

Getting Rid of Unwanted Images

The other problem people can have is that they can't get an image out of their head.

When my son is having difficulty sleeping because of a scary thought in his head I encourage him to think of the thing that is scaring him and then make the picture go completely blank, totally white.

Then I have him think of something that makes him feel happy

I have him do it again and again until he complains of not being able to get the scary image back again (normally 5 to 10 times) then he gently falls to sleep

White Out Technique:

1. Close your eyes and confront the image you want rid of, look at it in your mind's eye
2. Then imagine the whole image becomes so bright it is completely white (do this very fast)
3. Open your eyes and repeat steps 1 to 3 five times
4. Repeat once more and this time after you have turned the image white, picture a pleasant image in your mind's eye, then open your eyes
5. Repeat step 4 until as hard as you try you can not get the unpleasant thought or image back

Repeat this simple technique next time you are having trouble clearing your mind.

By practicing it you will improve and increase your ability to clear your mind naturally and easily.