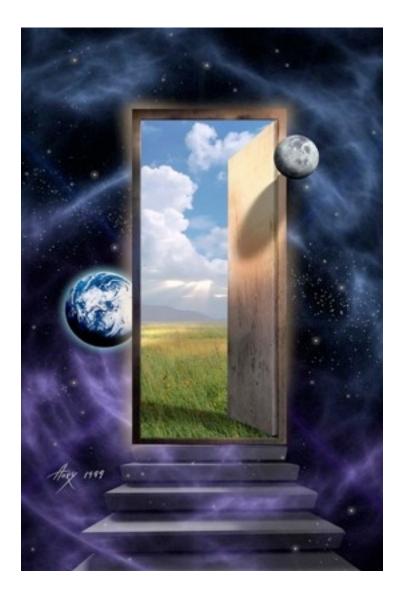
TRANSFORMATIONS HOW TO SEDUCE THE BRAIN TO CHANGE ITS MIND



AND HOW TO COAX IT TO PRODUCE ITS OWN NATURAL ANTIDEPRESSANTS AND SEDATIVES

DR SUSAN KRIEGLER

DO THIS MEDITATION / VISUALIZATION TWICE A DAY

THIS PROCESS IS ESPECIALLY FRUITFUL IF YOU DO IT JUST BEFORE YOU FALL ASLEEP & ALSO BEFORE YOU OPEN YOUR EYES TO START THE DAY



THREE STEPS: 1. RELAX BREATHE & LISTEN 2. MINDFULNESS MEDITATION 3. FOCUS MEDITATION STEP 1.

RELAX BREATHE & LISTEN

RELAX HANDS FACE EYELIDS JAW LIPS TONGUE VOCAL CORDS

BREATHE DEEPLY AND SLOWLY RELAX YOUR CHEST USE STOMACH MUSCLES

EMPHASIZE EXHALATION PAUSE 3 SECONDS BEFORE NEXT INHALATION 12 SECONDS PER BREATH CYCLE - 5 BREATHS PER MINUTE

LISTEN & HEAR ALL THE SOUNDS IN THE ENVIRONMENT WITHOUT JUDGEMENT OR RESISTANCE

EXPAND & SOFTEN YOUR CONSCIOUSNESS BECOME AWARE OF THE SILENCE & THE VASTNESS OF SPACE THAT SURROUND YOU & STRETCH INTO INFINITY

STEP 2.

MINDFULNESS MEDITATION ALSO CALLED VIPASSANA OR MINDFULNESS MEDITATION



MAINTAIN BREATH AWARENESS & EXPANDED AWARENESS & NOW DRAW A PART OF YOUR FOCUS INWARD

OBSERVE THE SENSATIONS & EMOTIONS IN YOUR BODY WITHOUT IDENTIFYING WITH THEM

OBSERVE THOUGHTS THAT APPEAR ON THE SCREEN OF YOUR MIND WITHOUT GETTING INVOLVED IN THEM

SOFTEN YOUR BODY & YOUR MIND DROP ALL RESISTANCE TO WHERE YOU ARE RIGHT NOW

JUST OBSERVE ACCEPT FORGIVE LOVE & WELCOME EACH SENSATION FEELING OR THOUGHT THAT COMES

ACCEPTANCE FORGIVENESS & LOVE EVENTUALLY DISSOLVE ALL NEGATIVITY

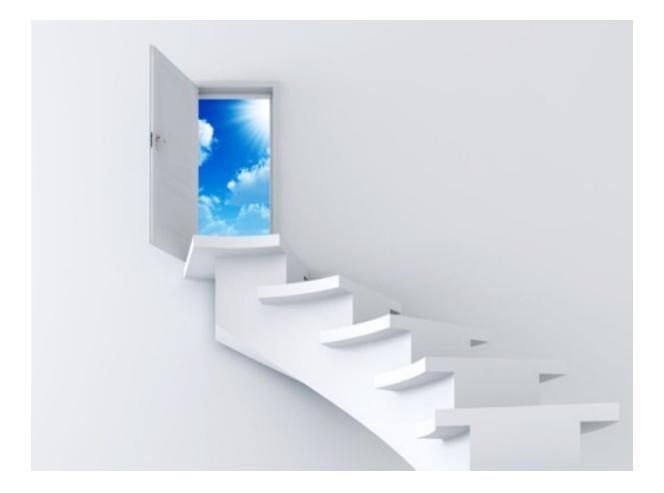
AS YOU ACCEPT LOVE & EMBRACE YOUR THOUGHTS & FEELINGS YOU ARE ACCEPTED LOVED & EMBRACED BY THE SPACE & SILENCE THAT SURROUND YOU YOU ARE ALSO SUPPORTED BY THE VASTESS & PEACE OF YOUR EXPANDED AWARENESS WHICH YOU MAY EXPERIENCE AS YOUR HIGHER SELF AND / OR AS YOUR HIGHER POWER

TO HELP YOU RELAX REMEMBER THAT THE UGLY BITS OF THE HUMAN EGO: ITS ATTACHMENTS FOR EXAMPLE UNNECCESARY FEARS UNREALISTIC EXPECTATIONS AND FOOLISH DESIRES

AS WELL AS YOUR CHILDHOOD MISPERCEPTIONS & DISTORTED BLUEPRINTS CAN BE DISSOLVED IN THE LIGHT OF DETACHED AWARENESS

THIS AUTOMATICALLY MAKES SPACE FOR WISER THOUGHTS & HIGHER VISIONS WHICH BRING YOU JOY LOVE & PEACE

DO THIS FOR ABOUT 10-15 MINUTES

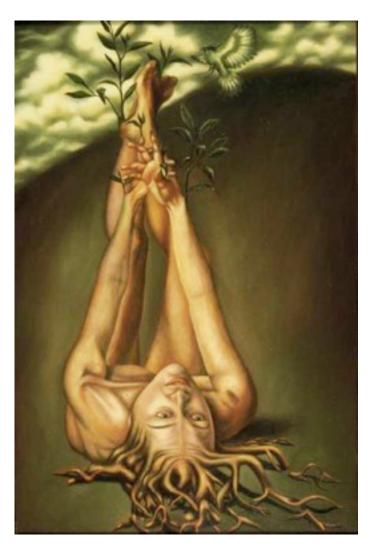


STEP 3.

FOCUS MEDITATION ALSO CALLED SHAMATHA (VISUALIZATION OR IMAGINATION)

CONTINUE TO BREATHE SLOWLY AND DEEPLY & REMAIN AWARE OF THE SOUNDS & THE SILENCE THE AIR & THE SPACE THAT SURROUND YOU

ALTHOUGH AFTER THE FIRST PHASE OF THE MEDITATION YOU FEEL A LOT MORE PEACEFUL THE CONTENTS OF YOUR MIND MAY STILL BE TURBULENT & THERE MAY STILL BE PAINFUL EMOTION BEGIN TO USE THE DISCOMFORT YOU FEEL AS THE ENERGY FOR THE TRANSFORMATIONS YOU DESIRE



REMEMBER THAT PAIN IS YOUR BEST FRIEND IT IS A SIGNAL THAT SOMETHING - YOUR THINKING - NEEDS TO CHANGE AND IT IS THE ENERGY FOR THAT CHANGE TO SUPPORT THIS MIRACULOUS CAPACITY OF YOUR BRAIN TO USE PAIN FOR INNER TRANSFORMATION USE ALL YOUR INNER SENSES & VIVIDLY IMAGINE SOMETHING THAT SYMBOLYZES HOW YOU WANT TO FEEL



THE TRANSFORMATION MAY BE A NATURAL METAMORPHOSIS OR IT MAY BE A TRANSMUTATION A MAGICAL PROCESS OR A MIRACLE

YOU CAN IMAGINE YOU ARE ASSISTED BY THE INNER LOVE OF YOUR HIGHER SELF BY YOUR INNER WISDOM OR AN INNER GUIDE BY QUANTUM PHYSICS ANGELS HOLY SPIRIT GOD WHITE LIGHT OR WHATEVER MAKES SENSE TO YOU

THIS WILL HELP YOUR BRAIN TO GROW PEACE AND JOY PRODUCING NEURONETWORKS AND PRODUCE THE CHEMICAL MOLECULES THAT YOU CAN BUY AT THE PHARMACY (OR FROM YOUR DEALER) TO SUPPORT THE EMOTIONS YOU DESIRE

FOR EXAMPLE IMAGINE YOUR TRANSFORMATION FROM DEPRESSION TO LIGHTNESS AND JOY



IMAGINE EMERGING FROM LOSS & GRIEF INTO COMFORT & HEALING

> FROM STRESS TO CALM & GRATITUDE

FROM THE BODY YOU ARE ASHAMED OF TO THE BODY YOU DESIRE & DESERVE

FROM WORRY TO WEALTH & ABUNDANCE

FROM GUILT & SHAME TO INNOCENCE & SELF-LOVE



IMAGINE THE CHANGE FROM SHAME TO SELF-WORTH & CONFIDENCE

FROM JEALOUSY ENVY & RAGE TO JOY LOVE AND PEACE

FROM I AM NOT GOOD ENOUGH TO I AM A SACRED EXPRESSION OF LIFE / THE DIVINE

> FROM LOVE IS PAINFUL TO LOVE IS JOYFUL & FULFILLING

FROM THE MARRIAGE MY PARENTS HAD TO THE MARRIAGE I CREATE

FROM I AM THE CHILD OF MY PARENTS TO THE PERSON I WOULD HAVE BEEN IF I HAD HAD THE PERFECT PARENTS

FROM LIFE IS A MEANINGLESS STRUGGLE TO LIFE IS THE PERFECT BALANCE BETWEEN GIFTS & CHALLENGES

FROM DEFENSIVENESS TO USING HURT AS AN OPPORTUNITY TO GROW EMOTIONALLY

> FROM I AM MY PERSONALITY TO I AM MY HIGHER SELF

FROM A THOUGHT SYSTEM BASED ON FEAR TO A THOUGHT SYSTEM BASED ON LOVE



DO THIS FOR ABOUT 10-15 MINUTES OR UNTIL YOU FALL ASLEEP