

Personalized Meditation Form

Personalized meditations use one of your favorite memories and as many specific requests as you desire to amplify the effectiveness of deep meditation. Using a personal memory of a time when you felt *safe, peaceful, and relaxed* deepens the effect of a mindfulness-based meditation and guided visualization.

When direct suggestions are utilized during a deep meditation, they can have powerful effects on the subconscious mind, allowing for faster healing on the mental, emotional, physical, and spiritual levels of our being.

Complete this form if you wish to receive a personalized meditation created and recorded by Alexandra Milspaw, Ph.D. Please email this form to dramilspaw@4dcounseling.com and submit payment (\$50) at www.patientnotebook.com/4direct. Other forms of payment are accepted. Call Dr. Milspaw at 484-894-1246 for more information

Personal Memory

Describe a memory of a time when you felt safe, peaceful, and relaxed. Be sure to include the experience of all of your senses (see, hear, smell, taste, feel).

Was anyone with you or were you alone?

What made this memorable experience absolutely perfect for you? What about it helped you feel safe, peaceful, and relaxed?

What do you want? → Direct Suggestions

What do you want? What is the purpose of this personalized meditation? (i.e. to strengthen immune system, decrease pain, improve healthy habits, to love and accept yourself...anything!)

Are there any mantras, quotes, or specific statements you wish to add to your personalized meditation?

Are you open to Dr. Milspaw including some overall statements on wellbeing, joy, and abundance? YES _____ NO _____

Additional Tapping Sequence - \$10

Would you like Dr. Milspaw to record a personalized meridian tapping sequence for you? (Emotional Freedom Techniques – www.tappingsolution.com) YES _____ NO _____

If yes, please describe the obstacles you feel are in your way to achieving your goal. This includes negative beliefs, stuck emotions, and thoughts that increase a sense of powerlessness.