

THE 5-MINUTE LENSOMY MORNING RITUAL...

This isn't just a routine; it's a cellular reset. In the Lensomy School of Joy, we believe that how you meet the dawn determines how the world meets you. Whether you are in London, New York, or LA, these 5 minutes are your non-negotiable "High-Vibe" anchor.

I. The Awakening: De-coding the Night (60 Seconds)

Rise with the Light: Aim to wake just before the sun. This is the "Alpha-State" window—the most creative time of the day.

The Intuitive Bed-Stretch: Before reaching for your phone, reach for your life force. Stretch cat-like to move the lymph and signal to your nervous system: "I am awake, and I am safe."

The Alchemist's Cleanse: * The Mouth: Scrape your tongue and Oil Pull with organic coconut or sesame oil. This "Detox-Deep-Dive" pulls out the metabolic waste from the night.

The Face: A warm washcloth followed by a Cold Water Splash. This is a mini-hydrotherapy session to tighten the field and brighten the eyes.



A GLOBAL BLUEPRINT FOR RADIANT LIVING

II. The Connection: Solar Earthing (2 Minutes)

The Quick Rinse: A 60-second shower to "wash off the day before" and reset your energetic skin.

Sun Gratitude (The Grounding): Stand on the earth in bare feet, or by an open window.

The Act: Face the sun (or the morning light). Open your palms to the sky.

The Science: You are "Earthing" and resetting your Circadian Rhythm. Welcome the light into your High Heart. In the US, we call this your "Power-Up" moment.

The Power of 3: Mind, Body & Vitality (2 Minutes)

Movement: Shake it out! Two minutes of intuitive "sap-rising" movement. Shake your hands and feet to release "Winter Stagnation" and invite Spring Vitality.

Breathwork: Three deep, oceanic breaths. Inhale the future; exhale the "winter lint."

Meditation & Hydration: * The Stillness: Watch the Lensomy Power of 3 Video or sit in silence. You are "Sealing" your frequency.

The Liquid Gold: Sip your Hot Water Ritual. Feel the heat act as a catalyst for your internal alchemist.

"Love life and it loves you back™"



CLAIM YOUR SEAT IN THE SCHOOL OF JOY ...

The 5-minute ritual is the spark; the School of Joy is the flame. You've followed the journey; now it's time to live the frequency. I invite my global community—from the UK to the US and beyond—to join our Free Lensomy WhatsApp Sanctuary. This is where the followers become the practitioners. This is where we stay connected to the elements and each other.

[CLAIM YOUR SEAT IN THE SCHOOL OF JOY]

Always Lensomy Lucinda x

