

## Magic meditation

close your eyes

Sit comfortably where you are sitting

you can lie down if possible

and breathe freely, try to relax all your muscles

breathe deeply inhale and exhale inhale and exhale

and focus your thoughts on your muscles now

first on the muscles in your face

and check in turn that the muscles in your face are relaxed

and check your forehead to make sure your forehead is relaxed

even higher, check the skin on your head if it is relaxed

and check your eyebrows now, if your muscles are tense, consciously relax them

your eyelids cheeks mouth nose chin mandible

Make sure all muscles are relaxed

And while you check it out, breathe deeply and freely

Breathe in looseness and relax and breathe out all the tensions

Check your neck and nape muscles now

Check that they are relaxed

Now check your chest muscles, shoulders, and shoulders

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

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

breathe deeply freely

now Check your back to make sure your back is relaxed

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

also check that your buttocks are relaxed

That the pelvic muscles are relaxed

Is the belly relaxed

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

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

do the same now with the right leg

Check that the muscles in the right thigh are relaxed

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

even that little Forgotten toe

when you take a breath

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

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

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

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

you can count at the rate Which suits you best

at the same time, think you are in your bed

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

When you feel completely relaxed and relaxed

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

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

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

when you breathe so freely and listen to my voice

you can hear other sounds you can imagine

that you become relaxed 10 times more and your body becomes

getting heavier you sink deeper and deeper

and at this point I want you to remember the person

it could be an actor or someone you know from life

which is extremely social  
which is extremely fun  
Remember if you know this person and can you remember  
how this person behaves how the people around you react to it  
maybe you have only seen this person on television and maybe you know him  
you can remember how he laughs  
By the way, everyone around me is laughing  
and they all want to be with this person because he is so happy  
because she is so happy  
because it makes others laugh  
she is full of humor  
she is full of happiness  
she is full of joy  
and imagine that this person is 2 meters to the left of you  
if you look to the left you will see this person  
and imagine that this energy, this person's joy is happiness  
it is emitted outside by the person's body  
and there is something that swirls around that person  
some such energy this energy of happiness energy of joy  
look at that person and see this energy  
and Give it a color  
See what color this energy is  
Now imagine that this energy is exactly spinning around that person  
and surrounds it like a cocoon, this energy is so strong  
that until he disappears At some point that person and you only see that energy of joy  
happiness and now imagine. Turn around to this energy  
she is 2 m from you and take a few steps to her  
approach her, reach out and go inside  
Step inside this cocoon of energy and feel like this cocoon now  
this happiness, this joy as it swirls around you  
and penetrates your body and see the world  
as if you were looking at the world through the eyes of a joyful person  
feel exactly the same as happy, humorous and sociable  
feel it all spinning around you like a whirlwind  
Now go back to where you were before  
and keep watching this vortex of energy on the left side  
and watch this color of energy flow to you from that vortex all the time  
How it wraps you And now I want you to look back  
look 2 meters behind you as if you would turn your eyes backwards  
and he saw that there was another person standing 2 meters behind you  
who is synonymous with self-confidence power of authority  
Remember such a person  
Remember how such a person moves  
how you go about talking to other people  
what reactions it triggers  
see how others respect this person because they know that they are a confident person  
strong imperious see how a stream of energy swirls around this person  
associated with self-confidence  
self-confidence vortex and Give it the color of self-confidence  
color of strength color of power and see how this color of self-confidence  
it whirls around this person so hard that it covers it  
so that you don't see that person And all you see is the color of self-confidence

and turn back now. Take a few steps and get into that cocoon  
Enter this vortex of energy of the power of self-confidence  
and start looking at the world now as the person who was there  
See how people view you as a confident person  
imperious full of power, feel this way, feel that you can do absolutely anything  
Feel that people respect you Feel that people want to be close to you  
because they feel good with you because you are strong you are confident  
see this vortex of power energy swirl around you  
and goes through your body and now take a few steps forward  
and come back to where you were a moment ago  
look left at the energy of Joy flowing to you  
look back at the confidence energy that flows towards you  
these two energies look down at the feet you will see from the feet up  
these two energies are growing and spinning around you  
and fill you with the energy of joy and the energy of self-confidence  
now look to the right and see 2 m from you on the right  
another person a person who you associate with magical things  
magical in the sense that you are doing something that seems impossible  
or what normal people can't even think of  
and this person has such things happen  
imagine Gandalf the Gray at this point  
from the movie Two Towers who was a wizard  
And you can imagine any person doing this  
that the impossible becomes possible the unthinkable  
happen in life and watch the person spin around them  
energy of magic energy of accomplishing impossible things  
as the head swirls around the feet, knees hips all over the body  
Give the color of this energy the color of magic the color of accomplishing the impossible  
and see that this vortex is getting stronger and stronger  
so that it covers that person as you are looking now  
you only see this vortex of energy  
and turn right. Take a few steps in your imagination and go in there  
Enter this cocoon Enter this vortex of magic energy energy  
the energy of the realization of impossible things  
and feel like you are a person who is able to evoke  
and do things that until now seemed impossible  
but you have something that makes the impossible real  
that what you once thought impossible to do suddenly becomes easy  
That even the unthinkable turns out to be quite easy and natural  
and look down as this energy permeates your body, your legs, your belly  
your chest and spins around you  
and go back to where you were and look left again  
and see how energy flows to you from this whirlwind of joy  
how the energy of self-confidence flows from behind to you  
how the energy of magic flows to you on the right  
and it spins around you from head to toe  
and now I want you to look 2 meters ahead  
and to remind you of some beautiful event in your life  
or maybe just some beautiful nature sunset moon  
What is it? You saw beautiful because you know it's in nature  
that beautiful things happen in your life and give it color  
the color of the beauty and see how from this event immediately

that you had in your life from what you saw this beauty energy flows to you  
it flows to you And enters your heart  
and it starts flowing up the body and spinning and it enters you at the same time  
energy of joy  
on the left, on the right, the energy of magic, and on the back, the energy of self-confidence  
and see how they swirl around your body as they penetrate you  
Now imagine another vortex appearing above your head  
A vortex of energy appears 10 cm above your head  
that is flowing to you from heaven, there is lightning energy  
from the Milky Way from the moon from the sun  
and it swirls over your head and becomes more and more dense  
it is white it is highly energized it is like a whirlwind  
high above you very condensed  
and imagine the top of your head opening  
and that energy is flowing into your body right now  
flows into your head flows into your solar plexus  
it flows into the solar plexus and begins to spin  
It starts to spin as the ball spins the more it is influenced  
the more it begins to fill your body to mix with these energies  
that flow to you with the energy of joy and confidence  
and magic with the energy of beautiful things and these energies begin to spin  
in your solar plexus  
the energy you pull from above your head strengthens these four energies  
Close this flap on your head and imagine 4 energies  
that swirl in your body energy of joy energy of self-confidence  
magic energy and beauty energy come out of your body  
and you see her turning to balls in front of you  
balls the size of a tennis ball are at your fingertips  
each one has its own color, these balls begin to shrink more and more  
so they are the size of a pea at this point  
see how they enter your head  
into your brain exactly where you are responsible  
for your happiness for your confidence for your sense of beauty  
for your beliefs about what is possible and what is not possible  
see that they merge with your brain and become one  
with your nervous system  
each time you need any of these traits in the future  
they will be in you because they are with you now and in this moment  
your mind your consciousness and your subconscious  
they will process them so that they become one with you  
and so that you know how to recall them next time  
and your mind will process it in 10 seconds now  
And when you process it, open your eyes  
and you will smile to yourself