

### Exercises: Becoming the Influencer Instead of the Influenced

**Choose one (or both) of the following methods** to use daily or when the need arises to release old patterns of being negatively influenced. Why? When we are changed in an indirect but important way to benefit another, we may be left in a state of shame, guilt, unworthiness, or powerlessness. When you release other people's power over you, you predictably remove anything that isn't resonate to who you really are; meaning you being authentic, genuine, and powerful.

**The below meditative techniques help to activate the body naturally to bring you into a more unified state of peace, happiness, and freedom** – allowing you to be **YOU!**

#### Exercises:

##### 1. Breaking Cords

- Get into a **relaxed** state.
- Become **aware of the presence of the control** another may have over you. You can use your senses or inner sight to evaluate how this is affecting your overall physical body. First, view the other person in your mind's eye facing you. Now envision that flow of power by imagining it as an invisible cord connecting both of you. Recognize where the cord or cords are and how they feel. Are they connected to a specific area? Do they encircle your body? Do they weaken you? Check for any discomfort in core, your chest, your shoulders, your arms, your neck, your head, your legs, or your feet. Use your inner sight to evaluate any sense of powerlessness or power that you are giving away to another and how this connection is affecting the body. Notice the strength of the link. Notice who is the one in power. Notice any pain or distress that it is causing you.
- Now allow that **invisible cord to disconnect or break**. Tell yourself that it is ok to separate or disengage – for it is best for them, and it is best for you. As you do this, you are able to sense that slowly both ends of the cord retract and go back to each of you.
- Now sense or envision the **light in your entire body becomes stronger**. This allows you to let go of any resistance, pain, or struggle in the body.
- **Re-evaluate how you feel.**
- **Breathe and relax** even more fully.
- Now slowly **come back to your full awareness**. See if you notice a shift in your physical body, emotions, or thoughts about the person or the situation you were thinking about.



## RELATIONSHIPS PRE AND POST BARIATRIC SURGERY - HANDOUT

### 2. Light of Influence

- Close your eyes and get into a **relaxed state**.
- Envision a **RED STOP SIGN**. And stop wherever you are in thought (or conversation).
- Ask yourself what you **want right now**; increased power or possibly even an enhanced sense of confidence. *\*In this specific moment, it could be that you are still feeling the influence of the person envisioned in the previous exercise or influence of someone else.*
- Focus on the **core of your body**; and in this space recognize that you are connected to a power that is what we will call your inner being. Within this space, you are strong, confident, and that know yourself as ALL powerful.
- See your **inner core as light**. Influence the light throughout your entire body (fully embodying it). Your entire body becomes an expression of light.
- Now allow this **light to get larger and flow from you**. If you have sensed that another was influencing you – see them separately in their own light... just as you see yourself. Allow your light to ignite the light within them. When you are in your power, you are appreciating the other and loving the other. You are influencing them now to be in their own power. An analogy is viewing yourself as the match that has been lit and now you are lighting or igniting that within them.
- Now **slow your breath and relax** even more fully into this state.
- **Re-evaluate how you feel**. See if you notice a shift in the conversation or your thinking.
- Now slowly **come back to your full awareness and become mindful of how you are different emotionally and mentally**. Do you feel more powerful? More confident? More genuine?

**Being in your own power and others to do the same increases harmony on all levels.**

