

Age Regression

Body Younger

Mind Smarter

mindpersuasion.com

Instructions

Listen with headphones and eyes closed. Visualize your body getting younger and younger. Visualize your mind getting smarter and smarter. See yourself show signs of youth. See yourself in the mirror getting younger and younger. Imagine what people are saying to you about your newfound youth, health and intelligence.

Tips For Success

Keep a daily journal and record any objective evidence that you are becoming younger and smarter. Every night, write down things you may see the next day that would indicate you are getting younger and smarter, then look for those pieces of evidence.

Please visit our forum to share your successes, or to ask any questions:

mindpersuasion.net

Affirmations

I get younger every day

I get healthier every day

my body gets younger every day

my mind gets younger every day

my DNA gets younger every day

I get stronger every day

I get healthier every day

I become more flexible every day

I become more resilient every day

my immune system gets younger every day

my recovery rate gets quicker every day

my mind gets sharper every day

I get more hopeful every day

I become more positive every day

I become smarter every day

my mind becomes quicker every day

my intelligence grows every day

my wisdom grows every day

my experience grows every day

my problem solving ability gets quicker every day

my creativity expands every day

every day I get smarter and smarter

every day I get wiser and wiser

every day I get younger and younger

every day I get stronger and stronger

every day my immune system gets stronger and stronger

every day my muscles get stronger and stronger

every day my skin becomes more clear and smooth

every day my face becomes more smooth and attractive

every day my hair becomes more natural

my body gets younger while my mind grows wiser

my body gets more flexible while my mind becomes sharper

my body gets more resilient while my IQ increases

I respond from illnesses quicker and quicker

I reject all disease quicker and quicker

I release anxiety quicker and quicker

I release stress quicker and quicker

You get younger every day

You get healthier every day

your body gets younger every day

your mind gets younger every day

your DNA gets younger every day

You get stronger every day

You get healthier every day

You become more flexible every day

You become more resilient every day

your immune system gets younger every day

your recovery rate gets quicker every day

your mind gets sharper every day

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