



5 Finger **RELAXATION!**

(Either sitting or lying in a comfortable position, turn off the lights, play relaxing music and get prepared to relax for 5 to 10 minutes. The intention of this activity is to increase inner peace and self-esteem.)

Close your eyes and take three LONG deep breaths....

~Touch your thumb to your index finger. As you do so, go back to a time when your body felt healthy fatigue, when you had just engaged in an exhilarating activity. (You just jogged, played tennis, cleaned house or did some yard work) Stay there for 1-2 minutes.

~Touch your thumb to your middle finger. As you do so, go back to a time when you had a loving experience. It may have been a warm embrace or an intimate conversation. Stay there for 1-2 minutes.

~Touch your thumb to your ring finger. As you do, go back to the nicest compliment you have ever received. Try to accept it now. By accepting it, you are showing high regard for the person who said it. You are really paying him or her a compliment in return. Stay there for 1-2 minutes.

~Finally, touch your thumb to your little finger. As you do so, go back to the most beautiful place you have ever been. It may have been a park, the beach, another country or even your own back yard. Dwell there for a while... 2 to 3 minutes if you can.

**See my "10 Minute Meditation" and other Video Coach inspirations on my
YouTube Channel: https://youtu.be/_JlVjvh-D1E**