

WITH LOVE AND GRATITUDE LOOK AFTER YOURSELF

Get comfy in a place where nothing and no one is going to disturb you for a minimum of 10 minutes or as long as you like

Close your eyes, relax, chill out, calm yourself by breathing rhythmically and thinking thoughts that you find soothing -

If worrying and fearful thoughts invade, bless them on their way, without giving them attention or resistance, just let them pass on through -

Relax, Relax, Relax - All is well

Deliberately create happy, peaceful, joyful thoughts of what you want and intend for yourself and your abundant good health, include other aspects of your life, relationships, career or money, especially if they contribute to your state of health.

No matter how far fetched the thoughts of your intended state seem creatively expand on their content until you are feeling wonderful as you relax into the Yummmmm of you -

Feel the good feeling that your harmonic thoughts give you while you stay in this place - still breathing rhythmically - allow the harmony of this good feeling, created by you, to vibrate throughout your whole being affecting even the cells of your physical body -

Here in this place of peace and well being as created by you, is your power to contribute to your own wellness and self-healing processes -

When you are ready open your eyes, keep breathing peacefully and tell your self - All is Well, All is Well, All is Well.