



Om Comfy Pants CHANTS

CREATING A JOYFUL STATE
WHEREVER YOU ARE

KATHLEEN PLEASANTS



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“Rolling with the flow on In-Line States”

INTRODUCTION

This book offers an opportunity to do some light Chanting to help relieve stress and create a better mental, physical and emotional state wherever you are.

You can sit anywhere, in a chair, on a mat or on a cushy floor, in any posture. Just wear your pajamas or comfy pants of any kind and make this your time.

You can do this for as long as you are comfortable and without falling asleep.

There are also some exercises in the beginning section to help shift your perspective within your normal thought processes and present space.

Chant – Simple Definition:

A Chant is a word or a sentence repeated over and over again, out loud, silently or as a song; in its simplistic definition. Repeating words helps to keep your mind clear from other thoughts.

Also, using simple Affirmations and Mantras that you repeat out loud or silently will help get you through many challenging moments, and in the early morning hours, helps to set up smooth flowing days.

Choose and repeat the words on the following pages that sound and

feel right to you. Repeat any or all of them until you feel in harmony with them.

Repeating and feeling the words fully can ease the mind and make space for new ideas to flow and for better feelings to arise.

Open to any page to feel inspired.

Make up your own personal affirmations that make you feel good. Add pictures to this book that make you feel happy. Only keep them by you as long as they do so.

If you can't stop your mind completely from roaming thoughts, direct them back to the sentence, word or a consistent sound in your environment, (like a fan, nature or outside traffic). You can also shift to visualizations of seeing things going the way you want them to without skimping on any good feelings that belong to your awesome visions. (In the positive.)

Assist in the creation of your day and learn to recognize the power you have to create your best life ever.

It doesn't matter how you get there, as long as you can distract yourself from the hustle and bustle of the world for a while.

As you grow and expand into bigger ideas for your life, so does your world grow and expand to make room.

If you can imagine it, you can have it.

The Universal Sound/Chant– OM





EXERCISE ONE

A BEAUTIFUL VIEW

Take that much needed vacation here and now.

1. Sit down and take a look around where you are. Notice everything in your view along with the feelings and thoughts attached to what's around you.
2. Then close your eyes and imagine being in a place that makes you feel very good. Look around and notice the feelings you have while taking it all in. Stay there for a minute or so and absorb the beauty of this oasis.
3. Open your eyes and take in your surroundings again. Feel for how it feels to be here now.

Repeat the steps above two more times, using the same or a different place that makes you feel good, and absorb the positive feelings of being there.

Every time you return, open your eyes while maintaining these pleasant feelings within you. Take a look around again. See if you notice some new perspectives and insights.

Not only do you get to escape for a bit, but you get to bring in some of that new and refreshing energy into your present space.

Things can look and feel differently through this exercise that you can do anywhere and at any time.



EXERCISE TWO

WORDS

Think about Tuesday; any Tuesday.

Maybe Tuesday would be a catch-up day after a long weekend, a cleaning day, or just simply predictable & uneventful.

Now think about Tuesday as Valentine's Day or your Birthday. ...Feels different doesn't it?

Let's play a word game.

Think about each of the words on the next page, one at a time, and write down on a separate piece of paper what each one means to you. One or more may have memories of negative emotions attached. Others may have positive and happy memories and others may mean nothing to you at all except for what we all know them to be. You can just write down one or more emotions they represent.

Table

Couch

Table cloth

Pencil

Hat

Marriage

Divorce

Husband

Wife

Garden

Blanket

Bike

Challenge

We are born without a language; without words to articulate. We only arrive with our thoughts and feelings intact and we learn how to communicate with our world very quickly.

As we learn our words, we start to put more meaning onto them other than what they mean alone.

Some think of the word Marriage and smile, their heart lights up. Some hear the same word and cringe!

We put precise focus onto words that trigger us when we see or hear them.

Pay attention to how words affect you. It is our aim to bring you into a more peaceful state with our words.

When you have practiced getting into harmonious spaces more regularly, it would be a good practice to take some of your trigger words and put another meaning onto them.

Even though we share this language with many people, the words will have different meanings and feelings behind them to us all.

In a casual conversation, you may be triggering someone's past thoughts with your words and they may be feeling happy, sad or angry inside. This may happen to you too while you listen to someone speak.

Sometime down the road, take a word that affects you negatively and write another story around it, just the word. Taking the trigger off of words that always get you going in a bad direction are worth removing the adversity from. This is not a practice of ignoring your

past experiences, you are simply taking this tainted word and befriending it, again, as a word alone.

Make up a happy/fun story and if you do it well with good feelings attached, those good feelings will always come up *first* from that moment forward every time you hear that word.

When we clean up our behind-the-scenes triggers, we are more settled and can engage in more ways with more people in more situations than we may have tended to before.

Take the power off of words and put it back into your fun engine; that's where the power belongs.



3 EXERCISE THREE

THOUGHTS TO PONDER

Admire and appreciate those that do things you would like to do and have the things that you would like to have. Through these feelings, you can attract in what is right for you with divine timing.



The right place to start is where you are and at any time.

Thoughts to ponder:

- If you're off in some other land concerned with other's problems and no one is home at your house, (your body/mind), how do you get back home?
- If you are feeling good, can you be missing anything? EX. If

you were home alone, feeling good, and then you wish a certain person was with you, then you are not feeling good anymore. Get back to feeling good and it will all work out.

- Since we all share *One Great Mind*, we all have access to infinite information when needed; don't count on your brain alone; keep an open mind.
- This is not mine. If something is bothering you, consider the fact that it may be because someone said something or did something that developed an opinion in you that is no longer serving you.
- Wellness - It has been said that the human body is meant to go for over 300 years without a glitch, yet we are able to totally destroy it in less than a third of that time.
- Good posture is possible, like a string at the top of my head pulling me up gently towards the sky.
- If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present. Lao-Tze.
- If you are going to anticipate something, anticipate the best.

"What you know is what you know and nothing else,
unless you remain open for the new."

EXERCISE FOUR

GET OUT!

Relax and think about what you're grateful for.
Any opposing thought - kick it out with something
funny or silly and then be grateful that you kicked it out.





Your Free Uplifting Music Download Link:

<https://www.clearlyuniquewellness.com/comfy-pants-chants-music.html>

Affirmations and Mantras

I open a space for
natural playfulness

Time is on my side;
it expands for me

My world is unlimited,
I am open to receive

Whatever I want I can have;
I Focus on it and I Feel it

My feelings can be trusted;
I use them to guide me

I asked to be here;
life is a gift

I surround myself with
positive people

I blossom where I am

I make good choices for myself
by what feels right and uplifting

I own all the good that happens;
I attract in the best for me

There is always time for
my dreams to come true

Life gets richer and richer for me
in all ways,
Always

I am safe, supported
and guided by my inner wisdom

I can only succeed

I am free to choose my own path

Miracles happen daily

My body knows how to heal

I feel good now and can
always feel good

I create fantastic visions
in my imagination;
and they show up in my life

I feel a smile inside

With a PAUSE and a BREATH
I shift to solution oriented

Rest and refreshment
take me home

Inspired action rejuvenates me

The love we create is forever

I always do my best,
until I know better,
and then I do my best

Wherever I feel love I am home;
this feeling is mine no matter
where I am or who is with me

Love is the only emotion that
matches all of my potential

I choose how I feel
moment by moment;
all my Joy is here and now ♥

Life is a beautiful place with
beautiful views

I thrive

All my potential is here and now

Virtual high five to the universe

The best foods are served here,
the best tastes,
the best feelings

Life is satisfying

Feel the Resonance of JOY

You are a Receiver

The Universe has always listened to you and has put all that you have asked for aside; in detail. You don't have to make any more lists of what you want, just let go and become the receiver.

Clear your mind, clear your path, go into acceptance of where you are and appreciate what is around you... most of all, expect that when you are in the receiving mode, you will receive all that you have requested in bits and pieces -which will come in faster and more often as you become more of a receiver than a blocker.

You have done the part of requesting more in your life and you will always have opportunities to ask for more and more. It's time to receive and build upon your dreams every day.

It's a never-ending process of asking and receiving. Make sure you are doing both.

You will know that you have opened up to receiving when your desires start magically arriving and you feel more Joy more often.



Trust, Believe and you will Receive

ABOUT THE AUTHOR



Kathleen Pleasants has been looking for spiritual, mental, emotional & physical answers since she was 10. “Why do people do what they do? What drives someone to say NO and not care what others think? How can some be so bold and others so shy? Why are some healthy and others not?” She never stopped asking these questions silently, but she did find

her answers along the way and found peace in her own intentions. Kathleen learned, through trial and error, that we have always had a choice to look at things differently and choose another way if our way is not bringing us fulfillment. She formed Clearly Unique in 1991 where she practices Neuromuscular Therapy, Nutrition, Hypnotherapy, Grapho-therapy, Core Exercise and Coaching of Alternative Health Choices and Lifestyles with her clients. She became an Ordained Minister in 2001 through a two-year Interfaith Program in Pennsylvania.

Through the years she has traveled to many places to study with some of the top authorities in body, mind, emotional & physical modalities.

She is the creator of the movie *Just My Type*, the Metabolic Typing Diet. She now travels nationally with her Unique Therapies & Workshops and currently has her offices in San Diego, California.

You can learn more about Kathleen by visiting:

ClearlyUniqueWellness.com

CHOICE

We each create our own world through our belief systems. Fortunately, beliefs can be changed and/or altered if we find ourselves in discomfort. We no longer have to get stuck in thoughts that make us feel guilty and depressed because we just can't live up to them. Go ahead, find freedom in making a new choice.

List of books by Kathleen:

- The Blame Game
- EMOTIONS
- Our Daily Play
- JOY 20/20
- Star Light Stories (for Children)
- Awareness Activity Book
- Morning Journal Notebook
- Evening Journal Notebook
- Clearly Unique Journal Notebook
- Daily PLAY-by-PLAY Notebooks

You can find these books on Amazon.