



True Diva Fingers

Breathe and...

Touch your thumb to your index finger. As you do so, go back to a time when your body felt healthy fatigue, perhaps when you had just engaged in an exhilarating physical activity. You might imagine that you had just played tennis, jogged, swam, been to an aerobic class etc.

Now Breathe and...

Touch your thumb to your middle finger. As you do so, go back to a time you experienced a pleasant scent or aroma. Breathe in this pleasant scent or aroma and recall the feeling you had at this very special time.

Now Breathe and...

Touch your thumb to your ring finger. As you do so, remember the loveliest place you have ever been and dwell there for a while. This place may be a place you actually visited or a wonderful place you have created in your mind. Notice if there is a breeze, if it's cool or warm, what you hear as well as what you see in your lovely place.

Now Breathe and...

Touch your thumb to your little finger and remind yourself that these memories you have are part of your unique and separate self. Feel your own self as a separate and unique person; you need not merge with anyone else to achieve a feeling of peace and joy. Imagine a colour surrounding your unique and separate self. This colour honours your separate self.

This can be done anytime you feel reactive and choose to be peaceful.