

Dancing Letters

Based on a Concept by Linda Williamson

1. Close your eyes and imagine a white board in front of you. Write your negative thought on the board.
2. Erase it completely and then clean the board until it is pristine...sparkling.
3. Write a better feeling thought on the board. Now colorize it. Make the letters bold and bright.
4. Add an uplifting soundtrack and let the letters dance on the white board.
5. Allow the letters to dance right off the board and into your head.

Let them swirl around and fill your head. And let them dance and swirl around your head as many times as necessary until the new thought becomes real for you.

6. Then let the letters dance all the way down your body into every cell and organ.
7. When you are filled with the better feeling thought...write it on a giant billboard up and to your right.
8. Imagine something that illustrates the better feeling thought....and stay with that billboard until you believe it.
9. Take a nice deep breath and slowly open your eyes celebrating the new thought and feeling you've created for yourself.

Appreciate yourself! You are perfectly lovable...just the way you are!

Pat yourself on the back more often! It will do you a world of good!