

Positive mental attitude

Stay positive to keep your mind and body healthy, says Jill Lawson

We know exercise and good nutrition can lead to optimal health and wellness, but many of us forget that a positive attitude is equally important in keeping us in tip-top shape.

The minute we succumb to negative thinking, the sooner we become unmotivated, lethargic and disinterested in eating well or working out. As a result, we find ourselves suffering from headaches, fatigue or other stress related ailments such as constipation and weight gain. In order to help us maintain good health, we must keep a positive attitude.

The following meditation will help you keep a positive outlook on life so you can experience the vibrancy of health and wellbeing. Practice this simple meditation in the morning before you get out of bed. Resist the temptation to jump up and start your day in a frenzied hurry. If you must, set your alarm clock five minutes earlier so you have plenty of time to cultivate a positive attitude before embarking on the day's events.

To begin, bring your awareness to the soles of your feet. Imagine a glowing white light full of positive energy coming in through your heels and toes. Envision the light traveling up your legs, and then let it settle into your knees and hips.

Next, picture the light moving along your spine, illuminating each vertebra, before it radiates through your chest, arms and hands. Hold the light in the palms of your hands and then see it flow out into the world.

Bring the light across your face and feel it bathe your head and neck in a warm, healing glow. Visualise your entire body surrounded by a vibrant, positive and health-giving light.

Now, feel this positive light penetrate every bone in your body like the waves of an x-ray, zapping any trace of negativity. After the last remnants of such feelings as fear, anguish or pain disappear, your mind and body will feel lighter and more energised. These sensations are what contribute to your positive attitude for the day to come.

Every morning, practice this meditation to bring in more positive energy. When you get out of bed, trust you will continue to be bathed in the light of optimism and health. Anytime you feel a hint of negativity creep in, revisit the meditation.

May you always feel the light of health within your body and may you forever be blessed with a positive outlook that keeps your life healthy and full of delight.

