

The following ideas are symbolized by the phrase "MAGIC CIRCLE".

I love my family, and they love me. I respect my husband and each of my children as individuals. I feel great warmth and show tenderness and affection for my husband and my children, and they return that feeling. They can see I love them because I listen to what they say with interest and enthusiasm. I take time to listen when my children speak to me. I give them my full attention. My eyes show that I am listening. I take an active interest in what they are doing.

I enjoy guiding my children in a way that helps them to share with me but also to grow and become independent of me. When I correct my children I am patient, kind and understanding. I speak to them in soft but firm tones. They know I correct them out of love. When I touch my children, my hands are gentle and loving. My children like to come to me with their problems. My children look to me for leadership, and I give them that leadership.

I teach my children by my good example. It is easy for me to set a good example, because I am in control of myself. I see each situation in proper perspective. I listen, I reflect, then I act! I still my mind to the environment so I can hear the voice from within. I follow up on my actions. My actions are right for the moment. My children are important to me.

I have a keen sense of humor. I see reality, and I experience life purely and simply and with delight...the way my children do.

I show I am close to my family; and they are close to me and to one another. Love is caught, not taught. They catch my love and it grows and expands our magic circle. My family grows together in love and affection, and I am the living spirit of my family. I am a strong mother, and I instill that strength into my family. It flows from me to every member of my family and makes us one.

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"NATURAL HIGH" means to me...

I see my life simply and clearly; I know what things make me happy and satisfied with my life, and I do them daily, easily and happily, because I feel a growing sense of being creative and "together" with myself as I involve myself in productive things.

Every day I awake with an excitement about what I will accomplish during the day. My anticipation and excitement continue all through the day, and I eagerly jump into each endeavor with confidence that I learn from my life each day as I plunge into living my life creatively, imaginatively, and productively.

Cheerfully I become more involved with carrying out the steps I know are making my life more full and fun for me. Every time I begin another day, I feel my confidence in myself and in my endeavors bolstering me along, making me eager to go on to the next interest. My energy level is continuously high; my work and play is effortless. I possess simple and pure thoughts and actions that float me through my life each day, in an ever-growing cycle of searching and finding fulfillment.

I am a happy person, full of imaginative thoughts that I allow to pour forth constantly. I smile and sing during my waking hours, happy and excited with my productive life. My self-appreciation and confidence are a very real and strong part of my personality, which is alert, yet peaceful; happy, yet thoughtful; bubbly, yet mature; warm and loving, yet wise...

I am so proud that I am living my life in the simplest, most creative, and productive way I know how. Each day I am becoming more lovable, more interesting, and more interested in others. As I add to my life each day by reaching out for the things that make me happy, I am growing warmer and richer, full of the liquid gold of continuous energy, and I gladly and easily pour this wondrous energy into everything I do and let this energy radiate towards everyone I meet.

My life is becoming more and more of a continuous Natural High every day as I do my best to live my life to its fullest.

I am truly living the life that I love, and loving the life that I am living!

The following ideas are symbolized by the phrase "MELTING SNOW".

I enjoy being slimmer.

My body fat melts away like the deep snows in the Spring. And just as the melting snow changes to water, my melting body fat turns to flowing, dynamic energy and health. And just as the bright new Spring green and colorful flowers emerge after the long Winter, I see myself emerging with new thinking, feeling, acting, and moving that is fresh and beautiful.

I eat less food with enjoyment and relish. These goods give me all the correct nutrition and calories my body requires. These foods easily help my body fat to melt away. I prepare these low-calorie foods creatively; or if I'm eating out, I have the knowledge and ability to select only those foods that are correct for me and my diet.

I am free from hunger. Because at mealtime I have more than enough to sustain me. Between meals, I take great joy in feeling the body fat melt away from every part of my body from head to toe.

I love to exercise. It is exhilarating, and I look forward to my exercises each day. I feel a grand sense of accomplishment when I exercise. As I exercise I feel my body fat draining away, being burned up and changing into energy. The more I exercise, the better I feel and the better I perform each day. Each muscle responds to my command. I feel light and coordinated. I delight in this feeling with alertness, yet relaxation.

I am atomic with dynamic energy, self-confidence and love. I find it easy to express this love, and I respond joyfully in turn and accept the love of others, because I love myself. I am proud and delighted with my slimness. I am more attractive to myself and to the people that surround me.

As the Crocus emerges through the melting snow, I emerge with vigor and a beautiful awareness of mind and body and life.

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Keywords: "Remember I'm Dreaming."

I enjoy my dreams.

I find it fascinating and fun to remember my dreams. My dreams form an interestingly intriguing puzzle which I delight in solving.

It seems that every time I dream it becomes easier to recall my dreams and more and more effortless to understand their meanings.

As I study and pay attention to my dreams they become more vivid; as vivid as the sight I see in the daylight. I also become more aware that I am dreaming and feel exhilarated by the freedom and the challenge of directing my dreams as I dream.

My dreams are radiant with enchanting places, magical symbols, melodious songs, and magnetic people.

My dreams are mysteriously exciting and I am attracted by their alluring nature to understand them.

I feel more in tune with my inner mind and being. This harmony allows my inner self to communicate with my conscious self clearly and concisely.

In the morning, or whenever I awaken, I find myself easily recalling and recording my dreams.

I am thrilled by the treasures of insight and the valuable messages my dreams bring to light.

I am please to notice increasing confidence in my life as my dreams are utilized for all the practical and creative guidance they offer.

Each and every time I dream I become more aware of my dreams.

When I dream I remember I'm dreaming.

Keywords: "Remember I'm dreaming."

INFORMATION RECALL

Your subconscious and conscious mind are vast reservoirs of stored information. Each day new material is added to your limitless memory bank. You delight in drawing on that stored information and in supplying your mind with new and useful facts and observations.

When you wish to recall something that you have read, studied or heard, you need only think about the general topic and the rich details and relationships among the facts you have in your mind are instantly available to you.

You clearly remember the names of people you meet and the experiences and thoughts they have shared with you. When you meet a new person and look at a new face, you can see the person's name and face clearly and understand how they fit together. Each time you see a person you know, their name and face are totally familiar to you and you address them by name and resume where you left off in your previous conversations. Your incredible recall serves you well both in your business and in your social life. You enjoy the friendly feeling you get when you address another person by his or her own personal name.

When recalling figures or dates, you call on your memory bank to inform you and it immediately supplies what you request. You surprise and amaze yourself and others with the accuracy and speed with which you remember. When studying theories, historical material, or intricate subjects, the ideas and concepts make total sense to you. The knowledge accumulates with each line you read and remains in your mind just waiting to be called out. It is always there and ready for immediate use whenever you need it.

When you scan written materials, you fix your thoughts on the main ideas and create a mental outline which serves as a framework for the specific details. You remember both broad, general concepts and particular bits of information which embroider and intensify your understanding.

You focus your attention on the material you wish to retain in your memory bank--you feel it embed itself in a permanent place in your mind like a plug in a socket. Your powers of concentration and retention increase noticeably with each passing day. You absorb the details of events more completely; your observations are clear and accurate. All of your senses work to store information--your sense of sight, hearing, touch, taste, smell and especially intuition are keen. You need only think of a general topic and your stored memories surface immediately.

You recall information regardless of the time it is stored--past memories are as complete, sharp and comprehensive as recent memories. Your conception of the sequence of events is as neat and orderly as an alphabetical filing system. You easily remember times and dates. You especially enjoy remembering the times and dates when you did special things--vacations, museum trips, theater and stage shows and special learning experiences, like coordinating classes and developing curriculums. Subjects you studied in school are easily recalled and understood, even back to some of the exercises you did in elementary school.

You continually grow in your capacity to absorb and apply information. The facts are always with you--your memory powers increase daily. The deep confidence you have in these learning powers causes your concentration to become more effective, more acute and more permanent with each passing day.

You are a very creative person. The knowledge that you have stored combines and grows. Your ideas come to you effortlessly and easily. They flow in a continuous stream and increase in depth and breadth as your volume of stored information grows. You express yourself precisely and imaginatively by drawing from your extensive vocabulary and the many and varied facts in your memory bank. When you write, your material reflects the organization of your memory. Your writing and speaking is factual, interpretative and to the point. As a result of your tremendous memory capacity, your speech and writing are logical and expressive.

Reading and listening come naturally to you. You quickly cover written and verbal information and retain all that is important and useful. All of your past experiences are immediately available for use in evaluating new information. You are tolerant of different viewpoints and appreciate individual differences more and more as you gain insight through your increased memory capacity. You are able to discuss both sides of an issue intelligently from the information you have stored.

You feel confident, capable and at ease with your memory. You know that you can trust it to provide you with information whenever it is needed. You are relaxed and happy knowing that your time spent studying and talking with others is spent productively because you are learning and storing your new learning during these periods. Even when you are relaxed and enjoying your leisure time, your memory is keen and is working for you.

Your interests and your quest for knowledge keep you mentally alert and searching--you love learning. You appreciate and enjoy hearing new ideas and retaining them in your mind. You like to hear other people's ideas and compare them with your own. People enjoy talking to you because you are clear, concise and compassionate in sharing your information with them.

Your tremendous memory helps you to understand yourself and others. By being exposed to new situations and new information, you exercise your mental muscles and make them stronger, more toned and more responsive to your needs. Your storage capacity is unlimited and you feel a sense of deep accomplishment as you retain facts and develop more and more regions of your amazing mind.

The following idea is symbolized by the phrase "EXPRESSING MYSELF"

I love to express myself in everything that I do. I have total confidence that my expressiveness is very well received by others because I express myself with great joy, sincerity and love. I love to express myself through teaching spiritual truths to others. When I speak my voice is very pleasing yet very powerful and penetrating because it comes from the spirit within me. I find total fulfillment in teaching about things of the Spirit. Others love to listen to my words because they are uplifted and inspired to become more loving, joyful and free. Each day there is greater and greater demand for my lectures and I very well paid both spiritually and financial for my talks. There is an infinite ocean of knowledge within me that is just waiting to express itself at the proper time. I remain totally open to this wisdom within me and I know that the information coming through me is always perfectly appropriate. I am an excellent teacher. I am an excellent channel for the God within me to teach others. I am always very enthused whenever I have the opportunity to speak on Truth. During my lectures I am very expressive and exuberant and there is a strong magnetism emanating from my being. The love that I feel when I see others receptive to the Truth is overwhelming. I am swept away by the ecstasy of the Love within me. This feeling motivates me to seek even more outlets for the Truth within me. I love to see the light shining in the eyes and faces of the audience as they recognize the Truth they are hearing. I am constantly filled with great humility as I witness the transformations in the people around me, realizing that of myself I am doing nothing but that it is being done through me. I love to be a channel for the Spirit within me because its' nature is Love, Joy, Peace, Light and Freedom.

I want to give and receive love and care.

When entering a gathering of people, I look at all of them. The brief eye contact is a greeting. There is energy to exchange. Energy that guides us along our ways. Interacting with this energy benefits us.

My actions benefit others as well as myself. People like being around me, and I like being around people. I appreciate myself at my present point of growth. My point of growth is relative to the Universe. I accept my point of growth and the points of growth of others. These points are like flowers, different colours, different fragrances, different shapes, and blooming at different times.

I am sincere, I mean what I say and I do what I say I will do. Though, I am flexible and I change with what situations call for. Just as the tree is firm and tall, but sways with the wind.

While listening during a conversation, I am like an empty jug being filled with the water of conversation, I listen with a clear mind. I respond to the person with what interests both of us, as a full jug is tilted to pour forth what is needed.

The ease of relating to women relaxes my eyebrows, I feel my whole face loosen. The movements of women soothe and relax me. I feel a very comfortable feeling up and down my back and in my hands while near soothing women.

Women that interest me are interested in me. As a result, an inner inspiration grows in my heart and flows all through me. We converse comfortably, flowing as the stream flows. We exchange protection and care, as the tree protects and cares for the bird and its nest. We enjoy being with each other.

Smiles are easy, they are all at the moment. The All Encompassing Love flows through us and nurtures us as the Sun flows through and nurtures life. This Love is freely and easily given and received, as the way children give and receive love.

When I hear the bird's song, it moves through me along a crescent path. And when I hear this song, I am loved, I am loving, I am cared for, I am caring, I am forgiven, I am forgiving, I am light.

The symbol for the following suggestions and ideas is "TRIM - VITAL - ATHLETIC"

I know that I am now losing weight. It is easy for me to lose, for I have a powerful desire to do it. I want to be trim, healthy and attractive. I know that each day, as I shed pounds and inches, I am fulfilling this desire. I have good reason to reduce. I take pride in my appearance, and I realize that people are drawn to me by my good looks. My good appearance causes people to have a good opinion of me, and this makes me feel as warm to them as they are to me. This natural attraction and affinity for people is wonderful for both my business and my social life, and it gives me joyful satisfaction.

I love to wear stylish clothes, and I look good in them. I know that I look my best when I am trim, tanned and healthy. I am naturally athletic, loving sports of every kind. My natural abilities increase with each pound I am now losing. Each day I feel my coordination, speed and wind improving. With each pound I lose, I grow stronger and more agile. I feel the muscles developing as I take off inches and pounds. As I consume the fat from my own body, my skill and interest in athletics grows. I see myself skiing, surfing, playing tennis and handball, swimming, diving, enjoying sports of all kinds. I excel at all I do, for I develop new abilities as my interests increase, and my interest grows as I continue to lose weight. My body's natural processes, to turn fat into energy, helps me to reduce -- and it makes me feel terrific!!! My attitude is naturally positive, because I feel so good and fit. Each ounce of body fat that I consume creates a flood of energy, and keeps me enthusiastic!

I am consuming fat from my entire body every day, but in particular from hips and abdomen. I actually feel my hips reducing, growing trim, proportioned to my frame. My waist is slimming, too, the stomach flat and hard, each muscle taut, in perfect tone. Each organ, nerve and muscle in my body functions perfectly, as I lose weight and inches in a steady, healthy process. I have a picture of my birthday, May 18th; when I am slim and fit at 185 lbs., my waist a trim and taut 32. Each time I think of myself, the image of my birthday dinner comes before me. I see myself tanned and healthy, wearing new and beautiful clothes, and I am filled with joy. The image of this strong and slender me is at my mental fingertips, and it fulfills me and delights me as it strengthens my resolve.

I know that I am losing pounds and inches now, and it is easy for me to continue. I am proud of my body, and its increasing perfection. As I reduce, my skin is growing clearer and more perfect, free of blemishes, developing a healthy glow. I am proud of my entire physique, and I keep my whole self strong and clean. I am fastidious in my personal habits, for I take pleasure in the time spent caring for my body and my appearance, in improving muscle tone, development and coordination. I cheerfully, eagerly and joyfully do the things which keep me fit and strong.

" DEEP FLOWING SPRING "

The following ideas are symbolized by the phrase "Deep Flowing Spring".

I love to sing. When I sing, I feel a pulsating flow of emotion like the waters of a gushing spring flowing forth from deep within the earth. Each song is one pure distilled thought, one crystal clear idea. When that idea is glad, the joy in my voice soars with my soul. When the thought is a sad one, my voice conveys tears and heartbreak. Every word, every phrase bursts with meaning.

When I sing, the whole heritage of my humanness comes forth. That heritage helps me and compels me to transmit the life in the music to the hearts of my listeners; the powerful stirrings of my black blood, the ritualism and nobility of my Indian ancestry, the restraint and classical penchant of my white forbears. I am a melting pot of many cultures, and the best and finest of all the thoughts and emotions of all men are channeled through me to find meaning and expression in my voice.

When I sing, my breath is deep and even. My tone is full, resonant, and relaxed. My soft palate is high and relaxed, and reflects and magnifies my already beautiful sound. The sound rides high and forward. It is spun out like a golden thread that rides on a firm, velvet carpet of breath. My jaw is loose, my tongue is relaxed, my mouth and throat are moist, my hands are dry, my legs are steady. The muscles in my body are firm yet relaxed, responsive to my demands while singing, motioning, and moving on stage. My comprehension of the drama is thorough. The words are firmly in my memory and come easily to my lips. My presence commands the attention of every listener.

I sing for each person in the audience, and each listener responds. They listen intently, and understand every word. I have an important gift, and I use it fully. I translate what the composer and poet have written into the elements, those sounds, gestures and expressions that will touch the heart of the listener.

When I sing, I am filled with the thoughts and emotions of all of the participants in my art; composer, poet, performer, and listener. We form a perfect artistic communication, and that communication fulfills us perfectly.

All of these ideas are symbolized by the phrase " Deep Flowing Spring ".

" DEEP FLOWING SPRING "

Auto Suggestion for a Healthy Relationship With Food

All healthy and balanced relationships take time to develop
This is also true with food
You know how to balance this relationship
You know when it is time to eat
You allow yourself all the time it takes to find the right food for you
You take the time to serve yourself just the right portion of food
You invest the time to carefully chew and savor each morsel
You balance your intake of food with water
You patiently allow your food to complete the journey into your stomach
You enjoy all the healthy benefits of this healthy relationship more and more
with each meal

Trust My Subconscious

I trust my subconscious to provide me with all that I need to make the decisions that are appropriate for me at the precise moment it is needed.

My subconscious is a storehouse of all I have been and all I can be.

My subconscious keeps me connected to the universe.

My subconscious is a reflection of the universe, a universe of love

I am open to my subconscious and listen more and more every day to the messages it gives me.

As I learn new ideas and have new experiences I listen to my subconscious and allow time for it to integrate these new ideas and experiences.

The more I listen to my subconscious the easier it becomes.

I trust my subconscious to provide me with all that I need to make the decisions that are appropriate for me at the precise moment it is needed