

# Daily Practices

## State-Shifting Exercises

[DanyaRiver.com](http://DanyaRiver.com)

### GOLDEN ORB MEDITATION:

- Visualize a golden orb over your head.
- Imagine all of your energy being drawn back magnetically from anywhere you left it (people, places, situations). As your energy returns, the orb it gets bigger and brighter.
- When the orb is full, visualize uncorking a small stopper in the bottom. See/feel your own energy slowly flowing down into your body and around you like golden honey.
- What feels different in your body now?
- [Listen to Audio](#)

### ENERGY LOTION:

- Imagine you are pouring lotion into your hand that has a specific quality that you want to feel more of (e.g. peacefulness, comfort, happiness, soothing).
- Physically rub your hands together to get the "lotion" on both hands.
- Use your hands to physically smooth the "lotion" all over your body. Feel that quality soaking into your skin and muscles as you touch your body.
- What feels different now?

## SHRINK CONTENT

Physically stretch your arms wide as if you were demonstrating how big the thing you're triggered by is occurring to you (the people, situations, things you are managing).

- Very slowly bring your hands together as if you were taking all that challenging "stuff" and shrinking it into a little ball.
- Pick an object and "place" the ball into the object so that the object can hold the content you are dealing with for you.
- How does your body feel different?

## WHEN DID YOU FEEL MOST LIKE YOURSELF?

Close your eyes and remember a time when you felt most like yourself or the version of you that you love to be.

- Make the memory as real as possible. Where are you? What are you doing? What do you see, feel, hear, smell? Who is there with you? What are the most prominent sensations and emotions?
- Take a couple minutes to fill your body with the good feelings.