

# How to “install” desired beliefs, feelings, and attitudes

## OPTION 1: Installation by Deep Breathing + Imagery

*The 4-count Breathing Technique can be combined with imagery/imagination to “install” desired emotions, attitudes, or beliefs, as well as to increase conviction in beliefs (e.g. belief=“I’m enough just as I am,” emotion=joy, or attitude=confidence in self).*

1. Select a desired emotion, attitude, or belief that you would like to install. Check in with yourself to see how strongly you feel or believe the target at this point (0-100% scale).
  - Common feeling installations: internal peace, calmness, relaxation, joy, comfort, ease, hopefulness
  - Common attitude installations: self-supporting, self-valuing, self-confident, sense of competence, optimism
  - Common belief installations: I’m enough just as I am; I’m a good person; I can get better; I’m committed to helping myself; I like myself; I’m proud of myself
2. Ask your intuition the ‘color question.’ i.e., “What color perfectly expresses or captures the very essence of \_\_\_\_\_ (the emotion, attitude, or belief that you’ve decided to install)?”
3. Wait for a color to pop into your head. Avoid consciously selecting a color; instead, rely upon your intuition to provide you with the perfect color.
4. Use your imagination to create an enormous cloud of that exact shade of color; cloud should be large enough to cover you entirely with room to spare.
  - Options: the cloud can entirely fill the room you’re in, it can be a portable bubble of color that surrounds you as you walk; or the cloud can be set up in an imaginary ‘workspace.’
5. Imagine that the coloring of the cloud consists of the super-concentrated essence of whatever you’re trying to install (e.g., a super-condensed red cloud of confidence or blue cloud of relaxation).
6. Imagine yourself walking into the middle of the cloud and that wherever the cloud touches you, it delivers your desired emotion, attitude, or belief into your system automatically.
7. Now, begin 4-count breathing from in the middle of the cloud.
  - Inhale to count of 4 while imagining that you are breathing the desired emotion, attitude, or belief into your system
  - Hold your breath to the count of 4 while imagining that the colored light in your system is scrubbing away at and breaking apart the internal obstacles that impede installation of the desired emotion, attitude, or belief
  - Exhale to the count of 4 while imagining that you are blowing out a cloud of the internal obstacles that had been impeding installation of the desired emotion, attitude, or belief
  - Rest to the count of 4 (without thinking, moving, breathing, etc – simply pause to the count of 4)
  - Repeat the Inhale-Hold-Exhale-Rest process until you feel the desired feeling/attitude at 100% intensity or believe the desired belief at 100% conviction.

(continued)

## OPTION 2: Installation by Imagery

*The Light Stream Technique can be modified to “install” desired emotions, attitudes, or beliefs, as well as to increase conviction in beliefs (e.g. belief=“I’m enough just as I am,” emotion=joy, or attitude=confidence in self).*

1. Select a target you would like to install (e.g. desired emotion, attitude, or belief). Check in with yourself to see how strongly you feel or believe the target at this point (0-100% scale)
  - Common feeling installations: internal peace, calmness, relaxation, joy, comfort, ease, hopefulness
  - Common attitude installations: self-supporting, self-valuing, self-confident, sense of competence, optimism
  - Common belief installations: I’m enough just as I am; I’m a good person; I can get better; I’m committed to helping myself; I like myself; I’m proud of myself
2. Ask your intuition the ‘color question.’ i.e., “What color perfectly expresses or captures the very essence of \_\_\_\_\_ (the emotion, attitude, or belief you’ve decided to install)?”
3. Wait for a color to pop into your head. Avoid consciously selecting a color; rely upon your intuition to provide you with the perfect color.
4. Close your eyes and imagine that you are in a private “workspace” of your choosing. Imagine that lying on the floor in front of you is an enormous, Hollywood-type spot light that is taller and wider than you with the exact shade of light from step 3 coming out of it. Because healing light is not like normal light, it will not be hot, bright, or uncomfortable in any way nor will it stop at the surface of things. Image that the healing light penetrates your physical and non-physical selves, saturating and healing all layers of you (mental, physical, emotional, spiritual, energy, known and unknown layers, etc) until it emerges on the other side of your body.
5. Once you have the light in front of you up and running, imagine lights of the same color behind, above, below, to the right, and to the left of you.
  - Front Light: The job of the light in front of you is to continuously shine the desired emotion, attitude, or belief into your non-physical self. This is done by imagining that the colored light in front of you is chock full of the “essence” of your desired emotion, attitude, or belief represented visually as some type of item embedded in the colored light in front of you, for example, glitter or sparkles, stripes, specks, ribbons, whatever. Imagine that the “super-saturated” light is pouring the desired emotion, attitude, or belief into you.
  - The Other 5 Lights: The job of the other lights is to heal, disintegrate, and dissolve ANYTHING within you that interferes with, resists, prevents, or otherwise blocks you from feeling the feelings or believing the beliefs at 100% intensity.
6. Allow the healing lights to do their work automatically, while you return your attention to monitoring your internal state. At this point, the lights do the work and you simply witness the results.
7. Keep the process going until you feel the feeling/attitude at 100% intensity or believe the belief at 100% conviction.