

"golden you"

MANTRA FOR SELF-LOVE

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"I am resilient.
I am full of golden abundance.
I am enough."

(Deep breath in ~ "I am resilient. ~ Exhale
Deep breath in ~ "I am full of golden abundance." ~ Exhale
Deep breath in ~ "I am enough." ~ Exhale
Repeat as many times as you need)



HERE

"i need a break"

PARENT/CAREGIVER TIME-OUT

The little ones around you watch how you handle stress. Giving yourself a time-out to breathe during tense moments provides peace for your heart and mind, as well as for those around you, and also demonstrates positive modelling aka, "Monkey See, Monkey Do!" It's ok to give yourself a break ~ Practicing some healing breaths, along with thinking of things you're grateful for during your time-out can help you too.



HERE

Breathe into the heart

"GOLDEN HEART BREATH"

Get cosy in your seat or on the floor and rest your eyes. Place one hand on your heart, and the other hand on top. Breathe in through the nose slowly, and direct some warm, golden energy to the heart... Exhale gently out of the mouth. Inhale, sending love and gratitude to your heart... Feel the heart open and visualize the warm, golden, healing air filling it up. Exhale slowly. Repeat this breathing as many times as you need.

[HERE](#)

"gratitude"

A GOLDEN THOUGHT FROM THE GRINCH

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"Then the Grinch thought of something he hadn't before.... Maybe Christmas he thought, doesn't come from a store.... Maybe Christmas perhaps, means a little bit more."

[HERE](#)



"focus and calm"

TREE POSE

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Stand nice and tall like a tree! Stand on your left leg, take a deep breath in, and slowly place your right leg inside your left thigh or shin. Focus, breathe gently, put your hands together at heart center or raise them up! If you're in a group or with another person, connect your hands to make a forest together! Keep breathing nice and gently... Slowly inhale, slowly exhale....Repeat for your other leg too. Tree Pose helps with focus, calm, and connecting with yourself, and is always here for you.

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