

## Take 5: Body to Mind Practice

When women are between the ages of 35 + 50, they lose their sanity...it's the end of a hard day and you desperately need a drink to unwind. You grab whatever you can to deal with a slowing metabolism and the growing demands of life. Unfortunately, that is NOT what the doctor ordered. The Latin word for "Alcohol" is "Spiritus", so let's replace the lower powers with a higher power. In the Yoga teachings this is known as "Samskaras" or developing our conditioned patterns, habits or ways of thinking that create grooves in our mind. Science calls this neuroplasticity, which basically states: neurons that fire together, wire together. Let's rewire our patterns of drinking to thinking, take in the good, and let go of those things that no longer serve us.

**LOVING-KINDNESS MEDITATION** - *This practice uses intention, words, imagery, and feelings to evoke loving-kindness towards ourselves and others. Sit comfortably, take in 3-5 deep breaths with slow, long, and full exhalations, as if sighing. State to yourself out loud the following mantra:*

***May I be filled with loving-kindness***

***May I be happy***

***May I be full of grace***

***May I be healthy***

***May I live with ease and peace to the fullest extent***

*Repeat this mantra as many times as needed.*

*When done think of a loved one, perhaps a child or a pet, someone with whom you have a good and easy relationship with. Then repeat this mantra for them:*

***May you be filled with loving-kindness***

***May you be happy***

***May you be full of grace***

***May you be healthy***

***May you live with ease and peace to the fullest extent***

*Repeat this mantra as many times as needed.*

*Once you've become comfortable with this practice complete it by extending the blessing to someone you've had a conflict with or someone you hold anger or resentment toward:*

***May you be filled with loving-kindness***

***May you be happy***

***May you be full of grace***

***May you be healthy***

***May you live with ease and peace to the fullest extent***

*Finish by taking in 3-5 deep breaths with slow, long, and full exhalations.*

