

**Sitzmann Chiropractic**  
**224 Feaster Rd. Suite C**  
**Greenville, SC 29615**  
**864-458-8888**

**HOW TO HAVE FULFILLMENT, JOY, AND HAPPINESS**

This is a powerful little technique to use when things aren't going the way you want them to.

Just read the indented sentences below aloud and then FEEL what happens. Ready?

All you feelings inside that are stressed, unhappy, anxious or worried, I want you to know I accept you just the way you are.

You're very powerful and you can make me say and do things I wish I wouldn't. That makes you a powerful resource within me. You're protecting me from something which is what you're supposed to do.

I was wondering, though, if you will protect me in a different way. You don't have to, but would you protect me by guiding me **on the path of fulfillment, joy and happiness** instead?

Why? Because fulfillment is the safest pathway there is since it means that we're doing everything safely in order to be on the fulfillment pathway.

You don't have to do this if you don't want to, but **I would love it if you would guide me intuitively** on the pathway of fulfillment, joy, and happiness all of the time.

I accept whatever you decide because you know how to protect me and you know what fulfillment really is.

Thank you feelings and I accept you just the way you are.

**NOW, as soon as you finish speaking the above sentences out loud to yourself, notice what you feel.**

Notice that you feel relaxed and with less tension.

You just spoke to your subconscious feelings -- not your conscious thinking mind.

Doing this really does make a difference, doesn't it?