

Change meditation



Bring to mind the negative thoughts you say to yourself or the emotion you want to change– write them down or say them out loud. Eg “I no longer want to get overwhelmed with emotion/sadness or I am no longer going to tell myself I am all bad”

Get familiar with things you want to change so you can free yourself from the past

What did you say to yourself? What thoughts did you believe?

Observe and remind yourself of how you no longer want to think this way

What thoughts do you no longer want to put your energy behind?

Separate yourself from those old thoughts/programs.

Now know that if you think those thoughts again you will notice them and observe them. You are separate from them and you no longer want to be this way or think this way or act or feel this way.

You are both aware and observing and separate of what you think, feel and do.

Now with firm intention make a choice to no longer be that person.

Make the choice memorable – you are no longer that person.

Now we can change – become aware of a scenario when the thoughts come up (eg when having a shower, when driving, when getting into bed and you notice you are being down on yourself). These are the thoughts you want to change.

Now become aware of your body and get a sense of your feelings and thoughts in that scenario say these things to yourself

Notice what that does to you (mindfully without judgement)

Then I am going to say CHANGE

And then together we are going to say CHANGE

And then by yourself you are going to say CHANGE

The next time you hear yourself saying this you will hear the word “CHANGE”
When that happens –you will be reminded to stop these thoughts and then you can say something like:

“I am breathing in love for myself and others and I am breathing out love for myself and others”. Teach your body what this feels like.