

*Jacqueline*  
MORASCO

# ANCIENT *and* MODERN *rituals & routines*

A GUIDE TO CONNECT WITH YOUR  
SPIRIT AND DIVINE PURPOSE





# NOTE TO MY READERS

This booklet is not intended as medical or health advice. Spirited Practice recommends consulting with a licensed health care provider before changing your diet or participating in physical activity, especially if you are dealing with any medical issue. PLEASE BE AWARE THAT YOUR LIFE CAN CHANGE IF YOU DO THIS PROGRAM. You are responsible for any consequence of your use of any suggestion or procedure described in this booklet.

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# INTRODUCTION



# about jacqueline

I have a story to tell and it's real. This all happened and I lived to tell about it.

I was put on this path of self-care, healing and recovery at a considerably young age. Planning a quick demise through alcohol and substance abuse, when I was 19 I woke up in ICU after having been in a coma for 3 days. I wanted to die. It was a year and a half later that I found myself in rehab and cried for the entire day. I had realized that I wanted to live and if I kept doing what I was doing that would never happen. It was a spiritual experience for me because up until that point, it had not mattered whether I lived or died. Truly, I never thought I would live past the ripe age of 23.

I started doing yoga around the same time I stopped abusing substances. I didn't have many life skills except for the ability to be resilient--no matter the circumstances. I still struggled with body image, eating well regularly, exercising, smoking and yes, even doing a daily yoga and meditation practice. I've spent the last thirty years creating a healthy lifestyle—physically, emotionally and spiritually once after a month long cleanse, I developed this booklet out of a realization that I like many people, needed something to guide me through self-care. I found that the hardest thing was finding ways to make healthy changes stick. So here we are!

While this work may not be easy, it is simple and in completing this workbook, I hope it will help you connect with how you want to feel and give you a foundation to develop routines and rituals that support you and your purpose.

Please keep in mind that my way is not the only way, yet it has proven helpful to hundreds of people over the years that I have been teaching. What's important is not about doing what I do; it is about doing what supports you and your life. There is a practice that fits each person's individual needs and this is only the beginning! No matter what, don't give up. Change takes time. Be patient and gentle with yourself.

Jacqueline along with her husband and teenage boys call Salt Lake City Utah home. As a woman, mother, teacher, family member, mentor, partner she has devoted over 20 years to following her purpose by working with mostly women to help create the healthy life they dream about. Jacqueline has been a public school teacher for 24 years teaching health and science and human sexuality to middle and high school students and she has a small business teaching yoga and meditation. Jacqueline is also a writes a successful blog.





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# THE MORNING RITUAL

# the morning ritual

Finding a morning ritual that works for you is a great way to begin the day in a way that you're prepared, calm. In doing so, many of your health and wellness needs are already met! I picked these exercises because they have worked for me and I hope that you will find value from them when it comes to choosing a routine that supports you and your wellness goals. Some come from Ayurveda, the sister science to yoga, and from a variety of sources. Let's begin!



The best place to start is right where you're at, in this moment. List out the actions you take during a typical weekday and weekend for self-care.

*examples: reading, exercise, bathing, spending time with friends, eating clean, massage*

# the morning ritual



Now that you've listed your weekly self-care activities, let's look at your morning routine. Here you can describe what a typical morning looks like for you.



How did the previous exercise make you feel? Is there room for improvement? Here you can list the morning routine that you would like to have. How do you expect it to make you feel instead?



# the morning ritual

Ayurveda, the sister science of yoga, is the holistic science of health. It's founded on the belief that every individual is unique and there is no universal diet or lifestyle routine that works for everyone. Here you'll be given tools to build a routine that helps you effectively manage your health, anti-aging and prevention of illness.



It's important to personalize your practice to your unique mind-body constitution, also known as your dosha. Doshas express particular patterns of energy, each a blend of physical, mental and emotional characteristics.

QUIZ: Do you know your dosha type? Find out by clicking [here](#).



Energy that controls bodily functions associated with motion, such as blood circulation, breathing, blinking and your heartbeat.

In balance: There is creativity and vitality



Energy that controls body's metabolic functions such as digestion, absorption, nutrition and your body temperature.

In balance: Leads to contentment and intelligence



Energy that controls growth in the body. It supplies water to all body parts, moisturizes the skin and maintains the immune system.

In balance: Expressed as love and forgiveness



# REMOVING TOXINS

# removing toxins

Toxins found in our everyday environment and food can be especially troublesome though many simply put up with their annoying effects. Toxins tend to drag you down, wear away at your resistance and leave you feeling like you're just getting old! How would it feel to wake up energized? To have mental clarity? To feel in alignment and connected to your body? Below are a few practices you can add in to your morning routine to help remove some of the toxins keeping you from feeling great.



## TONGUE SCRAPING

This practice removes bacteria build up, food debris, fungi and dead cells from the surface of the tongue. The bacteria and fungi that grow on the tongue are related to many common oral care and general health problems. Some people like to brush their tongue or use a tongue scraper. Here's a [How To Video](#).



## NETI POT

A neti pot is a container designed to rinse debris and mucus from the nasal cavity as well as moisturizes it. This practice may also help treat symptoms of allergies and sinus problems. You can use a saline solution or my recommendation of nasya anti-bacterial oil cleanses. Here's a [How To Video](#).



## OIL PULLING

Oil pulling is an ancient Ayurvedic practice that can help to whiten teeth, remove harmful bacteria from the mouth and improve gum health. The practice involves swishing a teaspoon of natural oil such as sesame, sunflower or coconut in the mouth for up to 20 minutes. Here's a [How To Video](#).



## ABHYANGA

Abyanga is an Ayurvedic practice that involves massaging the body with oil. This exfoliates the skin, massages muscles, helps circulation and also the removal of toxins as many toxins are removed through the skin. Dry brushing is also very effective. To perform this ritual, stroke away from the heart and move in circular motions around joints. I like to use a loofah on my skin and apply oil through massage, leaving it on my body and allowing the oils to sink in. When I don't have time to oil and shower, I dry-brush. Here's a [How To Video](#).



WAKE UP WITH  
GREATNESS





# a new morning routine

Here are my suggestions for having a complete morning routine that will prepare you for a day of greatness. I recommend that each week, you choose a new activity to incorporate into your regular schedule. It may seem like adding in these activities will be time consuming however, you can make it into a 20-30 minute routine. I invite you to tune in to what's right for you and add these items where they feel right.



## MORNING ROUTINE ADD ONS

- Wake up during pre-dawn hours
- Eliminate
- Brush your teeth
- Tongue scraping
- Drink a glass of warm water
- Oil pulling
- Massage gums with oil
- Apply cool water to the eyes
- Meditate
- Chew aromatic herbs (i.e. fennel, cumin)

- Exercise appropriately for your dosha
- Abhyanga (don't forget your feet and scalp)
- Neti pot (1/8 t. sea salt per c. of warm water)
- Nasya (nasal) oil
- Apply body powder (corn starch works great)
- Bath & Grooming
- Apply natural fragrances
- Dress in clean, pleasant clothes
- Wear footwear



## PLANNING YOUR NEW ROUTINE

Decide what, when and where you will add activities to your morning routine.

Week One:

Week Two:

Week Three:

Week Four:





# CHANGING HABITS

# changing habits

Ask yourself, why are you doing this cleanse? Most likely it's because you're ready to make permanent, positive changes in your life. One of the best ways we can do this is by changing our environment and cleaning up both our space and how we do things.



## CONTROL YOUR ENVIRONMENT

Make the positive things you want to do, easier to do. For example, I put my supplements in a small dish, make the kids' lunches and set out my clothes the night before so that my morning routine flows smoothly. I also have fresh fruit and veggies available, already cut and put in the refrigerator in water so that they are easy to access.

Make the things we want to let go of, harder to get to. Get rid of snack foods, ice cream and coffee. One way to do this is by giving your temptations to a friend to hold on too during your cleanse.

Set a timer when using electronics (computer, TV, phone, etc.) and put your phone somewhere where you can't reach it every two minutes.

Add new habits to things you already do. For example, I wanted to start oil pulling so I added it right after tongue scraping and now it's a habit.

Watch out for time wasters and let go of procrastination! Both people and things. Some of mine are checking emails and "researching" on the Internet.

Get rid of the guess work. Plan your meals and stick to it. I find that I'm less likely to stick to healthy meals when I'm hungry and searching for something to fill me up in a hurry. The options in this situation aren't always the best.

Give people your complete attention and expect the same in return.

Learn to prioritize, make time for what's important and take action!

# changing habits



## CONTROL YOUR ENVIRONMENT (cont'd)

Clear out the clutter. Get rid of the things you don't need as soon as you notice that they're unnecessary.

Block out distractions before they get to you.

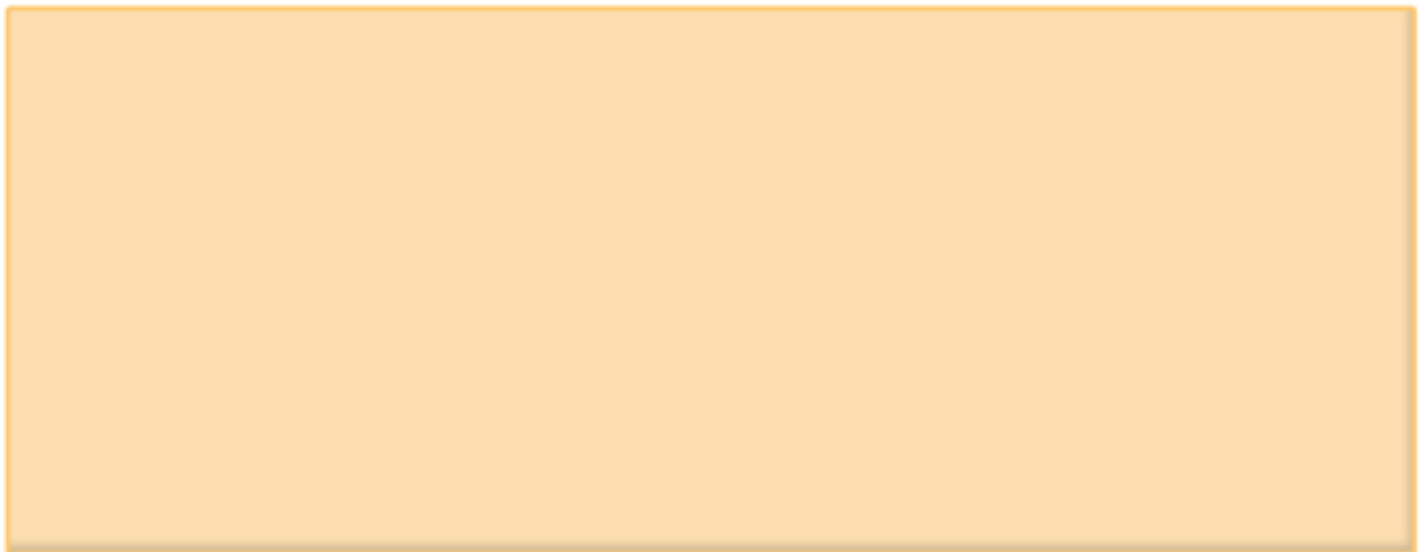
Make a list and follow it.

Keep organized and put things away in the same place.



## ACTIVITY: JOURNAL

Write down what you do really well already. Give yourself credit! Next, list 3 habits that you'd like to change or eliminate. How will you do this?





# BODY CARE

# body care

Here are a few body care rituals that I love. These will help you connect with and love your body. Get ready to treat yourself to health!



## SKIN CARE

Add 1 c. Epsom salt and 1 c. baking soda to a warm bath. Add a few drops of essential oil and soak for 20-40 minutes. This is a great remedy for sore muscles.

Add 1/4 c. ground dry ginger. This will make you sweat and is great for increasing toxin removal.

Place 2 c. apple cider vinegar (not the kind with the mother) in a warm bath. This will help with dry, flakey, and itchy skin. It's also very energizing!

Mix 1 c. sugar or salt with 1 c. olive oil and save in a plastic container. Use it as a skin scrub in the shower.



## HAIR CARE

Oil your hands and run them through your hair. Massage your scalp and wait 15 minutes before showering. You can also do this at night and sleep with the oil in your hair, just remember to place a towel over your pillow.



## FACIAL CARE

Mix 1 avocado with plain yogurt or honey. Apply to clean skin while avoiding areas around your eyes. Leave on for 10 to 15 minutes. Rinse with cool water and pat dry.

Place cucumber slices on your eyes while waiting for your facial to set.



# body care



## WELLNESS

Spend time outside.

Take 10-15 minutes for gentle exercise such as walking, swimming or skiing.

Try foot and hand exercises either with or without tennis balls.

Before bed, soak feet in warm water then massage and oil feet. You can use whichever oil you used for abhyanga (sesame, olive or coconut). Put on cotton socks.

Light fragrant candles.

Use essential oils on your temples. Lavender, peppermint and sandalwood are great for relaxation, stress reductions and relief from headaches.

Don't shy away from body work like shiatsu, reiki, massage, watsu, cranial-sacral therapy, etc.

Dance, chant, sing, make music, make love, do what makes your heart sing and feel alive.

Cry, shout, and speak up if that's what you need to do.



# YOGA PRACTICES

# yoga practices



## MOVEMENT

Twists are helpful for releasing toxins and moving prana (life force) throughout the body.



## BREATH & KRIYA PRACTICES

Kaphalabhati, also called skull shining, dragon breath, bunny breathing, is a cleansing breath. Here's the [How To Video](#).

Agni sara is a kriya, cleansing practice, to stoke the internal fire. Here's the [How To Video](#).

Ujjayi Breathing, gently closing the back of the throat and lengthening the breath. It's also known as Darth Vader or ocean breathing. Here's the [How To Video](#).









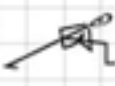


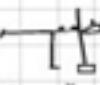














## MEDITATION

Meditation of One Pointed Focus. Sit quietly and focus on your breath. You can access 8 guided meditation audios [here](#).

# yoga practices

n = inhale  
x = exhale  
T = times  
Br = breath

## Energizing and Detoxing Practice

1.   $\frac{N}{x}$   tadasana 3T
2.  bhagirathasana hold 6 Br each side
3.   $\frac{N}{x}$   uttanasana vinyasa 3T
4.  anjaneyasana 3T
5.  parivrtti anjaneyasana 3 br alternating sides
6.  utthita trikonasana 3 br each side →  parivrtti trikonasana 3br each sides →  parivrtti ardha chandrasana hold 3 br each side
7.   $\frac{N}{x}$    $\frac{x}{N}$    $\frac{x}{N}$   $\frac{x}{N}$  utkatasana vinyasa hold on inhale twist 3T each side  turn head when on ground, alternating sides
8.  utthita parsva padagusthasana hold 6 br each side
9.  malasana 6 br
10.  purvatanasana hold 6 br
11.  parsva salabhasana hold 3 br each side 2T
12.  salabhasana variation hold 6 br 2 T
13.  balasana 6 br hold
14.  bharadvajasana hold 3 br each side
15.  jathara parivrtti hold 6 br each side
16.  savasana
17.  sukasana pranayama and meditation



# THE EVENING RITUAL



# the evening ritual



Don't eat late if you can help it. Some people however, may need a little something so they can sleep through the night.

If you take in caffeine, stop at lunchtime. Find another mid-afternoon "pick me up". Have some chamomile, valerian or lemon balm herbal tea or warm nut milk with nutmeg and cardamom.

Plan on going to bed by 10 PM.

Use some gentle stretching such as a forward bend or legs up against the wall pose. You can even do these in bed!

Meditate or do some mindful breathing.

Listen to soothing music or a relaxation tape.

Read something uplifting before bed instead of using electronics.





# *are you ready for more?*



## LUMINOUS ALCHEMY PACKAGES

Learn how to shine brightly from within to transform your body, mind, habits, health, attitude and relationships.

Look and feel younger, lighter and more energetic.

Create healthy lifestyle habits and routines.

Connect to your passionate, sexy self.

Deepen your relationship with yourself and others.

Lose weight.

Firm and tone your body and mind.

Sleep better.

Naturally soften and smooth your skin.

Tap into your creativity.

Be accountable for change.

Learn to meditate.

Create your own personal yoga practice.

I offer 6 or 12 month VIP programs and welcome you to email with questions and to set up a free 20 minute Clarity Call. [Email Me.](#)