

Health Journeys' written transcripts of podcast audio files are provided for deaf and hard of hearing users of the Kaiser Permanente website in compliance with the American Disabilities Act. The transcripts and the podcasts are copyrighted material which cannot be reproduced, recorded nor published without direct permission from Health Journeys, www.healthjourneys.com 800.800.8661

Self Confidence

Welcome to this Healthy Living To Go podcast from Kaiser Permanente, designed to fit the way you live and the way you learn, listen, live well, and thrive.

[Music]

I'm Belleruth Naparstek and this is Guided Imagery designed to engage the power of your mind, body and spirit, to help you feel more confidence in yourself. It can also be used to help you improve your performance. Guided Imagery is gentle but powerful. It's been shown to help reduce anxiety, depression, stress, and fatigue, and to increase resilience, creativity, endurance, and peak performance. It can reach places inside of you that conscious thinking sometimes can't. Try to listen to this once or twice a day for at least several weeks. You'll find that over time it will have a stronger and stronger effect. After a while you may want to take a break from it, try some other tools, and then come back to this. It may reach you in an even deeper way the second time around. Different parts of this will probably capture your attention at different times. Always feel free to ignore or change the parts that don't suit you. Your unconscious mind will probably do that for you anyway. You don't need to pay perfect attention for this to work. In fact, your mind will probably drift in and out; you may even fall asleep and that's fine, especially with repeated listening. If you notice your mind wandering you can gently guide it back. And because this imagery is designed to help you become relaxed it's best not to play it while driving. You can listen to the affirmations anytime. And don't worry if the imagery brings forth some unexpected emotion; that just means it's working for you in a deep way. If you position your hands the same way each time you listen this will become a kind of conditioning cue. Later you'll be able to use this positioning to move very quickly into a place of relaxed readiness and easy confidence. So for now see if you take this next while to commit yourself to this process of engaging the power of your imagination to you feel more confident and self-assured by gently immersing yourself in this safe and easy process. All you have to do is settle in, relax, and let yourself listen.

[Music]

To begin with see if you can position yourself as comfortably as you can, shifting your weight so that your body is well-supported and comfortable [background music]. And gently allowing your eyes to close, arranging it so your head, neck and spine straight. And letting your hands rest comfortably somewhere on your body on your chest or midriff or abdomen. So you can feel the rise of your body when you breathe in and the way it subsides when you breathe out. And you can become more and more attuned to feel of your breath moving in and out of your body. And now taking a nice deep full cleansing breath and breathing out fully and completely. Feeling the expansion of your belly with each in breath and the way your body subside with each outbreath. And begin breathing in and this time imagining that you're sending the warm energy of your breath to any part of your body that's sore or tense or tight and releasing the tension with the exhale. So you can feel your breath going to all the

tight, tense place. Warming, loosening and softening gathering up the tension and breathing out, so more and more you can feel safe and comfortable, relaxed and easy, watching the cleansing action of your breath. And any unwelcome thoughts that come to mind those too can be sent out with the breath, released with the exhale so that for just a moment your mind is empty. For just a split second, it is free and clear space and you are blessed with stillness. And any emotions that are rocking around inside those too can be noted and acknowledged and sent out with the breath. So your emotional self can be still and quiet like a lake with no ripples. And now if you would see if you can imagine a place where you feel safe and peaceful and easy, a place you used to go to go to or go to now or someplace you've always wanted to be. It could be by the ocean or in the woods, up in the mountains or in the desert, it doesn't matter just so you pick one and it's a place that feels good and safe and peaceful. And allowing the place to become real to you in all its dimensions, looking around you, enjoying the colors, the scenery, looking over to your left and over to your right and feeling whatever you're sitting against or lying upon. Whether you're leaning against a friendly old oak tree or lying on a carpet of soft fragrant sweet grass or walking in the woods on a slippery carpet of fragrant pine needles or you might be at the shore with cool, wet sand oozing between your toes and gentle waves lapping at your ankles. Or maybe you're just sitting on a nice warm rock in the sun and listening to the sounds of the place. The rustling of the soft wind through the leaves or the powerful rhythmic crash of ocean waves or the gentle, soothing sound of a bubbling brook. Just so you're letting your ears become attuned to the beautiful sounds of this place that is so safe and peaceful to you. And smelling its rich fragrance whether it's the sharp racing scent of salt sea air or the sweet heavy fullness of flowers and meadow grass, the pungent dark green smell of peat in the forest. Sometimes the air is so rich and redolent you can practically taste it on your tongue. And noticing the feel of the air on your skin as it caresses your face and neck and it might be crisp and dry or balmy and wet. So you're just letting your skin enjoy the wonderful presence of this place that is so safe and peaceful. And letting its healing magic soak into your skin infusing muscle and tissue in bone, all the way down into each and every cell. So with every breath you're inhaling the nourishing beauty and peacefulness of this place, bringing it into your heart and with each outbreath you're able to let go of more and more tension and discomfort. Able to feel the energy of the place tingle and vibrate all around you, dancing on your skin, sparkling with dots of color, humming its own sweet song. Forming a gently vibrating cushion all around you. A cushion of protective intelligent energy, softly surrounding you and becoming more and more palpable. And inside the cushion you can feel safe and comfortable, able to take in whatever is nourishing to you, but insulated from whatever you don't want or need. And now sensing that this cushion of energy is drawing to it all the love and sweetness that has ever been felt for you by anyone at any time. Feeling it pulling all the caring, the all the loving kindness that has ever been sent your way, every prayer and good wish, every smile and gesture of gratitude permeating and filling the field of energy all around you, pulling it all in like a powerful magnet, calling every good wish home. And so increasing the powerful field around you and perhaps even sensing the presence of those who have loved or nurtured you, those who love you now or who will love you in future, just the ones you want with you. And sensing them around you now, perhaps even catching a fleeting glimpse of somebody or maybe catching an old familiar scent or hearing the familiar tenor of the dearly loved voice, possibly feeling a presence at your side or just behind you or the soft weight of a gentle hand on our shoulder. People from your life alive or long gone, there might even be a dear old pet, a guardian angel, a powerful ancestor, teachers and guides, sweet spirits, magical beings. Perhaps familiar, perhaps not it doesn't just so you feel their protection and support. And breathing in all that love and care deeply and fully all the way into your heart. Feeling the

warmth of it gathering in the center of the chest, very soft and rich and full all around and through your heart. You might become aware of a warm presence beside you, gentle and caring radiating a powerful sense of protection and support and you can sense that this visitor knows you in a deep and true way, accepts you exactly as you are, but also can see you unencumbered by any limits that may have been imposed on you or that you have imposed on yourself. So that you for just an instant through these other eyes you have a glimmer of your true self. At the height of your power and potential and with an encouraging look your companion invites you to choose an instance where you hope to be relaxed, but energized and ready. A situation where you want to do your best. And suddenly, you find yourself looking at a large shimmering screen just a few feet away and as you watch the screen with a kind of peaceful curiosity, surprised but not surprised you can discern a form beginning to appear on it, becoming more and more defined. And you realize that this is you, looking very relaxed and comfortable, but also glowing and radiant, feeling yourself very at ease in your own skin and completely engaged in whatever it is you are doing. And with the help of your guide you find yourself somehow entering the magical space of the screen and moving your awareness into this radiant version of yourself. Entering this relaxed and engaged body, aware of the feel of your breath. As you move in this radiant glowing body your limbs and easy motion, hearing the sound of your breath in your voice, the feel of your clothing in the air against your skin, utterly absorbed in what you're doing, fully and completely captured by this time and place just doing what you do, just being who you are, so focused and present that you are flowing in perfect sync free and easy beyond time and place. The way the dancer becomes the dance and the singer a song. And the joy of merging into the harmony of it feeling the grace of being so crisply focused, so awake and alive and yet peaceful and steady. Trusting mind and body to know just what to do, how to be, using all your natural grace and ease, all your ability fueled by the joyful feeling of every part of you fully engaged and well used and knowing that this is what you were born for. Suspended in time and space, kissed by completeness and the joy of being alive you again become aware of your companion looking at you with wise and loving eyes saying to you. Remember this feeling, it belongs to you and whenever you remember it you reclaim it. And as if seal this idea your guide gently touches the center of your chest and you can feel the warmth move directly into your heart, flow over into your chest, feel your torso, move into your limbs, feel your whole body. And suddenly you are certain you know with your whole heart, your whole being that you already have what you need, you have always had all the courage, all the patience, all the fortitude, all the ability you've ever needed yours to claim just by turning inward and remembering. And so together you leave the shimmering screen aware once more of the sights and sounds and feel of your beautiful place. And just before departing your guide slips something into your pocket and whispers one more time. Remember and with a bow retreats and you can feel peaceful and easy the friendly weight of the gift in your pocket and the knowledge that you can call forth this ally whenever you wish to further the work you have already done. And so feeling peaceful and easy you can once again feel your hands and your feet, the support beneath your body, your breath in your belly and taking some time to stretch and move. And very gently with soft eyes allowing yourself to come back into the room, knowing in a deep place that you are better for this and so you are.

[Music]

Affirmations are positive statements designed for repeated listening. A, sort of, reprogramming of your unconscious mind to combat negative thinking. Over time it can help you make some fairly profound changes in attitude. For some people, affirmations are more effective and appealing than guided

imagery. See if you can listen to each statement in a state of open, relaxed attention, breathing in deeply with each one, and repeating it softly to yourself either aloud or in your mind.

[Music]

I know there are times when I become worried, fearful, frustrated, impatient, anxious, or sad, and I accept what I feel is my inner truth of the moment.

[Music]

I know the more I can acknowledge and accept what I feel without criticism or blame the more energy, strength, and focus I have.

[Music]

I know that when I let go of harsh expectations and unrealistic demands on myself and others the more energy, strength, and focus I have.

[Music]

More and more I can allow myself to let go of worrying about things I cannot control and refocus my attention on my own inner peacefulness.

[Music]

I am better and better able to forgive myself and others for disappointments of the past.

[Music]

I know that the time to be motivated by fear and worry is over. Now is the time to do things out of love and celebration and the joy of self-expression.

[Music]

I know that when I can let go of my fear of failing I bring more energy, strength, and focus into my life.

[Music]

More and more I can let go of self-consciousness and involve myself in the beauty of the moment.

[Music]

I know that when I can let go of old pain, fear, and resentment I bring more energy, strength, and focus into my life.

[Music]

I understand that the time for reinjuring myself by repeated visits to past failures is over. Now is the time to do things out of love and celebration and the joy of self-expression.

[Music]

More and more I understand that when I make mistakes it means I've been successful at trying things.

[Music]

I can see myself becoming kinder and more forgiving to myself and others.

[Music]

I know that I can respect others and feel compassion for them, yet not be driven by their opinions.

[Music]

I know that I am learning to listen to my body and sense what it needs.

[Music]

More and more I am learning to be true to myself, to judge by my own standards, and to listen to the voice of my heart. [Music]

More and more I know I have the power to change. That each moment, each breath, is a new beginning.

[Music]

More and more I can consider the possibility that my body is my ally, my oldest friend, and my steadiest companion.

[Music]

I know that when I appreciate my body, respect it, and take good care of it I bring more energy, strength, and focus into my life.

[Music]

More and more I can take the time to touch a leaf, smell the morning, and receive the caress of the soft breeze on my face.

[Music]

I can see and feel radiant sunlight entering and warming my body sending a blessing of comfort and peace deep into my heart.

[Music]

I can see and feel a powerful blue green wave of healing washing through me from head to toe clearing away any unwanted debris and taking it out with the tide.

[Music]

I can see and feel a warm, pulsing, glowing blanket of magical comfort enveloping me with peace and safety.

[Music]

The blueprint that I hold in my mind's eye is the picture of myself vital, healthy, and strong doing what I love to do without a thought.

[Music]

I welcome the heightened energy, power, focus, and strength that this renewed commitment to myself is bringing me. [Music]

More and more I can see my own strength and courage emerging from past constraint and hindrances.

[Music]

I declare my intention to release myself from the quicksand of old, limiting messages.

[Music]

I understand that I am becoming more and more comfortable with the idea that I can learn from past mistakes.

[Music]

More and more I am able to ask for help because I have freed myself from the false pride of wanting to be perfect. [Music]

I know that my growth is a continuous process and that growing is a cause for celebration.

[Music]

I see that the more confident and trusting of myself I've become the more I can tolerate disagreement.

[Music]

More and more I can imagine myself accomplishing my goals, feeling relaxed, confident, assured, and ready.

[Music]

I know that when I feel the joy of doing what comes from my heart I bring the true power of my mind, body, and spirit to my efforts. [Music]

More and more I understand that I already have everything I need to accomplish what I was born to do.

[Music]

More and more I can find my courage and strength in the vast, rich space of my own open heart.

[Music]

I invite assistance from my friends and loved ones, past, present, and future, to lend me their support and good will. [Music]

I see myself surrounded by their love and caring, and I feel it all over my body like a warm wave.

[Music]

I know that I am surrounded and supported by invisible forces blessing my efforts and reminding me of the beauty of my own being.

[Music]

I salute my own courage, strength, endurance, and resourcefulness in expressing the gifts I've been given.

[Music]

I know that the time to be motivated by fear and worry is over. Now is the time to do things out of love and celebration and the joy of self-expression.

[Music]

I know that when I can let go of my fear of failing I bring more energy, strength, and focus into my life.

[Music]

More and more I can let go of self-consciousness and involve myself in the beauty of the moment.

[Music]

I know that when I can let go of old pain, fear, and resentment I bring more energy, strength, and focus into my life.

[Music]

I understand that the time for reinjuring myself by repeated visits to past failures is over. Now is the time to do things out of love and celebration, and the joy of self-expression.

[Music]

More and more I understand that when I make mistakes it means I've been successful at trying things.

[Music]

I can see myself becoming kinder and more forgiving to myself and others.

[Music]

I know that I can respect others and feel compassion for them, yet not be driven by their opinions.

[Music]

I know that I am learning to listen to my body and sense what it needs.

[Music]

More and more I am learning to be true to myself, to judge by my own standards, and to listen to the voice of my heart.

[Music]

More and more I know I have the power to change. That each moment, each breath, is a new beginning.

[Music]

The blueprint that I hold in my mind's eye is the picture of myself vital, healthy, and strong. Doing what I love to do without a thought.

[Music]

I welcome the heightened energy, power, focus, and strength that this renewed commitment to myself is bringing me. [Music]

More and more I can see my own strength and courage emerging from past constraints and hindrances.

[Music]

I declare my intention to release myself from the quicksand of old, limiting messages.

[Music]

I understand that I am becoming more and more comfortable with the idea that I can learn from past mistakes.

[Music]

More and more I am able to ask for help because I have freed myself from the false pride of wanting to be perfect. [Music]

I know that my growth is a continuous process and that growing is a cause for celebration.

[Music]

I see that the more confident and trusting of myself I become the more I can tolerate disagreement.

[Music]

More and more I can imagine myself accomplishing my goals, feeling relaxed, confident, assured, and ready.

[Music]

I know that when I feel the joy of doing what comes from my heart I bring the true power of my mind, body, and spirit to my efforts. [Music]

More and more I understand that I already have everything I need to accomplish what I was born to do.

[Music]

More and more I can find my courage and strength in the vast, rich space of my own open heart.

[Music]

I salute my own courage, strength, endurance, and resourcefulness in expressing the gifts I've been given.

[Music]

I know that I have things to do, gifts to give, purposes to accomplish. I require a clear, peaceful mind for this.

[Music]

More and more, I know that I am perfectly, utterly safe.

[Music]

And so you are.

[Music]