

**THE
MAGIC
FORMULA**



DR SUSAN KRIEGLER

THE MAGIC FORMULA

How to Fix Myself: The Overall Secret

The Law of Attraction

What you focus on will increase

This means you should focus on what you love,

And want more of that in your life.

So, practice the attitude of gratitude.

Summary: How to fix myself without too much help from Susan

Hardware / The Body

- SLEEP: Sufficient, uninterrupted, deep 7-8 hours.
- DIET: Regular, healthy, low GI, keep blood sugar steady.
- EXERCISE: Moderate, fun, sun.
- BEHAVIOUR: Walk slower, be on time, smile, do what you enjoy, fake it till you make it.
- BREATHING: Deep, slow, diaphragmatic. Expand stomach with inhalation. Make it a habit.
- MEDITATE: Twice a day for at least 10 minutes (but preferably 20-30 minutes).

Breath. Inhale for 3 seconds, exhale for 4 seconds. Pause 3 seconds. (6 breaths per minute) Observe and forgive. Accept love and even celebrate the flow of thoughts and feelings without trying to control them for 10 minutes.

MAKE RELAXATION YOUR RELIGION



Software / The Mind

When painful emotions arise:

- Remember you are not your emotions. Your childhood blueprints / erroneous core beliefs are causing the painful feelings.
- Don't defend (fight / flight / freeze). Painful emotion is just energy for a change. Use the energy to change the perceptions / beliefs that cause them.
- Observe. Accept. Forgive. Love. Bless the emotions and yourself for having them and the situation / person that activates them.
- Allow the emotions to complete (perhaps a few waves). Open the folder and allow memories and baggage to come to the surface and release.
- Draw in higher truths / positive mature beliefs – preferably in symbolic form.

At night when you go to sleep:

- Breathe and relax.
- Visualize positive beliefs / how you want to feel so your unconsciousness can continue the work of changing neuro-networks during sleep.

Make reprogramming your operating system a priority

Identify with the values you hold rather than with your thoughts and feelings



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Dr Susan Kriegler is a highly renowned psychologist from Pretoria, South Africa. She consults from her practice as well as online to clients in more than 7 countries. To schedule an appointment, or for more reading material as well as Audio & Video downloads, please visit www.susankriegler.com.

Artwork by Rob Gonsalves

