

THE MAGIC FORMULA

HOW TO FIX MYSELF: THE OVERALL SECRET



The Law of Attraction

What you focus on will increase
This means you should focus on what you *love*,
And want *more of that* in your life.
So practice the *attitude of gratitude*.

DR SUSAN KRIEGLER

Summary

*How to fix myself without
Too much help from Susan*

Hardware / The Body

- SLEEP: Sufficient, uninterrupted, deep 7-8 hours.
DIET: Regular, healthy, low GI, keep blood sugar steady.
EXERCISE: Moderate, fun, sun.
BEHAVIOUR: Walk slower, be on time, smile, do what you enjoy, fake it till you make it.
BREATHING: Deep, slow diaphragmatic. Expand stomach with inhalation. Make it a habit
MEDITATE: Twice a day for at least 10 (but preferably 20 – 30) minutes.
*Breath. Inhale for 3 seconds, exhale for 4 seconds. Pause 3 seconds. (6 breaths per minute)
Observe & forgive. Accept love and even celebrate the flow of thoughts and feelings without trying to control them for 10min.*

MAKE RELAXATION YOUR RELIGION

Software / The Mind

When painful emotions arise:

- Remember you are not your emotions. Your childhood blueprints / erroneous core beliefs are causing the painful feelings.
- Don't defend (fight/flight/freeze). Painful emotion is just energy for a change. Use the energy to change the perceptions / beliefs that cause them.
- Observe. Accept. Forgive. Love. Bless the emotions and yourself for having them & the situation / person that activates them.
- Allow the emotions to complete (perhaps a few waves). Open the folder and allow memories and baggage to come to the surface and release.
- Draw in higher truths / positive mature beliefs – preferably in symbolic form.

At night when you go to sleep:

- Breathe and relax.
- Visualize positive beliefs / how you want to feel so your unconsciousness can continue the work of changing neuro-networks during sleep.

Make re-programming your operating system a priority

Identify with the values you hold rather than with your thoughts and feelings