

Take a 'Psychic Coffee Break'

Ever notice the 'built-in excuse' smokers or coffee-drinkers have for taking a break? They get to get-up, walk-away from their desk/project/machine & take a moment for themselves. Well, let's have our own 'Psychic Coffee Break' instead, & Bonus: you won't smell like smoke or be in hock to Starbucks afterwards! First, you need to find a space to find-your-space. A low-traffic'd area is ideal, but you'd be surprised how well sitting on a park-bench with sunglasses on works! Sit-back in your chair, feet flat on the ground, & let your spine be balanced on your butt. Relax your shoulders, your neck, your elbows, & your hands. Feel your body settle into the chair, & let the tension drain-away from your hips, thighs, knees, & ankles. When you're ready, put down a new grounding cord . Take a moment to notice how that feels. Mmmmm. Now, imagine the sun, bright, shiny & gold-colored. Imagine it over your head, warm & gleaming with creative energy. Now let it descend over your body… feel it engulf your head, neck, shoulders, spine, arms, chest, belly, hands, waist, hips, thighs, knees, calves, ankles, & feet. Woooooh. Now how do you feel? How about another? No de-caf lightly-whipped sugar-free 'golden suns' for you—give yourself a massive, super-potent dose of creative energy. You deserve it. Enjoy.