

During Thought Week, I mentioned the Carolina study about positive thinking and its impact.

**LKM** (Loving Kindness Meditation) is a technique used to help increase feelings of love, care, and warmth for ourselves and those around us.

This type of meditation is intentional and motivating if used with your goals and can create a framework for everything.

Here's how it works:

1. Set aside 5-10 minutes when you can be still and uninterrupted.
2. Start with breathing deeply in and out with a rhythm. Start focusing and feeling your Right-ness, your Enough-ness.
3. Think about your I AM statements, for example, "I am strong; I am healthy; I am capable, etc."
4. Expand these I AM's to others.
5. Hold the feelings and embrace your wholeness. Touch your heart!

All of this **LKM** can set up your day, week, month, and year for exactly what you want. This is because motivation is tied to emotion. In fact, both motivation and emotion have the same Latin root - movere - to move.

Emotions elicit different chemical reactions in the body.

The sympathetic nervous system causes more blood to pump, the eyes to dilate, perspiration, and even a rise in blood sugar because of the connections between everything in our bodies.

So how do we harness this work of connecting the motivational dots between emotion and motion?

1. Do the LKM as often as necessary - the length of time can be self-determined but see what works for you.
2. Feel the feels of your LKM.
3. Connect your emotion with your desire to create motivation.
4. Motivation (like emotion) is temporary and fleeting, but together they reinforce one another.