



## Clearing Procrastination \*

Surprising though it seems, the choice to move forward in any arena of your life brings automatic resistance. Change is always resisted as a form of protection, even if you know that change will be for the better.

Most commonly people procrastinate, find excuses, become stubborn about not listening to or acting on what they know in their hearts they need to do.

This visualisation is designed to help release any tension you hold as a means of protecting yourself against difficulties associated with *any* change, even small daily issues like cleaning out the fridge or bringing up an issue with your family or partner that you fear will meet with disapproval. Letting go of resistance allows you to move forward into new learning, new possibilities, and deeper understanding with ease.

The visualisation is designed to:

- Increase self-awareness
- Allow you to experience the relief of freedom from self-imposed obstacles
- Assist you to comfortably move forward in life
- Nourish and refresh your goals and dreams for the future
- Assist you to create new ways in achieving those goals
- Clear away procrastination
- Assist you to let go of inflexible and unhelpful thought processes.

Find yourself a warm, comfortable place to rest where you won't be interrupted, and settle in.

Rest for a moment. Focus your mind on breathing. Just notice the breath. Let it be what it is.

Gently sweep off to the side any thoughts that drift in and grab your attention. They are safe there - you can collect them later.

Allow your breathing to slow and become deeper.

Imagine you are transported to an Inner Garden of Serenity and Well-Being. It

is magically secluded and safe.

It is late summer. The sun is gently warm and the shade under the trees pleasantly cool. Take your time to recall or fully imagine this place, make it as beautiful as possible. Bringing in features that give you: joy, fountains, pools, favourite animals, trees, sun-ripened fruits.

Imagine the colours and sounds. Smell the fragrance of the air. Feel the air upon your skin.

Walk around using all your senses. Enjoy this place as much as you are able.

Just over there is a comfortable place for you to sit or lay down. Make your way over to rest in this space.

Begin to observe the points of tension in your body. Notice where they sit. Maybe stomach, jaw, hands, let your awareness move over your whole body. Breathe deeply in and out. Take your time.

Now imagine that the Earth below you magically draws this tension down and away, down and away, down and away... Let go ... Let the earth support you.

Feel yourself getting heavy and settle in.

As you rest here, you see a bubble surrounding you.

Sitting inside this bubble with you are your current experiences of life with all its familiar obstacles. The feeling within the bubble is reliable, well-known, maybe even comfortable.

Rest for a moment.

You now notice that the bubble has a dull skin that distorts the view of your garden. The colours and shapes appear murky and fuzzy. The air within is still, and now you are noticing, slightly stale. You cannot see or feel your garden the way you would like too.

Imagine how nice it would be to truly experience your garden's warmth and beauty, and to breathe in the fresh air.

You decide you would like to release this skin, so you can absorb your garden's pleasurable qualities and maximise the garden experience.

Be decisive. You are very safe and protected in your garden.

Place your hands on the skin or shell of the bubble. Let it melt away. Perhaps you want to break it gently. Whatever you choose, use your will to make it happen.

Standing, you can now step beyond the bubble. Breathe deeply. Stretch out your hands to touch something you saw earlier in the garden. Notice it is far more radiant, vivid and alive.

Then you notice something even more wonderful. Looking down over yourself you realise you, too, are more radiant and fresher. You may feel clearer in mind and heart. You can imagine feeling free and safe to move around with greater ease and clarity. Absorb this feeling.

Enjoy the relief of allowing yourself the freedom to move forward. Exit when you are ready. (End)

### **Want to experience more of these visualisations to make your life easier?**

Go to our Thinkific course *Inner Peace All Day Every Day: How to transform your life with ease*. Here you will find soothing audios of key Siramarti visualisations to improve your daily life, including an ability to handle relationships with greater ease.

<https://reachpotentialcourses.thinkific.com/courses/inner-peace-all-day-every-day-how-to-transform-your-life-with-ease>

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