

Questions for Your Customized Audio

Please type your answers onto a document and email me glendacedarleaf@gmail.com

1. Where is your most relaxing healing place? For example, Is it near the ocean, mountains, a stream, or some place indoors?

This place can be an actual memory or a fantasy. Just make sure you have no negative associations with it. In your healing place, what do you hear, see, smell? (Include 1-3 senses) In this place, where are you sitting or lying down?

2. What is a word for your spiritual connection? (God, Spirit, Nature, Love etc)

3. What is an empowering memory for you?

(What we are looking for is a visceral reference/reminder of feeling strong in your body mind and spirit) It is okay to use 1 or 2 memories or experiences. What color do you think of when you are aware of this memory or experience?

4. Mentor: The first name (s) of someone you admire and list 3-4 of their qualities.

5. Reflect on the 3-5 most negative things you are saying to yourself. We will discuss and transform these statements into affirmations during our session.

6. In addition to these affirmations is there anything else you would like to remind yourself of on a daily basis? For example, words to a song or prayer, or poem, or affirmations. Think of this as an open ended opportunity to reinforce what you already know and want to remember at a deep level. Length: a few sentences to one page. You can google affirmations and find many ideas to adapt to your own needs.

Music: You can pick from these [royalty free recordings](#). We can also use a piece of music from my meditations. (Just tell me the title). If you would like to use a piece of your choice, I will need you to either send me the file or make sure it is available on Amazon so I can download it.

How many minutes of music would you like after the script ends? 5, 10, 15, or 20 minutes?

I look forward to co creating this audio with you!