

AFIB - Reclaiming Your Heart's Natural Rhythm

As you settle into this moment, you are ready to connect with the deeper parts of your mind. Right now, your body is listening to you, listening to every word, every thought, and every feeling. You have always had the power to influence your heart, and today, you're going to tap into that strength within you.

Your heart is an incredible, intelligent part of your body. It knows what it needs to do and has done so every single day of your life. There is a natural, steady rhythm within your heart. It is designed to work smoothly, efficiently, and effortlessly. Your body knows this rhythm and knows how to return to it.

You may already understand that your heart operates both automatically and intelligently. It responds to the signals it receives from your body and your mind. Just as you can influence the muscles in your body to relax or tense, you can also influence your heart to restore its natural rhythm.

Right now, we are opening a direct communication line between your conscious and unconscious mind. This allows your unconscious mind to make the necessary adjustments to your heart's rhythm in a way that feels effortless and natural to you.

With each word that follows, your unconscious mind will find the solutions it needs to stabilize and balance your heart's rhythm. Your unconscious mind knows exactly what your body needs and is already aware of how to stop AFIB. Every instruction you give to your heart from this moment on is absorbed deeply by your unconscious mind.

Your heart is a resilient, adaptive part of you. It is already capable of returning to its normal, steady pace, because your body is designed to heal itself. Think of your heart now, picture it as a strong, steady pump that moves blood through your body with ease. Each beat flows smoothly, as it should. This is how your heart was designed to function. It knows how to return to this state naturally.

Right now, your heart is listening to your mind. It hears your intention and is ready to respond. You are guiding it back to its optimal rhythm, a rhythm that feels comfortable, consistent, and reliable. Every beat is steady, strong, and secure.

Your unconscious mind understands that AFIB is simply a temporary state that your heart entered for a specific reason. But now, you are telling your heart that it no longer needs to stay in this state. It can return to its natural, calm rhythm. And with every breath you take, your heart moves closer to that calm, consistent beat.

Imagine now that your heart is settling into a smooth, rhythmic pattern. Each beat follows the one before it with ease and confidence. This is your heart's natural state. Your unconscious mind knows this, and with each passing moment, it brings your heart back into that balanced, harmonious rhythm.

As your heart finds its balance, your entire body responds. Blood flows more easily. Your muscles relax. Your breathing becomes more comfortable. Your body is aligned, your heart is aligned, and you are in control.

Your unconscious mind is already making the adjustments necessary to maintain this steady rhythm. It knows how to keep your heart in this state, effortlessly and naturally. Every beat of your heart reminds you of this truth: your heart is strong, steady, and reliable. It knows exactly how to function in perfect harmony with your body.

You are aware of the power of your thoughts. Just as you can tell your muscles to relax, you can instruct your heart to maintain its normal rhythm. Your unconscious mind is absorbing these instructions deeply, taking them in fully, and applying them where they are needed most.

Notice now how your heart feels as it begins to settle into a smoother, more regular rhythm. Each beat feels consistent and reliable. Each breath you take helps to reinforce this new pattern. You are guiding your heart back to where it belongs, in perfect rhythm with the rest of your body.

Your heart is an integral part of you, and your unconscious mind knows how to protect it. It knows how to keep it functioning at its best. Every word you hear strengthens this understanding. Every beat of your heart is a reminder that you are in control, and your heart is responding perfectly to your direction.

There is a part of you that knows exactly what your heart needs. This part of you is deeply connected to your unconscious mind, and it has all the answers. Right now, this part of you is working in harmony with your heart, ensuring that every beat is smooth, steady, and stable.

Your unconscious mind is incredibly powerful. It is always working to ensure your body functions optimally, and it knows how to restore your heart to its natural rhythm. You have the ability to communicate directly with your heart, and you are doing so now.

Your heart is returning to a calm, steady rhythm. Each beat feels natural and easy. Your unconscious mind is making all the necessary adjustments to keep it in this state. You are guiding your heart back to its natural rhythm, and it is responding perfectly.

Your unconscious mind is constantly learning, adapting, and making the changes that are best for you. Right now, it is focused on your heart, ensuring that every beat is strong, steady, and in perfect alignment with your body's needs.

With every word, you reinforce this message to your heart. Your heart understands, and it is responding. Each beat is becoming more regular, more consistent. Your unconscious mind is making sure that your heart stays in this optimal state.

You are in control of your heart. Your unconscious mind is fully capable of making the adjustments needed to maintain your heart's natural rhythm. Every instruction you give is followed perfectly by your heart, and your unconscious mind is ensuring that these changes last.

Your heart is resilient. It knows how to return to its natural, steady rhythm. And as you continue to communicate with your unconscious mind, your heart will continue to respond positively. Every beat brings you closer to a state of perfect balance and harmony.

From this moment forward, your heart will continue to function at its best. Your unconscious mind has absorbed everything it needs to ensure that your heart maintains its steady, natural rhythm. You can trust in your body's ability to heal itself, to restore balance, and to keep your heart healthy and strong.

As you continue to reinforce these messages, your heart listens and responds. Each beat is a reflection of the deep connection between your mind and body. You are in control, and your heart is following your guidance perfectly.

Your heart is strong. It knows how to function smoothly and efficiently. Your unconscious mind is making sure that your heart stays in this state, now and in the

future. Every beat is steady. Every beat is calm. Every beat is exactly as it should be.

You are guiding your heart back to its natural state of health. Your unconscious mind is fully equipped to make these changes, and it is doing so right now. Every instruction you give to your heart is absorbed deeply, and your heart responds perfectly.

From this moment forward, your heart will continue to beat in a calm, steady rhythm. Your unconscious mind is fully engaged in ensuring this, and it will continue to support your heart in maintaining this natural state of balance.

Your heart knows how to heal itself. Your unconscious mind knows how to make the adjustments necessary to keep your heart in its optimal rhythm. You are fully in control, and your heart is responding exactly as it should.

Your heart is functioning at its best, in perfect harmony with your body. Every beat is steady, strong, and reliable. Your unconscious mind is making sure that this remains the case, now and in the future.

As you continue to give these instructions to your heart, it listens and responds. Your heart is returning to its natural, healthy rhythm. Your unconscious mind is ensuring that every beat is smooth, steady, and in perfect balance.

You have always had the ability to influence your heart's rhythm. Your unconscious mind is aware of this, and it is making sure that your heart functions exactly as it should. Every beat is a reflection of your strength, your control, and your power.

Your heart is strong. Your heart is steady. Your heart is healthy. You are in control of your heart, and your unconscious mind is ensuring that your heart continues to beat in perfect harmony with the rest of your body.

From this moment forward, your heart will continue to function at its best. Every beat will be smooth, regular, and steady. Your unconscious mind is fully engaged in maintaining this state, now and in the future.

You are in control of your heart, and your heart is responding perfectly to your guidance. Every beat is a reflection of your inner strength and balance. Your heart is healthy, strong, and reliable, now and always.