



## **Expand your Happiness**

This can be a lovely breath practice to do first thing in the morning or just before you fall asleep. Positive thinking really does allow us to feel good.

### **Script**

Sit comfortably and close the eyes if this helps you feel a little more relaxed. Take a few deep slow full breaths through the nose. In through the nose. Out through the nose.

Now think of a time you felt really joyful, maybe excited. Just before your birthday or just before you were going to see someone who makes you feel really good.

That moment where excitement meets joy. You may feel a bubbling in the stomach and warmth around the heart area. Breathe in and see this feeling expand throughout the entire body.

Now imagine that feeling coming outside of the body and landing in your hands in the shape of a large ball. What colour would this ball be?

How big would it be? What would it feel like in your hands? Really see this 'feeling' ball in front of you now.

Imagine the ball expanding now, getting bigger and bigger and brighter and brighter. See the ball grow in front of you.

Lift this ball of colour and feeling above your head and imagine it now entering the crown of the head. Filling the face and neck, chest, arms, hands and fingers.

Allow this colour, light and feeling to travel through the body, to the belly the hips, legs, knees, ankles, feet and toes. This amazing positive feeling full of light energy filling your entire body now.

Breathe in feel this colour and light expand throughout the entire body. Breathe out softly.

Take five more slow and mindful breaths in and out through the nose really imagining this feeling and light filter through every part of you.

Breathe in. Smile. Breathe out. Smile.

Blink open the eyes. How do you feel? Lighter? Brighter? A little more positive?

Practice this technique anytime you wish to feel a little happier.

*“Love yourself for who you are, and trust me, if you are happy from within, you are the most beautiful person, and your smile is your best asset.”*

- Ileana D’Cruz, Actress

