

1
00:00:00 --> 00:00:05,000
Magic meditation

2
00:00:05 --> 00:00:10,000

3
00:00:10 --> 00:00:15,000
close your eyes

4
00:00:16 --> 00:00:21,000
Sit comfortably where you are sitting

5
00:00:21 --> 00:00:26,000
you can lie down if possible

6
00:00:26 --> 00:00:31,000
and breathe freely, try to relax all your muscles

7
00:00:32 --> 00:00:37,000
breathe deeply inhale and exhale inhale and exhale

8
00:00:37 --> 00:00:42,000
and focus your thoughts on your muscles now

9
00:00:43 --> 00:00:48,000
first on the muscles in your face

10
00:00:48 --> 00:00:53,000
and check in turn that the muscles in your face are relaxed

11
00:00:53 --> 00:00:58,000
and check your forehead to make sure your forehead is relaxed

12
00:00:59 --> 00:01:04,000
even higher, check the skin on your head if it is relaxed

13
00:01:04 --> 00:01:09,000
and check your eyebrows now, if your muscles are tense, consciously relax them

14

00:01:10 --> 00:01:15,000

your eyelids cheeks mouth nose chin mandible

15

00:01:15 --> 00:01:20,000

Make sure all muscles are relaxed

16

00:01:20 --> 00:01:25,000

And while you check it out, breathe deeply and freely

17

00:01:26 --> 00:01:31,000

Breathe in looseness and relax and breathe out all the tensions

18

00:01:31 --> 00:01:36,000

Check your neck and nape muscles now

19

00:01:36 --> 00:01:41,000

Check that they are relaxed

20

00:01:42 --> 00:01:47,000

Now check your chest muscles, shoulders, and shoulders

21

00:01:47 --> 00:01:52,000

right hand right bicep forearm right hand all the way to the tips of the toes

22

00:01:53 --> 00:01:58,000

now left arm left biceps left forearm left hand all the way to the tips of the toes

23

00:01:58 --> 00:02:03,000

breathe deeply freely

24

00:02:03 --> 00:02:08,000

now Check your back to make sure your back is relaxed

25

00:02:09 --> 00:02:14,000

That the muscles are relaxed from the nape down to the buttocks

26

00:02:14 --> 00:02:19,000

also check that your buttocks are relaxed

27

00:02:20 --> 00:02:25,000

That the pelvic muscles are relaxed

28

00:02:25 --> 00:02:30,000

Is the belly relaxed

29

00:02:30 --> 00:02:35,000

when you breathe, stick your stomach out so that your muscles relax

30

00:02:36 --> 00:02:41,000

Now check the left thigh, the left calf and the foot

31

00:02:41 --> 00:02:46,000

do the same now with the right leg

32

00:02:46 --> 00:02:51,000

Check that the muscles in the right thigh are relaxed

33

00:02:52 --> 00:02:57,000

check the calf the muscles of the right calf all the way to the tips of the toes

34

00:02:57 --> 00:03:02,000

even that little Forgotten toe

35

00:03:03 --> 00:03:08,000

when you take a breath

36

00:03:08 --> 00:03:13,000

Imagine this air flowing into you from the top of your head

37

00:03:13 --> 00:03:18,000

it goes down to your feet and relaxes you again and again as you breathe

38

00:03:19 --> 00:03:24,000

when you breathe in you breathe in the relaxation and you breathe out the tension

39

00:03:24 --> 00:03:29,000

you can even start counting from 300 down 300 299 298 297 296 295

40

00:03:30 --> 00:03:35,000

you can count at the rate Which suits you best

41

00:03:35 --> 00:03:40,000

at the same time, think you are in your bed

42

00:03:40 --> 00:03:45,000

Imagine you are in your bed a moment before you fall asleep

43

00:03:46 --> 00:03:51,000

When you feel completely relaxed and relaxed

44

00:03:51 --> 00:03:56,000

and you feel that you start to drain away and sink deeper and deeper

45

00:03:56 --> 00:04:01,000

you breathe freely and you feel that your body is getting heavier and heavier

46

00:04:02 --> 00:04:07,000

And for you it is so nice because you are relaxed and relaxed

47

00:04:07 --> 00:04:12,000

when you breathe so freely and listen to my voice

48

00:04:13 --> 00:04:18,000

you can hear other sounds you can imagine

49

00:04:18 --> 00:04:23,000

that you become relaxed 10 times more and your body becomes

50

00:04:23 --> 00:04:28,000

getting heavier you sink deeper and deeper

51

00:04:29 --> 00:04:34,000

and at this point I want you to remember the person

52

00:04:34 --> 00:04:39,000

it could be an actor or someone you know from life

53

00:04:40 --> 00:04:45,000

which is extremely social

54

00:04:45 --> 00:04:50,000

which is extremely fun

55

00:04:50 --> 00:04:55,000

Remember if you know this person and can you remember

56

00:04:56 --> 00:05:01,000

how this person behaves how the people around you react to it

57

00:05:01 --> 00:05:06,000

maybe you have only seen this person on television and maybe you know him

58

00:05:06 --> 00:05:11,000

you can remember how he laughs

59

00:05:12 --> 00:05:17,000

By the way, everyone around me is laughing

60

00:05:17 --> 00:05:22,000

and they all want to be with this person because he is so happy

61

00:05:23 --> 00:05:28,000

because she is so happy

62

00:05:28 --> 00:05:33,000

because it makes others laugh

63

00:05:33 --> 00:05:38,000

she is full of humor

64

00:05:39 --> 00:05:44,000

she is full of happiness

65

00:05:44 --> 00:05:49,000

she is full of joy

66
00:05:50 --> 00:05:55,000
and imagine that this person is 2 meters to the left of you

67
00:05:55 --> 00:06:00,000
if you look to the left you will see this person

68
00:06:00 --> 00:06:05,000
and imagine that this energy, this person's joy is happiness

69
00:06:06 --> 00:06:11,000
it is emitted outside by the person's body

70
00:06:11 --> 00:06:16,000
and there is something that swirls around that person

71
00:06:16 --> 00:06:21,000
some such energy this energy of happiness energy of joy

72
00:06:22 --> 00:06:27,000
look at that person and see this energy

73
00:06:27 --> 00:06:32,000
and Give it a color

74
00:06:33 --> 00:06:38,000
See what color this energy is

75
00:06:38 --> 00:06:43,000
Now imagine that this energy is exactly spinning around that person

76
00:06:43 --> 00:06:48,000
and surrounds it like a cocoon, this energy is so strong

77
00:06:49 --> 00:06:54,000
that until he disappears At some point that person and you only see that energy of joy

78
00:06:54 --> 00:06:59,000
happiness and now imagine. Turn around to this energy

79

00:07:00 --> 00:07:05,000

she is 2 m from you and take a few steps to her

80

00:07:05 --> 00:07:10,000

approach her, reach out and go inside

81

00:07:10 --> 00:07:15,000

Step inside this cocoon of energy and feel like this cocoon now

82

00:07:16 --> 00:07:21,000

this happiness, this joy as it swirls around you

83

00:07:21 --> 00:07:26,000

and penetrates your body and see the world

84

00:07:26 --> 00:07:31,000

as if you were looking at the world through the eyes of a joyful person

85

00:07:32 --> 00:07:37,000

feel exactly the same as happy, humorous and sociable

86

00:07:37 --> 00:07:42,000

feel it all spinning around you like a whirlwind

87

00:07:43 --> 00:07:48,000

Now go back to where you were before

88

00:07:48 --> 00:07:53,000

and keep watching this vortex of energy on the left side

89

00:07:53 --> 00:07:58,000

and watch this color of energy flow to you from that vortex all the time

90

00:07:59 --> 00:08:04,000

How it wraps you And now I want you to look back

91

00:08:04 --> 00:08:09,000

look 2 meters behind you as if you would turn your eyes backwards

92

00:08:10 --> 00:08:15,000

and he saw that there was another person standing 2 meters behind you

93

00:08:15 --> 00:08:20,000

who is synonymous with self-confidence power of authority

94

00:08:20 --> 00:08:25,000

Remember such a person

95

00:08:26 --> 00:08:31,000

Remember how such a person moves

96

00:08:31 --> 00:08:36,000

how you go about talking to other people

97

00:08:36 --> 00:08:41,000

what reactions it triggers

98

00:08:42 --> 00:08:47,000

see how others respect this person because they know that they are a confident person

99

00:08:47 --> 00:08:52,000

strong imperious see how a stream of energy swirls around this person

100

00:08:53 --> 00:08:58,000

associated with self-confidence

101

00:08:58 --> 00:09:03,000

self-confidence vortex and Give it the color of self-confidence

102

00:09:03 --> 00:09:08,000

color of strength color of power and see how this color of self-confidence

103

00:09:09 --> 00:09:14,000

it whirls around this person so hard that it covers it

104

00:09:14 --> 00:09:19,000

so that you don't see that person And all you see is the color of self-confidence

105

00:09:20 --> 00:09:25,000

and turn back now. Take a few steps and get into that cocoon

106

00:09:25 --> 00:09:30,000

Enter this vortex of energy of the power of self-confidence

107

00:09:30 --> 00:09:35,000

and start looking at the world now as the person who was there

108

00:09:36 --> 00:09:41,000

See how people view you as a confident person

109

00:09:41 --> 00:09:46,000

imperious full of power, feel this way, feel that you can do absolutely anything

110

00:09:46 --> 00:09:51,000

Feel that people respect you Feel that people want to be close to you

111

00:09:52 --> 00:09:57,000

because they feel good with you because you are strong you are confident

112

00:09:57 --> 00:10:02,000

see this vortex of power energy swirl around you

113

00:10:03 --> 00:10:08,000

and goes through your body and now take a few steps forward

114

00:10:08 --> 00:10:13,000

and come back to where you were a moment ago

115

00:10:13 --> 00:10:18,000

look left at the energy of Joy flowing to you

116

00:10:19 --> 00:10:24,000

look back at the confidence energy that flows towards you

117

00:10:24 --> 00:10:29,000

these two energies look down at the feet you will see from the feet up

118

00:10:30 --> 00:10:35,000

these two energies are growing and spinning around you

119

00:10:35 --> 00:10:40,000

and fill you with the energy of joy and the energy of self-confidence

120

00:10:40 --> 00:10:45,000

now look to the right and see 2 m from you on the right

121

00:10:46 --> 00:10:51,000

another person a person who you associate with magical things

122

00:10:51 --> 00:10:56,000

magical in the sense that you are doing something that seems impossible

123

00:10:56 --> 00:11:01,000

or what normal people can't even think of

124

00:11:02 --> 00:11:07,000

and this person has such things happen

125

00:11:07 --> 00:11:12,000

imagine Gandalf the Gray at this point

126

00:11:13 --> 00:11:18,000

from the movie Two Towers who was a wizard

127

00:11:18 --> 00:11:23,000

And you can imagine any person doing this

128

00:11:23 --> 00:11:28,000

that the impossible becomes possible the unthinkable

129

00:11:29 --> 00:11:34,000

happen in life and watch the person spin around them

130

00:11:34 --> 00:11:39,000

energy of magic energy of accomplishing impossible things

131

00:11:40 --> 00:11:45,000

as the head swirls around the feet, knees hips all over the body

132

00:11:45 --> 00:11:50,000

Give the color of this energy the color of magic the color of accomplishing the impossible

133

00:11:50 --> 00:11:55,000

and see that this vortex is getting stronger and stronger

134

00:11:56 --> 00:12:01,000

so that it covers that person as you are looking now

135

00:12:01 --> 00:12:06,000

you only see this vortex of energy

136

00:12:06 --> 00:12:11,000

and turn right. Take a few steps in your imagination and go in there

137

00:12:12 --> 00:12:17,000

Enter this cocoon Enter this vortex of magic energy energy

138

00:12:17 --> 00:12:22,000

the energy of the realization of impossible things

139

00:12:23 --> 00:12:28,000

and feel like you are a person who is able to evoke

140

00:12:28 --> 00:12:33,000

and do things that until now seemed impossible

141

00:12:33 --> 00:12:38,000

but you have something that makes the impossible real

142

00:12:39 --> 00:12:44,000

that what you once thought impossible to do suddenly becomes easy

143

00:12:44 --> 00:12:49,000

That even the unthinkable turns out to be quite easy and natural

144

00:12:50 --> 00:12:55,000

and look down as this energy permeates your body, your legs, your belly

145

00:12:55 --> 00:13:00,000

your chest and spins around you

146

00:13:00 --> 00:13:05,000

and go back to where you were and look left again

147

00:13:06 --> 00:13:11,000

and see how energy flows to you from this whirlwind of joy

148

00:13:11 --> 00:13:16,000

how the energy of self-confidence flows from behind to you

149

00:13:16 --> 00:13:21,000

how the energy of magic flows to you on the right

150

00:13:22 --> 00:13:27,000

and it spins around you from head to toe

151

00:13:27 --> 00:13:32,000

and now I want you to look 2 meters ahead

152

00:13:33 --> 00:13:38,000

and to remind you of some beautiful event in your life

153

00:13:38 --> 00:13:43,000

or maybe just some beautiful nature sunset moon

154

00:13:43 --> 00:13:48,000

What is it? You saw beautiful because you know it's in nature

155

00:13:49 --> 00:13:54,000

that beautiful things happen in your life and give it color

156

00:13:54 --> 00:13:59,000

the color of the beauty and see how from this event immediately

157

00:14:00 --> 00:14:05,000

that you had in your life from what you saw this beauty energy flows to you

158

00:14:05 --> 00:14:10,000

it flows to you And enters your heart

159

00:14:10 --> 00:14:15,000

and it starts flowing up the body and spinning and it enters you at the same time

160

00:14:16 --> 00:14:21,000

energy of joy

161

00:14:21 --> 00:14:26,000

on the left, on the right, the energy of magic, and on the back, the energy of self-confidence

162

00:14:26 --> 00:14:31,000

and see how they swirl around your body as they penetrate you

163

00:14:32 --> 00:14:37,000

Now imagine another vortex appearing above your head

164

00:14:37 --> 00:14:42,000

A vortex of energy appears 10 cm above your head

165

00:14:43 --> 00:14:48,000

that is flowing to you from heaven, there is lightning energy

166

00:14:48 --> 00:14:53,000

from the Milky Way from the moon from the sun

167

00:14:53 --> 00:14:58,000

and it swirls over your head and becomes more and more dense

168

00:14:59 --> 00:15:04,000

it is white it is highly energized it is like a whirlwind

169

00:15:04 --> 00:15:09,000

high above you very condensed

170

00:15:10 --> 00:15:15,000

and imagine the top of your head opening

171

00:15:15 --> 00:15:20,000

and that energy is flowing into your body right now

172

00:15:20 --> 00:15:25,000

flows into your head flows into your solar plexus

173

00:15:26 --> 00:15:31,000

it flows into the solar plexus and begins to spin

174

00:15:31 --> 00:15:36,000

It starts to spin as the ball spins the more it is influenced

175

00:15:36 --> 00:15:41,000

the more it begins to fill your body to mix with these energies

176

00:15:42 --> 00:15:47,000

that flow to you with the energy of joy and confidence

177

00:15:47 --> 00:15:52,000

and magic with the energy of beautiful things and these energies begin to spin

178

00:15:53 --> 00:15:58,000

in your solar plexus

179

00:15:58 --> 00:16:03,000

the energy you pull from above your head strengthens these four energies

180

00:16:03 --> 00:16:08,000

Close this flap on your head and imagine 4 energies

181

00:16:09 --> 00:16:14,000

that swirl in your body energy of joy energy of self-confidence

182

00:16:14 --> 00:16:19,000

magic energy and beauty energy come out of your body

183

00:16:20 --> 00:16:25,000

and you see her turning to balls in front of you

184

00:16:25 --> 00:16:30,000

balls the size of a tennis ball are at your fingertips

185

00:16:30 --> 00:16:35,000

each one has its own color, these balls begin to shrink more and more

186

00:16:36 --> 00:16:41,000

so they are the size of a pea at this point

187

00:16:41 --> 00:16:46,000

see how they enter your head

188

00:16:46 --> 00:16:51,000

into your brain exactly where you are responsible

189

00:16:52 --> 00:16:57,000

for your happiness for your confidence for your sense of beauty

190

00:16:57 --> 00:17:02,000

for your beliefs about what is possible and what is not possible

191

00:17:03 --> 00:17:08,000

see that they merge with your brain and become one

192

00:17:08 --> 00:17:13,000

with your nervous system

193

00:17:13 --> 00:17:18,000

each time you need any of these traits in the future

194

00:17:19 --> 00:17:24,000

they will be in you because they are with you now and in this moment

195

00:17:24 --> 00:17:29,000

your mind your consciousness and your subconscious

196

00:17:30 --> 00:17:35,000

they will process them so that they become one with you

197

00:17:35 --> 00:17:40,000

and so that you know how to recall them next time

198

00:17:40 --> 00:17:45,000

and your mind will process it in 10 seconds now

199

00:17:46 --> 00:17:51,000

And when you process it, open your eyes

200

00:17:51 --> 00:17:56,000

and you will smile to yourself