

The Golden Footsteps. Gowri Savor. 5 Minute Mindful Moment

Sit comfortably in your chair, feet firmly on the floor and Hands loosely in lap.
If you can, roll your shoulders back and straighten your spine to the best of your ability.
Gently close your eyes
Breath in through your nostrils - out through mouth.

As you breath, be aware of your body - where parts of your body touch the floor/ chair
If you have thoughts or worries flowing through your mind - acknowledge them and let them go.
Be aware of your breath, is It cold when you inhale - and warm when your exhale?

Take a deep breath in, and out.
As you breathe, imagine you are breathing in fresh new energy.
As you breathe out, imagine any negative feelings — sadness, boredom, anger or tiredness — coming out through your nose and mouth - leaving your body and disappearing into the air.

Continue to breath.

Imagine the sun's heat on your head - it is warm, golden, delicious heat - let it flow over your face and over your head. It is flowing down your shoulders, making them relaxed. It is flowing down your arms, over your chest, into your heart, over your stomach and into your hands. The warm, golden shiny light is spreading down your back, through your spine, flowing down your legs - making every part of your body feel peaceful, happy and relaxed.

Continue to breath.

- Now imagine that golden sunshine flowing through your feet
- As you walk, you are leaving behind a trail of shiny golden footsteps.
- imagine your golden footsteps walking through school, through you house, walking around the museum, walking through Vero Beach, through the state of Florida, across whole country, and walking around our world
- Everywhere you go, you are leaving behind a trail of shiny golden yellow footsteps.

- Breath in and out.

- Imagine you can see Earth from space - it is like a big, glowing orb, shiny and golden -filled with the light of all of our footprints

- Remember that each brave step, each kindness, each positive thought and every word and action will leave an imprint on this world around us.

Take 3 or 4 deep breaths at your own pace.

- As we begin to come back to our day, gently wiggle your toes, and then your fingers.
- Smile and gently open your eyes.