

Tip Sheet Reprogram Brain Meditation - Removing Obstacles or Beliefs Stopping You Expressing the True You



Step 1 : Think of an event that is currently causing you to feel obstacles or some belief stopping you from expressing the true you without judging if your feelings are justified or not. Maybe you imagine yourself standing in a theatre full of people that you declare how much you express how authentic and real you are. Some disagreed with you. Close your eyes and notice how you experience it. Do you see it as an image? Do you feel or sense it in some way? What feelings do you feel? (hints feeling: powerless, unsafe, not loved, lack of courage, lack of joy, not valuable, or not at peace). Do you hear it somehow either in sounds or people saying things to you? Write these down here.

Step 2: Now where do you sense it in relationship to you? Is it in front of you? Is it straight on or to the right or the left? Is it upward or downward? Note where that sensing is. Note the images you may see. Note any sounds you hear. Note the feelings or other senses you feel or sense.

Step 3: Now imagine how you would experience your life if you felt your obstacles or beliefs stopping you from expressing the true you are gone. Maybe you imagine yourself in a theatre declaring how much you express the real authentic you and some people completely agree with you. Are there any images you see? What do you hear? What feelings do you feel (hints: powerful, safe, loved, courageous, joyful, valuable, or peaceful)? Note all of these.

Step 4: Now where do you sense this in relationship to you? Is it in front of you? Is it straight on or to the right or the left? Is it upward or downward? Note where that sensing is.

Keep both of these sensing's and their locations in mind as you go about doing the Reprogram Your Brain to Removing Obstacles Or Beliefs Stopping You From Expressing the True You Meditation