

Stress Reset

Consider the present concern (pain, emotion) & evaluate on a scale from 1 to 10 and consider that level of concern. Notice where in your body you feel that concern.

With eyes open, imagine the energy of that concern flowing from the area of your body down through your left arm into your left hand. Make a fist with your left hand and continue to feel the energy of that concern moving more fully into your left hand for a few more seconds. Now open your left hand. Gently close and open the eyes. And, take a deep relaxing breath.

Now imagine a great day. Imagine you're feeling good, the environment and atmosphere are just right. You can be alone or with someone special, it's your great day to design as you like. Feel the energy of this great day. Let this energy build a bit and feel the satisfaction of it building. Now let this good, pleasant, satisfying feeling move down your right arm into your right hand. Feel it growing stronger. Now close your right hand and feel the good energy in this hand. Hold this for a few seconds. Open the right hand, take a deep breath, and close the eyes.

Relax and allow your thoughts to just flow away for a moment and let the mind clear.

Open the eyes. Make a fist with both hands. Count down from 5 to 1. Open both hands and take another deep relaxing breath. Now consider how that concern has dropped to a lower level than it was previously.

Credit to: Kelley T. Woods, "Weight Loss Hypnosis"

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"Minding The Mind"

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