



## **Guided visualization on vibrant health & relations 19 minutes**

While relaxing in your chair at home (you can NOT be driving!)

You NEED PAPER & PEN.

So Achiever, let's start, go ahead & take a few deep breaths (breathe also), exhale all the way out through the tip of your toes & with the next inhale, gather all the tensions and stress of the body and mind, and as you exhale, send them out through the tip of your toes out into the earth where energy, that is neutral, can be recycled for something with a greater purpose.

Continue to do this & fully relax your scalp, forehead, eyebrows, cheeks; release all the tensions from behind your ears & your neck.

Pay attention to relaxing your jaws completely now, as you continue to relax your shoulders, take an extra deep breath & just let go of all that tension, ACHIEVER, say goodbye as it leaves your body now.

Relaxation comes into your chest, arms & your mind goes 10 times deeper than it already is, as your body relaxes. That's right. Relaxation continues to your torso, stomach. Fully relaxed & calm.

Your Unconscious Mind pays attention to your organs making sure they are relaxed & healthy because 1 of the secrets to health is to allow yourself to relax & be peaceful.

Go ahead & allow your body, all your organs to be relaxed & peaceful now. You find it easy to do because it's a natural state. Relaxation continues down your thighs and notice how relaxed you are now. That's right.

Your mind can just drift off to the most beautiful places, as your muscles of your knees, legs and calves relax.

Completely let go.

Relaxation comes to your ankles & feet. Your entire body has just become completely relaxed.

Let all tensions go.

If there is any part of your body that is still carrying negative emotions & baggage, sum them up now and release them through your toes back into the Earth, because you are





finished, complete with these. They served their purpose. Let it all go now. Give your toes a little wave, wiggle. Take another deep breath & notice that the exhale is now clear, pure, clean, free of residues. I know u like clean things. I wonder if you like to clean your body & mind.

Sometimes through life we pick up & carry beliefs & emotions for people that are no longer in our lives & it can become very heavy & dirty, physically, emotionally & mentally unhealthy, which can lead to putting dirt back into our bodies. Your body wants to become clean. Your mind, soul & body can be clean like you felt a moment ago.

It's easy to do. That's right, Achiever.

Pay attention to what your body, mind, and soul tell you to clear out, let go/release in order for you to be the best you can be. Keep your eyes closed or open them.

Go ahead & write with your non-dominant hand what your Unconscious Mind wants you to know about getting rid of dirt of the past so present & future can be bright. Focus on your writing, while I give you suggestions. Your Unconscious Mind knows what to do, as you relax deeply because relaxing is fun.

Go 10 times deeper, because you know as you go deeper, you attract many wonderful things to your life. You hold a very powerful place in this world, that only you can hold because it's only you that knows how to do it.

You have an important mission in this world, special & unique signature, mark. You give so much to the world & as a reward, that makes you more healthy & energetic. This energy is attractive, is your essence when your mind, body & soul are free/clean. You notice how wonderful the world can be, because it was wonderful before & now it gets better & better. Because your days are filled with joy, you are able to rest well & peacefully at night. You wake up with energy & joy that is infectious & attracts people to you. You are living out your ideal life with your ideal family & friends & you all add to the world with your own special & loving way. Your family & friends adore & love every bit of you in ways you could have only imagined before & now you know they are real. You know it's true. They adore you because you are free to be you now. When you are true to yourself, people want to be around you. You feel confident & attractive. Your confidence is attractive. You feel attractive to wear beach-wear on the beach. You do so with joy & pleasure because you know how wonderful life is & how much you've to offer.





You do so with joy & pleasure because you know how wonderful life is & how much you've to offer. That's right.

Now that you are a confident and vibrant person, you know you are safe in everything you do & you live long. You've family & friends that love you & support you. You feel great. You relate well to others & you focus on what's important in your life, knowing you are serving other people along the way.

So Achiever go ahead & finish up writing.

Now that your Unconscious Mind has had the opportunity to tell you what you need to release, it's easy now to just let it all go & release it out of your tip of your toes back into the Earth. Notice how good it feels to have all your mind, spirit, body & soul be cleansed. You can give yourself a little mantra, such as eating light, staying determined, enjoy awareness all throughout the day. Because you know that when you've awareness, life flows beautifully & miracles happen. That's right.

Take another deep breath. Feel how good it feels to be cleansed inside & only you can keep that & the secret is to pay attention & be aware, to communicate with you Unconscious Mind & as you do, you'll know the right things to put in your mind & you'll know when something would make you dirty again.

Because you remember it, when that moment comes, you decide to stop & instead reach for something clean, such as a glass of H2O or a fresh piece of fruit or veggie. You are healthy now & only you can keep it this way; use the tools you've.

When you feel stressed, take these 3 deep breaths & let it all go.

You can write about your emotions as well, paying attention/being aware so that your life flows beautifully.

You enjoy your life with the most beautiful, blessed relationship you can imagine.

It's coming to you now; in fact, it might already be here. All you need to do is pay attention & stay aware.

***Your MANTRA is: eat light, stay determined, enjoy awareness all throughout the day.***

You can do it Achiever. As your coach, I believe in you & I know you believe in yourself.

Go ahead & take another deep breath.

In a moment, I am gonna count from 1 to 5, & when I do, you will awaken more with each number. When I reach number 5, you will be totally awake, alert, knowing that, the fact





that you open your eyes, means that you have completely accepted all the suggestions that are there for your well-being now. That's right.

You will only open your eyes when you've completely accepted all the suggestions that are there for your well being now.

- 1: begin to awaken, feeling well rested
- 2: feeling the sensation coming back to your body now
- 3: give your body a good stretch feeling more awake & alive
- 4: feeling totally awake, refreshed & energized, that's right
- 5: fully alert, feeling rejuvenated, refreshed, wide awake & alert, ready for the rest of your wonderful day and you will sleep peacefully tonight.

**REPEAT AFTER ME:** 12345 wide awake

Credits to Trina

