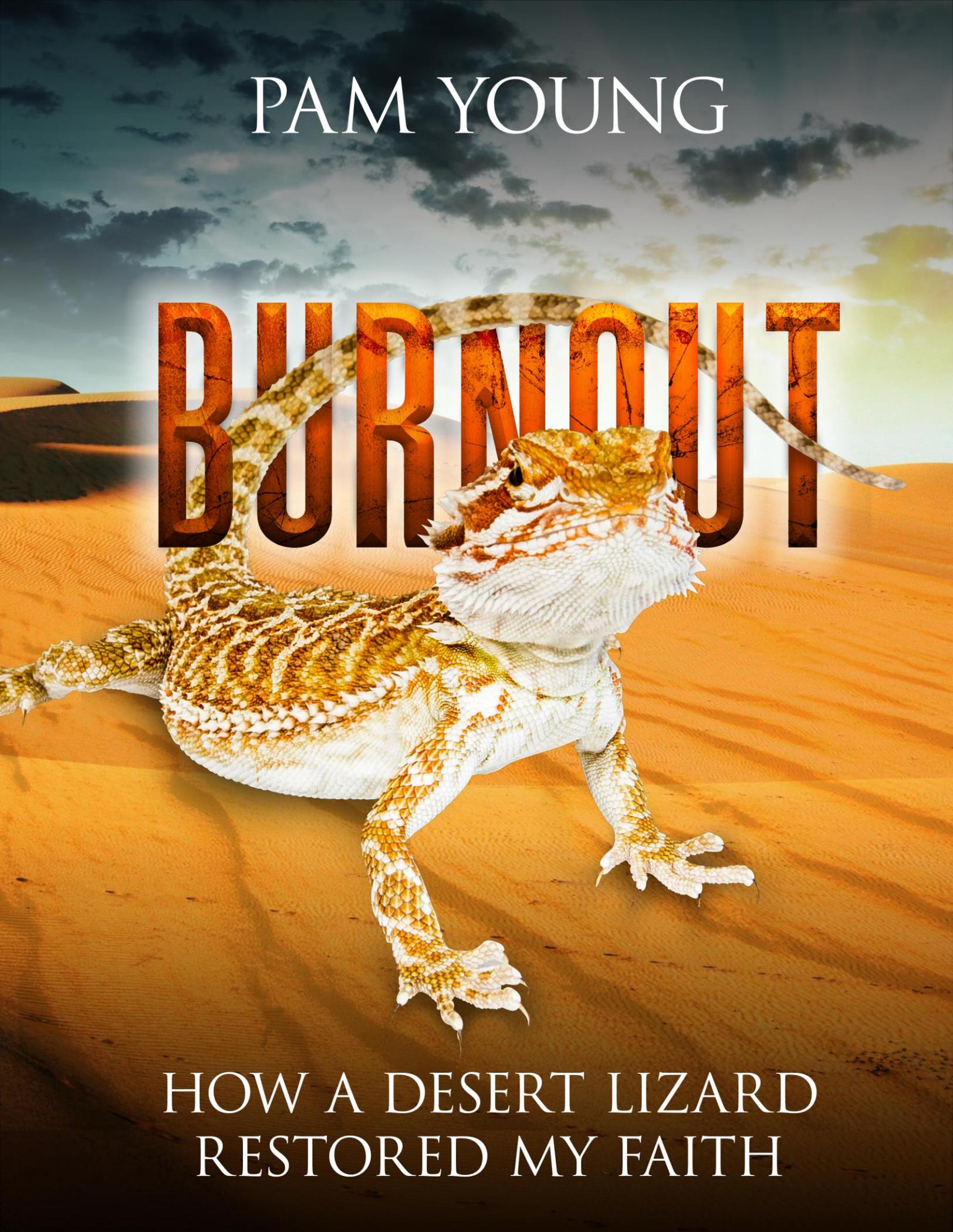


Guided Meditations

Bonus for BURNOUT, Book 1, Burnout to Bliss series

PAM YOUNG

A bearded dragon lizard is the central focus, positioned in a desert landscape with rolling sand dunes under a cloudy sky. The lizard is facing right, with its head slightly turned towards the viewer. Its body is covered in intricate patterns of white, tan, and brown scales. The word "BURNDOUT" is written across the middle of the image in large, bold, orange letters with a cracked, weathered texture. The lizard's tail is visible, extending behind the letters.

BURNDOUT

HOW A DESERT LIZARD
RESTORED MY FAITH

Guided Meditations

BURNOUT

How a Desert Lizard Restored My Faith

Burnout to Bliss, Book 1

Hello!

I'm Pam Young and I'm here to help you get your power back with my books in the Burnout to Bliss series and with the bonuses that accompany each launch.

This one, *Guided Meditations from Book 1* in the series, *BURNOUT – How a Desert Lizard Restored My Faith*, includes scripts for two separate meditations: (1) Reclaiming Your Power By Letting Go and (2) A Local Shaman's Method for Shielding.

You can read through and modify the scripts I created, and then personalize them, because listening to your own voice is one of the most powerful ways to make changes. You do it all day every day whether you're aware of it or not! Now you can enlist that practice of "issuing commands to your subconscious" consciously to get your power back!

Why not start now? Just read through the scripts to get an idea where they're going, then personalize them! I prefer no background music. How about you? Do you prefer background music or silence?

Perhaps you plan to use this lying down before sleep – one of the three best times to listen to guided meditations! If so, add some relaxation words:

- Feel your body resting now ...
- Feel the floor (bed, chair, ground) supporting you ...
- Notice how your body seems to melt against it ...
- Notice how your breath fills you up ... slowly, from belly to chest ... and then releases just as slowly ... from chest to belly
- Bring your awareness to your breath ...
- Let everything else go ...
- Focus on the sound of my voice ...
- Listen only to what I say ...
- Any other sounds simply help you relax even more ...

The point with these "relaxation words" is to help your body relax enough so you can access alpha state and bring your mind into the present moment.

Most importantly, have fun! Realize that in creating your personal version, you're adding what you know about yourself thereby making it so much more potent than if I simply recorded it for you. And, you're taking steps to take better care of yourself!

Hope you enjoy these scripts and that you'll consider posting a review *for BURNOUT – How a Desert Lizard Restored My Faith, Book 1 of the Burnout to Bliss series.*

Sincerely,
Pam Young, Ph.D.

Reclaiming Your Power

Throughout our lives, we give our power away, little by little, anytime we're not in the present moment, in a variety of ways:

By hanging onto unresolved "little deaths" when we have unfinished business and revisit all those disappointments we hold onto. We give our power away when we can't let go of something or someone whom we either long for or imagine hurt us. We lose our power when we continue to be attached to those things of the past instead of letting them go.

And we give our power away when we have no boundaries and are constantly on call for anyone and everyone because we imagine we're "the only one who can do it." That's a big part of the message in Book 1. If you've read it, you know what I'm talking about – especially the chapter "On the Couch."

That's why *Burnout – How a Desert Lizard Restored My Faith* was written – to help others who feel powerless (as I did) to reclaim their power! This book was designed for anyone experiencing burnout, but especially for those who think they are "the only ones who can do it" – like physicians and nurses, workaholics of any kind, and care-takers.

One step towards feeling more powerful is by practicing resolution and letting go with this simple visualization until we feel stronger.

Ready?

Okay! Turn the page for the script for reclaiming your power by letting go.

Script

Reclaiming Your Power: Letting Go

Find a place where you will not be disturbed. Some place quiet ... and preferably dark ... so you can feel truly alone.

You can either sit or lie down. Just be comfortable.

Now: Take several deep breaths ... in through your nose ... out through your mouth. Feel how your body settles, relaxing, releasing its tension. Breathe... and allow your shoulders to relax ...

Imagine that you're floating on a cloud ...

Now imagine yourself sitting in your own private projection room. There's a screen on the wall ... and a large circle on the floor in front of you ...

Now allow some scenes from your present situation to appear on your screen. Some will feel great. Let them fade off the screen. They are the ones you'll keep.

Others will feel bad ... they'll hurt to think about ... like embarrassing moments ... humiliations ... rejections ... or other unkindness you received from others ... those scenes are the ones you can do without ... just discard them on that circle at your feet.

Give yourself all the time you need to release those negative memories ...

Good. Now let your screen show the scenes from mistakes you've made ... just enough of each scene to capture its essence ... then let it slide to the floor with the others.

You're doing great ... Now bring up scenes from all the times you said "Yes" when your heart was saying "No" ... that's right ... even those ...

Good ... Now let that pile of unpleasant memories on the floor take form ... just watch as it emerges in front of you.

Uh huh ... pretty awful stuff ... remember that image.

Now notice all the ways it's attached to you ... with cords ... who knows what they look like ... they might be like ropes or chains or dense jungle vines ... just notice the cords and sever each

one ... pulling them out or cutting them ... with scissors ... or even a chainsaw ... all the cords ... all the places on your body ...

Good. Now make sure you've cut all those cords ... check your front side ... head to toe ... top of your head ... under your feet ... under your arms ... behind your knees...

Now notice what it feels like to be separated from all that pain ...
That's right...

Now take a moment to acknowledge the gifts you received from all that stuff ... the learning ... the different perspective you now have ...

Good ...

Now notice how you are attached to that Form in front of you ... Notice the cords shooting out from your body ... Notice where they are and sever them the same way ... pulling them out and giving them back to the Form ... or cutting them ...

Now take one more look ... Make certain you're separated from all of them ... front side ... head to toe ... top of your head ... under your feet ... under your arms ... behind your knees...

Now notice what it feels like to be separated from all that Form, from all that pain...
That's right...

Now take another moment to acknowledge the gifts you received from all that stuff ... the learning ... the different perspective you now have ...

That's good. Now imagine giant, loving hands the size of a front-end loader coming down from the heavens to pick up the Form ... all of it ... and offer thanks for the lessons ... Say your good-byes ... Now watch while those hands retreat back into the heavens ... up into the very corner of your vision ... until you see only a tiny speck ... Now take a breath and blow that speck away.

Give yourself all the time you need to come back to your present life. Stretch ... Take a deep breath ... and stretch again.

Notice how you feel. You might even want to keep a little journal to track your progress. Just note the date and how you felt after listening to your personalized guided meditation.

A Local Shaman's Method for Shielding

If you've already read the book, you know I understand what it's like to feel like someone is after you, as if they have a voodoo doll made in your image that they pierce with pins. If you're feeling like that, as if someone you know is out to get you, this shield is for you.

Or perhaps it's not like that at all. Maybe there is just someone in your life who seems always to be angry around you, as if they can't stand to be in your presence or maybe you feel like they want to hurt you somehow.

Or maybe you know someone who simply doesn't respond the way you wish they would when you're around. No matter what you've tried, they remain the same irritating person in your life that drags you down.

Does any of that ring true for you? Then this shield is for you.

Shared with me by an astrologer who got it from a local shaman almost thirty years ago, this shield is a good first step for protecting yourself against negativity of any kind from others.

Turn the page for the shaman's shield.

Script

A Local Shaman's Shield

Find a place where you can be alone ... some place quiet and comfortable where you won't be interrupted, where you won't worry about someone watching.

Ready? Good. This one we do standing up.

Just stand comfortably ... with your feet shoulder-width apart, knees slightly bent. Bring your arms by your sides, palms facing out.

Now take a deep breath and imagine pulling white light down into your body through the crown of your head ... all the way down to your toes ...

Continue breathing in the light, as it swirls round and round, filling up every cell of your body. Feet ... legs ... hips ... chest ... shoulders ... down both your arms to your hands ... and back up to your neck and into your head.

With each breath, feel that white light filling you up, bathing every cell...

Good. When you're full, imagine the light flowing out from your heart to circle your body... down to our toes ... and up to your head ... like a cocoon or a giant capsule.

Now line the inside of your cocoon with mirrors ... to reflect to you what is yours.

Line the outside with mirrors to reflect back to them ... what is theirs.

Now imagine a pyramid above your head pointed upwards...

See another one below your feet pointing downwards...

Place concave mirrors, like satellite dishes, pointing away from your body ... on each of the five points of the pyramid over your head... on the top point ... and now on each of the four corners of the base...

Place more mirrors on the pyramid below your feet pointing down ... Put one on the point of the upside down pyramid... Now put one on each of the four corners of the base...

Good.

Now command the force of those reflections to magnify 250 times, and say to yourself, "For the highest good of all concerned."

...

And when you're ready, take a moment to stretch ... and move your body ... however feels good ... knowing that you are protected ... always.