

How to create a vision statement

Over the next days, try to think about what your life would like if this journey towards restoring your health was successful. How would you feel? What state would you like to be in? Think of the next three months, six months, or a year. What changes would you like to have made? How would you feel about yourself if you were able to achieve these changes? How would your life be different? What could you be doing that that you are not doing right now? Try to visualise that feeling in your body: will you feel light, peace, strength?

Sometimes, thoughts will come out of the subconscious while you are not thinking about your health issues. Write them down.

If you'd like, try this simple meditation:

Sit down on the ground outdoors with your eyes open or closed. Have your back straight. Rest your hands on your thighs, palms facing upwards. Inhale thinking that you are breathing in all that serves you and exhale thinking that you are breathing out all that does not serve. Do this over a few days.