

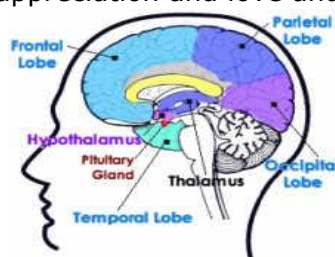


Sept 2011

## Meditation on Positive Thinking

In relaxed pose begin to harness the power of your mind  
 Allow the natural thoughts to flow  
 Have a thought that you are a peaceful positive being  
 Create the thought that you are a positive individual  
 And that you maintain positive thoughts in every situation  
 You seek solutions to problems, and focus in on the answers and not on the problems.  
 You constantly fill your mind with positive powerful thoughts  
 You focus to replace the negative thoughts with positive thoughts  
 So that the light of positive thinking empowers you  
 These real thoughts bring a good feeling in your mind  
 You are a powerful positive being, a being of light  
 And as light you are carefree  
 As light you are beyond the dramas and chaos of those around you.  
 The important task is to undertake the powerful positive thinking  
 When you have tension you start creating positive thoughts  
 You do not experience any tension right now  
 You are a positive powerful being of light. An eternal being of light  
 Any thought that is negative you let it pass  
 And keep the shining powerful mindset in place  
 You constantly generate positive powerful thoughts  
 Positive powerful thoughts are those of an eternal nature  
 They are who you really are. Just an eternal wonderful, radiant being of positive energy  
 And in this light your positive mindset cannot be shaken  
 By any adverse or negative situation that is around you  
 For you are the lighthouse  
 Shining within the storm of any negativity  
 This powerful light you will forever keep ignited  
 And you let love be the eternal oil that fuels this eternal flame of light  
 And a love to keep yourself illuminated.

Meditation is the study of techniques to help regulate the brain functions that affect our moods. External stimuli perceived by the sensory organs are routed to the brain, and the brain reacts by releasing hormones that act as chemical messages to various organs throughout the body and by sending electrical signals that control the muscles. Physical or mental stress trigger the release of adrenaline which causes an increase in the rate and strength of the heartbeat resulting in increased blood pressure. In contrast, pleasant experiences have a calming influence that lowers blood pressure. Meditation alters the brain in many positive ways- it activates the pre-frontal cortex which is the seat of higher thinking and stimulates the release of neurotransmitters, including dopamine, serotonin, oxytocin, and brain opiates. Each of these naturally occurring brain chemicals has been linked to different aspects of happiness. Dopamine is an antidepressant; serotonin is associated with increased self esteem; oxytocin is now believed to be the pleasure hormone; opiates are the body's pain killers. By creating higher levels of these neurotransmitters through meditation it is a more effective way of changing the brains 'set point' for true happiness. No single drug can simultaneously choreograph the coordinated release of all these chemicals. Sew the seeds for your 'set point' of true happiness by focusing on gratitude, appreciation and love and observe how this feels for you 😊



Sat Chit Ananda

Namaste Ann x