

Questions for your Customized Audio



1. Your healing place- (can be an actual memory or a fantasy--just make sure you have no negative associations with it.)
-(include 1-3 of each sense-visual, auditory, olfactory)
What does it look like, sound like, smell like?
-Where would you be sitting or lying when in this healing place (i.e. on the sand, in a chair, floating etc)?

2. A word you would like to include (optional) for your spiritual connection (i.e. God, spirit, love etc..)

3. An empowering memory, or empowering experience (i.e. making a major decision in your life, giving a performance, giving birth, working out.)

What we are looking for is a visceral reference/reminder of feeling strong in your body mind and spirit) It is okay to use 1 or 2 memories or experiences.

Just a couple sentence description of this memory/experience.

- What color do you think of when you are aware of this memory or experience?

4. Mentor: The first name (s) of someone you admire and list 3-4 of their qualities.

5. Inspiring words/affirmations

What do you want to remind yourself of on a daily basis?

Words to a song or prayer, or poem, affirmations, specific suggestions for your healing-

Think of this as an open ended opportunity to reinforce what you already know and want to remember at a deep level. Length: a few sentences to one page.

Decide the amount based on how much you want to listen to--more than a page can be too much information and overwhelming to listen to.

You can google affirmations and find many ideas to adapt to your own needs.

Another way to create your own affirmations is to think of the 3- 5 most negative things you say to yourself on a daily basis and change those statements into affirmation form: present and positive.

6. Music: Feel free to pick ambient music you love and let me know the title and artist or visit this link to hear listening samples

<http://www.guidedimagerycd.com/listening-samples-for-custom-guided-imagery-cd.html>