

# Harmonize

**SUPER POWERS FOR CREATING A SUSTAINABLE,  
SUCCESSFUL & BALANCED LIFE IN  
WHICH YOU THRIVE**

**WITH CHRISTINE ARYLO**

***“How you start your day is how you end your day.”***

**If you start your day plugged into the outside world before you take care of and connect with yourself, you'll live your day out like a windsock without a pole.** Checking your phone, email or getting on the internet or turning on the tv before you pee, brush your teeth or check in with yourself? You've just started your day 'harried and hacked' and set yourself up to be swept into the pace and demands of other people and the world's swirl. Same if you start your day giving to everyone else without connecting in with what *you* need. You are way more likely to end your day depleted, over giving and under receiving and repeat the pattern again the next day.

**If you start your day connected to yourself – physically, emotionally, mentally and spiritually – you are much more likely to stay centered, clear and confident no matter what emerges.**

***It is impossible to stay out of overwhelm and burnout without a consistent daily morning practice or without supportive ways to wind down your day.***

**The world is just too intense. It will pull you into the swirl, if you are not centered in yourself.**

If you don't consciously create supportive rituals to how you start and end your day, that sustain and center you on the inside, you will get pulled into the swirl of the world and others during the day. You will react instead of respond. You will take on other people's anxiety, frustration, and stress like an unconscious sponge. Your mind will get distracted and fragmented and lose focus due to all the stimulation around you. And you'll spend way more life force and resources than needed on things that don't really matter vs. focusing on what does.

**Then after a long day of giving to everyone and everything else, drained, you will revert to self-sabotaging habits that drain you even more** – i.e. starting a second day of work at 8pm, numbing out with sugar and TV, surfing the social networks or answering emails – to deal with the stress that keeps you stuck in the cycle of burnout and overwhelm. Or you'll push yourself harder, feeling bad you didn't work out or get more done, instead of using the evening hours to replenish so you can get the deep sleep you need and start the day fresh and regenerated.

***If you monitor and maintain your “Lifeforce” – your internal energy resources and reserves – daily, you'll retain instead of drain your life force.***

**Your human body is like a gas tank. When it gets empty, you have to spend a lot more time and money to refuel, and often you find yourself running on fumes.** The cycle of filling up and then emptying out to zero is something you can change. Wise leaders take preventative measures to keep themselves far from the overwhelm and burnout line. **We do this by monitoring our life force levels, daily and by creating a conscious pattern to how we start our day, go through our day, and end our day, that supports us to retain our life force, as well as become aware of when we are draining ourselves before we go to the 'bad' place.** We implement practices and rituals, which are not another to do, but which flow into our full lives to create a structure that supports us and gives us the self-awareness to refuel, before the overwhelm and burnout hits.



Daily Flow Recipe for  
Clarity, Courage, Confidence, &  
Radiance, Resilience, Regeneration

**SET.**  
**CONNECT.**  
**PROTECT.**

# 1. SET YOUR FIELD

*Set the rhythm and energy of your morning  
or you will default to the pace and people around you.*

## **ONE: Start Your Day in Harmony Not Alarm.**

Do you start your day with an alarm or any kind of noise that jolts you awake? Do you jump out of bed before pausing to breathe and check in with yourself? Reach for your phone before you pee, brush your teeth or look out the window at nature? It's okay to admit it, many of us do. It's just not okay to keep starting your day that way.

If you start your day in alarm, you start your day contracted and blocked off. You activate your sympathetic nervous system, which means you start your day in flight or fight, in panic and you'll go through your day with your nervous system set to anxiety, frustration, and reactivity.

The best way to awake is naturally, with the sun or your own body clock. But if you need something wake you up, choose a HARMONY INDUCING ring tone on your digital device (which should be set to be offline) or replace your alarm clock with a CD player that plays gentle heart opening music.

## **TWO: What You Put Into Your Body, Mind and Heart in the first hour of the morning stays with you throughout the day.**

Next time you consider reaching for your smart phone to hop on social media, email or the internet in the first minutes and hour of your morning, consider this: The energy of whatever and whomever you choose to connect with in the first hour of waking goes directly into your mental, energetic, emotional and psychic field. What are you inviting into your body, mind and heart by the choices you make in the first hour of your day?

1. What are you ingesting and interacting with in the first hour of your day that is supporting your life force and internal harmony?
2. What is draining your life and creating disharmony within you?
3. What three words describe how you desire your mornings to feel?
4. What three words describe how you currently feel?

## 2. CONNECT: 4 Points of Connection

*Before you interact with the outside world, connect on all four points. Otherwise you will go into the world like a windsock with no pole, reacting to the swirl, vs. being centered, calm and clear within.*



### ROOT LINE

#### 1. Physical / Body Connect – Open Up Your Channel & Keep Your Channel Clear

Open Up Your Central Channel. Release Fear and Stress. Get Your Lifeforce Flowing.  
*Yoga, Tai Chi/Chi Gung, Walk, Stretching, Breathing, Feet on the Earth*

#### 2. Divine Downline Connect – Invite The Universe In & Connect to Your Inner Wisdom

Calm Your Mind. Plug into Higher Intelligence. Open Up Your Intuition.  
*Meditation, Mantra, Journaling, Creativity*

### HEART LINE

#### 3. Self-Love Connect – Check in on What You Need

Self-Sustainability. Know what you need physically and emotionally, so you can receive it.  
*Receiving Practice: What's My Life Force Level? What Do I Need to Receive?*

#### 4. Love Connect – Receive Connection from Another Living Being

Conjure up Courage, Confidence + Compassion by feeling the presence of others  
*Hugs, Meaningful Conversation, Snuggles, Anything that creates authentic connection*

### 3. PROTECT YOUR PERSONAL FIELD

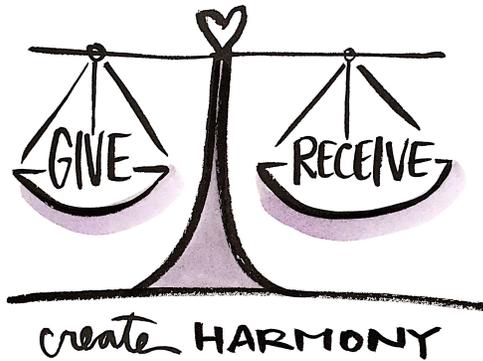
*Protect your personal energy field before you interact with the outside world, or it's like making the choice to walk out your door and take public transportation to work, naked.*

What follows is a three-step process, that you can do in the morning in less than 3 minutes. I teach this to you in the video. And here is a brief description. Do these sequentially, keep your eyes closed. Breathing. Visualizing. And believing and knowing you are doing something even if you can't see it with your eyes.

- a. **Set Your Sentry** – visualize a big bouquet of roses with big thorns and vibrant red petals about 6 inches from the front of your body. This is like a sentry, a guard, to the front of your personal field, so that other people's energy coming at you gets absorbed by the roses. Every day, re-visualize the roses. They will usually be dead the next day. That's okay. They did their job. Say thank you. Compost.
  
- b. **Set a Field of Beauty Around Your Physical Body** – visualize a vine of your favorite flower or a fragrance of flowers that you love wrapping around your entire body, touching your skin from head to toe. Breathe a few times as you visualize wrapping this vine around you, of these flowers that emit a smell that is beautiful. There is a wisdom teaching that says, "Where there is beauty, there can only be love." So this beauty, and the sweetness it creates, evaporates whatever is not love from touching your physical body.
  
- c. **Strengthen Your Magnetic Field** – around your body you have a magnetic field just like the earth. Imagine it like a bubble that extends from the tip of one hand to the tip of the other, if you were to stretch your hands in any direction. Left, right, up, down, front, back. Imagine this bubble all around you like your invisible force field. Each day you want to make sure you have no holes or compromises in it. With your eyes closed, visualizing or feeling into this magnetic field around you, or even moving your arms if that helps, imagine and call in white and golden light, warm light, like a gentle welding tool from the Universe strengthening all surfaces of your magnetic field. Ask this golden light to find any holes and patch them with the golden light. Imagine zipping yourself up in a golden bubble.

**For extra super power – envision a 5 or 6 pointed star in front of you. This is called the star of protection and it works to zip up your energy field.**

# HARMONIZING MORNING FLOW PRACTICES



## RECEIVING PRACTICE for Self-Sustainability.

do this every day of this practice, and stay aware all day of what you need

**STEP ONE. CHECK YOUR LIFE FORCE LEVEL. Never serve from your reserves.** This means you have to know where your life force levels are, every morning. Here's how to do a life force reading:

1. **CONNECT.** Close your eyes, put your hand on your belly, take a few deep breaths to connect with your body.
2. **CHECK.** Imagine that your body is like a chalice and like you were dipping in a dipstick or taking a temperature, take life force reading. Ask your Inner Wisdom **"What is my life force level?"** Ask for a number between 0 and 100 – with 100 being totally full, 50 half full and 0 being empty.

### The Lifeforce Scale

- **The goal is to be 75 or above.** You have a surplus to give from. Even if you don't receive more than you give you will be okay.
- **If you are between 50-75 you have lifeforce to give AND you also need to receive** or you risk stress, burnout and overwhelm.
- **If you are you are below 50, you are serving from your reserves.** You you are a ticking overwhelm bomb. You need to modify how you give today and ask for support.
- **If you are below 25, you are spending lifeforce you may never be able to replenish. You are in burnout.** Don't beat yourself up, that will create more overwhelm! Use this as a catalyst to make shift now to a more sustaining reality. First, clear space to replenish in the next few days. Even if it seems impossible. Also, you need a life catalyst, so find a way to get out of your day-to-day life for a few days to reset and gain clarity. You need support, you can't do this on your own. Ask for the support.



## STEP TWO: REVEAL WHAT YOU NEED TO RECEIVE TODAY. And Make Sure You Get It!

After you get your lifeforce level reading, ask your Inner Wisdom the most important question you will likely ask all day:

***"What do I need to receive today?"***

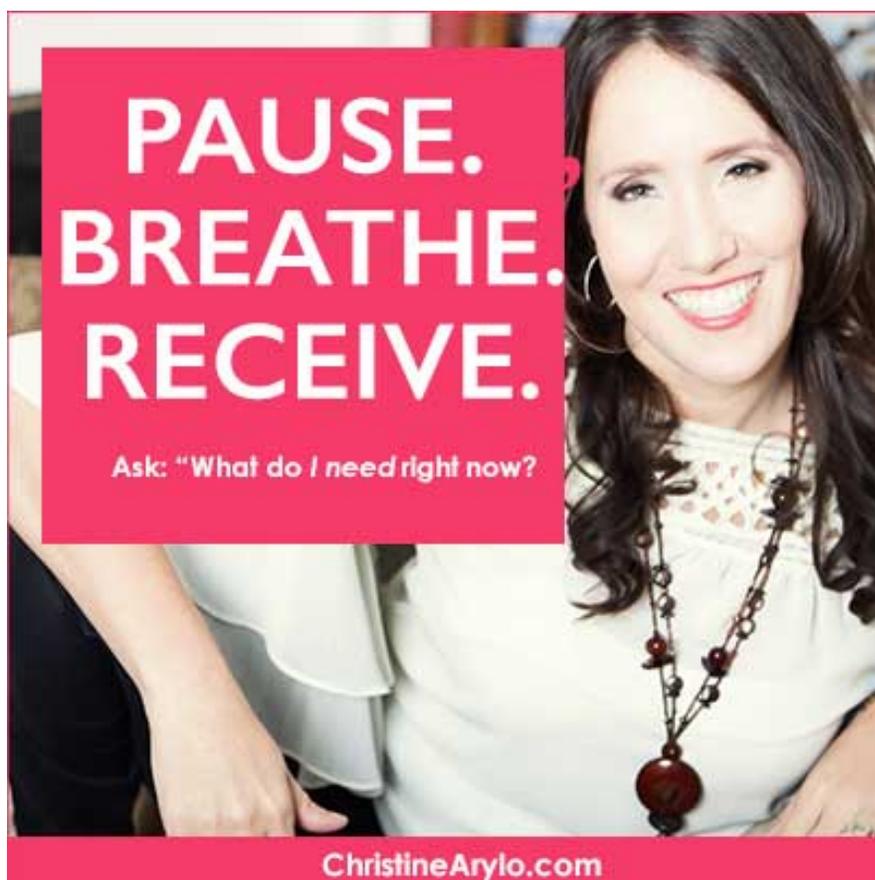
### STEP THREE: DAYTIME SELF-AWARENESS PRACTICE.

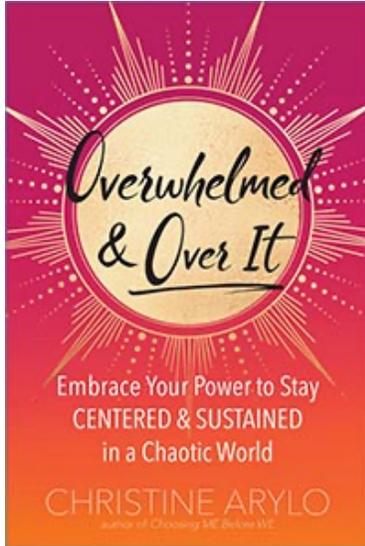
#### **When you feel the Overwhelm Onslaught, Press Pause + Re-Harmonize. Check in on What You Need to Receive and Give it to Yourself.**

In the moments you feel cranky, crabby, stressed, pressured, drained, tired, mad, guilty, etc. slow down, press pause, and remember what you needed to receive today. Then give it to yourself, no matter what. Even if you think you don't have time.

If you can't remember what your morning harmonizing practice told you to receive, just do the practice again by closing your eyes, taking a breath, hand on heart if you can, and ask "What do I need to receive?" Keep breathing until you get an answer from your Inner Wisdom. If nothing comes, just ask yourself, "What would I love to receive?" And do that before anything else.

This is part of the re-programming process. You have to make different choices, experience different results, and build trust to make new pathways inside you.





Everything in this booklet is based on Christine's Book

*Overwhelmed & Over It:  
Embrace Your Power To Stay  
Centered & Sustained in a Chaotic World*

To learn more or get a copy go to  
[www.OverwhelmedandOverit.com](http://www.OverwhelmedandOverit.com)



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