

InVision Wellness, LLC  
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### **Examples of scripts:**

1. Healing is always available. Connect with your higher mind, your higher self or wise part (choose language that fits for you). Allow this healing to descend upon you. This wise part is always tapped into all limitless knowledge about you. Let this knowledge wash down into and over you.
2. allow yourself to have 1000 healing thoughts/day-that's the goal. For example: "I like myself because ....," My parasympathetic nervous system (PNS) is continually allowing my heart to beat effortlessly, smoothly."
3. "My head is just the right temperature, cool and clear (create a soothing color like light blue to aid in headache healing)."
4. "I am continually choosing the right foods for myself with the assistance of my wise self, to create my chosen weight. I enjoy chewing my food well while re-establishing a new, even more dynamic and absolutely real relationship with food. I am enjoying the taste of my food even more, remembering that it is prepared for easy and full digestion and absorption. My body now excretes waste effortlessly, with full and complete natural bowel movements and urination. Because this process is now flowing naturally, I am continually creating my chosen weight that is my true natural self filled with vitality, joy and innocence.
5. Because all of my joints, ligaments and tendons are continually being bathed in warm, healing oils, I feel better and better each and every day.
6. Always finish any script with something like, "I am grateful for being me, knowing that I am becoming even more aware of my inner power. I also allow all of these upgrades to occur with the safety of my entire body, mind, soul and spirit.
7. All scripts need to contain only positive language. Do not address problems, or put limits on yourself. Whenever you observe yourself with a negative thought, simply say "cancel" and visualize that thought moving past you as energy being returned to the collective pool of energy, and then reframe that thought by turning it into a positive intention. This all takes practice, and sometimes a facilitator to assist. This is why I love what I do, to assist others in their evolvment, self-discovery, spiritual unfoldment, and remembering that you are already integrated, the human simply forgets this fact, and these techniques assist in your reawakening, moment by moment.
8. Embrace the concept of morphing yourself, allowing this morphing to occur, allowing objects to morph-to heal etc. This applies to anything, cars, homes, pets, trees, anything in the manifested universe!

I am available to co-create scripts with you in person, by email, by phone or creating a custom CD for you. My fee of \$120.00/hour apply unless other arrangements have been made. I cannot accept barter exchanges for services per my licensing board standards as a Licensed Professional Counselor.

