

THE SUNSHINE QUOTIENT®



Qualitative Study

by
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The purpose of gathering data regarding attention to one's own Sunshine Quotient® is to evaluate the effectiveness of the tool, or practice, described below, designed for the connection between mindfulness and focus on brightness as influencing the increased positivity and therefore overall wellbeing of an individual. We see the upward spiral effect of positivity being enhanced by intentional stimulation of the vagus nerve by deep breathing, visualization of brightness and warmth, acknowledgment and use of character strengths, mindfulness, and self-compassion. We also think that is possible to accelerate the trajectory of functional wellbeing by practicing the applied principles of these concepts in conjunction with each other, on very simple levels, and by focusing on an object, allowing one to focus internally more easily. The objects of choice are bright in themselves, such as citrine, sunshine aura quartz, or a shiny object, one that reflects light back at you, either something new or meaningful to you in a positive way. Each of the aforementioned recommended objects invite one to 'feel good', 'feel hopeful, feel positive', and allow the 'feel good' energy to flow into one's perspective. We think that by focusing on feeling bright and seeing one's self as being bright, this automatically allows one to be kinder to one's self, all the while encompassing the breath and the goal of focusing on one's inner self, a form of micro or mini meditation, which we think is exponential and allows the moving up the emotional scale to be experienced that much more quickly and can be sustainable.

The Sunshine Quotient® Tool

A one to two minute mini meditative type practice, outlined below. Designed to be practiced two to three times per day, though more frequently will be to your advantage as far as developing a habit of connecting to your breath.

1. Hold your sunshine aura quartz, citrine, or shiny object of your choice (yellowish recommended) in your hand. Acknowledge it. You also may choose to visualize it instead.
2. Close your eyes. Inhale deeply through your nose; exhale through your mouth, passing the air out through your lips as if gently blowing out a candle flame. As you take in the breath, imagine the sun's brilliance in you, the sunlight filling you up, and feel it on you, envision the warmth of the sun's rays on your skin to where you can feel it. Imagine that this light stays with you even as you exhale.
3. Do this for six more repetitions, with the volume of air and the pace of breathing being something comfortable for you. Then resume quiet breathing.
4. Return your gaze and attention to your object, or, your visualized object.
5. Remain in this sunspace, examining the various dimensions and reflections of the object or visualized object, for one to two more minutes. Just admire it, feel it. Quiet your mind. It will allow for openness.
6. Remember to be patient with yourself and remind yourself that wanting to create a new habit and the actual materialization of that habit can sometimes take on different trajectories. It is common to sometimes waver and be distracted, though commitment to continued practice will allow this to become part of your daily routine.
7. Also remember that you have a choice as to what you think about. Where would you like your most consistent baseline to be on a brightness scale of 1 to 5? Using the spheres below, representing the increasing gradients of light and luminescence from left to right, may be a helpful visual reference for you.



1 2 3 4 5

The Five Questions

1) How many times per day, on average, do you use this one to two minute mini meditation Sunshine Quotient® tool?

	Once	Twice	Three times	More frequently
Week 1	_____	_____	_____	_____
Week 2	_____	_____	_____	_____
Week 3	_____	_____	_____	_____
Week 4	_____	_____	_____	_____
Week 5	_____	_____	_____	_____
Week 6	_____	_____	_____	_____
Week 7	_____	_____	_____	_____
Week 8	_____	_____	_____	_____
Week 9	_____	_____	_____	_____
Week 10	_____	_____	_____	_____
Week 11	_____	_____	_____	_____
Week 12	_____	_____	_____	_____

2) Do you find that utilizing an object (as recommended) to focus on makes it easier to visualize the sun's brightness and experience the sensation of the sun's warmth on you for the duration of the one to two minutes?

	Yes	No
Week 1	_____	_____
Week 2	_____	_____
Week 3	_____	_____
Week 4	_____	_____
Week 5	_____	_____
Week 6	_____	_____
Week 7	_____	_____
Week 8	_____	_____
Week 9	_____	_____
Week 10	_____	_____
Week 11	_____	_____
Week 12	_____	_____

3) Do you feel brighter emotionally, physiologically, or both?

	Emotionally	Physiologically	Both
Week 1	_____	_____	_____
Week 2	_____	_____	_____
Week 3	_____	_____	_____
Week 4	_____	_____	_____
Week 5	_____	_____	_____
Week 6	_____	_____	_____
Week 7	_____	_____	_____
Week 8	_____	_____	_____
Week 9	_____	_____	_____
Week 10	_____	_____	_____
Week 11	_____	_____	_____
Week 12	_____	_____	_____

4) Do you feel that this SUNSHINE QUOTIENT® practice influences how you feel during time outside of the one to two minutes?

	Yes	No
Week 1	_____	_____
Week 2	_____	_____
Week 3	_____	_____
Week 4	_____	_____
Week 5	_____	_____
Week 6	_____	_____
Week 7	_____	_____
Week 8	_____	_____
Week 9	_____	_____
Week 10	_____	_____
Week 11	_____	_____
Week 12	_____	_____

5) What object did you use?

Sunshine Aura Quartz _____ Citrine _____ Personal object _____

If personal object, please describe: _____

Overall comments:

Thank You!

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