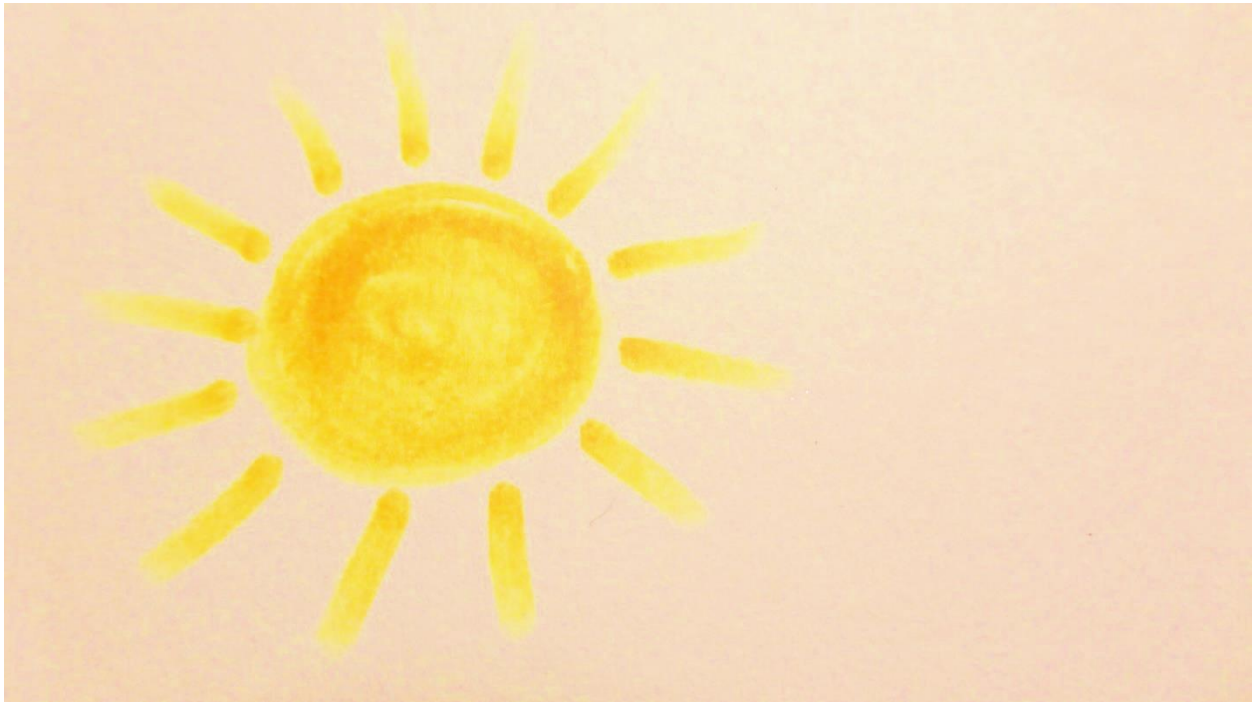


Transformation Meditations

by Odille and Steve Rimmert

Your First Day at School

For use in combination with changing childhood memories using FasterEFT



Instructions:

Read this story through, imagining it in whatever way comes naturally to you.

When you experience any kind of resistance, stop reading for a moment, and address it:

1. **If it is logical objection** – for example: “My father wasn’t there when I was born”; or “It was a difficult birth” or “My parents had no money for a separate nursery” – that is Conscious Resistance. In this case, use logic and reason to address it – for example: “It doesn’t matter because my subconscious doesn’t know the difference, and will believe whatever I give it” or “I can’t change the original event – that’s over now – but I can change how my subconscious holds it” or “There are no memory police. I can change this to whatever I want it to have been – and the better I make it in my imagination, the better the new references I’m giving my subconscious (so, why not make it ideal!)... and the better the results I’ll experience in my life today”
2. **If the resistance is in the form of other memories** coming up, that simply means that your subconscious has “proof” that contradicts this new memory – and all you need to do is change that “proof”! Make a note of the memories that come up (just one or two words to remind you of them), and then use FasterEFT to change each one to the opposite and positive. As you do this, you are giving your subconscious “proof” that this new memory is the real story – which will provide the foundation for the changes you want to see in your life, moving forward.

For more information on using FasterEFT:

<http://www.subconscious-reprogramming.com/what-is-faster-eft.html>

<http://www.youtube.com/c/FastTrackSubconsciousReprogramming>

Meditation for Rewriting Generational Childhoods:

<https://youtu.be/d0qoJSzbBs>

Your First Day at School

Your first day at school was one of the most exciting experiences of your life.

Your parents had spent weeks getting you ready – and they had enjoyed it every bit as much as you did!

It was such fun for them to take you shopping for new school things – watching you choose your favorite stationary and school bag.

They made sure that you had everything you needed and wanted, so that you were starting school with the best of everything.

The night before that first day at school, your parents spent time with you, talking about how much fun it was going to be. And they asked you where you'd like to go after school, to celebrate. Of course, you chose your favorite place!

You woke early that morning; and when you remembered you were starting school that day, you could feel the excitement building. Your mom and dad were already up, and preparing breakfast. They had both taken the morning off so that they could take you to school together, as neither of them wanted to miss out on this wonderful experience.

They had already prepared your lunch, and, after breakfast, you all set off for the school, chatting and laughing along the way. You felt so good wearing your new clothes, with your new school bag filled with everything you needed for a head-start in school.

When you arrived, your mom and dad took you into the classroom to meet the teacher. The teacher had a warm, kind face, and was genuinely happy to see you.

Your parents made sure that you understood that you were there to have fun as well as learn; and that if there was anything you didn't understand, or you needed anything, you were encouraged to ask the teacher. The teacher confirmed this, pointing out that everyone was there to learn in a fun, relaxed way. "The more fun we have, the more we learn".

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www.subconscious-reprogramming.com

The other children in the class were also excited and happy to be there, and immediately took a liking to you. A group of them called you over to join them, and they'd already started playing with the fun gadgets that were available to enhance learning. The teacher was very funny and entertaining, and you spent the day laughing and having fun while you learned.

The day went so quickly that you would have been disappointed that it was over already, except that you were also looking forward to the celebration with your parents.

That evening, as your mom and dad tucked you into bed, you thought back to your favorite moments of the day, including telling your parents all about your new friends, as you celebrated at your favorite place. And you looked forward to seeing your friends and teacher again, the next day, as you fell into a deep, peaceful sleep.

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