

Reviewing and improving personal environments through cleansing of rooms, cupboards, working on relationships, improving our “Self Talk”, all lighten the Spirit!

## Track 2 is about Breathing and Visualization

- Breathing consciously and deeply lowers blood pressure and improves concentration and cognitive focus. Quite handy for long-day workers or students.
- Conscious breathing ALSO neutralises toxins in our body, removes waste, alkalises, and obviously keeps us alive. Well worth improving *how* we do it. Shallow breathing does not have the same effect. Use upper and lower lungs, right down until “feeling” the edges are being used.

• Be present, aware and deliberate about your breathing more often. Connect it to something you do, such as when you take a walk. “Every time I take a walk, I choose to breathe deeply”. “When I drink water, I breathe deeply.” etc.

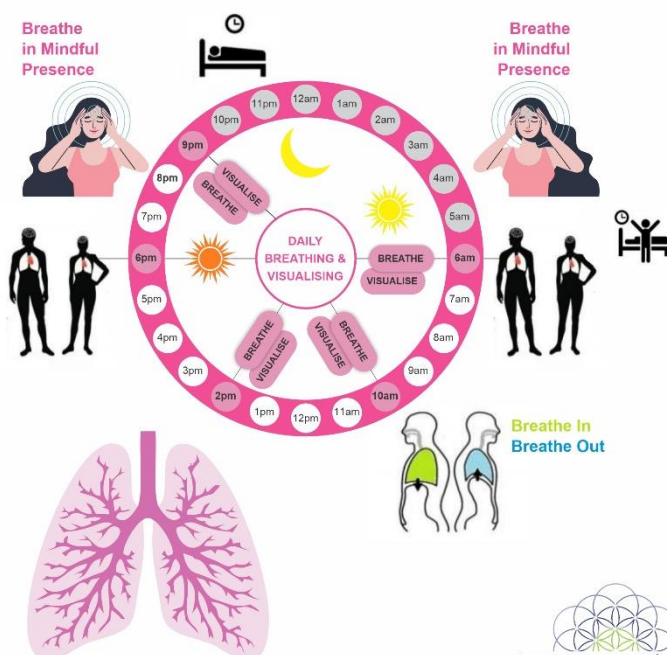
• **Visualization:** Create a picture in your mind’s eye of your healthy, vibrant body. Drawing it (like a child) on a piece of paper anchors it in your frontal lobe for easy recall.

That is, after all, how dreams and manifestations begin. Keep recalling your image and focus on that intention for at least a few minutes at night, just before you fall asleep. Simply see your body in Light – UltraViolet blue light shining through.

This will supercharge your programme of healing into your subconscious mind every night. Remember to do it first thing in the morning when you wake up, (before you get out of bed or pick up your phone). Your eyes must still remain closed.



## BREATHING & VISUALISATION



The clock diagram is a simplified daily plan to help schedule a new strategy, which can be overlaid with Track 1 to do together where there is a combinable overlap.

[Read more about diaphragmatic and other breathing techniques](#)

Track 3 – Hydration and Cleansing follows next

[Order ImmunoClean™](#) / [Join Telegram Channel](#)

[BACK TO 5 – TRACK PLAN](#)