

how to
wake
UP
EARLY



A little guide to start your day with ease and grace

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Preface

Over the years, we've been repeatedly asked by our students, "How do I wake up early?"

After saying the same things over and over again, we decided to put all of our early morning tips together into this simple little book. While these tips are simple in nature, they are profoundly groundbreaking on their own. If you apply them together you'll easily be able to get up early every day and create the life you love, all starting with your morning.

Enjoy.

Why is getting up early so awesome?

We've all heard the classic saying, "the early bird gets the worm," but is it *true*?

We've found that waking up early and starting our day off 'on the right foot' is the single biggest factor in the quality of our lives.

The beginning of the day sets the tone for the whole day. If we start our day with ease, grace and love, chances are that *that* energy will flow out into the rest of our day - and into our lives.

However, if we get up late, panic and rush off to work feeling behind, we'll bring that stressed energy into our day, our relationships and our *lives*.

We've found that having a solid morning routine reduces stress, dissolves problems and allows for our genius ideas to come to life. There's something magical about waking up early, especially before anyone else is awake. There is something profound about just *being* with what's important, setting intentions and giving ourselves the nourishment we need to fully show up.

Awakening before the sun is especially calming. To have time to ourselves in the early morning hours before the rest of the 'world' starts moving provides us with the quiet and silent time we need to hear our own thoughts and settle into a state of inner peace.

For us personally, without our early morning hours, we doubt we'd be successful owners of 2 companies and authors of several best-selling books. We also doubt that we'd experience the level of contentment, calm and compassion that we do on a daily basis.

The truth is, waking up early makes us better people. This may seem like a large claim, however, we've found it to be true. Anyone who can establish the discipline of early rising can take advantage of the early morning hours of quiet and peace. When you do, you will reap the benefits of soulful meditation time, light exercise and creative flow. These hours in the morning are not just 'early morning hours' - they are YOUR hours. This is your "me" time. This is your time to unite with a Higher Power and bring powerful energy into your life.

This is your time for YOU, when no one else can interrupt you. Without it, it's likely you'll feel disconnected, discontented and disorganized (like most of society).

Congratulations for reading this book. We are honored to support you in reclaiming your 'magic hours' morning time.

Your Why

Why do you want to get up early?

What's your motivation to awaken early and claim the day?

Think about how getting up early will make your life better.

We have found that simply having a deeply meaningful reason to get up in and of itself increases our ability to arise and shine. As Nietzsche famously said, "He who has a why to live can bear almost any how."

So why do you want to get up early? Write your 'why' down and feel the power of getting up each day.

Imagine you've been waking up early for 5 years every day, how would your life be better?

Is it that you've been wanting to have some time for Meditation? Exercise? Painting? Writing?

What creative pursuit have you not had the time for in the busyness of the day, and wish you could create space for?

What's early for you? What time do you want to be up by?

Write down your intentions and reasons for early rising on a blank sheet of paper or in your journal.

The Secrets

Let's get to it. We're going to share all the secrets we've learned and developed over the years that have allowed us to wake up early with ease.

To be honest, it hasn't always been easy. And if you're wondering, early for us is anywhere between 2-5 am - and 90% of the time, before 4 am. (Yes, when we say early, we mean business!).

When we haven't been able to get up early, we've found it was because of neglecting one or more of the following things.

Try them out for yourself and see what works best for you.

Go To Bed Early

This may seem obvious, but it's often overlooked. If you want to get up early but you go to bed late, you won't get enough sleep. Then, when the alarm goes off, you'll probably just hit snooze over and over. Or if you do get up, you'll feel groggy and the lack of sleep may make your day a nightmare.

So the very first thing to upgrade is not going to bed late.

Many people, especially sensitive types (who want to get up early) go to bed late because they enjoy the stillness of the night. They find that after the sun has gone down and things are quiet, the stillness is a great time to be awake.

Arielle and I both used to be night owls for this very reason. The night time is fun and a little exciting. The night time can feel like it's 'your time' which is why you probably like it.

But, believe us when we tell you that the morning time is ever better (as long as you're well rested). If you get up before other people you can experience that same stillness, except you're feeling fresh, awake, alive and the dawn is coming, which is such a lovely experience.

Plus, you'll have an elated feeling of being ahead of the game, and already on top of things before the sun ever rises. It feels similar to the expression "being on top of the world!"

So how to go to bed early?

1. Eat dinner early. Eating as early as possible will give your body time to digest your food. We try and eat before 6 p.m. Do what is realistic for you though, but

still pushes you to get an earlier 'evening routine' start. Note: If you do need to eat late, make sure to have a light snack/meal.

2. End work by 6:00 p.m. Do your best not to work past 6:00 p.m. Again, this will help you to wind down and start to clear your mind of the day's details. Also avoid computer and cell phone time, looking at the bright screen (not good for sleep).

3. Have a winding down ritual. For example, spending 30 minutes in meditation, or taking a bath - something that helps you to calm down. And when you can, get in bed really early (even after dinner). Even if you're not planning on going to sleep, being in bed early will encourage earlier sleep and give you extra time to rest and renew for the next day (making it easier to wake up!).

* We are including a bonus guided meditation for you, so that you can fall asleep early, and therefore wake up early! You can access your free easy-to-sleep meditation here:

<http://awakenedacademy.com/get-up-early-opt-in>

Eat Less At Night

If you have a massive meal right before you go to bed, guess what? You'll find it hard to get up.

Why? The first reason is that your body will spend the night (ineffectively) digesting your food, so when the alarm clock goes off you're feeling tired from working all night in digestion.

And because you're not hungry, you don't have any biological need to get up. You may have other reasons to get out of bed, but your body isn't on board with it.

But if you eat less, not only will you get better sleep, but you'll also feel physically moved to get up and eat.

If your body is hungry, it will co-operate with you in getting up.

We recommend not eating after the sun has set - or after 7pm if you're serious about getting up.

However, if you find you need a little something in your belly to get to sleep, we recommend you eat something light such as:

- Yogurt
- Berries
- Piece of Toast
- Banana

The main point being: eat more in the day time and less in the evening to optimize your quality of sleep, and support your early rising.

Set Your Intention Before Sleep

I've found this is probably the biggest and most significant factor in being able to get up early. If I have a powerful, meaningful reason to get up and I know all the fabulous experiences that await me, then I'll get up even if I've eaten the night before and gone to bed late. It goes back to the idea that if we have a big enough *why*, we can do anything.

So before you go to bed remember WHY you are going to get up.

As you are dropping off to sleep imagine yourself getting up feeling fresh, happy, excited and joyful about the day ahead.

Play a movie in your mind of your best day ever. Clearly experience yourself getting up and doing all the things you're going to do.

Imagine the alarm clock going off (if you're using one) and notice how you feel energized and happy about it and are excited to get up.

Experience it as a joyful, easy experience.

Feel really good about your morning.

Really get into it.

And sooner or later you'll fall asleep.

And then when you wake up, you'll easily move into the vision of your morning as you envisioned it.

The more you do this simple exercise before sleep the easier it is to get up.

Set Up Your Home For Success

We human beings are strange creatures and when we're half asleep or feeling lazy, even the smallest obstacle can be enough to put us off.

For example, I've found that if it's cold and I don't have easy access to warm clothes, it can be enough to sabotage me.

If I wake up without knowing where my meditation shawl or hoodie is, the idea of getting out of my lovely, cozy bed into the cold is simply too much to bear, so I'll go back to sleep.

This may sound silly and weak willed, but in that moment, when I'm only half awake, these little decisions can be a big deal.

To combat comfort seeking you can do the following:

Put your clothes out near your bed, so you don't need to think about anything. Or, if comfortable, wear plenty of warm layers to bed.

This super easy simple step can make or break it for you.

Ask yourself, what else do I personally need to do to set my environment up for success?

For example, do you need to have easy access to lighting (so you can turn on your light right when you wake up?) Do you need to have tea bags ready so you can drink tea in the morning?

What simply and small things can make a world of difference for you? Take a few moments now to think about this and write down your 'essentials' list.

Alarm Clock and Music

Unless you're certain you're going to 'just wake up naturally', you're going to need an alarm clock.

However, alarm clocks have the potential to be either highly effective or completely useless (or even traumatizing).

Here's what you need to know:

1. Put your alarm clock in the right place.

If your alarm clock is right next to your bed and you can grab it, you can simply turn it off and go back to sleep.

So we recommend you do something super simple, yet super radical - put your alarm clock as far away as possible from your bed (as long as you can hear it).

I've even put my alarm clock (my iPhone) in the bathroom so I have to get up and go to the bathroom to turn it off, and once I'm there I may as well just take a shower and get on with my day.

2. Choose the right alarm clock music.

Sounds effect us in weird ways. Especially if we become used to certain sounds. What happens when you hear that song from your first date? Or a song that was always playing when you were sick or depressed? You go right back to that time and feel the feelings you felt. Music can be extremely powerful, which is why you want to pick the right music or sounds *for you*.

If you've been using the same alarm sound every day, and everytime it goes off you turn it to snooze, then the next time you hear it, the sound will trigger you to

unconsciously hit snooze again. Even if you have to get out of bed to turn it off, if that sound is associated with snoozing then you'll most likely go back to bed.

So pick a sound that feels inspiring and exciting to you. Pick a sound that means your morning is going to be the best ever. Pick a NEW sound!

With smart phones you can pick almost any song you want, so the choices are almost limitless. But you don't need to have sleepless nights over this. Simply pick something you like, something that doesn't have any past associations of going back to sleep or weird memories, and you'll be fine.

Note: Any time you feel you get in a 'rut' with a certain alarm sound or song, just change it to a new one and start again.

How to Stay Awake

Ok, so now you've managed to wake up early. But how to stay awake?

This can especially be a problem if you are waking up early to meditate. It can be easy to fall asleep, as you are naturally very relaxed.

Here's what to do:

1. Splash your face with cold water, and/or take a shower.
2. Jump on a trampoline or move your body around for 2 minutes.
3. Turn on the lights! (Make sure the room you're in is bright!)
4. Sit straight up with your back unsupported in Indian Style or Half-Lotus Pose. (If you're sitting in a very comfortable chair, chances are you're going to fall back asleep). If you're sitting on the ground supporting your back with your own strength, chances are you're going to stay awake!
5. Turn on some music. (Not loud and jarring, but calm and peaceful music, that is slightly elevating, such as classical music.) This will keep your brain stimulated and will help you to stay awake.
6. Have a cup of warm water with lemon and a little honey. This will give your body and cells some nourishment, and the small amount of sugar will wake up your brain, helping you to stay awake.

These steps are just the beginning of what can best support you to stay awake in the morning. Ask yourself, what else would help me to stay awake easily?

Consider this and write down your answers. Then, try things out and see what works.

How to Make It a Habit

Habits are essential to our success. When we form a habit, we are imprinting into our subconscious mind a pattern that will easily be repeated. When we create good habits, our lives drastically improve.

The beauty of habits is that, although there is a challenging beginning period when we are grinding the habit in, once the habit is established, it is quite easy to continue doing!

We are creatures of habit, after all.

Here's how you make a habit:

1. Choose what you're going to do (in this case, get up early.)
2. Set up accountability with a friend. Tell a friend that this is what you're going to do, and ask them to hold you accountable; check in with you, and make sure you do it.

When we have another person we are accountable to, we're more likely to follow through.

3. When the resistance hits, *do it anyway*. The truth is, when we start something new, there is usually first a "grace period" of 1-2 days, and then, it gets really hard. Resistance hits and we DO NOT want to continue with our new habit/goal. But here's the thing - you have to get through this challenging period in order to experience the happiness and ease on the other side.

So... tough it out and go for it anyway. You'll be happy you did!

4. Check and change. Everyday, at the day's end, check yourself to see if you're staying true to your new habit of rising early. If you woke up later than you

wanted to, assess how you can change your routine some so that you can successfully rise when you wish. This could mean going to sleep earlier, or perhaps having less stress in your day. When we are very stressed throughout the day, we tend to need more sleep and have a more challenging time getting up. And so, every evening, spend a few minutes checking yourself.

*Be compassionate and forgiving. If you miss a morning, no problem, just get back on it the next morning.

What Sabotages It?

Once you're getting up early and it has become a habit, you need to watch out for saboteurs.

The last thing you want is for all your hard effort at establishing your new habit of getting up early... thrown out the window.

So here is what to look out for:

1. **Parties and late-night social gatherings.** Though enticing, and something you'll likely be pressured to go to, late-night social gatherings can/will totally sabotage your waking up early efforts. Of course every so often is ok, but beware not to make a habit of this.

+ When you do stay out late and sleep in the next morning, make absolute certain you go to bed early that night, so you can get back into your early rising routine. Make it non-negotiable!

2. **Working Late.** This can be a huge sabotage! When we work late, we have thoughts about deadlines and projects etc. spinning in our heads all night, making it hard to fall asleep. Plus, we'll probably end up going to bed later too.

3. **Eating Late.** Like we've already said, a big heavy meal at night is enough to sabotage your early morning wake up goals. Eat light. Your body will thank you, and you'll thank your body.

4. **Checking your email.** Engaging in email late at night is not a good idea either. Email is typically responding to other people's agendas. Late at night is simply not a good time for this. It's time to wind down, let go, and turn inward - not start engaging in details and such.

5. **Going on your phone.** Be weary of the endless stream of distraction that can (and will) emerge from 'web surfing' on your phone. Cut this off before it gets out of control. Don't let your phone sabotage your early to sleep and early to rise efforts. (The worst thing you can do is get in bed early, and then stay on your phone for an hour, and end up going to bed later anyway).

6. **Watching Movies.** Pretty obvious - not a good idea to watch a bright screen with an emotional storyline before bed. Think "Bad Dreams". Your subconscious mind will have far too much to process, and you won't have a restful sleep. Plus, chances are you'll go to bed later, and you'll want to see the end scenes before falling asleep.

7. **Getting into in-depth conversations.** Save your lengthy chats with your spouse or partner for the day time or early evening. Avoid getting into complicated discussions late at night. You can simply suggest speaking about it another time, and making sure to get a good night sleep.

There are many more saboteurs, as these are just to name a few. Be aware and be cautious! Make a list of additional saboteurs that you know can throw you off. Bring consciousness to this reality before it knocks you unconscious!

Recap

Here's the full process of what to do to make sure you have the best morning ever.

Before Bed:

1. Eat light
2. Vision yourself getting up energized and happy
3. Be in bed at an early hour, as early as possible (this is a great time to meditate, if you've been wanting to do that).
4. Set your alarm clock with a great energizing tone, and set it far away from your bed, where you can still hear it

When you wake up:

1. Splash your face with cold water and/or shower
2. Turn on the lights, and some energizing and pleasing music + move your body
3. If you're waking up early to meditate, sit upright in a seated position (rather than in a comfy chair), and make yourself a nice warm glass of water with lemon and honey.

This is the essence of getting up early. Add in the additional tips that work for you.

And remember, make it a habit.

Break through the resistance at the beginning, and make waking up early something you just easily do everyday.

Once it's part of your routine and rhythm, you'll find waking up early very easy. Remember to stay true to your evening and morning rituals, and you can enjoy the gift and blessing of the early morning hours.

Let us know what works for you!

Email us at info@awakenedacademy.com and tell us what evening and morning rituals you do that support your getting up early.

We'd love to know!

Other Books By Michael Mackintosh & Arielle Hecht

<http://www.amazon.com/Arielle-Hecht/e/B00HKLBRAO>

<http://www.amazon.com/Michael-Mackintosh/e/B00J7XA8S0>

Free Easy-to-Fall-Asleep Guided Meditation

One of the keys to waking up early is getting to sleep early. However, if you have trouble falling asleep, then it's going to be hard to wake up!

So, we'd like to give you a free guided meditation to help you completely relax at night and fall asleep peacefully and easily.

You can access your free meditation here:

<http://awakenedacademy.com/get-up-early-opt-in>

And, if you'd like more support and help with living an early-to-rise awake and successful life, go to <http://awakenedacademy.com> for more resources, free courses, audios, videos and meditations.

Congratulations for reading this book.

Make sure to access your free guided meditation (This can seriously change your life and make waking up early a breeze).

May you rise early, greet the day with your joy and live an empowered, happy, healthy and wealthy life.

Many, many blessings.

Michael Mackintosh and Arielle Hecht
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