



The Mind Force Method

Vital Qi Healing Meditation

“You are sitting or lying down or in any comfortable position of your choosing, eyes closed, relaxed...Your arms and legs are flexible...You are quite relaxed... Nothing can distract you... You are quite calm... You let Yourself be drawn along. You are breathing slowly, regularly... You are breathing Qi Rhythm breathing in and out. Your belly extends on each inhale and relaxes back with each exhale... You are feeling quite well, healthy, vibrant and filled with a relaxed energy... A pleasant peacefulness & healing energy envelops Your body”

*“ You will take a deep breath and while exhaling will exhale all tension, stress and negativity in Your life. Remove the three negative emotions of **ANGER, FEAR, & DOUBT**. See them disappear before you. They hold no power over you as you replace them and Focus on the emotions that will cause you to be “The better you—**joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe and love**. As you breath deeply you will feel refreshed and energized.*

“Now, You are concentrating on Your facial muscles... Your cheek muscles are growing heavy, totally relaxed. Your jaw muscles are totally relaxing down.... You are relaxing the muscles in Your forehead and they are getting quite heavy... Your entire facial area is relaxing down. Your eyelids are heavy... Heavier and heavier... Your eyes are hermetically closed... I can no longer open them... I no longer want to... Your neck muscles are now relaxing down, I feel a comfort and relaxation throughout Your head and neck.... Now You are concentrating on Your torso, including



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Your chest, back, stomach and all of Your internal organs. These areas are now relaxing down.. ... Your entire torso is relaxed... Feels heavy as if being drawn downward.... Your arms are growing heavy... They are drawn downward... This heaviness pervades Your arms more and more... More and more... Now, Your arms are as heavy as lead. You are concentrating on Your legs... You are quite calm... I clearly feel them growing heavy... More and more.... Now, Your legs are quite heavy. As heavy as lead. Let Yourself sink more and more into this wonderful feeling of relaxation and heaviness... You are more and more relaxed... More and more relaxed”

“With each exhale Your body goes deeper and deeper into this state of relaxation and heaviness. I will now teach Your body to relax down even more.... I will countdown from 3-1 and you will get more relaxed with each count... You will go deeper with each count.

3.....You are going ten times deeper than the moment before;

2..... You are going twenty times deeper than the moment before;

1..... You are going one hundred times deeper than the moment before.

“Nothing can distract you... you hear only my voice... feel Yourself sinking still more, more and more deeply into this feeling of peace... you feel quite well...Your body is in a perfect state of balance... You are sinking deeper and deeper... More and more.”



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“Every cell, in every part of Your body, has now risen to a higher state of power... Is glowing like a high-energy dynamo...Is fortifying your body with magnificent health and wellness... Is giving off magnetism and chi that turns others irresistibly towards you... That pulls what you want and what you need out of Your surroundings.

Now do a BLESSING-- Imagine, Life, God, Energy coming into your body and healing every muscle and nerve in your body. Strengthening the best of you, your passion, your love, your health, your generosity, creativity, humor, attracting what you want. Strengthening your immune system to resist all negative energies.

See any problem or challenge as "BEING SOLVED" Feel this positive energy flowing into your body with emotional content.

Then circle out that amazing energy to everyone you know,family, friends, etc. And imagine them being healed and absorbing this massive positive energy.

“Your body is now surrounded by this invisible field of physical magnetism and chi... It never tires... It never dims... It is always there to protect you... To draw to you what you want... You have the self-confidence you have always dreamed of... you can now make Your dreams become Your realities... you have the power to do this because you have been blessed you with this power...”