Diaphragm Self-stretch

Lay down on your back in a comfortable position with your legs bent. Place your hands just under your ribcage on the side of your discomfort. Take a deep breath in and then release it in a comfortable & relaxed manner. While breathing out allow your fingers to flip under your ribcage. This may be somewhat uncomfortable. Take slow & deliberate breaths & allow your fingers to slip deeper under your ribcage with each breath. You are done when your fingers no longer meet resistance. Perform this exercise 2-3 times a day.

Tranquility Meditation

Position: Either sitting comfortably in a high back chair (figure A), sitting in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

The breath: Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If your place a hand below your belly button and one on your chest they should be rising and falling together.

The Mindset: Imagine that you are one with the universe; enveloped in the black, vacuum of space & floating amongst the stars. Ask yourself: "What is it like to be weightless, slipping gravity's surly bonds?" As you float through space you realize that light is around you everywhere. As you become aware of this light you become aware that you are a source of light, a shining star amongst the heavens. Imagine that all of the negative emotions and feelings of self-doubt are areas of darkness within you & that they are being burned away & replaced by a healing light emanating from deep within your soul. This healing light warms you from within, and as you feel its warmth radiate from deep within you to the tips of your fingers you realize that it is a deep feeling of LOVE...a universal love for all things, starting with yourself. Bask in this light for a while, let it warm you & nurture you.

Affirmation: End your meditation by telling yourself: *"I will trust myself & listen to my inner wisdom. My mind will be a source for empowerment for myself & others."*