

Perfect Parent Imagery

Please make yourself comfortable. Sit back, relax, feel yourself being gently cradled as you sit. It may take a moment to relax and center yourself, to leave the outside realities and to get back in touch with yourself.

Gently, softly, close your eyes, and focus on your breathing, and your body. That's right, it's time for you to find yourself again, to get reacquainted with your own truths, your own purposes, your own inner self and deepest wisdom. It's time to focus on the things which are truly important to you. You've accepted the most important job in the world, the job of a parent. This is a job that isn't always easy but it is a job that is so very vital.

Give yourself permission to enjoy this relaxing space of time knowing that you will return with renewed energy and calm, with a new focus and ability to handle whatever comes your way.

All you need to do is to breathe deeply, and feel your breath moving through you, erasing outside thoughts. As you exhale, completely, feel the wonderful exchange of energies occurring inside you.

As you again inhale deeply and now exhale completely, feel lighter and freer.

As you inhale, feel light and free, and as you exhale, more relaxed and calm.

Allow your mind to drift and float as you inhale, and turn your focus inward as you exhale.

Now, allow your breathing find its own peaceful rhythm as your body continues to quiet and relax itself. As you breathe, deeply, fully in, and slowly, completely out, you turn your focus inward, and you find the peaceful relaxation that you have been longing for.

Continue to relax more and more with each breath you take. Every sound you hear during this session, everything, whether it is traffic noises, office noises, or the sounds that the babies may be making, whatever the sounds, just allow them to take you deeper and deeper into peaceful relaxation. The relaxation moves and flows throughout your body and your entire being as you allow yourself to be carried along with it. It moves and flows, moves and flows, moves and flows throughout your entire being. You allow the warm feeling of relaxation to grow and expand, to fill every cell, every nerve, every fiber in your body.

It feels good to relax doesn't it? It's so nice to simply rest and relax. Remember that relaxation is a gift that you give to yourself. All it takes is your breathing, which you carry around with you at all times. No fancy, expensive equipment. No long term commitments. Just close your eyes and breath. Breath in, fully and deeply, breath out, fully and completely, and feel the peace and calm wash over you, filling every cell, every nerve, every fiber of your body.

Imagine now that there is a warm wave of energy rolling up and down and back and forth across your body. Each time the energy wave rolls up and down and back and forth across your body the relaxation

Perfect Parent Imagery

inside your body intensifies. Each time the energy wave rolls up and down and back and forth, up and down, back and forth.

Up-and-down, and back and forth, and you allow your mind to drift off to wherever it is it wants to go. Allow your mind to go wherever it wants to go, while your body is left to melt into deep relaxation. That's right, don't worry about your mind wandering, it will come back. As you allow your body to melt, melt, melt into relaxation, your mind will follow. Melting, rolling, rocking back and forth, up and down, peacefully, calmly. No cares, no worries, safe and relaxed.

As you continue to relax more and more, you know that you have the ability to take care of yourself and your family perfectly. You are developing perfect communication abilities and a profound capacity for loving and sharing. You know that you have the ability to make the best decisions at the right time. You know that you and your family will thrive, in love and in life. You know that when you are relaxed, and take care of yourself, you have the power to be the best parent that you can be, the best parent that you want to be, the best parent that you can imagine.

Picture yourself and your life exactly as you would like it to be. Fill in all the details. Fill in the details of exactly how you want your life to be. See yourself and your family, together, in perfect harmony. Growing and thriving. See yourself living a long, happy, healthy life with your family and friends surrounded by exactly what you want.

See yourself making the changes in your life, changes to the things that stand in the way of you creating this picture, this picture of your perfect life, a life that is balanced in the perfect proportions for you. When you are relaxed and in balance, there is no crisis that you cannot handle. You realize that when you are relaxed and balanced, small things never are allowed to grow to crisis proportions.

See yourself handling work situations at home situation perfectly in a relaxed fashion. See yourself laughing and playing, enjoying the people you love. It looks wonderful, doesn't it? This is your success scene; it is exactly as you imagine it.

And as you relax even deeper now, a hundred times deeper, a thousand times deeper, you get in touch with any other situations that you would like to change in your life. Focus on situations in your life that need solution or change as you allow your subconscious to begin to help you to identify ways to effect positive healthy changes in your life.

As you focus on situations that need solutions, and as you allow your subconscious to work for you, you realize that it has all the answers, all the insight, all the knowledge that it needs to help you to make the best decisions. You have the power, you have the knowledge, you only need to trust yourself and listen to your subconscious.

Perfect Parent Imagery

Each day you will be receiving clearer and clearer insights as to how to effect positive change in your life. You will develop a perfect instinct for knowing when to act and want to wait, and how to be the absolute best that you can be, in any situation.

Take a moment, and instruct your subconscious mind to adjust your body to a healthy status. All your body functions, your chemical makeup, your glands, your hormones, your total physical being, moving into a status of health, so that you will always feel good. With good health, and feeling good, you can be relaxed and balanced. Instruct your subconscious to maintain this level of good health, continually adjusting as needed.

Relax deeper and deeper as you feel your body perfecting itself, and again picture your life exactly how you want it to be. As you enjoy this picture, go as deep within yourself as you need to, to find the switch within you that controls your happiness and joy. Have you found it? Now that you have this switch, feel yourself turning it on, and feel the rush of joy, of happiness that envelops you. With this switch turned on, your happiness becomes a beacon, getting brighter and brighter each day. Allow your beacon to shine, brightly, through your heart, through your words, and through your actions. Allow your beacon to light your way to find the right answers and make the right choices. Allow your beacon to bathe yourself and your family in its healthy love filled light.

(If you have time, continue with the following affirmations - if you don't have time, end here with the following:

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.)

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.

Perfect Parent Imagery

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.

Perfect Parent Imagery

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.

Perfect Parent Imagery

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.