

The Flu Season Script

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You now have a mental view screen on which you can project images, like in a movie theater. It is located outside your body, just like the location of a movie screen when you go to the movies. Slightly up...out..and away from your body. This area that you perceive with your mind is your mental view screen, the theater of your mind. you now pick up the remote control and switch the mental view screen on. Visualize a holographic image in the shape of your body, on your mental screen. This image, like the entrance to a tunnel, looks like a silhouette. This image is deep enough so that you can place your body into it... this image is your hologram body, the holographic body of you.. like an information grid, that has all the information for your body and cell structure..a blueprint that has information for rejuvenating and re energizing any aspect of your body..... Imagine you are backing into your perfect hologram body ...and as you back into your hologram..that this backing in...walking backwards into the hologram activates a special part in your brain that can manufacture any chemical...for your brain is the best pharmacy in the world...it can make anything that you need...and in just the correct dose... imagine a liquid coming from the upper portion of your brain...from that special part of your brain that manufactures all chemicals... feel it as it slowly travels down your head and settles into the back of your neck. Now, feel the liquid flowing down into your throat and then into every part of your body. You feel its tranquilizing effect as it seeps down into every muscle, every ligament and into every joint... feel... every part of your body becoming so relaxed it seems like jelly. This liquid allows Your thymus gland to imprint your bodyguard cells with information to recognize and destroy all invading cells... you vividly visualize your defensive cells in action. Imagine these faithful bodyguard cells seeking out, targeting and attacking all enemy cells by penetrating and destroying them. Mentally mobilize your army of bodyguards, imagine what they look like, and perceive them doing their job. they neutralize all infections, flu bugs, and any substances that are harmful to your health. Now take a deep but gentle breath and hold it....while holding the breath imagine that the last threads of tension and distraction build in your chest along with the breath...Now slowly and easily let the breath go and keep exhaling until you can feel your heart beating in your chest.. Now take another deep but gentle breath and hold it....while holding the breath imagine that the last threads of any substances that are harmful to your health...gather and are neutralized in your chest ...Now slowly and easily let the breath go and keep exhaling until you can feel your heart beating in your chest..as you feel these substances being expelled away... as you feel your heart beating.... Now take another deep but

gentle breath and hold it....while holding >>the breath imagine that the last threads of any harmful substances >>build in your chest along with the breath...Now slowly and easily let the breath go and keep exhaling until you can feel your heart beating in your chest.. you can feel the pulses in your wrists..thighs..and neck...these pulses are activating the special liquid that your brain manufactured to immunize your body... for your asured health is as easy for you to maintain as it is for you to breathe...for the simple and easy act of breathing is now all that is required for you to be healthy....for evey time you breathe...your inner mind will now pump that special liquid manufactured by your brain to all parts of your body....