**What follows is a deeply hypnotic and empowering recording. Do not operate a vehicle or heavy machinery while listening to this recording.**

Settle into a safe, comfortable position. Begin the process of relaxation with a nice, deep breath. In. Close your eyes. And out. Allow your body to shift and settle, knowing that these minor adjustments let you go into hypnosis swiftly and easily and that as we go deeper into hypnosis our bodies may feel lighter, or heavier, or fade away and it does not matter since it only serves to help you SINK deeper into relaxation. Good. Breathe in. And out. In. And out.

Follow my voice, down. Give yourself permission to go deeper and deeper relaxed. Know that sometimes thoughts or noises or distractions may come through and that is ok because you can simply let them just DRIFT on by, that it is ok to briefly acknowledge them and let them go as you continue to relax because you can always recall them later if you want.

Now focus on the small muscles around your eyes. Feel the tension there. Feel your eyelids scrunch tighter and tighter, focusing all your will on those eyelids. Feel them tighten down. Now breathe and relax those eyelids. Let the muscles around the eyes simply RELEASE and relax. Breathe in. Release. And out. Relax. Now feel how heavy and YET at the same time how distant they feel and feel how easy those eyelids are resting, how those muscles around your eyes are just THERE, and in fact, notice how very relaxed they are RIGHT NOW. And imagine that feeling of relaxation begin to spread through your body. Take that feeling from those VERY relaxed eyelids and how heavy they are and BREATHE that heavy relaxation into the rest of your body. In. And out.

Imagine what it feels like for your eyelids to become heavier and heavier, more and more distant. Sinking, sticking, relaxing, resting. Now take that feeling of heavy relaxation, of being so deeply relaxed they couldn’t open even if you wanted them to and feel that heavy relaxation spread as a comforting wave from the top of your head to the bottoms of your feet.

In a moment, I am going to count from 5 to 1 and you can imagine this wave progressing across the entire body as I count.

5- crown of the head, imagine that wave of relaxation washing over you

4- neck and shoulders- feel the wave gently washing over the body

3- good. chest, arms, fingers- what color is the wave?

2- thighs, calves and toes- that wave of relaxation is so irresistable now.

1- feeling completely relaxed, that same feeling the muscles around the eyes feel right- heavy, relaxed, distant- now has washed ALL the way through, from the top of the head to the soles of the feet.

Calm, deep relaxation through the entire body.

Now I WONDER what it would be like to hear ONLY the sound of my voice, knowing you are always aware of your surroundings SO THAT if an emergency were to arise you would be able to instantly react in an appropriate way AND I WONDER if you could focus so completely on the sound of my voice that all other sounds blend together AND ONLY serve to help guide you deeper and deeper relaxed BECAUSE you allow yourself to relax, and rest, YOU NOW REALIZE how good this sensation of tranquility feels and when you IMAGINE what this deep sense of peace does for your body and mind, how the aches and pains fade away and your mind reaches that quiet, peaceful state YOU KNOW this deep level of relaxation is helping your mind and body realign and you can REALLY FEEL the benefits of this deep level of self-care becoming MORE and MORE REAL in your life.

Feel as another wave of warm, irresistable relaxation starts from the top of the head and moves through the tips of the fingers out through the soles of the feet, taking every last remnant of stress and tension away, leaving you limp and so completely, totally relaxed, breathing easily, every muscle, every tendon, every PART completely relaxed.

In fact, you NOW KNOW how easy it is to feel that wave of calm relaxation, deepening with every natural breath, gently taking you even deeper. Focus again on your breath and you MAY NOTICE how good this feels. And it reminds you of how HEAVY and solid your body feels and you might want to take this feeling even further, FEELING with every breath your inner bodily processes benefit from this realigning, this powerful, peaceful BECOMING that feels so good as you focus your attention on how easy it is to relax, how easy it is to bring yourself ever increasing health, mental clarity, and purpose.

BECAUSE you accept this re-centering as good for your body and mind EVEN NOW you ALLOW your breathing to continue this good work as you gently continue to relax EVEN MORE. your body relaxes and your mind relaxes and your body relaxes even more and EVEN NOW you TRULY REALIZE that the good work you are doing through this powerful self-care moves further, deeper and with more positive impact on your life than ever before, 10 times stronger than ever before and your KNOW you can easily access this powerful, positive change at any time. As you continue to practice relaxing you easily learn to connect the places between your body and mind where you draw strength and creativity from BECAUSE you know that the more you practice the better you become AND SO the more you practice relaxing and accessing your subconscious the easier it becomes to unwind and RELAX and tap those creative, powerful parts of yourself

AND SO you become TRULY AWARE!- of the benefits of relaxation and as I count down from 5 to 1, EACH STEP brings you that much closer to complete and total relaxation, deeper, safer, more intense than you have experienced before

5- feeling safe, secure and KNOWING the sense of deep contentment that TRUE relaxation brings.

4- ALLOWING the mind to drift, and slip, allowing thoughts to come and go easily, recalling them later if needed

3- mind quiet and you go deeper Even more deeply relaxed. Good.

2- mind releases to the subconscious all those thoughts and finally find the resolution you need and

1- even deeper yes deeper always deeper

And now your mind is quiet, peaceful. In this quiet, calm place where our mind is allowed to just BE, we can take a moment and talk to our subconscious. You see, we know that stress and tension are the messengers our bodies use to tell us we are out of alignment. It’s our body’s way of sending us a message that perhaps we are confused or uncertain or maybe struggling with a problem or decision and we need resolution. The thing is, though, that most of the time our subconscious ALREADY KNOWS the answer and is just trying to get our attention. So while our mind is in this quiet, peaceful, alert place, let’s listen to our subconscious. Let’s hear what it says.

<<QUIET 10 SECONDS!!>>

 Our subconscious wants to keep us safe and healthy. Sometimes the answer our subconscious gives us arrives with a QUIET CERTAINTY of what we need to do. Sometimes all we have to do is just ACCEPT THE SOLUTIONS we already know are best for us. Sometimes our subconscious tells us to accept what IS so we can move forward and put our energy into something more useful, something we CAN CHANGE for the better. AND SOMETIMES the solution comes as a lightning bolt- strong, clear, undeniable- and the answer is right THERE ready for us to grab. Hold, and act on. Once we LISTEN to our subconscious mind, and ALLOW what we already know to be the answer, and embrace it, then the stress we feel in our bodies will usually just fade away. Isn’t that nice to know? That once we ACCEPT the decision we have ALREADY MADE and move forward with courage and conviction then our stress can just fade away? We come back into alignment with ourselves and the peace we really need is so easy to achieve.

 and so we ALLOW the mind time to REALLY ENJOY this peaceful, connected state where we can access the answers we need, where we can rest, and recover.

It is EASY to feel and remember this incredible sense of serenity BECAUSE YOU KNOW deep in your mind and body HOW VERY GOOD this feels and how HEALTHY this moment of calm is and what an INCREDIBLE step forward this is SO THAT this feeling of deep mental and physical relaxation, this clarity and mental focus, this rejuvenation becomes easier and easier to achieve, ten times easier, and each time you reach for this incredible sense of peace it comes more and more readily and you can REALLY IMAGINE the benefits your mind and body receives from this quiet, ready state.

<<WAIT 10 SECONDS>>

And now we begin to bring our attention back to our surroundings. We begin to feel our bodies solid around us as EVEN NOW our minds continue to gain clarity and our being fills with vitality. In a moment I will begin counting from 5 to 1. On the count of 1 and not before you will emerge. You will retain this blissful state KNOWING we have accomplished today and that the work started by your subconscious mind will continue BECAUSE this is the result you are looking for AND SO counting now

5- coming up and keeping that crystal clarity and knowing it is easy to return and recapture this wonderful feeling any time you want. Because

4- you are firmly connected where creativity and purpose meet within your body; keeping those insights you have gained today fresh and clear as you

3- keep that connected, peaceful, loving, powerful feeling continues to develop within you, knowing you can reach it anytime you desire as fresh life, fresh energy, fresh focus flows in and around and through you and

2- feel energized and fully alert, able to react appropriately to every situation and

1- fully back now, feeling refreshed and alert, as if you have had the best night’s rest you have ever had, feeling amazing in every way, feeling READY to emerge. Now open your eyes and enjoy this pleasant restart.

Make sure to thank yourself for allowing such a powerful, positive experience to happen, keeping all of the knowledge and powerful insights you gained while under hypnosis fresh and vivid, clear in your mind as your body enjoys this moment of relaxation

And you do feel good now, don’t you?