



My Daily
MRI™
Guide

A Daily MRI™ Guide (Mindful Reflections & Inspiration)

"The greatest gift ever given to me was sight. When I saw myself, I was able to see humanity."

Aundrea Veney

Alchemizing Your Experiences

Introduction

In the healthcare world, Magnetic Resonance Imaging otherwise known as the MRI is a medical imaging technique that uses a magnetic field and computer-generated radio waves to create detailed images of the organs and tissues in the body. Most MRI machines are large, tube-shaped magnets.

It's not by chance that on July 3, 1977, Dr. Raymond Damadian, the inventor of the MRI, performed the first full-body scan of a human being. The seventh month; seven meaning introspection and inner wisdom month, and third day; the number three a personal number of universal evidence, lastly 1977 the exact year I was born. I believe in magic, science, miracles, and a lot of other things and to the point, I believe in synchronicity. If I have learned anything at all from my ancestors, it's we all are merely playing our part. Which are small roles in a picture far greater than we can imagine.

I created the Daily MRI™, otherwise known as Mindful Reflections and Inspirations. This is a daily mindfulness practice or tool used to digest dreams, messages, and thoughts. It is in the proper digesting of things, that we can create from a well-nourished mind, body, and spirit. This practice is designed to support you while cultivating a routine in creating the life you want to experience. I see every human being as the super magnetic field on this planet. Just like the medical machines used in the healthcare industry, we too can generate waves of energy. Creating visual images of the life we desire, heal our bodies and transform the world.

Authors Intentions

I first used this practice to ground, connect with myself, organize thoughts and observations. It has since become somewhat of a ritual for me. It is my desire that everyone who uses this practice, finds the sacred space within themselves to connect with. May every moment that you are able to, slow down, reflect and be intentional in moving forward. Add value to your life and all those you touch. Together we can be the change we seek in the world.

The Practice

MINDFULLY MEDIATE

The objective of mindful meditation is to allow time and space to expand. Opening a channel for you to connect with yourself and what is most true in the present moment. Most people think mediation has to be done sitting in silence with eyes closed. That is a limited perspective of meditation. To mindfully meditate, all one needs to do is slow down, have an experience, and be intentional about that experience.

1. Slowly do something or nothing at all as an experience
 - a. Examples: walk, clean, eat, draw, lay down, or sky gaze
2. Be open and curious
 - a. Set an intention to be present, detached from any outcomes and expectations
3. Take deep breaths
 - a. With every breath allow focused attention to isolated areas.
 - b. Let the energy of your breath flow through your body like a river
4. Observe
 - a. Take a mental note of what thoughts, feelings, and sensations you are experiencing without judgment or trying to change anything

■ Notes: what did you see, what did you notice...

REFLECT AND RECEIVE

1. Journal your observations from your mindful meditation

a. Write down all observed thoughts, feelings, and sensation

b. Be detailed about where you felt it in your body, the intensity, period

c. Give yourself 5 minutes to allow your thoughts to pour onto the journal with freestyle writing.

1. Inquire and be curious

a. Briefly scan back over your body and your writing

b. Notice if you see any patterns that stand out

c. Ask of yourself and spirit "is there is a lesson or message for me now?"

2. Sit in silence with a deeper sense of connection

a. Find a calm or quiet place (preferably)

b. Relax in a comfortable position that feels good to you

c. With closed eyes or slightly opened glare allow yourself to be enveloped in the nothingness of quiet

3. Anticipate a response

a. Release any attachments to how or what answers to your query would come to you

b. Pay attention to what seems like a gentle voice in your head or ear (it's important not to overthink or question this voice -remember, no judgment, no attachment)

c. Use your journal to write down any thoughts, ideas, phrases, numbers, songs, or images that may come during this time.

Notes: what did you see, what did you notice...

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IMMERSE WITH INTENTIONS & INSPIRATION

1. Be intentional with raising your energetic vibration
 - a. Find pure gratitude in everything and for everything; remember there is nothing too small to acknowledge
 - d. Try to beat the number of times you smiled or laughed at from the previous day (bonus points for doing both)
2. Surround yourself with things that bring pure joy, delight, and excitement
 - a. Recall things and times that brought you the most joy, delight, and excitement. Do that or be curious to find something else
 - b. Entice your senses
 - c. Play or listen to music. Sing or hum audibly with it
 - d. Find ways to move your body without judgment (dance, jump, run, bounce)
3. Play and pay attention
 - a. Take time to tap into your carefree inner child
 - b. Engage with nature, sounds, visuals, or anything that presents in a subtle or not so subtle manner
 - c. Allow the inspiration of what has been presented in front of you to flow naturally and co-create

■ Notes: what did you see, what did you notice...

Remember you have the power to manifest the world and reality you decide without judgment. The lens through which you choose to experience life and others in it, can be your gift back to the world.

