

Mediation Tips and Scripts for Healing and Pain Reduction

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5367890/>

Tips In order to activate the placebo effect:

1. Conduct it consistently at a specific time each day - perhaps just before bed as it may be helpful to be a mediative state.
2. Practice makes perfect - be patient. May work right away or take 40+ lessons.
3. Before practice - give your mind, body, etc. what it needs to be comfortable. Ensure the space you are using is comfortable and pleasurable etc all senses.
4. Apply a cream or magnet or something on problematic areas and tell yourself this will reduce any pain and lead you back to health. As you do so, try to remember what it felt like when you were healthy.
5. If you can - repeat the statements heard - the verbal command seems to be key.
6. Visual while you verbalize.

Bonuses:

- Eat Fish and /or take an Omega 3 supplement.
- Have someone touch you - and/or get regular human touch, even outside of “training.”
- Tell people around you to only speak realistic positive things - what you are doing is going to work - you are healthy.
- Be open to telling yourself a new story.

General Script Flip Format

Welcome to your subconscious script flip for health, wellness, and peace for the mind and body.

Go ahead. Get comfortable. Find a comfortable position to be in.

Make sure the covers and blankets and sheets are just as you like.

Your head is resting comfortably upon your pillow.

Focus on your breathing. Taking a deep breath in...and out...

Notice how with each breath in, and with each breath out, your body is beginning to relax, and your mind is wandering off into your favorite safe place to be.

Deep breath in...and out...

Your body is beginning to feel heavy, comfortable, and relaxed. Your mind has placed you in your favorite safe place to be and while you are there, you're going to picture a movie screen in

the sky, or on a wall. You are calm...relaxed,... and just watching your day play...Just as easily as would be watching your favorite television show or movie.

You're still focusing on your breathing...in...and out.

Your breathing is now calm... relaxed..and slow.

Your body is heavy like your limbs are filled with sand, taking you deeper, and deeper into sleep, into your subconscious, but at the same time you feel relaxed and calm.

Let the words wash over you like a gentle rain or relaxing shower, and as you are showered, also use your own voice to shower your mind and body with the same statements you hear as this is what will give the full command to your body to remember what it feels like to be in a healthy, calm, stress free state.

This relaxing shower sends a signal to the rest of your body to send serotonin into your system, a calming hormone that will also make you feel content. You are in the here and now.

When we live in the now, we are safe.

We are warm and comfortable.

We experience no worries.

We are just comfortable and relaxed...here in this now moment...so calm....so relaxed...

Every noise you may hear, quietly slips away into nothingness.

Each breath you take in...and out...takes you down deeper towards sleep, where you are safe and all is serene.

As your mind continues to relax.. as time passes slowly by..as your breathing continues to put you into a pleasant pattern of in...and out...you are taken down even deeper into relaxation and sleep.

Drifting...drifting...down...down...down. As safe and as warm and as comfortable as a baby in its mother's arms, or any other place that is safe and warm and fills you with the greatest content.

Now your brain and your body is so relaxed that we are in the part of the mind where self-healing and hypnosis can take place.

It is the place where this physical world no longer exists.

It is the place that is slow and low...like hearing our own heartbeat.

Our heart tells our minds how it wants to move in the world, and how it wants the body to behave in every situation.

Your heart wants you to be healed.

Your heart wants you to be happy.

Your heart wants to restore you to your Highest Possibility State.

And it will lead you there through these commands and encodements. As you hear these commands and encodements, I want you to visualize. what that may look like within your body and mind.

Repeat after me: With love and gratitude, I command gene rs4680 to encode successfully creating enough dopamine within my prefrontal cortex (the front part of my brain) to stay balanced and to experience good physical and mental health. (repeat x 3)

Repeat after me: With love and gratitude, I command MAO-A to assist and encode creating balanced oxygen levels in my body as well as dopamine and serotonin levels. (x 3)

Repeat after me: With love and gratitude, I command my body to encode and increase more positive healing signals between my neurons. (x 3)

Repeat after me: With love and gratitude, I command my body to encode the following statement into my consciousness and subconscious: My DNA is perfect in each and every way. It always replicates and encodes the highest possible states of health and wellness. (x 3)

Repeat after me: With love and gratitude, I command my body to encode the following statement into my consciousness and subconscious: my dopamine receptors work perfectly.

Repeat after me: With love and gratitude, I command my body to encode the following statement into my consciousness and subconscious: Pro129 (FAAH) works perfectly in order to help keep me stress free. (x 3)

Repeat after me: With love and gratitude, I command my body to encode the following statement into my consciousness and subconscious: that SKC6A4SNP, my rs4251417, my HTR2A SNP, My 2296972, and rs622337 work perfectly in order to release the exact amount of serotonin I need for my body to be balanced and healthy.

At this point you can also use this time to command and encode into your body anything else you may need assistance with.

With love and gratitude, I command my body to encode the following statement into my consciousness and subconscious: that (insert your desire for healing here)

With love and gratitude, I command my body to encode the following statement into my consciousness and subconscious: that

With love and gratitude, I command my body to encode the following statement into my consciousness and subconscious: that

At this point, if you haven't already, you may drift off into a peaceful sleep.

Allow your mind to quiet while your body works on updating these new codes and thoughts into your body, mind, consciousness, and subconscious while you sleep.

This meditation is similar to when you allow your phone to update to the newest operating system.

Each time you perform this meditation, you are updating to a newer, better operating system.

I am updating my body to the newest operating system with these codes and commands. When I awake, my mind and body will operate with these new systems in place (x3)

