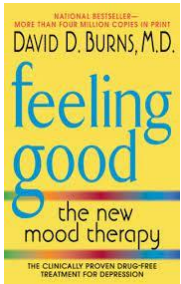


CAPABLE CONFIDENT YOU!

Feelings

Feelings dictate the quality of our life and can be detrimental to our health if they are not kept in check. For instance, 5 or 10 minutes of an anger rerun (recycling an old memory) takes your body 8 hours to recover the immune system. It breaks down from cortisol spikes and the inflammation it causes. It affects your joints, depletes your adrenal system causing lack of sleep, depression and memory upsets. *Feeling Good The New Mood Therapy* is one of the best books I ever bought for my good health.



Cognitive Synopsis Meditation: What fires together, wires together

All of those deep paths are ingrained in your brain, they are like channels the subconscious takes to protect you even though some of that protection may not be appropriate in the present. But, because those channels and paths are ingrained, you have a hard time taking another route. We are going to retrain your brain:

1. Close your eyes and take three deep breathes
2. Take about three minutes and focus on all the things you are grateful for, big or small.
3. Switch, take a few minutes and think about how your body feels; the air on your skin, does your hair touch your face, any tickles or itches...
4. Switch and ask yourself, “What do I want, what makes me happy?” take a few minutes to concentrate on this.
5. Now focus on your heart beating and decide, can I hear my heart beating, or can I feel my heart beating? Focus on your heart beating.
6. Take a deep breath and come back into the present moment and open your eyes.

Beliefs also dictate good health

Many have been brainwashed throughout their lives to believe they were unlovable, worthless, and were intimidated, harassed, put down and made fun of.

As adults they care a great deal about what others think about them believing it is true. They have social anxiety because of this and I’m here to tell you that you can believe anything you want. You are not a hostage of old habits. If you can memorize the following and apply and reapply it throughout your life, you will reprogram your mind.

“What others think about me is none of my business! What they think is about them. If they have bad thoughts, they are the ones with the problem.”

Life is a mirror. What you project into the world and onto others is what you may not like about yourself.

Personal Creed of Self Respect Do you have one? If not, you can use mine.

1. I will not let my immature defenses dictate the way I respond to any given situation.
2. I will consciously think about how I respond to anyone or anything.
3. I refuse to overlook the subtle cruelties of others in the name of keeping the peace.
4. I refuse to look down my nose at others to put myself in a superior position because I am feeling insecure, or inferior.
5. I will not allow someone to rescue me because it seems easier than taking care of myself.

Art Project: to draw what a feeling looks like when it comes to expressing one’s self

1. Section your paper into six quadrants
2. Label each section with the following: Fear, Anger, Sadness, Hope, Happiness, Joy
3. Draw what each of these emotions may look like to you. Take some time to think about it.

Fear	Anger	Sadness
Hope	Happiness	Joy

Changing the state of emotion we are in:

Get some props. I have props and costumes and a crown! Put them on and march around! Put your hands on your hips and your head in the air, wear your heels, yell out loud, “I got this!” Soon your mood will slip back into gear.

Developing Your Bag of Tricks: Refers to pulling that rabbit out of the hat to rely on and lean back on, when our coping mechanism is in the repair shop; It is filled with appreciations, successes, meditations, occupational therapy that will keep you going until you are fully up to snuff, or feeling better at least.

What things can you do well, or do at all? (It can be as small as tying your shoes)

What things has someone else appreciated about you? (Did you open a door for someone?)
Has someone told you thank you for something you did?
Do you have a happy memory of someone, or someplace that makes you feel wonderful?
How about a precious memento that always makes you feel good?

Put it in the bag!

Declaration of Self-Esteem

I AM ME AND I AM OK

“I am Me. **In all the world, there is no one else exactly like me.** Everything that comes out of me is authentically mine, because I alone chose it -- I own everything about me: my body, my feelings, my mouth, my voice, all my actions, whether they be to others or myself. I own my fantasies, my dreams, my hopes, my fears. I own my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing, I can love me and be friendly with all my parts. I know there are aspects about myself that puzzle me, and other aspects that I do not know -- but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and ways to find out more about me. However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is authentically me. **If later some parts of how I looked, sounded, thought, and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded.** I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me. I own me, and therefore, I can engineer me. I am me, and I am Okay.”

 [Virginia Satir quotes](#) ([American Psychologist](#) and [Educator](#), 1916-1988)

Celebrate yourself. Spoil and pamper yourself. Dedicate time to yourself. Reinvent and engineer yourself.

Mirror, Mirror

Look in the mirror. What do you see?

Someone reflected as you wish to be?

Do you look like a cherub, or more like a crow? Or something right out of the stories of Poe?

Do you look like a sinner or more like a saint? Or are you reflected as something you ain't?

When people see you, do they draw near? Do they beam from ear to ear?

Are you someone that likes to have fun, or when they see you do they run?

Do you stand out in a crowd as someone who's happy or gloomily browed?

Your face is your fortune, you can't swap it off, and only a fool would dare chop it off!

There in the mirror, the whole story lies and the answer's quite simple to those that are wise.

Instead of puss that is vinegar sour, present to the world a shining sunflower!

Looking Glass Mirror Exercise

Stare into the mirror for four minutes with averting your gaze. Build an intimate relationship with yourself. Some people can't even look others in the eyes, let alone themselves. This may be difficult and bring up fears, strange thoughts and feelings. Keep looking!

SELF-ESTEEM

Self-esteem is loving your body and seeing only its good qualities.

Self-esteem is giving yourself what you want and feeling you deserve it.

Self-esteem is letting yourself win.

Self-esteem is letting others in, instead of submitting to loneliness.

Self-esteem is following your own intuition.

Self-esteem is making your own rules responsibly.

Self-esteem is seeing your own perfection.

Self-esteem is taking credit for what you did.

Self-esteem is trusting yourself.

Self-esteem is nourishing yourself with good food and good ideas.

Self-esteem is getting a massage frequently.

Self-esteem is forgiving yourself.

Self-esteem is letting in affection.

Self-esteem is authority over yourself; not giving it away to others.

Self-esteem is becoming your own loving and approving inner parent.

Self-esteem is turning all your negative thoughts into positive thoughts.

Soul Meditation: Get in touch with communicating with your soul on a very personal level:

Take a deep breath and enter a meditative state. Tongue relaxed on the floor of your mouth, empty space behind your eyes...Say, "Hello soul, I LOVE YOU!" and say it kindly, like you really mean it. Then take a few minutes to express what you are grateful you have a soul for.

"Thank you for always keeping me in touch with God. Thank you for keeping me healthy and safe and communing with divine energy. Please give me a complete healing for xyz...and do a good job! Thank you, thank you, thank you."

Grounding Exercise: to move feelings out of the body and feel stable instantly in 20 seconds

Imagine that blindingly bright light, warm, kind, loving, healing energy coming from above, covering your body and piercing the top of your head, flowing through you and out your heart creating a cylinder around your body from top to bottom. See all the fear, or anxiety leaving your body down through your root chakra at the end of your tailbone. Let it flow deep into the earth and imagine it being carried away. Take a deep breath and open your eyes. It only takes 20 seconds to do this when you have to face something tough. (Maybe a speech, or going down a high escalator because you have a fear of heights.)

Disconnect Intense Emotions From A Memory

We will use a method to disconnect the pain from the memory. (Psy Research Institute)

Describe a painful time in your life that caused a defining moment that still has intense emotion around that memory. (anxiety, sadness, humiliation, anger) When in touch with that feeling, say disconnect three times while snapping your fingers at the same time.

Can you imagine the possibility of having perfect health?

8 minutes to Perfect Health

Let's start by crossing your hands over your heart.

Taking a deep breath.

Closing your eyes.

Feel your feet.

Feel your hands.

Now gently tap with the hand closest to your heart and imagine releasing anything and everything, anywhere in the body, in the energy field other than complete peace. Keep breathing, switch hands, tap with the other hand on your heart.

“I now release anything and everything, that stands between me and inner peace. I now release anything in my past, anything in my present, anything in my future that stands between me and inner peace.”

Stop tapping and relax your hands.

As you breathe in and as you breathe out, imagine your breath flowing in and out through your heart.

Breathing in through your heart and breathing out through your heart.

And as you breath in and as you breath out, slow your breathing down to 8 seconds per IN breath and 8 seconds per OUT breath.

So, in two, three, four, five, six, seven, eight, and out two, three, four, five, six, seven, eight, Breathing through your heart. 8 seconds in and 8 seconds out.

Imagine a big empty space behind your eyes. And relax your tongue on the floor of your mouth. Breathing in 8 sec from your heart, breathing out 8 seconds through your heart, big empty space behind your eyes, tongue relaxed on the floor of your mouth and as you breath in and out

through your heart, imagine a beam of energy, a beam of love coming from your heart to a person, or place that makes you feel wonderful. Imaging a beam of energy radiating from your heart to a person or a place that makes you feel wonderful. Now gently draw that beam of energy back into your own heart. Feel your own heart energy back in your body as you breath 8 seconds in and 8 seconds out, big empty space behind your eyes, tongue relaxed on the floor of your mouth. Now, send that energy to a part of your body that needs love. Maybe a part of your body that's sick, or in pain, or you don't like, or that has low energy. Direct that heart love to that part of your body. Bathe that part of your body in love. Big empty space behind your eyes, tongue relaxed on the floor of your mouth, and now gently start to return your awareness back into the room, back into the surroundings around you. With the next three breaths, bring yourself back fully and open your eyes. Feel your hands, feel your feet, feel your knees, look around you. Just enjoy. Now you've probably lost all track of time while we were doing that, but I was actually timing you, and we spent eight minutes in meditation. Only eight. It's that quick, it's that easy for perfect health.

Release Technique Question/Answer Series: Getting in touch with emotions and how they have helped you survive – script to measure the emotion, ask it if it wants to leave, and give permission, then remeasure. Pain, Sadness, Inferiority, being Belittled, Humiliated, Put Down...

1. On a scale of 1-10 measure the intensity of the emotion, or pain you are experiencing.
2. Ask your emotion if it would like to leave.
3. Tell it whether it stays or it leaves, you love it unconditionally, but it is free to go.
4. Thank it for protecting you and say goodbye.
5. Measure on the scale of 1-10 how you are feeling now.
6. If some residual feelings are still there, give it some acceptance. Acknowledge it.
7. Give yourself some approval for your resistance to it being there in the first place.

When things are tough, remind yourself it's not so bad and give yourself some "It's not so bad soup".

When you have to deal with critical family or coworkers say a mantra like a broken record to yourself. Give some acceptance and approval, then say, "I Love you, I Love you always, or I Love you anyway". Say it over and over no matter what they say. It helps you tolerate a bad situation because we can't change someone else. But, remember what they think is about them!

Enmeshment: How to take charge of yourself physically in delicate situations when you feel overwhelmed by the presence of others and even feel, or hear static in your head, pressure in your head and body. Mudras, taking charge:

symbol	mudra	chakra	place on the ladder
		Surrounding chakra (unknowable) Hekate	the Ori of Ori God herself the ground of our being
		Auric chakra (ultraviolet) Hestia	the Emi of Ori the gods speaking to us as we see them our mission in life
		Crown chakra (violet) Kore	the Vivi of Ori releases obsession allows calm abiding receives messages from the gods
		Third eye chakra (indigo blue) Psyche	the Ori of Emi releases confusion/ignorance allows knowledge of true will and courage to connect with the gods
		Throat Chakra (turquoise) Neith	the Emi of Emi releases misunderstanding/hatred allows clear communication and creativity in relationships
		Heart Chakra (green) Isis	the Vivi of Emi releases apathy/non-engagement allows love and pleasure in relationship
		Solar plexus Chakra (yellow) Tanit	the Ori of Vivi releases fear/anxiety/guilt/shame allows courage and pleasure in one's own accomplishments
		Sacral Chakra (orange) Anat	the Emi of Vivi releases anger/resentment allows creative force and pleasure in creativity
		Root Chakra (red) Gula	the Vivi of Vivi releases frustration/blockages allows healing, manifestation and physical pleasure

Affirmations: the subconscious job is to seek answers to your questions. It also can make you stumble from old scripts it is playing back based upon your life experiences. It is trying to protect you from things that have impacted your life negatively and so, it PROJECTS into the present and future, thoughts about those experiences. It can be positive, or negative and you have little defense unless you change your mind about those experiences and we will be working on that too. Chant these **highlighted** questions with enthusiasm!

Examples:

1. I want a fulfilling love relationship becomes:

- I am worthy of Love! (Already true!) **Why am I so worthy of Love?!**
- I love and accept myself for who I am right now! (If you want someone else to feel this way you must first find a way to do it yourself. You teach others how to treat you – by how you treat yourself) **Why do I love and accept myself for who I am?!**
- I have such a wonderful partner that fulfills me on many levels. (Pretend – Ask yourself: “How would I feel if I believed this statement?” Then imagine it!) **Why did I get such a wonderful partner that fulfills me on many levels?!**

2. I want to feel better physically becomes:

- I deserve to feel great! (Already true!) **Why do I deserve to feel so great?!**
- Every Cell in my body vibrates with energy and health. (Pretend – Ask yourself: “How would I feel if I believed this statement?” Then imagine it!) **Why does every Cell in my body vibrate with energy and health?!**
- I feel GREAT! (Pretend – Ask yourself: “How would I feel if I believed this statement?” Then imagine it!) **Why do I feel so GREAT?!**
- I am healthy and have endless energy. (Pretend – Ask yourself: “How would I feel if I believed this statement?” Then imagine it!) **Why am I so healthy and have endless energy?!**

Tips:

- Try to stay away from words like: will, can, plan.
- Don't try to answer the question – let the Universe!
- Say your affirmations in front of a mirror.
- Make your affirmations into a song.
- Add emotion – Say your affirmations with passion!

- Imagine It!!!

AFFIRMATIONS of those would be:

- 1. Why is my life so full of joy?**
- 2. Why is my business thriving and successful?**
- 3. Why am I feeling abundantly powerful in my thoughts and actions?**
- 4. Why am I so rich?**

Here are the Top 7 AFFIRMATIONS I started with:

Why do I feel like every cell in my body vibrates with health and energy?

Why am I so happy?

Why is my business so successful?

Why am I so passionate about my business today?

How is it that I sponsor one person per day into my business?

Why do I trust myself and my decisions?

“Why does everyone think I’m losing weight?”

“Why is it so easy for me to lose weight?”

Why do I love and embrace my life?

Charlie Chaplin lived 88 years.

He left us 4 statements:

- (1) Nothing is forever in this world, not even our problems.
- (2) I love walking in the rain because no one can see my tears.
- (3) The most lost day in life is the day we don't laugh.
- (4) Six best doctors in the world:
 - The sun
 - Rest
 - Exercise
 - Diet
 - Self-respect
 - Friends

Stick to them at all stages of your life and enjoy a healthy life...

If you see the moon, you will see the beauty of God...

If you see the sun, you will see the power of God...

If you see a mirror, you will see God's best creation. So, believe it.

We are all tourists, God is our travel agent who has already identified our routes, bookings and destinations... trust him and enjoy life.

Life is just a journey! Therefore, live today!

Tomorrow may not come.

It has been a blessing for me to share my experience, strength and hope with all of you today! God bless you and I wish you all the best success in life!

Words to live by:

I will try to live through this day only. I will not try to tackle all of my troubles at once.

I will be happy. I will adjust myself to what is, not fitting everything to my own desires.

I will strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.

I will exercise my soul in three ways: I will do somebody a good turn, and not get found out. I will do at least two things that I do not want to do, just for exercise. I will not show anyone that my feelings are hurt, they may be, but I won't show it.

I will be agreeable. I will look as well as I can, dress becomingly, keep my voice low, be courteous, criticize not one bit. I won't find fault with anything, nor try to improve or regulate anybody but myself.

I will have a plan. I may not follow it exactly, but I will have one.

I will save myself from two pests: hurry and indecision.

I will have a quiet half hour all by myself to relax. During this half hour, sometime, I will try to get a better perspective of my life.

I will be unafraid.

I will enjoy what is beautiful, and believe that as I give to the world, the world will give to me.