

Blueprints for Change

WHAT CAN RED DO FOR YOU?

During February as Valentine's Day rolls around it's difficult to ignore thoughts of love, romance and relationships. Newspapers, magazines, and TV ads bombard us with pictures of red roses, red hearts, red clothes, red cars, red everything --- RED, RED, RED.

In fact, red is one of my favorite colors but what generally comes to my mind first (not that I don't love hearts and the romantic pursuits in life) is the use of that color in my guided imagery script to help motivate participants in my workshops to pursue a passionate life. After all, red is also the color of passion, whether that's in a romantic sense or in the living of life.

To be successful and live a fulfilling life it is critical to follow your dreams, your passions, those things which are of the utmost importance to you in your life. Those pursuits you dreamt of following when you were a child but put away in the back drawers of your mind as you became an adult when the responsibilities of life took over. Perhaps it's time to dust off those dreams and take another look!

You can consciously choose to do anything you want to do. You can allow your mind to be open to the opportunities that guide you to living a fulfilling and purposeful life. A life that is meaningful to you, a life of passion, a satisfying life.

The power that controls everything you do and every response you make is the unconscious level of your own mind. You are constantly doing what your unconscious mind influences you to do. In reality, many people become slaves of their unconscious mind, because they do not realize that they can reprogram it if they don't like the way they are living.

We all know that we can, and do, respond to suggestions from other people. Sometimes the suggestions are positive, while at other times, they can be negative. We have all heard comments such as "I can't do that --- I know I will fail --- My skills will never be good enough --- I'll mess things up --- It was my mother's fault --- I was raised that way" --- and on and on. It's time to let go of the past. It's time to stop putting yourself down. It's time to start fresh.

You can let go of your negative self-talk by using the color RED. I'd like to share with you one of the suggestions that many clients have found helpful. The most beneficial way of working with this suggestion is to find a quiet place where you will be undisturbed for 10-15 minutes. Sit comfortably on a chair, close your eyes and take a few deep, slow breaths. Focus your mind on your breathing and with each inhalation, say the word "relax" to yourself, and the word "peace" with each exhalation. Notice your breathing as it becomes slower. Allow yourself to become more and more relaxed. When you feel that you are as relaxed as you can be at this time, open your eyes and read the following suggestion ---

THERE IS NO PERSON, THOUGHT, IDEA, MEMORY, IMAGE, FEELING OR SENSATION, OUT OF THE PAST, IN THE PRESENT, OR EVER TO ARRIVE IN MY FUTURE THAT CAN STOP ME FROM BEING SUCCESSFUL AT ACHIEVING MY GOAL OF CREATING A

PASSIONATE LIFE. OF LIVING THE LIFE I CHOOSE, OF FINDING FULFILLMENT AND JOY IN LIFE.

TO REINFORCE THIS SUGGESTION, OVER THE NEXT FEW DAYS I WILL FIND THAT THE COLOR **RED** IS GOING TO SEEM BRIGHTER, SHARPER, AND MORE NOTICEABLE. THE COLOR **RED** COULD BE A TAIL LIGHT, THE COLOR OF A CAR, A STOP LIGHT OR A PIECE OF CLOTHING. IT COULD BE AS SMALL AS WOMEN'S NAIL POLISH OR AS LARGE AS A HUGE SIGN, PERHAPS EVEN A CARD. THE COLOR **RED, RED, RED** WILL SEEM BRIGHTER, SHARPER AND MORE NOTICEABLE THAN EVER BEFORE.

EACH TIME MY MIND ENCOUNTERS THE COLOR RED, MY MOTIVATION AND DESIRE TO LIVE MY PASSIONS, TO LIVE A FULFILLED LIFE, TO FOLLOW MY DREAMS, WILL BECOME STRONGER AND STRONGER, EACH AND EVERY TIME.

I WILL NOT EVEN NEED TO LOOK FOR THE COLOR RED, I WILL NOTICE IT AUTOMATICALLY. WHEREVER I AM, WHATEVER I AM DOING, THE COLOR RED WILL "JUMP OUT AT ME". THE COLOR RED WILL REMIND ME TO STAY ON THE PATH OF MY PASSIONS. THE COLOR RED WILL REMIND ME THAT I, AND ONLY I, AM IN CONTROL. IT'S ALL UP TO ME.

Repeat this suggestion to yourself 3 times. You may need to do this over a number of days. And voilà, before you know it, your life will begin to change!

Note: The best times to give yourself helpful suggestions are just as you are falling asleep or just when you are waking up. Your subconscious mind is most "available" to taking in whatever it receives at these times.

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