

## **Victim Mentality Be Gone**

*By Rene Bastarache, CI*

This script is designed to enhance health by eliminating the victim mentality. Taking responsibility and focusing on what you want are the first steps in attaining and maintaining health.

### **Script Begins Here:**

From this moment forward you take responsibility for your health... You realize that your health is your responsibility and your choice...

Victims always blame, explain, or have to justify everything that's going on with their health... Successful people take responsibility for their health... and from this moment forward... you are taking responsibility.

Your health is important to you... You're in control of your health... You're healthy because you want to be... because you deserve it... because you realize that it's the orderly way for you to be.

Imagine yourself right now standing in front of you, on a computer monitor... You can see a front view of yourself standing with your arms outstretched... As you look at yourself... all you see is health... You see this healthy... happy... you.

You realize that this is the way you're supposed to be... This is the natural you... It's your blueprint of health... You feel great being this naturally healthy you...

As you're looking at yourself, realizing how healthy you are... You can see a smile on your face... A smile of contentment, happiness and pride in the way you look and feel... Allow those feelings to swell and grow within you... Those wonderful feelings of being healthy and happy...

Memorize the way you look on the screen right now so you can remember it in detail...

Whenever you feel in question about your health, simply close your eyes and think of this image of the healthy... happy you... You'll see this blueprint of health realizing that this is the way you choose to be.

Keeping this image will help you to maintain your healthy state as long as you desire... You're in control and responsible for your health.

## **Wouldn't it be Nice**

*By Rene Bastarache, CI*

One of the most powerful methods of healing with the mind is to use your imagination seeing yourself as healed or healthy. The problem with that is that negativity seems to sneak in quite often which can negate your progress. This script uses a method that will eliminate that negativity or doubt thereby eliminating most self- sabotage.

### **Script Begins Here:**

I'd like you to think about what you'd like in the way of healing or health... Is there something specific you'd like to improve on or enhance... or are you interested in general overall health?... Get it clear in your mind of what the outcome is that you'd like to have...

Now I want you think about this statement... Wouldn't it be nice... Remember those 4 words... Wouldn't it be nice...

Now I want to say those four words and finish the statement with what it is you'd like to have happen... An example would be: ... Wouldn't it be nice to feel extremely happy every morning... or Wouldn't it be nice to have lots of excess energy?... and then just take some time to let your mind roam free on that statement.

So, I want you to do it right now... Think about what it is you want to improve... Put it in a visual, sentence format... "Wouldn't it be nice... now add on what you want...

Say it again quietly, in a complete sentence to yourself, as you imagine how nice it would be... and let your mind roam... and imagine what it would be like...

Use your imagination and think about how it would be... How would it feel? ... What would you be feeling? ... The reason this is so effective is that by thinking

about how something “would be” there’s no room for doubt... You’re thinking about what it WOULD be like.

Say the statement to yourself with your desire one more time... focus on it... and let your mind roam free...

Remember all the details about what your imagining right now and how you felt about it... This shows you what it would be like... and how possible it could be...

You have the ability of attracting whatever you want into your life... and now you know how to focus on it... and attract it...

Remember that the more you can detail your desires, the more powerful your attraction process will be.

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