

About 10 1/2 minutes

- Three parts to a breath
- Imagine gazing out of a window, the warm sunlight pouring in on you, and allow yourself to begin to daydream your attention falling lightly on the beautiful scene outside,  
As your gaze softens your heart follows...  
opening to the beauty in front of you,  
in this moment,  
allowing your feelings to come and go  
flowing over you  
letting them go as easily as they come
- every breath carrying you deeper, every easy beat of your heart letting go more more
- You can feel the sun on your face and your skin like liquid warmth-a healing liquid warmth
- healing liquid light soaking in,  
liquid warmth warming all the muscles

All your joints relaxing -ankles, knees, hips, vertebrae, shoulders and wrists-healthy fluids pouring through them,  
washing away any debris to be recycled  
Dissolving any inflammation into pink comfort  
muscles relaxing  
nerves relaxing -letting go  
thoughts relaxing-coming... And going...

- Your body stills,
- Liquid warmth pouring through your muscles, bones, cleansing, relaxing
- Pouring through your heart- your lungs -your stomach ...all your internal organs
- your body poised and relaxed
- Grounded in this sunlight  
solid like a mountain
- Awash in warm liquid light pouring through you

In this state, time expands, as seconds of clock time seem like minutes... Minutes like hours

- And as your thoughts and feelings relax more more
- Allow those that are the most important to you now, at this time in your life, to bubble to the surface  
drifting deeper and deeper with each easy exhalation  
Those most important rising...
- that inner knowing about the way you want to be at this time in your life,

(Pause-5 seconds of clock time)

So easy

- those things that you would like to nurture in your life...rising to your insight...to be the way you want to be
- and clarity about the things that you would like to let go of...that no longer serve...

(Pause-5 seconds of clock time)

Letting go...

- Subconscious – thank you so much for all that you do  
taking such good care of these bodies  
keeping our heart pumping  
lungs expanding  
moving across the planet  
Thank you so much for all that you do that we aren't even remotely aware of

Subconscious reflecting on the thoughts and feelings that arise in your insight

thoughts and feelings  
flowing over you  
letting them go as easily as they come

– every breath, every easy beat of your heart letting go more and more

– the sun on your face and your skin-a healing liquid warmth  
– pouring through you warming muscles and joints  
– body still  
– poised and relaxed  
– solid like a mountain  
– Awash in warm liquid light

– And whenever those thoughts and feelings that are the most important to you now, at this time in your life,  
Arise in your awareness  
Subconscious you may automatically bring these wonderful feelings into the body  
poised and relaxed,  
Solid like a mountain  
heart open, receptive,

– that inner knowing about the way you want to be at this time in your life  
... Poised... Solid like a mountain

Feeling so at peace gazing out of that window  
– the sun on your face and your skin, pouring through you  
– body still  
– poised and relaxed  
– solid like a mountain  
– Awash in warm liquid light

Subconscious allow this inner knowing this insight to help guide your personal choices  
As you practice with self Hypnotic suggestions  
As you decide what it is that you would like to work on to become who you truly want to be at this time in your life

In a minute I'll begin to count from 1 to 5  
and as I do subconscious take all the time you need to complete the installation and integration of these positive suggestions

–so that whenever those thoughts and feelings that are the most important to you now,  
Arise in your awareness  
– that inner knowing about the way you want to be at this time in your life  
Subconscious you will automatically bring this wonderful state into your being  
poised, Solid like a mountain  
open and receptive,

1-slowly and gently your energy can begin to increase  
2-subconscious completing the integration in the most ecological manner -automatically those wonderful thoughts and feelings, the way you want to be at this time in your life, poised, open and receptive, solid like a mountain  
3-hearing more of the sounds in this room and outside  
4-feeling the chair or floor supporting you  
on the next number you'll come all way back feeling

Like you just had a wonderful 2 hour nap rested of invigorated ready to finish your evening with excitement and energy

5-Open your eyes and welcome back