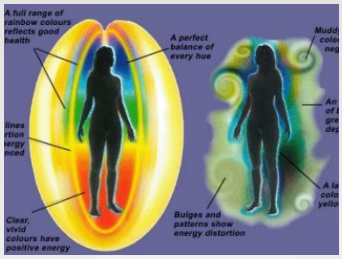
Body, Mind & Soul



BODY - Energy Channels and Energy Blockages

Step-by-step guide to remove blockages in your energy channels:

1. Find a quiet place to lie down.
2. Close your eyes and take deep breaths. Each breath should be between five to ten seconds long. Feel the stress and anxieties evaporation with each breath.
3. Imagine that you are able to see within your body. Find areas on your body that are experiencing tension or pain.
4. Once you find an affected area, what do you see? Some people see three dimensional objects while some see merely areas of color. Some even describe the affected areas by the emotions they detect.
5. Hold an internal dialog with the affected area. Ask why the area is there and acknowledge its presence.
6. Ask yourself: are you willing to release this affected area now? Visualize releasing the area of tension.
7. Ask yourself: is there something that might help me release this affected area?

As you hold a dialog with your own body, you will notice changes in your visualization. This is your body telling you that it is trying its best to adjust itself and find a renewed balance.

MIND (thoughts) & SOUL (emotions)

Transmit affirmative thoughts and positive emotions simultaneously.

1. Think of one thing that you want more than anything in the world.
2. Meditate for a few minutes to clear your mind and place this thought at the very center of your mind.
3. Keep your mind's eye focused on this image and slowly give color to it.
4. Animate the thought. Breathe and live the thought.
5. As you do so, begin to feel happy as if your biggest desire in life has already come true.
6. Let the feeling of happiness spill over your entire body. Feel it in your chest, your tummy, your fingers and your toes.
7. Imagine a radiant white light washing over you as you imagine your biggest desire.
8. Receive it and relish its presence. Close your eyes and give your one hundred percent attention to this one thought. After a minute or so, open your eyes but keep the emotion and thought with you at all times.
9. Whenever you feel sad or depressed, invoke this thought so you will continue transmitting the same signal continuously, day by day. Invoke this thought and the emotion that you have attached to it before you go to sleep so that you will continue transmitting good signals even in your sleep.

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