



Empowering Memory

The hashtag “#TBT” has been used millions of times on social media. What compels so many to post their throw-back memories? It’s because **positive memories make us feel happy!** And that’s empowering.

Happy memories activate endorphins and produce a yummy “cocktail” of good-feeling, relaxing brain chemicals (neurotransmitters) that cascade down the body.

The coherent frequencies (feelings, sounds, colors, sensations) recorded on your cells at the time of the experience come to life again when those cells are re-activated. This leaves you **feeling energized and optimistic** after visualizing an empowering memory.

HOW TO:

- Close your eyes. Breathe. Allow your mind to relax.
- Recall a happy memory that lights you up.
- Begin to notice the images, shapes, textures and colors.
- Allow yourself to soak in all the details.
- Hear the sounds.
- Be aware of the smells.
- Take in the sensations.
- Tune into the positive feelings you had in that earlier experience.
- Notice your body’s respond to the memory (maybe in your belly or heart).
- Take a deep inhale and breathe in all the positive energy.
- Exhale and let it sink into every cell in your body.
- If possible, share your happy memory with someone else to spread the good vibes.