

## **Meditation with Ashling**

*Do this as soon as you wake in the morning*

Notice your breathing. Pay attention to how the breath comes in and out of your nose.

As you inhale imagine pulling golden light in through the top of your head.

Imagine the light is flowing through you with each inhalation – first filling your head, then your throat, then your chest, then your arms, then your waist, then your stomach, your legs and finally your feet and toes.

Imagine that you are shining with golden light and that there is golden light all around you. Stay with that for 5 minutes or longer if you wish.

When you are ready imagine there is a hover attached to the soles of your feet and that all golden energy is being sucked into the hover, bringing with it any worries or stress you may have.

When the golden light, the stresses and worries are trapped in the hover, imagine going to a stream and throwing the golden light, the stresses and worries into the stream, where they are washed away and go out to sea to be dissolved by the salt and water of the sea.

When you are ready breathe in new fresh energy into your body, by taking four deep breaths in and out through your nose. Send lovely fresh energy to all areas of your body – start with your head front and back, your face, your neck, your throat, your chest, your arms, your stomach, your pelvis, your spine, your legs, your feet and finally your toes.

When you are ready wiggle your fingers your toes, twist your waist from side to side and jump up and down a few times.

You are now ready to start your new day fully refreshed and happy.

**Positive Affirmation** – I am happy, I am healthy and I am in control of my day.