**Five Finger Exercise**

Sit in a comfortable position with your arms and legs uncrossed. Let your eyes focus gently on a point in front of you… and take a deep relaxing breath all the way down into your abdomen.

Touch your thumb to your index finger. As you do so, go back to a time when your body felt healthy fatigue. Imagine that you feel the way you feel right after you have just finished swimming or jogging or doing yoga or some other exhilarating physical activity.

Touch your thumb to your middle finger. As you do so, go back to a time when you had a loving experience. You may choose to remember a warm experience, a close connection or an intimate conversation.

Touch your thumb to your ring finger. As you do so, recall the nicest compliment you have ever received. Try to really accept it now. By accepting it, you are showing your high regard for the person who said it.

Touch your thumb to your little finger. As you do so, go back to the most beautiful place you have ever been; this place can be real or imagined. Dwell there for a while.

Now when you are ready, it is time to come back to the room. As you take another deep breath, begin to hear the sounds in the room. As you feel ready, return to an awareness of the room and what is going on around you.