*Expanding A Positive Mindset - 15 Minutes*

The following is a Mindfulness practice that teaches the skill of viewing ourselves as a positive influence in the world. In this practise you are asked to breathe in positive energy from around you and amplify it as you breathe out.

**Micro Practice**: Follow these 3 breathing steps…

* Breathe and become present.
* Breathe and breathe in positive energy.
* Breathe and release more positive energy into the world.

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In this guided practice we allow ourselves to breathe in positive energy from around us, and enhance it and magnify it …..Releasing it back to the world for greater good.

What neuroscience tells us is what we focus on and pay attention to changes the structure and function of our brains. And that these thoughts and neuro pathways become more automatic.

This meditation is a reframing and allows us the ability to think of ourselves as a positive force in the world. Much of our time we can spend belittling ourselves, so this is an opportunity to practice being A positive change agent, giving more inner confidence and optimistic dialogue within ourselves.

We us start by focusing on our breath, breathing in and out. Using our breath as an anchor point it is always with us.

At any moment if our minds wonder that is ok, simply bring it back to focusing on our breath and lets stay here for a moment or two.

Long pause.

We begin this visualization by using our in breath and allowing positive energy that is around us to come with in our selves. We are allowing the positive energy of others around us of the world around us to enter our body. We accept this positive energy we can picture this energy as a light, perhaps a shimmering cloud and allow it to come in.

On the out breath we picture a magnified version of this energy which is, more intense for we have transformed this energy to something greater, we have magnified it a thousand times this energy,

And now we are allowing the rest of the world to access this positive energy that we have transformed.

Let us stay with this positive visualization as we allow positive energy in and transform it and magnifying it as we let it out.

And we use our breath as an anchor point.

Long pause.

If your minds wonders at any point that is ok just gently come back to your breath. Begin breathing

And allow yourself to accept the positive energy around you and transform it and magnify it as you exhale.

Long pause.

Let’s now return to just following our breath and being present in our bodies as we fully become present and one with ourselves, using our breath as a present moment focus.

As we start to bring movement back into our bodies and awareness of our environment we can re-acclimate to our surroundings.