

HOW TO USE *Day Spa* FOR THE *Mind*

A BRIEF GUIDE ON HOW TO GET THE MOST OUT
OF YOUR DAY SPA FOR THE MIND MEMBERSHIP

OUR PURPOSE

The purpose of Day Spa for the Mind is to provide a space where you can quiet your mind, safely explore your life journey, and create powerful guideposts that will help you manifest the life of your dreams.

Using the Treatments

AS WITH ALL MEDITATIVE PROCESSES,
USE YOUR OWN GUIDANCE AS TO WHAT WORKS FOR YOU.

We offer the following recommendations:

1. If possible, dim the lights of your room
2. Use headphones if your speakers are not high quality, and set the volume at a comfortable level
3. Switch off your phone and make sure you won't be interrupted
4. Sit comfortably at your desk or lounge chair if you're using a laptop, and de-activate suspend mode and/or screen savers
5. Use some essential oils in your burner if you have one
6. Relax and enjoy the experience

How to begin

IF YOU'RE NEW TO MEDITATION, TAKE YOUR TIME

1. Relax, but stay alert.
2. If your mind wanders, bring yourself back to the guidance of the audio, and focus back on your breathing. Feel your breath flow in and out without trying to control it.
3. If you experience any discomfort whatsoever, you should stop the program and adjust yourself so that you are completely comfortable.
4. If you need to, you will be able to come to your complete awakened state at any stage simply by deciding to do so.
5. Don't worry if you don't feel or see all the images given to you, just stay with the feeling of being relaxed.

How Often?

FOR EACH TREATMENT TO HAVE OPTIMAL IMPACT,
WE WOULD RECOMMEND DAILY USE FOR 30 DAYS.

Alternatively, to maintain a balanced approach to your personal success, use one treatment in your library every day... or follow the prescribed program at login.

As with all personal development work, take your time with it, and avoid making any major or life changing decisions within the first 45 days of using Day Spa for the Mind.

After the Treatment

TAKE TIME TO RECORD YOUR EXPERIENCE

At the end of each treatment, take time to write your thoughts and experience in the journaling space provided. You'll find it helpful to review your journey at a later date. A journey worth achieving is a journey worth recording.

Set Goals

CREATE CONSCIOUS GUIDEPOSTS FOR YOURSELF
BY COMPLETING THE GOAL SETTING WORKSHOP.

1. Use the Goal Setting Workshop to set some initial goals
2. Use the Goal Editor to add tasks, priorities and timeframes to your goals.
3. Review your goals at the start of each day to help activate your pathway to achieving them.
4. On a monthly basis, check to see if your goals have evolved, and update them accordingly.

Check in with yourself

As with all personal development tools, keep an open mind, and check in with yourself as to how it's working for you. Whilst the material contained in Day Spa for the Mind have been created with the most positive of intentions, if you find it does not resonate with you; simply discontinue use and keep searching for other tools that will help you on your path.

In the spirit of love, wisdom and the highest intentions for your personal success; we wish you a wonderful experience as you explore Day Spa for the Mind.

Yours Sincerely,

THE DAY SPA FOR THE MIND TEAM