Genesis Meditations for Relaxation and Reprograming Negative Self-Image and Beliefs

**Purpose/Goal:** Reducing stress is a survival skill for everyone, especially those addicted. Most relapses happen because of stress related overreactions. More importantly: therapists who work with self-destructive/addictive clients have concluded that what drives destructive behaviors is shame. Shame is our most powerful heart wounding emotion, resulting in negative beliefs and self worth. Reprograming these negative self-sabotaging beliefs is primary to real recovery. Some of the most common shame driven beliefs are “I’m bad-no good, There is something wrong with me, I don’t deserve good things, I will always fail, etc.” Reprograming heart/limbic wounds happens through Gods Truth penetrating our heart. This meditation is designed to help replace shame based lies with The Truth. To reduce stress — the goal is be here as long as possible — stay in the now. Try to stay out of the regrets of the past and the fears of the future—the land of anxiety.

**Key Thought:** The slower you go the more you see.

**Steps:**  1. Slow your breathing.  2. Slow your heart.  3. Slow your mind.  4. Stay in the now.

1. Try to do this exercise before meals on and empty stomach, first thing in the morning and at bedtime are best. Sit quietly in a comfortable position. Do this 15-20 min. a day for 30 days and see what happens. Do steps 3 & 4 as needed throughout the day when you feel racy.

2. Close your eyes.

3. Tell all your muscles to relax (while breathing deep and slow) beginning at your feet and progressing up to your face. Tell each area of tension to relax. Slowing your breathing is always the first step to relaxing, slowing down.

4. Breathe through your nose with your tongue on the roof of you mouth. Breathe filling the bottom, then sides and top of you lungs. Hold for a few seconds at the top and bottom of each breath. Use your heart beat to count, e.g. 8-4-8

5. I suggest you use positive affirmations like the Fruits of the Spirit, using this 3-part format.

   a) Breathe in lowly saying **I receive**, then breathe out saying **Gods Love**.
   b) Breathe in slowly saying **I feel**, then out saying **Gods Love**. Try to feel the emotion.
   c) Breathe in slowly saying **I give or exude**, then out saying **Gods Love**.
   d) Continue with; joy, peace, kindness, goodness, patience, etc. Let God bring to your mind different things you need.
   e) You can also breathe in saying, I release of, breathing out saying, pride, resentments, unforgiveness, bitterness fear, judgments, control, self-righteousness, anxiety etc.

7. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling on them and return to the meditation.

8. Continue for 15 to 20 minutes. Then sit quietly and ask God if there is anything He wants to show you or say.

9. You can also use positive affirmations like this.

   I am getting **Healthier, Happier and Stronger** everyday

   I am getting **Better and Better** in every way.

*Michael Dye / Genesis Processes*