

CARDEA

Place both feet on the floor, shift your shoulders back, chest up, and hold your neck long and your head high.

Reach arms overhead and breathe in nose deeply. Pull hands down quickly and exhale through nose forcefully. 3 sets of 30 breaths to build energy and rapidly engage change your state. Pause between each set, palms face up on legs, eyes closed, noticing all your sensations.

Put your hands on your heart. Feel its power and strength as you breathe into it. 30 SECONDS

Think of three things you're really grateful for right now. They can be from your past, present or future. Step into the first moment and picture it as vividly as possible. After about a minute, go to the second thing, then onto the next. Make one of these things simple 3 MINUTES

Visualize sunlight coming down and filling your body to your fingers, down to your feet, strengthening all your best parts, healing anything that needs to be healed – body, thoughts, emotions, feelings. Visualize energy coming back up your body out of the earth. 1 MINUTE

Now send all the energy out to others. Feel the energy going up and down, pouring out to your family, loved ones, colleagues, clients, friends, and neighbors...people you haven't met, people you love, even people you've had conflict with. 1 MINUTE

Continue with your eyes closed for a few moments, breathing deeply, noticing any sensations and thoughts, new appreciations. *Memorize this feeling* in your body.

...just like a pathway tread often in the forest, gratitude tread often in your brain is a path more easily found...

AND anger cannot exist simultaneously with gratitude.

Fear cannot exist simultaneously with gratitude.

Felt gratitude is the antidote to fear, and anger. It is our access to our core, what we most value, our resourcefulness...and our resilience.

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