

Meditation and Relaxation

Excerpts from The Complete Handbook of Quantum Healing: An A-Z Self-Healing Guide for Over 100 Common Ailments by Deanna Minich, PhD, CN

Stress: Physical description: the negative physical and psychological effect of unhealthy stressors in the environment. Prolonged stress can lead to the development of serious diseases such as cancer.

Nourishment: Remove "stressful" food such as those that are low on nutrients, like high processed, convenience foods (soft drinks, fast food, high-fat, high-sugar snack foods, caffeine and alcohol) Eat nutrient dense foods, such as fresh vegetables and fruits high in Vitamin C. **Supplements:** B-Complex (be sure that adequate levels of Vitamins B5, B6 and biotin are included) Vitamin C to support the immune system as well as Vitamin D and Magnesium to help absorb Vitamin D and combat stress effects.

Emotion at root cause often is Fear

Limiting Belief: I am out of control. I am inadequate. No one values what I have to offer. I have to prove my worth through my accomplishments.

Helpful affirmations: I have fun in all that I do. I enjoy each moment of my precious life. I am full and complete from within.

Visualization Meditation with 528 Hz music playing :

Close your eyes and find yourself in a comfortable position. Breathe in, and use the breath to relax your muscles. Allow yourself to let go in these next few minutes and to sail within the ocean of your imagination.

With your mind's eye, see yourself in an open field full of electric green grass. The sky above you is free from any trace of a cloud, and in the distance, much to your surprise, you see a marvelous rainbow stretching through the sky. You can't help but walk towards the rainbow as if it draws you in. In a few moments, you have reached the rainbow's edge.

Your instinct is to walk into the band of red color. At once, you feel a sense of safety and trust. Any fears about money or survival are shed from your body like clothing falling to the ground. You breathe in the essence of the deep, grounding red color, and in so doing, you see the roots of your being connected to the vast core of the earth. You come to an appreciation of your body's wisdom, and healing abilities, and in honor of your body, you let go of any stress, tension or rigidity that you hold in it as a result of your daily living. The red color fills your being, giving you the strength you need to feel strong and capable to withstand any

challenges you may encounter day-to-day and in your quest for healing.

You bathe in the red light for a couple more seconds before moving on to the intensely vibrant orange band of light radiating from the rainbow. The dancing orange molecules permeate your being, filling you with laughter and a sense of pleasure and play. At once, you feel the childlike self surfacing. All worries are dispelled from your emotional body and replaced with contentment. You can now go with the flow of living in a way that you hadn't been able to before.

Once you've taken in as much healing orange light as you can, you take a few steps over and walk into the radiant, glistening beam of streaming yellow light. The light is so bright and sunny; it carries the possibility of power and energy that you haven't felt in a long time. Basking in its radiance sheds any feeling of being overwhelmed. In your mind's eye, you are presented with a representative movie of a typical day in your life, and you begin to see where you can better improve your management of time, your relationships with people, and even the efficiencies of your living situation. Being in the glow of yellow infuses you with a confidence that enables you to forge ahead into the unknown without the baggage of stress.

At your pace, you transition yourself into the peaceful hue of emerald green that is next to the sunny strip. The green color

blankets you, almost like the towering embrace from a comforting forest. You immediately feel love and warmth entering your heart. Any stress that you had previously put on your heart is now coming undone, unwinding itself from the chamber of your heart and from the extensions of blood vessels networking through your body. This release allows you to sink into the moment even more than before. There is no more heaviness in your heart now; it is full with only the green light of nature.

From green, you walk into an aquamarine color, which has energy resembling that of the sky. You feel a sense of freedom from any restriction that may have centered around your spoken words to others. You know that all of your verbal exchanges with others will be good, true, and beautiful. No more stress blocks your true nature and expression.

When you are ready, you walk into the vibrant energy of violet, which stimulates your intuition and imagination. You realize that you have not been as attentive to your intuitive voice as you may need to be and that by listening to it, you are tapping into deep wisdom and insight about life. By connecting with violet and with your intuition, you allow yourself the gift of inner knowing, so you can make choices that benefit your highest self.

And finally, when you are saturated with the depth of violet, you can walk into the dazzling white light at the end of the rainbow. This light purifies and clears any residual stress in your being,

whether that stress is in your physical, emotional, mental or spiritual bodies. You feel at one with all your layers - perfect, whole and complete, ready to take on life's challenges and opportunities in the spirit of growth and learning.

Stepping out of the white light, you notice you have captured each of these colors within you so they are always working with you to reduce stress in your life and guide you to your highest path. On the count of seven, you will open your eyes to your new, enlightened, invigorated yet relaxed self.

One. Two. Three. Four. Five. Six. Seven.

Open your eyes and take a deep breath in to welcome your new state of being!

Meditation optional homework : Use laughter as a form of meditation medication. Allow yourself to laugh for at least one minute daily. Find ways to incorporate laughter and joy into every day.