

6 Part Daily 15 Minute Meditation: 1 Hand

Thumb: bring in and feel love and compassion. Spread it throughout your body, home, neighborhood,universe.

Pointer: gratitude. Imagine and feel gratitude. Name 5 things in your personal and work life that you are thankful for.

Middle: identify a wrong that occurred to you. See the person and forgive them. Feel how good you and they feel for you are connected to everyone.

Ring: visualize yourself 3 years from now in the areas of health, relationships, and wealth. Feel how great it is to be fit, healthy, successful at your job, and having enough wealth to do everything you can imagine for your family and charities.

Pinkie: imagine your day tomorrow from waking from a restful sleep feeling energetic and optimistic, ...go through your whole day. Feel how great it is that everything goes so well.

Whole hand: feel God's blessing on you, your family, and your Life.

Live Well, Laugh Often, Love Much: Tips for Living Fully Alive

- Breathe deeply. Focusing on your breath is one of the most powerful things you can do to promote good health and well-being. Combine focused breathing with gentle physical movement to promote even greater healing and longevity.
- Take time to play, have fun, and do the things you love. Even 10 minutes a day of something relaxing is enough to have positive effects on your health.
- Get to know your mind and its powerful ability to help you take good care of yourself and be well.
- Build up the courage to let go of who you think you're supposed to be, embrace who you are, and allow your true self to be seen.
- Spend time with people you love. Loving relationships can be very healing and empowering.
- Share your feelings rather than letting them build up inside. Knowing about hard things with someone else lightens the load.
- Enjoy hearty laughter as often as possible. It has many physical and psychological health benefits.
- Treat yourself with as much love and kindness as you would treat your best friend. You deserve it!

Courtesy of Mind-Body Medicine