

F R E E   D O W N L O A D

# *Arise Today*

10 MORNING MOMENTS  
THAT WILL CHANGE  
YOUR DAY & LIFE  
FOR THE BETTER  
**FOREVER**



THE DEEPER  
CONNECTION

WITH MARIA GULLO

# Arise Today

I've had numerous requests from you, my soul friends, on how to start the day feeling more connected to God. A new morning rhythm to set the pace of the day in your favor is possible. Kick start the rest of your day with peace, calm, purpose and intention rather than overwhelm, worry, stress and pressure that seem to infiltrate most days.

It's all okay. Perhaps up to this point you've felt a lack of motivation or even the confidence that you could muster up the courage to start and maintain a morning discipline. After all, isn't life overwhelming enough without piling one more thing onto your breakfast plate?

I get it. But I'm here to tell you, this isn't adding something else to an already full plate that is practically cracking down the middle. This is the way to enlarge and strengthen your plate. To reset your worldview from the worries of the day before. Arise with this practice and take the first step in your day to create space in your mind, heart and soul.

# Peace to You

Jesus said, "I give you peace. My peace I leave you. Not the peace the world gives, but the peace the world cannot give... the peace that surpasses all understanding."

I was prompted to create this tool for myself during a time when I was feeling overwhelmed with all the stuff of life: responsibilities, work, taking care of myself, taking care of others, family dynamics, work life and the list goes on and on. Even during those times when I felt stuck or a lack of direction, staying in my pajamas all day in front of a computer.

Without this practice, I felt like a leaf in the wind with circumstances controlling me. With this practice, I am reminded who I truly am. I am able to move into and through my day with more self confidence... with faith. It struck me that if this tool could help me, then there are surely many other people out there, like you, who will benefit from it.

# Wake Up

Welcome to a spiritual tool that I call “Wake Up on the Inside.” It requires no effort, but rather intention. You don’t need to be a “morning person” or even good at waking up in the morning for this practice to work. It will create positive movement in your life by helping you turn away from fear and anxiety before it has a chance to take the reins each day. It allows you to take action first thing in the morning and move with conscious commitment and intention to start your day more deeply connected to God, yourself, and others.

Here are some of the benefits that others have said they’ve felt:

- More uplifted
- More peaceful and peace-filled
- More confident
- More deeply connected to God
- More connected to faith
- More connected to higher and best self

# Commit

You, like the rest of us, need support and guidance on the spiritual journey. Perhaps you already have a morning quiet time. But now, more than ever, you sense that something needs to change. You feel drawn to a practice of silence, meditation and prayer, but wonder how to make it happen.

I have created **10 Morning Moments** that will change the course of your day. Commit to pray one morning at a time, each and every morning, and I promise you this practice will set you on the path to inner peace and change your life for the better forever.

LO,  
Maria

# Smile

In the morning, as soon as you wake up and before you lift your head off the pillow, even before you open my eyes, smile. Yes, no matter what lies ahead, intentionally smile and repeat the phrase, "Thank you, I am grateful for this day, my Most High God." Let yourself feel the smile as you take in a deep cleansing breath. Before your mind takes off running, focus on letting gratitude fill your thoughts. Still laying down, feel your heart well up with gratitude for life and the gift of a new day, taking the time opening to the Presence of God by feeling grateful for being alive. God's gift to you is your life, your gift to God is your gratitude.

There have been numerous scientific neurological studies done on the brain's response to simply smiling. It matters and it makes a difference. Not just a quick little turn up of your lips. I mean a genuine full-out, life is so good kind of smile. There may be some heavy things going on in your life, but when you're able to smile and give thanks to God for simply being and breathing, it will bless your soul and everyone else's.

# Move

While still in bed, begin to move by doing some simple leg stretches. If your physical condition allows, bend your knees up to your chest and hold to the slow count of fifteen. Release one leg and extend while still holding the bent leg keeping the knee to your chest, then alternate legs. When sitting up on the side of your bed continue by stretching your arms up overhead. Standing beside your bed, facing a window, if possible, look out to this new day and continue stretching with arms reaching up and opening wide. Slowly moving your body by gently twisting at the waist.

Start off the day with this kind of slow, easy movement. Whether you're used to exercise or not, move your body very gently.

# Hydrate

Before you go to bed, put a bottle of water on your nightstand. Drink at least a cup of purified water first thing upon rising.

Filtered in a glass bottle is best. Whatever you choose, drinking about 8 ounces of room temperature water is a good way to start hydrating and waking up your body.



# Pray

I've created several helpful audio prayer tracks on Insight Timer mobile meditation app. In this 'Waking Up On The Inside' package I've included my adaptation of St. Patrick's Prayer. When you listen, the only engagement of your mind is to take it in word by word, phrase by phrase. Using this prayer will set a positive tone. "I arise today, through the strength of Heaven. Light of the sun, radiance of the moon..." Repeat the phrases and allow the meaning and depth to deepen in you each time you listen.

No matter how often you hear this prayer, take it in as if for the first time. Though you may, at times, feel like there is something pressing in, you don't have to just rely on your physical, emotional and spiritual strength. Literally, the strength of Heaven empowers you. When you are weak, Christ is strong. When you are down, heaven lifts you up. That thought alone may be enough. Just let it sink in and choose one phrase from it to take with you and repeat it throughout the day. You never know how the Holy Spirit will get your attention and stir your soul.

# Self Care

A good, organic, gentle hot tea or fresh ginger tea or hot water and lemon are all wonderful ways to wake up your digestive tract. Fresh ginger tea with lemon and sometimes a little honey, is my go-to morning drink. Simply boil a cup of water on the stove, shave off about a half inch of fresh ginger root into the water. After it boils, cover and let it steep for a few minutes.

Add fresh squeezed, organic lemon juice to a cup along with a ½ teaspoon of raw organic honey. Then add the hot ginger water and take it into your morning prayer time. You may have another favorite, hot tea or coffee. Do whatever feels best for your self care.

The background of the entire page is a serene sunset over a calm body of water. The sun is a bright white-yellow circle on the horizon, with its reflection shimmering on the water's surface. The sky transitions from a pale blue at the top to a soft orange and pink near the horizon. In the upper right corner, the word "Sit" is written in a red, cursive, handwritten style.

Sit

Find a place in your home, that will be designated as your sacred space. It could be in your bedroom or in a separate room, so long as you will be and remain uninterrupted. A comfortable chair in the corner of your room or a meditation cushion will soon be your favorite spot.

Wherever it is, make it your space where you come into prayer. Have a place for your books, journal, candle, picture and anything else that might be meaningful for you. Whether a small corner or an entire room matters not, let this be your special place of prayer. In a short time you'll come to notice your sacred space calling you in. Eventually your family will know whenever you're in your sacred space and will respect this sacred time as your own.

# Read

Choose a couple of spiritual books, including a bible and other inspirational material. You may wish to begin your Morning Practice with a daily reader type of book. Select one for the day and read for about 15 minutes. If your time is limited, go straight to Centering Prayer. You may have a favorite spiritual reading book that helps focus your mind. I've created a list of resources with a short list of books I recommend:

- *Open Mind, Open Heart* by Fr. Thomas Keating
- *The Human Condition* by Fr. Thomas Keating
- *The Daily Reader for Contemplative Living* by Fr. Thomas Keating
- *Everything Belongs* by Richard Rohr
- *The Naked Now* by Richard Rohr
- *Falling Upward* by Richard Rohr
- *The Language of Letting Go* by Melody Beatty
- *Love Poems from God* by Daniel Ladinsky

# Center

This is the time we cannot do without. Centering Prayer is the anchor of all prayer. Whatever is happening in our lives, regardless of time, we all need to center ourselves in quiet, contemplative prayer. As a guide and support (especially if you're new to Centering Prayer), I recommend you use one of my Centering Prayer tracks available on the Insight Timer mobile meditation app or purchase the [\*It Is Time\*](#) prayer and meditation CD through my website, [thedeeperconnection.org](http://thedeeperconnection.org). A minimum of 20 minutes is recommended by all teachers of Centering Prayer. Afterward, you may choose to spend a few minutes in intercessory prayer, simply mentioning the names of people who are on your heart, and intentionally holding them in the Light of Christ. Intercessory prayer does not need a lot of words. It's more about holding others in this sacred space the Presence of God creates. God does the healing, you simply return and remain open.

# Write

Keeping a journal is another invaluable spiritual practice. If something clings to you from your reading or prayer time, journaling afterward will help you reflect further. Often times, the Spirit will increase your understanding beyond what you originally thought. Intentionally hold that understanding, word or feeling in your heart space for the day.

Writing down your feelings, thoughts, ideas and internal movements after your prayer time is invaluable. You may think you'll remember, but soon after the day begins, it's easy for those impressions to get lost in a myriad of thoughts. Choose one word or phrase that is especially speaking to you and put it in your heart pocket to take with you into your day. Throughout the day recall those words, even repeat them as a helpful prayer mantra and let them minister to you as only the Holy Spirit can.

# Set your intention

What is your intention for your day? What grace do you need from God for the new day? Consider these five areas: self-care, relationships, work, home life and playtime. God works through the desires of your heart. God has placed those desires in you and will bring them to fruition.

First recognize them and set your intention and attention on them. Be specific and ask God for the grace you need. Are you facing a difficult meeting, event or situation? Are you faced with a challenging situation with a family member? Do you simply have to pay your bills? Whatever the day holds, it matters and living it intentionally being present to the Presence of God can and will change everything.

# Onward & upward

After the prayer time and into your day... empowered by the stillness, enlivened by the silence, encouraged by the solitude, this is when the real work of living in the Presence begins. This is when healing and transformation are revealed, sometimes in the subtlest of ways and often unbeknownst to you.

When you get up and move forward with your day, when you engage with all the good, the bad, the ugly and the beautiful in the world, that is when the impact of God's Presence becomes evident. Choosing to consent to God within, to surrender one's ego through Centering Prayer, is life changing in ways beyond your imagination. Think of the fruit of the Holy Spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Only God can cause this fruit to grow. Ask and you will receive. Seek and you will find.



Want more?



MARIA GULLO, MSPC  
FOUNDER & DIRECTOR  
THE DEEPER CONNECTION

## FREE PRAYER

[CLICK HERE TO LISTEN TO MY  
FREE AUDIO PRAYER TRACK:  
"ST. PATRICK'S PRAYER"](#)

It is a pleasure to have you as part of [The Deeper Connection](#) community. My prayerful intention is that you will come to fall in love more deeply with the One and only One who longs for your presence. Keep in mind, always, you are never ever alone. You have a community of like-minded, like-spirited soul friends. Continued support is offered online through my [website](#), on [Insight Timer](#), [Facebook](#), [Instagram](#), [YouTube](#) and [Twitter](#). I am available for private, virtual Spiritual Direction appointments. [Click here](#) to reserve your [FREE 20 MINUTE INTRODUCTORY SESSION](#) and may you be blessed beyond your wildest imaginings!

*Maria*

[LEARN MORE AT THEDEEPERCONNECTION.ORG](http://THEDEEPERCONNECTION.ORG)