

SUPERPOSITIVITY MEDITATION

Sit straight. Turn your chin slightly upwards, and close your eyes. Keep a soft, gentle smile on your lips. Take a few deep and conscious breaths. Breathe as slowly as you can, as lovingly as you can, as joyfully as you can. And just enjoy your breathing for a while.

Now, while still keeping your attention on your breath, mentally say the words “Yes Thank You Universe”. Let these four magical words resonate within you slowly, softly. Just feel acceptance, gratitude and appreciation for your life and a pure connection with the Universe. Don’t ask for anything and don’t seek any special experience. Focus on the beautiful energy that the words “Yes Thank You Universe” are creating with you. Feel that you are the luckiest person in the world, the happiest world in the world – simply because you are the most grateful person in the world. Keep a smile on your face throughout, and just celebrate your life as much as you can during these beautiful moments. And if your attention drifts, silently, firmly repeat “Yes Thank You Universe” and bring your focus back on these beautiful words. If you want, you can even watch these four words bathed in a golden light, illuminating your inner being.

Be in this state for as long as you like. Whenever you are ready, rub your palms together and press them softly on your eyes and face. Fold your hands and say aloud: “Yes Thank You Universe”. Open your eyes gently. You’ve experienced the joy and magic of Superpositivity Meditation.

This is, in fact, an active meditation that can be performed even with open eyes while working, or spontaneously, whenever you remember or have a quiet moment by yourself. Just let “Yes Thank You Universe” silently resonate within you – and you will be meditating without anyone knowing or without you having to carve any extra time for it!