

## Tips & Techniques

Using the following tips and techniques can help you on your way to changing your life.

### Self-Relaxation

Karen says that a very powerful technique to help change your life is Self-Relaxation.

Sitting quietly on a chair with 2 feet flat on the floor and hands on thighs, allow your eyes to comfortably close

Become aware of your breathing and gently count down from 10 to 1 and float off to your favourite place

While in this quiet state you can use visualisation or imagine being the confident person or whatever you want to be. See yourself the weight you want to be. Spend ME time.

To awake yourself you would allow yourself to float back to your chair and count up from 1 to 10, opening your eyes at the count of 8, feeling refreshed, confident, happy, calm and refocused.

If you do Self-Relaxation every day for around 10-15 minutes YOUR LIFE WILL CHANGE.

### Mirror Work

By using a mirror we can learn how to help accept ourselves. By looking through the mirror and seeing the inner child within us we can help to rid ourselves of our old beliefs and negative emotions. It's healthy to cry and get rid of our negative beliefs of the past. The past is the past. Repeating positive affirmations to ourselves very quickly can change the way we think. We need to live in the NOW.