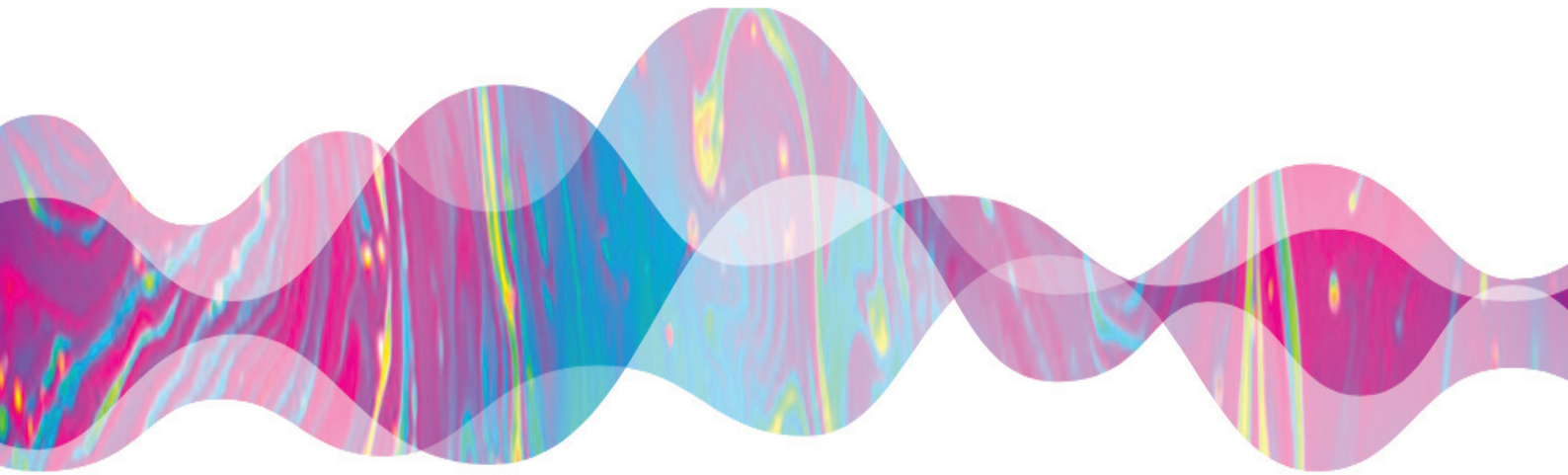


Celebrate Your Memories

Chapter 6



Trish Stewart
INTUITIVE CONVERSATIONS

Finding Your Magic

Celebrate Your Memories

A little exercise to help you expand your mind.

Let's start changing your story. It is your story that controls your life. Your story is made up of all the experiences you have had. The good the bad and the ugly, the barriers and boundaries.

When you start to change your story your world changes. It's time to focus on the good stuff and let the negative stuff go. Let it all go.

A little exercise to help you expand your mind. Imagine all the wonderful things that have happened to you and revel in them. Dust them off and let them come out to play. Don't store them away like yesterday's news. Bring them out, study them and take pleasure in what they stand for, for they are part of you. They are what helped to shape you into the person you are today. Love that person and enjoy what you have done. Wander through the garden and smell the flowers of your memory.

Take real time out to do things you love to do. Get out in nature, book a massage, listen to music, read, look through old photos, diffuse essential oils, sing, dance, relax and remember.

Bring all those happy memories forward and rejoice.

Expand your mind, let your body remember and celebrate with gusto.

Write your memories down, put them in a journal, cut up magazines and paste pictures and words onto a large sheet of card. Create a vision board so you can see it everyday and let the good times roll in.