



Greet The
Day
Meditation

Greet The Day Meditation

DOLORES J GOZZI

Throughout the centuries, almost all cultures have a tradition or special practice for greeting the day, such as offering prayers to the sun, lighting candles with intentions for the new day, and lifting one's voice in celebratory song, and chants. Special incense has been burned, sacred altars arranged, and even moving one's body in dance has all been a way for opening the heart and aligning the spirit with the re-birth of the sun, and the awakening of the body from sleep and dreaming.

In today's modern times, the practice of morning ritual can be restored as way to create a sense of connectedness to the world around us, and to the beauty that we witness on a daily basis. It is also a way of cultivating deep gratitude, appreciation and reverence for life. One of my favorite ways for creating morning ritual is through meditation, as this naturally compliments the state of sleep that we have just awoken from, and allows for more retention and understanding of dreams, and also helps us to set up the day for calmness, peacefulness and groundedness.

Below are instructions for a morning meditation that is inspired by ancient wisdoms, and from the many different teachers and traditions I have studied with, along with calling in the four directions, the four elements and also using the moon's phases to greet the day



GREET THE DAY MEDITATION

TO PRACTICE THIS MEDITATION, YOU WILL NEED:

- A QUIET, PRIVATE SPACE
- A RATTLE
- A CANDLE (OPTIONAL)
- INCENSE (OPTIONAL)

- RHYTHMIC, SHAMANIC MUSIC (OPTIONAL)

IN THE MORNING, JUST AFTER YOU WAKE, ARRANGE YOURSELF INTO A COMFORTABLE POSITION, EITHER SITTING OR STANDING, AND LIGHT YOUR CANDLE AND INCENSE IF YOU WISH TO INCLUDE THEM AND BEGIN TO PLAY THE MUSIC THAT YOU HAVE CHOSEN, IF YOU WISH TO USE THIS—KEEPING THE VOLUME, LOW.

FACE YOUR BODY TOWARDS THE DIRECTION OF THE EAST, WHERE THE SUN RISES, AND SHAKE YOUR RATTLE THREE TIMES AS YOU SAY:

I CALL IN THE DIRECTION OF THE EAST AND THE
ELEMENT OF AIR.

A NEW DAY IS ABOUT TO BEGIN, GIVE ME THE STRENGTH AND COURAGE TO ACKNOWLEDGE THAT WHICH IS ABOUT TO APPEAR AND COME FORTH IN MY DAY. HERE I CAN FEEL COMFORTABLE IN HEARING MY OWN THOUGHTS AND VOICE!

I CONNECT TO THE NEW MOON PHASE AND RELY ON THE TRANSMISSION OF MY OWN WISDOM.

ENERGIES OF THE EAST; JOIN ME AND ASSIST ME WITH THIS DAY.

PAUSE AND TAKE A SLOW, SACRED BREATH AND LISTEN WITH YOUR EYES CLOSED.



GREET THE DAY MEDITATION

FACE YOUR BODY TOWARDS THE DIRECTION OF THE NORTH,
AND SHAKE YOUR RATTLE THREE TIMES AS YOU SAY:
I CALL IN THE DIRECTION OF NORTH AND THE ELEMENT OF
EARTH.

MAY I ALWAYS FIND THE SOLITUDE, CLARITY AND THE
DIRECTION I NEED IN MY LIFE! MY PHYSICAL REALM IS WHAT
I CO-CREATE WITHIN AS WELL AS WITH THE UNIVERSE. HERE
I SLOW DOWN AND I AM SUPPORTED WITH TIME TO REFLECT.
I CONNECT TO THE FIRST QUARTER MOON PHASE AND BEGIN
THE PROCESS OF GROWTH FOR MY WELL-BEING.
ENERGIES OF THE NORTH; JOIN ME AND ASSIST ME WITH THIS
DAY.

PAUSE AND TAKE A SLOW, SACRED BREATH AND LISTEN WITH
YOUR EYES CLOSED.

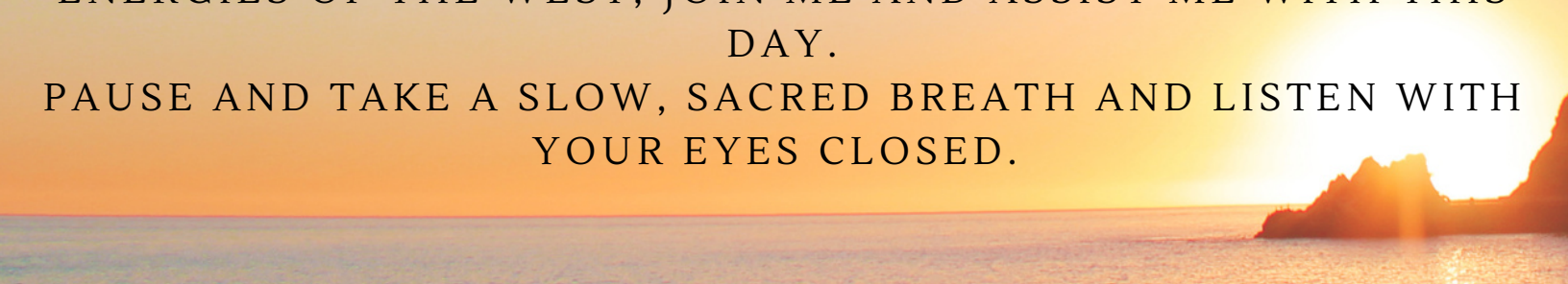
FACE YOUR BODY TOWARDS THE DIRECTION OF THE WEST,
AND SHAKE YOUR RATTLE THREE TIMES AS YOU SAY:
I CALL IN THE DIRECTION OF WEST AND THE ELEMENT OF
WATER.

MAY I FIND THE COMPASSION AND UNDERSTANDING IN ALL
THAT I DO AS WELL AS UNDERSTAND WHAT OTHERS DO. MAY
I ALWAYS BE CLEAR, CLEAN AND CURRENT IN MY EMOTIONAL
REALM; AS I BEGIN TO UNDERSTAND THE PROCESS OF HOW
THINGS NEED TO SHED IN ORDER FOR NEW EMERGENCE AND
GROWTH IN THE FUTURE.

I CONNECT TO THE FULL MOON PHASE AS IT SHOWS LIGHT
ON MY EMOTIONAL REALM AND GUIDES ME TO UNDERSTAND
WHAT I NEED TO DO.

ENERGIES OF THE WEST; JOIN ME AND ASSIST ME WITH THIS
DAY.

PAUSE AND TAKE A SLOW, SACRED BREATH AND LISTEN WITH
YOUR EYES CLOSED.



GREET THE DAY MEDITATION

FACE YOUR BODY TOWARDS THE DIRECTION OF THE SOUTH,
AND SHAKE YOUR RATTLE THREE TIMES AS YOU SAY:
I CALL IN THE DIRECTION OF SOUTH AND THE ELEMENT OF
FIRE.

MAY I FIND THE PASSION IN ALL THAT I DO TODAY AND
CREATE THE BALANCE THAT I NEED. HERE I CAN SEE THE
GROWTH AND ABUNDANCE THAT SURROUNDS ME ON A DAILY
BASIS. MAY I ALWAYS BE CONNECTED TO MY SACRED FIRE.

I CONNECT TO THE LAST QUARTER MOON PHASE AS IT
REMINDS ME TO BEGIN THE PROCESS OF TAKING A SACRED
PAUSE.

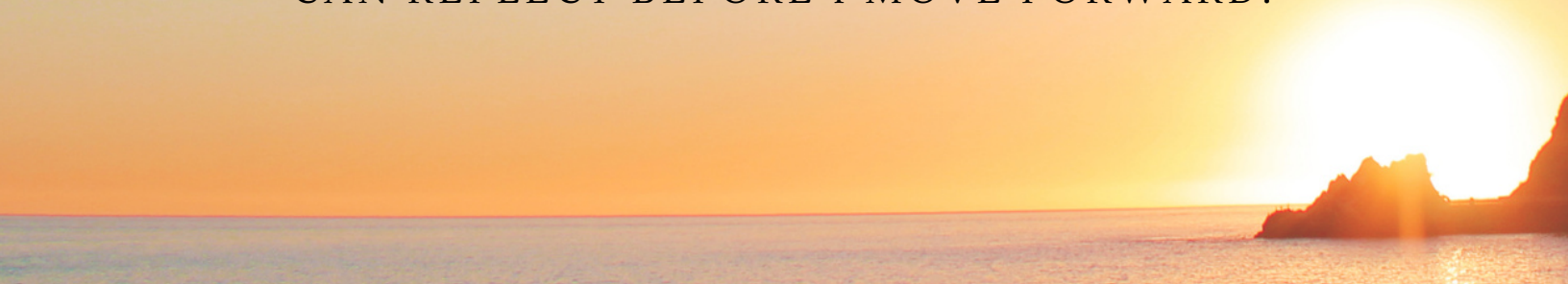
ENERGIES OF THE SOUTH JOIN ME AND ASSIST ME WITH THIS
DAY.

PAUSE AND TAKE A SLOW, SACRED BREATH AND LISTEN WITH
YOUR EYES CLOSED.

CLOSE YOUR EYES TO CONNECT TO THE PLACE WITHIN YOU
THAT IS CALLED 'CENTER', THE PLACE WHERE THE ESSENCE
OF SPIRIT RESIDES, AND ALL IS CALM AND PEACEFUL. WHEN
YOU ARE READY, OPEN YOUR EYES AND SHAKE YOUR RATTLE
THREE TIMES AS YOU SAY:

I CALL UPON THE PLACE OF CENTER AND THE ELEMENT OF
SPIRIT.

SPIRIT IS THE SACREDNESS OF MY DIVINE PATH. HERE I
ACKNOWLEDGE MY THOUGHTS AND FEELINGS AS THEY ARE
INTERLACED WITH THE DIVINE SOURCE. MAY I ALWAYS BE
CONNECTED TO MY DIVINE ESSENCE TO GUIDE MY SOUL!
HERE I AM CONNECTED TO THE DARK MOON PHASE WHERE I
CAN REFLECT BEFORE I MOVE FORWARD.



GREET THE DAY MEDITATION

ENERGIES OF CENTER, AND SPIRIT; JOIN ME AND ASSIST ME
WITH THIS DAY.

PAUSE AND TAKE A SLOW, SACRED BREATH AND LISTEN WITH
YOUR EYES CLOSED. WHEN YOU ARE READY, OPEN YOUR
EYES AND GIVE THANKS, KNOWING THAT YOU ARE READY TO
GREET THE DAY; BODY, MIND AND SPIRIT.

LISTEN HERE:

[HTTPS://GULFCOASTMEDITATIONS.BANDCAMP.COM/TRACK/E
MPOWERMENT-BY-DOLORES-J-GOZZI](https://gulfc coastmeditations.bandcamp.com/track/emPOWERMENT-BY-DOLORES-J-GOZZI)

[CLICK HERE TO LISTEN](#)

WANT TO CONNECT MORE AND GO DEEPER, YOU MIGHT BE
INTERESTED IN MY PRIESTESS PROCESS

ALLOWS YOU TO CONNECT WITH YOUR DIVINITY WITHIN AND
LIVE ACCORDINGLY.

VISIT MY WEBSITE:

WWW.WISDOMOFTHESACRED.COM

