



## **'Stage Your Day' Technique**

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### **Set your intentions each morning!**

In the morning, before you get out of bed, take a few deep breaths. Go to that place between waking and sleeping and bring back the feeling of a time and place where you were very relaxed and peaceful. Then take another few deep breaths. Stay in that space and if there is still busyness in your mind, transfer those feelings to your heart. Do not worry about the details of those feelings.

Then, with those feeling in your heart, feel a gold cord going from your heart to the earth, and pull beautiful positive energy up from the earth through the center of your body. Keep breathing.....now have that energy go through your body and out through the center of your head. As if you are soaring towards the stars.

Now, in this space, start to daydream yourself feeling the experience of the day you are about to start. (It's ok if you feel overwhelmed, anxiety, or frustration still...no worries!) Ask yourself how you would like to feel and then do your best to consciously shift your energy to a positive feeling that serves your best and highest good. Remember what it feels like to experience joy, calm, love, or whichever feeling you would like to 'anchor' in. Sometimes it is very easy and sometimes it is more challenging, but do your best to be patient with yourself, knowing that it is easier and more effective if you can change something while daydreaming, than in your day to day reality. Soon you will see that your morning daydreams become your reality, so take some time with this practice.

Remember to ask yourself how you want to feel towards people and situations that day and not how you want other people to feel. We can only control ourselves with this process and what we activate in others is a reflection of ourselves.

Next, take the feeling of how you want to feel throughout your day and place it into raindrops. Feel the raindrops wash over and through your body. Now take a few deep breaths, open your eyes and start your wonderful day.

At any time throughout the day, whenever you get a feeling that you would like to shift, you can take a deep breath and have a wonderful rain shower with the feeling that you do want. Let these positive emotions wash over you. Everything in life is started with a feeling. Feelings are energy and to deny our feelings can create all kinds of blocks that do not serve us and create confusion or even illness.

As you start to make this a habit, your body will recognize this meditation as a normal way to shift your feelings. Your positive feelings will replace the feelings that you do not want to have; you will start to feel more grounded in situations that used to make you feel unsettled. This does not mean that you will not have your challenges, but the practice of staging your day will support you to be aware of your feelings and to take accountability for your emotional responses. By creating a clear vision of the life that you choose to live, you will manifest your wishes and take ownership of creating the world around you.