
The Morning Exercise



MORNING EXERCISE

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The Morning Exercise

Your evening exercise will help you start your transformational process. In order to speed it up even further you should also do this simple 5 minute morning exercise.

The morning exercise described below will help you start your day in a positive way.

The 5 minute morning exercise

Every morning you only need 5 minutes to get yourself into a positive, emotional state which will influence your day in a great way.

If you use an alarm clock to wake you up in the morning set it to 5 minutes earlier than you usually do in order to perform this 5 minute exercise. It only involves 3 simple steps.



Step 1: The One Minute Quick Coherence Technique

When you wake up sit upright in your bed so you don't fall asleep.

Do *The One Minute Quick Coherence Technique*: 1. Heart focused 2. Heart breathing and 3. Heart feeling. After app. 60 seconds move on to Step 2

Step 2: An attitude of gratitude

The best way to start your day and get into a great emotional and positive state is to appreciate what you already have in life. **An attitude of gratitude.** When you are truly grateful for what you have you attract more to be thankful for into your life. You are telling *The Field* to send you more events, things and people you can appreciate. So, keep an attitude of gratitude.

Spend a few minutes or so thinking of all the great things in your life you can be grateful and thankful for.

You are reading this document and can also enjoy the videos and audios provided to you in this program. You can see and hear. You have the ability to hear trickle of rain, the voices of your loved ones, birds singing and beautiful music.



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Many people don't have that privilege. Some people can't hear anything because they are deaf.

Be thankful for the gift of sight. You have the ability to see the written words in this program. You can see the great colors of a rainbow, the green, fresh grass in a park or the beautiful colors of a butterfly. **You have the ability to see the colors of life.**

What about appreciating waking up in a warm bed rather than waking up on the street, homeless.

Or the ability to go into your bathroom and brush your teeth using toothpaste, wash your body with soap and your hair with shampoo. A homeless person living on the street doesn't have that privilege.

Imagine how you would feel if you didn't have access to these things. Don't take them for granted. Appreciate them. Just reflect on these things when you wake up in the morning. It only takes a minute or so to reflect on all the good things in your life. Focus on them in order to get yourself into a positive, heart-based, emotional state.

Doing this will lead to a high, positive, heart-based vibrational frequency which you emit into the ether – to the Universe – to *The Field*.

Step 3: Observation

This third step is all about telling yourself to be heart-based throughout the day by observing everything that comes into your life instead of judging it. No matter how negative or bad things get today tell yourself you will observe rather than judge.

It's like a test. Bad stuff comes into our lives because in the past we have "told" or vibrated out to *The Field* what we want. When events, people and circumstances come into our lives we have a choice. **Do we judge or do we observe?**



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If you judge, blame, feel like a victim, feel that life is unfair and that these bad things should not happen to you it will only reinforce the same vibrational frequency you have sent out in the past.

New, similar situations will enter into your life because they are based on your reaction and your patterns. We often react the same way in similar situations and as a result we end up getting more of the same. **What we resist will persist.**

If you decide to judge and blame you go into a low frequency and *The Field* will just provide more low-frequency events, situations, people and circumstances to come into your life.

I know this sounds harsh and might be challenging your current beliefs, but I speak from experience. In addition this is backed up by science showing that the universe is like a giant feedback loop. **You reap what you saw.**

I used to judge, blame, get angry, irritated and sometimes I felt like a victim. I often felt I was cursed with bad luck. However, when I started my journey to learn more about how this universe operates I realized I was creating these negative experiences myself. And believe you me – I have had some really bad stuff happen in my life.

The good news is that no matter how bad life is it can turn around when we understand the fundamental mechanisms of the universe. The history is filled with people who have done the so-called impossible. Some have gone from *deadly sick to becoming well and healthy* like the woman I met a few years ago who was told by the doctors she would die in a few weeks. She changed her thinking, involved herself emotionally and starting seeing herself healthy and well. She completely transformed her life. You can read about her powerful story in the section about Creative Visualization which you find in the **Resource area** of this program.

Some people have gone from extreme poverty *to becoming rich and wealthy* like Andrew Carnegie who became the richest man in the world. Some have gone from being extreme obese to become superfit. The common denominator among all these people is that they changed their thinking, which led to new feelings setting up new actions and decisions and a new personal frequency emitted into *The Field*.



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My life completely changed when I changed my thinking. My personal frequency has changed a lot in the last years and as a result my life has also changed.

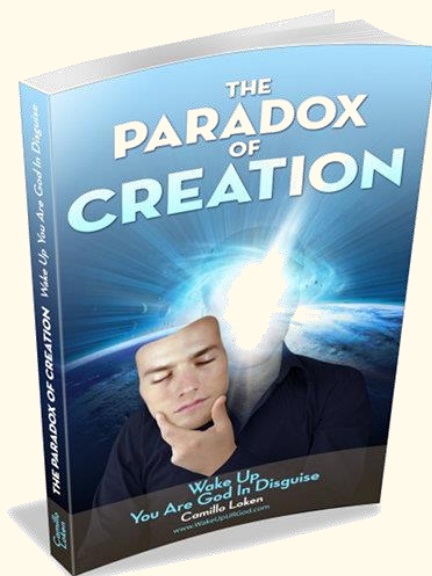
When you change the way you think and feel reality will follow. **The inner world creates the outer world.**

Being in a state of **observation** is the best you can do for yourself no matter what happens in your life today.

Just pretend you are an actor in a movie. In a way we are all like actors in the movie called life. Our ego is the mask and if you let the ego judge, blame, get irritated, angry, annoyed etc. you are just going to get more low frequency events entering into your life.

Do your best to “remove your mask” – to let go of the ego by **observing and being heart-focused**. I used this “ego mask” image for the book cover of my book [*The Paradox of Creation*](#).

When you remove the mask the essence of who you are will be revealed and your life will begin to shine like never before.



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Just remember that **Judgment is weakness and Observation is Strength.**

Keep this in mind when you go through your day today. See yourself being heart-based no matter what comes into your life.

The more you do this the more your life will start to flow. You will change your vibrational frequency and as a result *The Field* will respond accordingly.

It's a neuro-scientific fact that the moment you become curious and watchful, in other words when you start **observing** something, the neurotransmitter or brain chemical called **dopamine** is released in the reward center of your brain and whatever is annoying or irritating you will **instantly be replaced by pleasure, contentment, and inner peace.**

That's it. The Morning Exercise in 3 simple steps.

Let's sum it up.

SUMMARY

Spend 5 minutes doing this simple morning exercise. When you wake up sit upright in your bed so you don't fall asleep. Or find some other quiet place.

Step 1: Do *The One Minute Quick Coherence Technique*

Step 2: Keep *An Attitude Of Gratitude* – use a few minutes to reflect on all the good things in your life you can be grateful for.

Step 3: Observe. Decide to observe what is coming into your life today. Keep a strong intention to be heart-based and observe everything no matter what happens.

