

# ALIGNED

## Transformational Program With Rony Reingold

### Creating A Sacred Personal Practice

Choose a special place that is just for you, preferably in your home. If you can't do it at home, then you can even create it in your car. It can be small – even a corner of a room that has a door on it.

This is a place you can go to daily to sit with yourself quietly for at least 10 minutes. Ideally, sit for 20 minutes a day.

Here are some suggestions to help you have a sacred inner practice each day:

- Turn off all electronics (you may set an alarm on your phone, but turn the ringer off)
- Use a candle to set the sacred space
- Call in any guides or spiritual support that you may feel you need (this is not critical)
- You may stretch or make some audible sounds on the exhale to release any pent up energy before you become still
- Simply sit in stillness
- Focus on your breath and when you catch yourself lost in thought, simply gently bring yourself back to your breath or center. Try not to get frustrated that you were lost in thought
- You may repeat a mantra if that feels right to you or focus on light filling your body from within

Notice what arises for you. Notice if you get any intuitive hits or guidance. Allow yourself to feel supported by the greater forces of life that are supporting you at this time.

You may release energy through your body or your voice after the meditation is complete if it has re-energized you and feels right.

If you have never meditated before and you feel overwhelmed by this, simply practice sitting quietly for 3 minutes each day. Each week increase it by 1 minute. Simply notice what arises for you. It may be uncomfortable at first but over time that will shift if you practice daily.