

This is a conscious exercise from an Eckhart Tolle video I watched recently demonstrating how to feel your own aliveness.

Close your eyes and put your arms out in front of you  
and feel the aliveness in your hands.

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Maybe you feel an awareness, maybe feel a pulsing in your hands or your arms and just take note of that.  
pause-a-breath...

Good, and go ahead and put your arms down comfortably in your lap or on your table wherever you are  
With your eyes gently closed and relaxed...  
pause-a-breath...

Now allow your awareness to move to your breathing...  
Breathing out a little bit longer than you breathe in... So relaxing...ahhhhhh (as you exhale)  
pause-a-breath...

Naturally relaxing...ahhhhh  
pause-a-breath...

Within this awareness notice the relaxing pause at the bottom of each breath...  
pause-a-breath...

When you finish exhaling---  
the moment *before* your body begins to inhale again naturally...  
A natural momentary pause as the muscles complete one cycle and begin the next... expanding... and letting go...  
pause-a-breath...

And notice the accompanying deep relaxation that obtains in your belly... at the bottom of that breath...  
pause-a-breath...  
pause-a-breath...

A natural momentary pause... deeply relaxing... At the end of each easy exhalation...ahhhhhh... so natural... So  
easy...allowing it to happen...  
And within this awareness notice how this relaxation in your belly spreads more and more after each easy exhalation...  
Spreading from your belly...your abdominal muscles...  
pause-a-breath...  
Your heart and chest...  
pause-a-breath...

Spreading more and more... Down into your pelvis into your pelvic floor... poised and relaxed...  
pause-a-breath...  
Allowing this deep relaxation to continue to spread more and more...

Become aware of your toes, feel the aliveness in your toes now...  
You know what your toes look like-  
the shape of your toes-  
the color of the skin on your toes-  
your toenails...  
and just let them go...  
all the little muscles, tendons, all the little joints ... relaxing ... releasing ...  
drifting off into that dreamy sleepy state they go into when you are sleeping soundly...  
So relaxed they just might float right off those feet if they weren't caught in your socks or shoes and just let them go...  
pause-a-breath...

Become aware of the aliveness in your toes now...  
It may feel like a pulsation...a buzz...it may just feel like awareness...

feel those toes now...  
so alive...relaxed...aware...

pause-a-breath...

pause-a-breath...

Now allow that aliveness-that feeling of aliveness-to move up into your feet-

The arches...heels...all the little metatarsals in your feet...all the way up into your ankle joints...

feeling the aliveness throughout both feet now...alive... together...

pause-a-breath...

That awareness, that aliveness, spreading now up into your calves and shins,

Up into your knee joints...relaxed...alive...aware...

You may even feel the healthful fluids and nutrients pouring in and out of all these joints-relaxing-cleansing-healing everywhere these healthful fluids flow...

pause-a-breath...

Aliveness spreading up into your thighs hip joints and hips...

Relaxed... Alive.....

From the top of your hips all the way down to the tips of your toes... pulsing ... buzzing... alive and aware...

So relaxed...

pause-a-breath...

Spreading now up into your abdominal muscles lower back chest and spine...

Alive and aware... heart beating...lungs expanding...feeling aliveness in your chest...

pause-a-breath...

All the muscles along the spine relaxing...releasing...alive...aware...

Healthful fluids flowing in and out of each joint, around each vertebrae, one at a time, washing, relaxing, healing...

pause-a-breath...

Aware of aliveness moving out to your shoulders and down your arms-warm-relaxing-washing-healing...

All the way out to your fingertips...

feeling the aliveness-

in your palms-

fingertips-

wrists-

elbows-

all the way into your shoulders alive, aware and relaxed...

pause-a-breath...

As this alive awareness continues to move up your neck to the base of your skull...

Each vertebrae open aware and alive...

The muscles around each vertebrae poised and relaxed...

Healthful fluids flowing in and out between each vertebrae...

Feeling the relaxed aliveness in your jaw, tongue and lips, your nose...

All around her eyes and eyelids...

Eyebrows and forehead alive and aware...

from the base of your skull all around your skull, awareness and aliveness, feeling each of the cranial plates in your skull, fluids flowing through the joints in your skull, open...

your whole head relaxed now from the top of your head all the way down to the tips of your toes...

Alive, aware, relaxed...

Feeling the aliveness now throughout your entire body at once... Aware and relaxed...

pause-a-breath...

And subconscious how wonderful does this feel?

Sitting in this aliveness...

Enjoy this now completely subconscious...alive...aware...completely relaxed...

pause-a-breath...

And subconscious thank you so much for everything you do...  
 harmonizing all of our internal organs, chemistry, thoughts and feelings, always working for us in the best way you know how...

And feel how much your subconscious enjoys being touched this way...  
 to be communicated with...

speaking and listening from the heart...

with the love and understanding for this wonderful partner in aliveness and awareness...

Feel how anything can be accomplished when working together with our subconscious partner...

pause-a-breath...

From now on subconscious whenever we wish to drop into this wonderful aliveness, this awareness,  
 to practice self hypnosis, meditate, sleep, dream, or just relax...

whenever we wish this wonderful alive and aware state- completely relaxed,

all we need to do is begin with relaxing letting go breaths-breathing out a little bit longer than breathing in-

With every breath subconscious you will naturally and quickly bring this aliveness, this awareness, deeply relaxed...

Automatically, nothing to think about, connecting with all of our subconscious wisdom, and this wonderful partnership with all of our subconscious resources...

Installing this now subconscious is I count from four down to one

Taking all the time you need to install this new behavior in the most ecological way for us at this time in our lives

#4

letting go breaths...ahhhh

Learning and remembering becomes easier as our mind naturally organizes...

Healing flows easier and naturally as we allow the awareness throughout our being... trusting this wonderful partnership even more every day...

#3

Installing this new way of being automatically now...

#2

Completing the installation now, automatic, natural, easy...

On the next number completing the integration, this new way of being...

And #1

thank you subconscious thank you for all that you do...

pause-a-breath...

Continuing to enjoy this wonderful state of being...

Imagine yourself learning something new... Feel yourself releasing that letting go breath...ahhhhh

Feel how your body and mind clear, so alive, so aware and so relaxed...

concepts and understanding flowing easily into memory...

pause-a-breath...

Imagine yourself moving your body across the planet... Feel yourself releasing that letting go breath...ahhhh

Feel how your body and mind clear, so alive, so aware and so relaxed...

Poised and stable,

Flexibility and confidence flowing gracefully into movement...

Pause-a-breath...

Imagine yourself beginning to feed your body...Feel yourself releasing that letting go breath...ahhhh

Feel how your body and mind clear, so alive, so aware and so relaxed...

Awareness and confidence of how this food nurtures and heals your body flows into trust...

Pause-a-breath...

Thank you subconscious for being such a wonderful partner

Releasing that letting go breath again...ahhhh

In a moment I'll begin to count from 1 to 5 and during this time subconscious take all the time you need to complete the integration of these positive suggestions in the most ecological way for you at this time in your life...

Making any necessary adjustments so that these wonderful new ways of being serve just the way you want them to...

#1

Slow and gently allowing your energy to begin to increase  
More deeply connected with your subconscious partner

#2

feeling the chair or floor supporting you  
Knowing everything is easier to accomplish in our mind and body- alive and aware

#3

knowing that all these wonderful benefits will continue to enhance your life every day from now on  
And every time you practice with your letting go breath it becomes more powerful and effective...

#4

On the next number you'll come all the way back feeling completely rested and ready to finish your evening with energy and excitement...

#5

into this room  
open your eyes  
And happy Friday