



Shape Your Reality



- Sit comfortably with your back straight and your hands folded and resting in your lap. Tilt your head slightly toward your heart. Close your eyes and follow your breath.
- For the next few moments, observe whatever your mind generates. Simply be aware of the thoughts that come and go, without becoming caught in them.
- Imagine gradually sinking past the frenzy of thoughts, images and distractions into an expanding experience of quiet and stillness. Feel your mind expand with each breath, opening to a feeling of unlimited possibility.
- Now bring to mind the goal you wish to achieve. Imagine the outcome you want as clearly as you can.
- Imagine that your goal has already been achieved. Make it real. See your life as it would be at this moment of success.
- Let go of all restraints on your thinking and surrender to how good it feels to have achieved this goal. Involve the sensory parts of your brain. Invoke the sights, sounds, and smells of the place where you learn of your success. Broaden the picture with colors, people, or anything that is meaningful to the goal.
- Imagine the feelings you experience as you realize that you truly have succeeded at achieving this goal.
- If you feel happy over your success, allow your happiness to place a smile on your face. If it makes you laugh, laugh out loud. If you are relieved, let the relief lift your spirits.
- Allow yourself to remain in this positive emotional state for at least 30 seconds but no longer than a minute.
- As you conclude the exercise, say to yourself, "*So be it.*" Then let go of the desired outcome, releasing it as if you were freeing a bird to take flight. Have faith that your internal guidance system has now been programmed to reach your goal.