

Creating a Statement for Your Subconscious Reprogramming

Use this guide as often as you want to create your statement to carry into your Subconscious Reprogramming Sound Bath & Meditation. The instructions are also in the recording, but I find it helpful to be able to read them and work on them in writing.

- *Identify 1 behavior you have you want to change.*
- *Create a future statement of this behavior. Other ways of saying these are goal statements. A way to go about doing this is to ask yourself the question about the behavior "What do you want to have instead?" This will most likely produce a "want" response or statement. You then need to turn your statement into present tense. Here's an example:*
 - *EX: I'm a people pleaser and end up agreeing to things I'd rather not do. I end up miserable and uncomfortable. What do I want instead? I want to set boundaries and be able to say no. (Now here's where people often go astray on this and try to make this complicated because you might think your goal statement is about boundaries but its not). Here are examples of possible statements: 1- I listen to my inner voice first and follow and trust it's guidance. Or 2- I trust and love myself. Notice these are present tense statements.*
 - *I have several in every category of life covering areas of your life from adaptation, balance, resiliency, timing, loss, self-esteem, relationships, personal power, spirituality, prosperity, and health. I'm happy to help you with this part.*
 - *As you meditate, use your statement or even key word as a mantra. If you can visualize your statement and how that would look like and use your visual to carry you into a meditative state that can be very*

helpful. It's ok if at some point you drop your mantra as you lose contact with your conscious state. If you are like me and don't visualize you can simply "know" your visualized state.

- *Only focus on one behavior at a time during this process. Consider repeating this to reinforce your message in your subconscious.*

All the best, Dorothy

