



# Guided Meditation Directions

By RICH GUZZI

# Basic Directions:

- 01 Write down your personal goal that corresponds to the Guided Meditation CD Program
- 02 Read this goal to yourself then
- 03 Listen to the CD for 28 days or nights preferably in a row

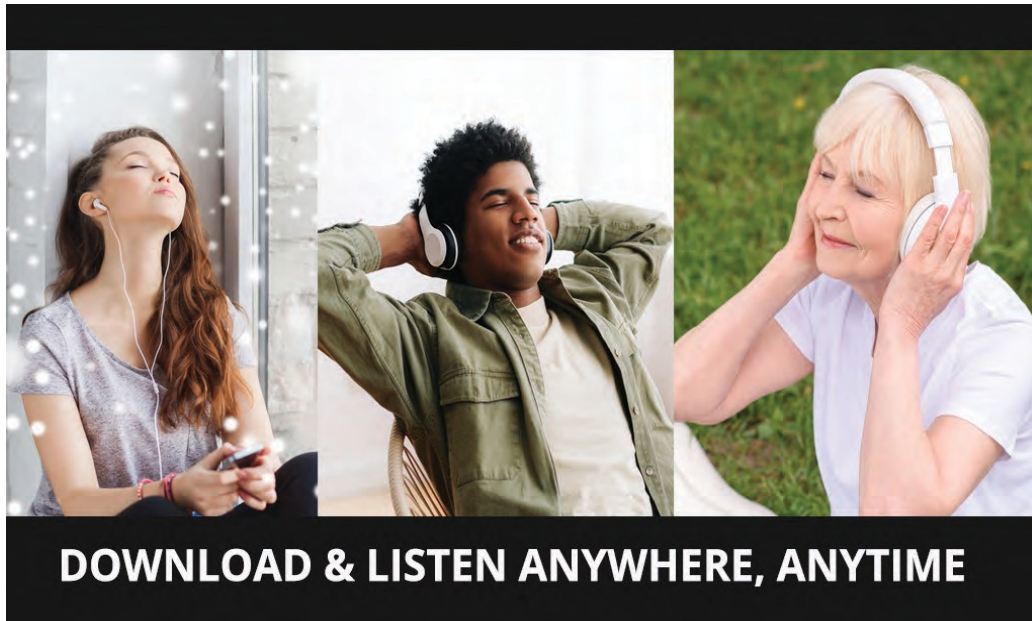
## Detailed Directions:

- 01 Start by writing down all the things that you want to accomplish in your life, your goals and then put them in the order of importance.
- 02 Next pick the goal you want to start with. Find the program (CD) that best fits that goal. Only work on one program (CD) and one goal at a time.

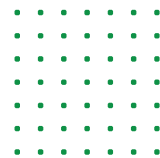
Many of the programs can be used for multiple goals for example:

Positive Attitude Program can be used for anything that has to do with being more positive such as – not gossiping, anger management, looking at the good in people or situations, being in a good mood, having more patience, etc.

- 03 Write down the exact goal you want to accomplish. For more guidance refer to the Goal Setting Guide
- 04 Listen to the program for 28 DAYS or NIGHTS preferably in a row so the information becomes anchored in and you create new habits. (Yes, to be effective you need to listen to it for 28 days or nights.) There are two version of each program a daytime (Track 2) and a night time (Tracks 3 & 4) Both are effective.



- 05 Find a quiet spot where you can relax and soak up the music and the message. The first two days, listen to the program while you are awake then after that you can listen to it any time of the day or night, even while you are sleeping.
- 06 It is not unusual to feel like you have fallen asleep and wake up when the program is finished. Remember, don't try to multi-task while listening to the program such as while driving, exercising or reading e-mails. The time you spend on the programs is time you are spending on yourself- it's only 20 minutes a day. You deserve that.
- 07 Wait 7 days and then begin the next program in the same manner as the first. Only work on one program & one goal at a time.

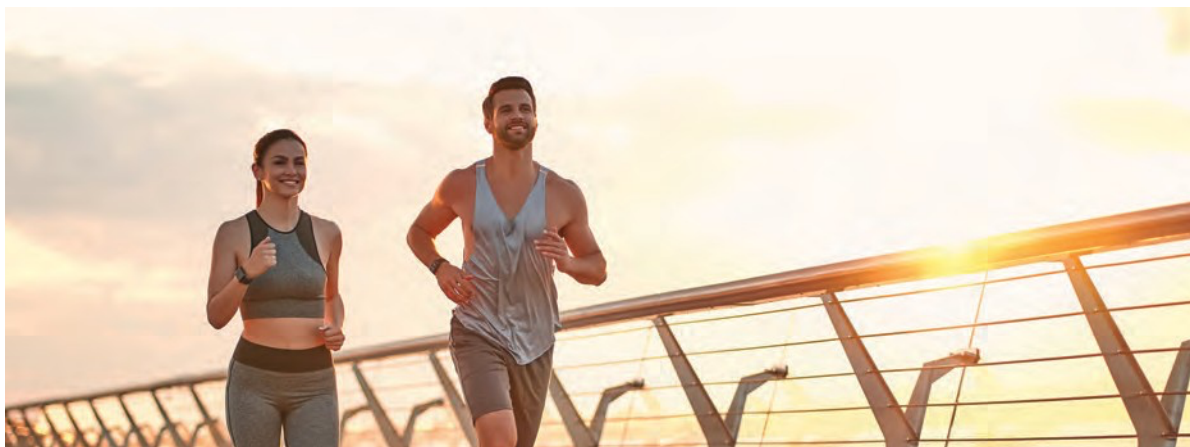


## HELPFUL HINTS FOR STOPPING SMOKING:

- Eat 3-4 oranges a day, make sure you have some Tums on hand in case your stomach gets upset & stay away from caffeine and alcohol at least for the first couple of weeks. Also, think about all the times you smoke – it is probably the same time every day.
- **CHANGE AROUND YOUR ROUTINE** so that you break the habit i.e. if you smoke when you drink change the hand you usually hold the drink in. This confuses your mind, making you think about it and not automatically grab a cigarette. For more stop smoking tools [Click Here](#)

## HELPFUL HINTS FOR LOSING WEIGHT:

- Write down your goal weight and then subtract 3 pounds, this is your new goal weight. When reading your goal to yourself visualize yourself at that weight, how your clothes will fit on you, how you will feel, how friends and family will look at you and how much healthier you will feel.
- You can also use the Losing Weight program to help motivate yourself to work out, eat healthier or any goal that has to do with fitness and weight loss. Just write down the goal you wish to accomplish i.e. I will work out 3 days a week for 30 minutes a day for the next 3 months. Then listen to the program for 28 day.





You know that you can always count on a response to your questions and comments as well as any special needs by contacting me at **rich@richguzzi.com**. Please keep in touch to share your successes.

I look forward to hearing from you,

RICH GUZZI

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