

Resource Anchor

Create a valuable resource to enhance your well-being and emotional growth

1. Take a few moments without distractions to shut your eyes. Take a breath in and then slowly exhale.
2. Imagine a place that is healing and peaceful to you. It may have been a place that you've visited before or a place you've always wanted to go.
3. Imagine all the details of this special and healing place. The colors, the sounds, how your body feels, the time of year, what you are feeling.
4. Imagine resting very deeply. Any thoughts or problems that arise can just float away on a passing cloud.
5. Experience yourself at your optimum in this place – optimal health and a strong sense of well-being. Take some time to fully experience how you would feel at your strongest and most powerful and most healed.
6. Take a deep breath in to anchor this feeling. Feel your breath going to each cell in your body for this new emotional coding. Breathe out any tension or fears.
7. When you slowly open your eyes, know that you can return here again and again, to feel these healing, peaceful feelings. This place exists It is now within you.



For more resources to assist you in taking charge of your health and well-being during times of transition, visit HeartHill.com.