

Perfect Parent Imagery

As you relax more deeply, repeat silently to yourself the things that I say:

I am happy, healthy, and peaceful always.

I look forward to enjoying all the wonderful things that life has to offer.

I know that all members of my family will live up to their full potential.

I remember to relax by breathing deeply several times each day.

I am in complete control of my breathing, and can use it to relax whenever I wish.

Anytime I become stressed, my subconscious mind automatically makes me breath deeply and completely, exchanging stress for sweet relaxation.

I know that my body is a perfect self healing mechanism and that I can choose to be healthy.

I know that I will live a long, happy, healthy life with my family and friends.

I live life to its fullest.

I spend my time positively.

I learn positive lessons from my life experiences.

I am happy and optimistic always.

It will be easy for me to achieve my highest purpose.

I am upbeat and optimistic.

I consistently encourage the positive efforts of others.

Every time I laugh my entire body relaxes.

I see humor in life.

Life is funny and enjoyable.

I find the good in every situation.

My body language speaks peacefully to those around me.

I keep the energy Center at the top of my head open.

All my energy centers are open and perfectly aligned.

Having my energy centers open and aligned gives me strength and energy and keeps my body and mind happy and healthy.

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Energy circulates perfectly through my body and ensures my health.

With my energy centers open, I feel balanced and centered.

I remember to consciously breathe several times a day, breathing deeply and fully, from the top of my head, all the way down through my body to the soles of my feet.

I remember to consciously breathe several times a day, breathing deeply and fully, from the soles of my feet, all the way up through my body to the top of my head.

I have all the strength, courage, and humor I need to get me through every day of my life.

I see all the members of my family succeeding in everything they attempt to do.

Any time a negative thought enters my mind, I erase it immediately and replace it with a positive thought.

I am thankful for my wonderful family.

I am thankful for my own strength and courage.

I pay no attention to people who are unkind; I simply disregard them.

I remain positive and upbeat always.

I always know the right thing to say at the right time.

I am confident and poised when I speak.

It is easy for me to be fair to every member of my family.

I trust that I have and shall receive all the strength I need to assist myself and my family.

I'm able to communicate with my children and others non-verbally.

I can share the peace that I feel with others through my thoughts and my touch.

I'm easily able to identify the special needs of my children.

I notice every small positive thing that occurs in my life and with my family.

I introduce healthy foods into my home.

It is easy for me identifying healthy foods that my family and I will eat and enjoy.

I realize that my temperament and the temperaments of my family members will improve when we all eat healthier food.

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I remember to drink water each day because it makes me feel full and relaxed, because it helps me achieve my ideal weight, and because it will improve my health and enhance my beauty.

As I become more physically active, I sleep better, and I feel more alive.

I remember to take care of myself first.

I know that I am best able to care for others when I am at my own personal best.

I am certain that I can find creative solutions to challenges as they occur.

I allow my subconscious mind to appropriately disregard any self-destructive tendencies, phobias, or doubts that linger pointlessly.

I consistently display healthy coping mechanisms.

I know that everything is going to be OK.

I look forward to every single moment of my life.

I am able to live in the moment. e.

I am perfectly capable of keeping myself happy, relaxed, calm and healthy.

I see the beauty in nature and in all things around me.

I am an extraordinary role model.

I have unending patience.

I have the ability to rise above myself and achieve clarity.

I will honor myself and my family by treating myself in a loving and respectful manner.

I honor my family and friends by always treating them in a loving and respectful manner.

I embrace the joy of living each day of my life.

I treat my family as I would wish to be treated.

I am a pillar of strength and a pillow of comfort to my family.

I allow my family to learn from their mistakes, and allow them to make their own choices.

I accept that I can only provide guidance, and not commandments.

I accept that parenting can be messy, loud, and asymmetrical, and I am capable of finding the joy amidst the chaos.

I am able to ask for help when I need it, in clear terms, in a way that people will want to assist me.

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I am an extraordinary, astounding, loving parent.

And now, completely bathed in the light of love, and the picture of your perfect life clear in your mind, allow yourself to slowly return to the awareness of this room. Feel yourself becoming more alert, more energetic, more clear, knowing that the decisions that you have made and the pictures you have seen will grow inside you, as you wish, as time goes on. When you are ready, return to full consciousness, open your eyes, feeling great.