

# TRANSFORMATIONS

HOW TO SEDUCE THE BRAIN  
TO CHANGE ITS MIND



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

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# 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 VASTNESS & 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 UNNECESSARY 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