

## **Bless Your Day When You Wake Up**

Offering a moment of gratitude when you first wake up gives an empowered framework on which to hang all the events of your day. This initial offering of blessings for the day can be as elaborate as long meditations, prayers, and rituals or as simple as bowing your head and thanking God for another beautiful day. What matters more than the outer form of any spiritual practice is the depth and clarity of your feeling.

Every day is like a new birth into your world, and the transition between sleep and wakefulness is a powerful moment for blessing the day that lies ahead. If you have an altar or sacred space, you can stand before it and say a prayer to bless whatever activities will take place for you in this fresh new day.

You may also want to set your alarm for a few minutes before you have to get up and sit or lie quietly in bed for a while before rising. Rest in communion with yourself and with spirit. Feel the divine universal presence surrounding you as you prepare to enter the light of wakefulness and begin your day. This practice also applies to those who work night shifts and would be waking up and blessing your nighttime day.