

# HOW TO SEDUCE THE BRAIN



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**HOW TO RELEASE PAINFUL EMOTIONS  
AND SEDUCE THE BRAIN  
INTO PRODUCING ITS OWN  
ANTIDEPRESSANTS  
AND SEDATIVES**

DO THIS MEDITATION / VISUALIZATION (AT LEAST) TWICE A DAY  
BE SURE TO DO IT BEFORE YOU FALL ASLEEP  
AND ALSO BEFORE YOU OPEN YOUR EYES TO START THE DAY

**RELAX: BREATHE AND LISTEN**

LISTEN TO ALL THE SOUNDS – ALSO HEAR THE SILENCE BETWEEN SOUNDS  
USING STOMACH MUSCLES AND RELAXING THE CHEST  
BREATHE DEEPLY AND SLOWLY

6 BREATHS PER MINUTE  
RELAX HANDS, STOMACH, FACE, LIPS, JAW AND TONGUE  
EMPHASIZE THE EXHALATION



**PHASE ONE: MINDFULNESS / INSIGHT / VIPASSANA MEDITATION**

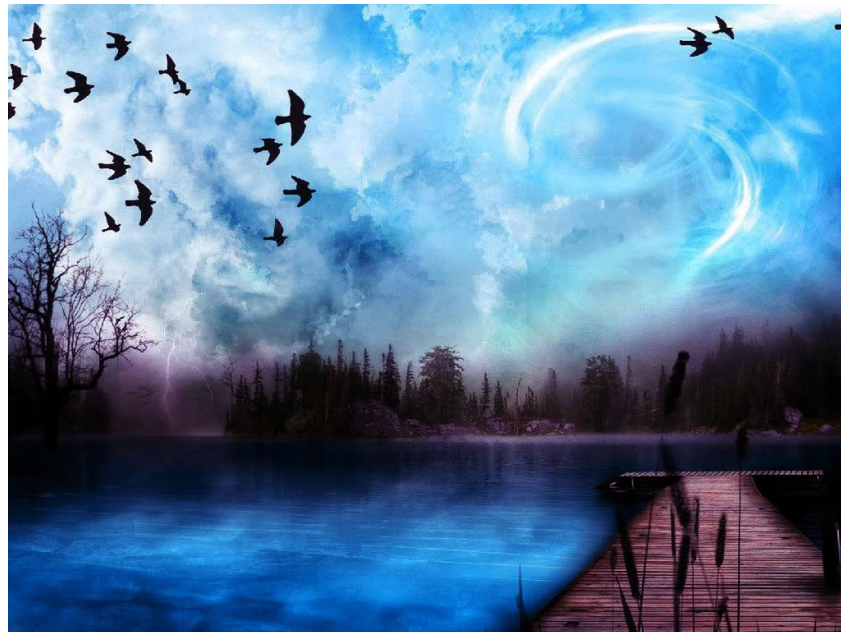
CONTINUE TO BREATHE SLOWLY AND LISTEN WHILE YOU DRAW YOUR  
FOCUS INWARDS  
NOTICE THE SENSATIONS AND EMOTIONS IN YOUR BODY AND THE  
THOUGHTS THAT APPEAR ON THE SCREEN OF YOUR MIND  
JUST OBSERVE AND DROP ALL RESISTANCE TO WHERE YOU ARE RIGHT  
NOW REMEMBER THAT LOVE BLESSING AND PRAISE DISSOLVE ALL  
NEGATIVITY AND WHAT YOU RESIST WILL PERSIST  
SO ACCEPT, EMBRACE, LOVE, BLESS AND CELEBRATE EACH SENSATION,  
EMOTION, THOUGHT, MEMORY, OR PLAN OR WHATEVER APPEARS IN  
AWARENESS AND LOVE,  
EMBRACE, BLESS AND CELEBRATE YOUR SELF FOR HAVING THOSE  
THOUGHTS, SENSATIONS AND EMOTIONS

*DO THIS FOR ABOUT 10-15 MINUTES*

## PHASE TWO: INTENTIONAL FOCUS VISUALIZATION

NOW THAT YOU ARE FEELING A LOT MORE PEACEFUL  
USING ALL YOUR INNER SENSES - SEE, HEAR, FEEL, TOUCH, AND SMELL -  
VIVIDLY IMAGINE SOMETHING THAT  
SYMBOLIZES THE WAY YOU DESIRE TO FEEL I.E. PEACEFUL, JOYOUS,  
CONFIDENT  
AND WILL HELP YOUR BRAIN TO GROW PEACE AND JOY PRODUCING  
NEURONETWORKS AND PRODUCE THE CHEMICAL MOLECULES YOU NEED  
E.G. A BEAUTIFUL TREE OR A FOUNTAIN IN THE CENTRE OF YOUR BRAIN  
AS YOU IMAGINE JETS OF BRIGHTLY COLOURED SPARKLING WATER/LIGHT  
CASCADING THROUGH YOUR BRAIN AND DOWN INTO YOUR BODY  
HOLD THE INTENTION THAT TRILLIONS OF FEEL GOOD MOLECULES ARE  
BEING CREATED AND DISPERSED THROUGHOUT YOUR NERVOUS  
SYSTEM...

*DO THIS FOR ABOUT 10-15 MINUTES*



BE PATIENT

IT TAKES TIME = PERHAPS A FEW MONTHS – TO PERMANENTLY ALTER  
YOUR BRAIN'S ELECTROCHEMICAL PATHWAYS AND PHYSICAL  
ARCHITECTURE