



Good Morning Intentions: Sacred Rituals to Raise Your Vibration, Find Your Bliss, and Stay Energized All Day

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Britt Deanda and Tara Schulenberg's *Good Morning Intentions* suggests morning rituals that empower the body, mind, and soul.

Its content rational and its structure easy to follow, the book includes twenty-one morning practices geared towards improving lifestyles and fulfilling dreams. These include Kundalini yoga, meditations, and other means of connecting with the divine self, all designed to cultivate awareness of personal emotional triggers and suggest techniques for managing them.

Methods for arranging meditation spaces, choosing crystals or oils to work with, listening to mantras, and preparing healthy drinks are shared. As enhanced starts to the morning, these rituals combine to form a practice of mindfulness that will extend throughout the day. Organized, detailed explanations of postures, mudras, breathing, and mantras are included.

Analogies and metaphors are embedded throughout the book's casual writing, and the tone is confident. The book talks about "holding hands with the Universe," for example, as part of its suggested mindset. It encourages suppressing control issues and letting life unfold in a pure flow. To honor intuition, the book proffers guidance for trusting one's personal wisdom. Real-life experiences are shared to illustrate theories of elevated human consciousness.

Ultimately, a forty-day commitment to morning rituals is suggested alongside examples that reflect the positive effects of such programs when it comes to overcoming alcohol and drug habits, loosening spiritual blockages, increasing awareness, and setting free the true self. Called a "natural Xanax for anxiety," the program is also about detoxing the body, finding purpose in life, improving relationships, and keeping in shape. Nutritious recipes for tea, puddings, and smoothies are also included.

Designed to enrich social, emotional, intellectual, and spiritual living, *Good Morning Intentions* is a practical book about the natural health care benefits of daily rituals.

CRISTINA STAN (January / February 2021)

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