



DR. KRISTEN RACE
BALANCE YOUR BRAIN TO BALANCE YOUR LIFE

Rose Meditation

Recognize, Observe, Soak it in, Engrave

*This **ROSE** meditation is designed to help us to offset the negative bias of the brain, and brings a more positive focus into our day-to-day lives. The idea is to Look for **ROSEs** each day.- try to experience four or five –and to use this framework, in the moment to engrave them into the neural structure of our brain. To demonstrate how it works I am going to guide you through this in a reflective meditation.*

Begin by taking a mindful position that feels comfortable to you. If seated make sure both feet are flat on the floor. Rest your hands in your lap, and sit up tall, let your shoulders relax down your spine. Take a moment to adjust your position. Gently close your eyes and settle into your body.

Bring to mind a positive experience from your morning.

The first step in ROSE, the R stands for Recognize.

*So now, **Recognize** a positive experience. It doesn't have to be grand experiences good things happen all around us, but much of the time we don't notice them, the sun feels warm on our face, we are greeted with a smile from a coworker, our child's laugh, the smell of our coffee in the morning, the wag of our dog's tail*

Take a moment to bring a positive experience to mind.

*Once you have an experience in mind, move to the O, the O stands for **Observe**. Observe how your body feels as you focus on this experience. Does it bring warmth to your belly, give you the chills, bring a smile to your face? What is your physical reaction to this experience?*

The next step, the S, stands for Soak it In.

When we can hold positive experiences in our awareness, when we can bring mindful attention to them, we are wiring our brain for happiness. Don't let your attention shift on

*to something else. Hold this experience in your awareness, if your mind wanders off, notice and gently return to this experience, letting it soak into every fiber of your being. The longer a positive experience is held in our awareness the more we strengthen the neural pathways in our brain related to positive emotions. Take a moment to **soak it in** now.*

Finally, the E stands for Engrave.

*Unless we bring conscious awareness to good experiences, they bounce right off of us. we have to hold our attention on them for several seconds to **engrave** them into the neural structure of our brains. We have to take the extra time to install the experiences in our minds, to make them stick. To further engrave your positive experiences into your mind try keeping a list of roses throughout the day, or share your roses with a friend at the end of the day. If you live with a family take a moment over dinner for each of you to share a rose from your day. Take a moment now to breathe in your rose one more time. When you are ready, open your eyes.*