

## Multi-Purpose White Board Technique

Karen Hand

Imagine a giant white board in front of you. Brand new. Pristine...sparkling.  
Suddenly, a negative thought or limiting belief pops into your head...and then splatters up there on the board.

Maybe it looks like chicken scratches or graffiti or a Jackson Pollock knock-off.  
Either way...you know an easy way to clean that mess.

Take a nice deep breath...and notice:

Just below that giant white board is a magical eraser.  
It erases the mess or the mistake or the hurtful thought while it cleans your mind.

Pick up the eraser and focus on cleaning that white board...until it sparkles again.

Erase up and down...up and down...

Side to side...and side to side...

Getting it really clean.

Go over to the upper right-hand corner...and erase down to the bottom left-hand corner...

Then up to the upper left-hand corner and erase down to the right-hand corner...

Up and down...back and forth...and deep into each of those corners...

Until your white board once again is clean as new...

Pristine...sparkling...

Take a nice deep breath...and find yourself relaxed and ready to think again.