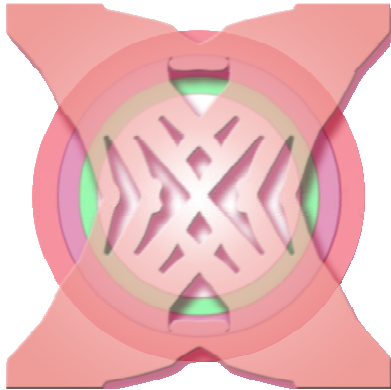


Healing Meditation



Unhealthy Excuses

- * "Oh, my back hurts."
- * "Not today, I am not feeling well."
- * "I will start exercising tomorrow."
- * "Why do I always feel so sick?"
- * "This time, I really am going to do something to feel better."
- * "I am afraid what the doctor will say, so I just won't go."

It is time to stop all of that negative talk in your mind! Whenever you hear yourself begin to think those defeating thoughts, stop and change it to "I will make choices today to improve my health." Easy enough, right?!

The truth of the matter is that you already know what you should be doing... eating well and exercising, right? It's easier to say than to do. After all, sitting on the couch is a whole lot easier than getting up and going for a walk. Taking a nap is easier than finding a new, healthful recipe.

It can be difficult to change your daily habits. That is why it is so much easier to start small. Make one change a day, or a week. Then, the next day or week, implement something new. Just keep making those positive changes and before you know it, you will wake up much healthier than you are right now.

To reclaim your Health, follow these steps:

1. Find yourself a comfortable spot where you can be by yourself, uninterrupted.
2. Breathe in through your nose, while expanding your belly (not your chest).
3. When you feel you are ready, begin to repeat to yourself these words...

"I will make choices today that will improve my health."

Health Helpers

The Healing Meditation requires nothing except your *desire* to heal your Self or to become healthier.

However, you could choose from the following items to enhance your health virtue during meditation or at any time.

- * Use the **Healing Symbol** image as your focal point.
- * Place the gem or rough stone **Emerald** in your breast pocket (or closer to your heart inside the middle part of your bra). Of course, Emerald jewelry is also appropriate.
- * Sprinkle the oils or herbs **Cedar, Cypress, Elder Berry, Garlic, Pine, Rose Hips**, and/or **Spruce Needle** on your body or within your meditation area.

Focal Point – Healing Symbol

