learned in the Access Consciousness method and, I noticed that after using it frequently, I felt full of energy from head to toes. Every time I use it it gives me a new kind of awareness that everything is always fine and this is something that can give one a positive drive for everyday!

The official way to use it: repeat 10 times when you wake up in the morning and before going to sleep at night, while allowing yourself to feel the statement.

Recommended way to use it – completed with EFT tapping

Put your hands on your heart, take three deep breaths. Allow yourself to slow down and quiet your thoughts. Feel your body fully relax and start tapping at the Eyebrow point while repeating out loud or silently:

USEFUL TIP

On the last page you can find a picture with the tapping points. On the link below, you can find more useful information about EFT

<https://www.oanaratiu.com/eft-tapping-info.pdf>

Eyebrow:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Side of the eye:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Under eye:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Under nose:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Chin:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Collarbone:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Under arm:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Top of the head:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>

Eyebrow:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Side of the eye:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Under eye:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Under nose:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Chin:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Collarbone:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Under arm:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>
Top of the head:	All of life comes to me with Ease, Joy and Glory! <i>(Take a deep breath and allow the meaning of this sentence to sink in!)</i>

Repeat the tapping rounds starting at the eyebrow point. After completing the second round, observe how you feel and allow this new feeling to penetrate every cell of your body.

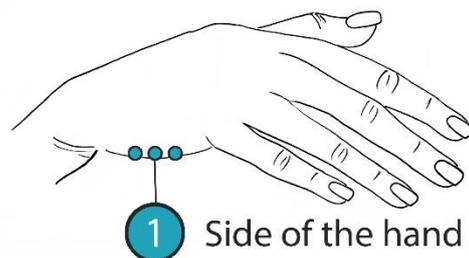
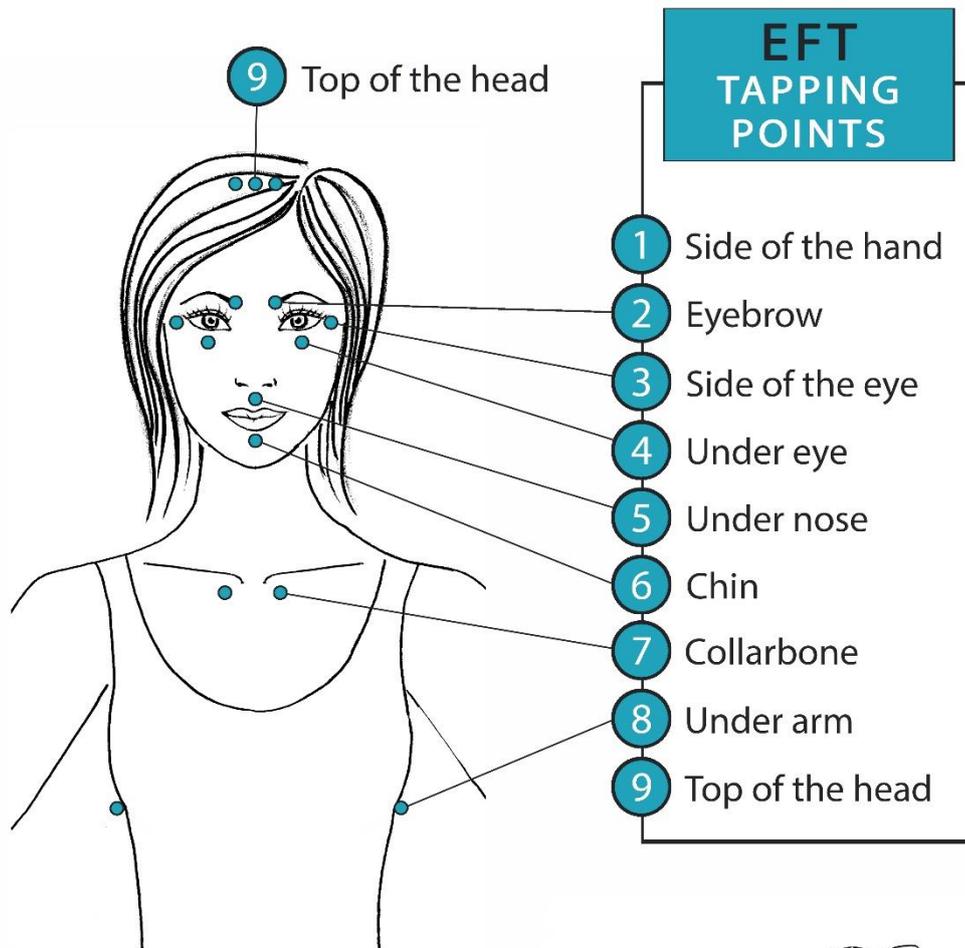
Play your upcoming day in your mind and imagine it happening in this new wonderful energy!

Thank you for trying this practice. I'm happy to get your feedback on your experience. You can reach me at: info@oanaratiu.com

Good luck and have fun tapping!

Love,
Oana

This practice can be found at <https://oanaratiu.com> as part of the "Starting every day with the right foot forward" article. <https://oanaratiu.com/blog/right-foot-forward/>



EFT = the Emotional Freedom Technique = Tapping

EFT is a stress-relieving, self-healing and personal development method. When using EFT we gently and rhythmically touch the tapping points on the face, upper body, and hands (= meridian endpoints) using the fingertips.

While tapping, we say (outloud or silently) the words or phrases that are most relevant to our particular problem or challenge. It's a method that can be used anytime, it does not require pre-training or tools.