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Questions for Creating a Customized Audio

1. Describe your healing place. This can be an actual memory or a fantasy; just make sure you have no negative associations with it. What does it look like, sound like, smell like? Include one to three of each sense - visual, auditory, and olfactory. Where would you be sitting or lying when in this healing place? Perhaps it's on the sand, in a chair, floating in the air or water.
2. Choose a word you would like to include for your spiritual connection. This is optional, but could be God, spirit, love, peace.
3. Describe an empowering memory or experience. It could be when you were making a major decision in your life, giving a performance, giving birth, or working out. What we are looking for is a visceral reference/reminder of feeling strong in your body mind and spirit. It is okay to use one or two memories or experiences. Just give a couple sentence description of this memory/experience. What color do you think of when you are aware of this memory or experience?
4. List the first name(s) of someone(s) you admire and three or four of this person's qualities.
5. Include if you like, inspiring words/affirmations. What do you want to remind yourself of on a daily basis? This may be words to a song or prayer, a poem, affirmations, specific suggestions for your healing. Think of this as an open-ended opportunity to reinforce what you already know and want to remember at a deep level. Write a few sentences, up to one page. Decide the amount based on how much you want to listen to; more than a page can be too much information and overwhelming to listen to.
You can Google affirmations and find many ideas to adapt to your own needs.

Another way to create your own affirmations is to think of the five most negative things you say to yourself on a daily basis and change those statements into affirmation form, present and positive. (I usually work with the client to transform these statements into affirmations.)

6. Choose music you like. Ambient music is the most effective in supporting the theta brain wave state. How many minutes of music would you like to include after the guiding ends?