

Close your eyes and keep them closed until I ask you to open them . . . Now take a deep breath, filling your lungs up completely and then let that breath out slowly . . . Now take a second deep breath and let that out slowly also . . . Now take another very deep and comfortable breath filling your lungs up completely and this time hold that breath . . . (eight second pause) . . . Now let that breath out very slowly and already you can feel your body begin to relax . . .

Allow that wonderful, comfortable feeling of relaxation flow ALL the way DOWN to your feet . . . Just feel your feet becoming very comfortable and very relaxed . . . If you don't feel it in your feet right away don't worry about it, for it will gradually catch up to you . . . Now let that wonderful feeling of relaxation flow from your feet up into your ankles . . . From your ankles up all the large and small muscles of your legs to your knees . . . From your knees up all the large and small muscles of your thighs . . . Into your hips . . . From your hips into your abdomen and with each and every breath that you exhale . . . Allow your body to go deeper into this wonderful relaxed state . . .

Now let that wonderful feeling of relaxation flow right up into your back . . . Just let all of those large and small muscles of your back relax . . . as it flows right up into your shoulders . . . Over your shoulders . . . and down deep into your chest . . . Such a wonderful feeling, just going DEEPER and DEEPER DOWN . . . As that relaxation flows down all the large and small muscles of your arms to your elbows . . . From your elbows down to your wrists . . . Into your hands . . . All the way out to your fingers and with each and every breath that you exhale your body just keeps right on relaxing deeper and deeper . . .

Now let this wonderful feeling of relaxation flow up into your neck . . . Feel all these large and small muscles of your neck relaxing . . . Flowing right up into your head . . . Over your head . . . And DOWN into your brow . . . All the muscles around your eyes, relax . . . All the muscles of your eyes, relax . . . All the muscles of your cheeks, relax . . . If you have your teeth clenched, just unclench your teeth and your body will relax much more . . .

Just let your jaw sag and all your body muscles will go loose and limp like a soft . . . Flowing . . . Warm . . . Liquid White Light . . . As you continue to relax more and more into this wonderful relaxed state . . . As I count from one down to three I want you to allow your body to relax much more into this beautiful relaxed state . . . One . . . Relaxing more and more . . . Two . . . More and more

relaxed . . . Three . . . Very comfortable and very relaxed . . . With just pleasant, contented thoughts going through your mind and marvelous feeling going through your body, and your whole body is giving in, letting go . . .

You're warm and comfortable . . . Relaxing even more as all the sounds around you send you deeper into relaxation . . . Any sound that you hear sends you even deeper . . . The sound of my voice sends you deeper . . . So, as I keep on talking . . . You keep on relaxing deeper and deeper into this wonderful relaxed state . . .

With each breath that you exhale, you go deeper . . . The beat of your heart sends you deeper . . . Any and all sensations that you experience send you deeper . . . With each thought that you think you go deeper and deeper . . . DOWN into a wonderful deep relaxed state . . . Just feel your muscles loose and limp as a soft . . . Flowing . . . Warm . . . Liquid White Light . . . Feel your nerves calm, relaxed . . . Your mind passive, clear as you go deeper and deeper . . .

Again I will count, but this time I will count from one down to five and as I count from one down to five you will allow your body to double its relaxation . . . One . . . Your relaxation is slowly starting to double . . . Two . . . Your relaxation is doubling more and more . . . Three . . . You're very comfortable and relaxed . . . Four . . . Your relaxation has almost doubled . . . Five your relaxation now has doubled completely throughout your whole body . . . From the top of your head to the tip of your toes all the muscles in your body have relaxed and doubled their relaxation . . . You feel so relaxed and comfortable that all of your muscles are going loose and limp as a soft . . . Flowing . . . Warm . . . Liquid White Light . . .

Now again I will count from one down to five . . . As I count from one down to five . . . This time the body will triple its relaxation . . . One . . . Relaxation is starting to triple . . . Two . . . Relaxation is tripling more and more . . . Three . . . You are very comfortable . . . Very relaxed . . . Four . . . Relaxation now has almost tripled in the body . . . Five . . . Relaxation now has tripled in the body . . .

From the top of your head to the tips of your toes . . . All the muscles have relaxed . . . Doubled their relaxation . . . And tripled their relaxation . . .

All the muscles are loose and limp as a soft . . . Flowing . . . Warm . . . Liquid White Light . . . All the nerves are calm . . . Relaxed . . . All the body tissues are rejuvenating in this wonderful relaxed state . . . Just sinking DOWN . . . Just letting go . . . Loose . . . Limp . . . And relaxed . . . Just as if you are floating . . . Drifting . . . Deeper and deeper into relaxation . . .

Again I will count . . . But this time from one down to ten . . . And this time as I count from one down to ten . . . Your mind will relax as your body is relaxed . . . And with every count your body will double the relaxation it has at that time . . . One . . . Your mind is relaxed as the body is relaxed and the body is doubling the relaxation it has at this time . . . Two . . . Your mind is relaxed as the body is relaxed and the body is doubling the relaxation it has at this time . . . Three . . . The mind is relaxed as the body is relaxed and the body is doubling the relaxation it has at this time . . . Four . . . The same thing . . . Five . . . Keep right on going . . . Six . . . Seven . . . Eight . . . Nine . . . Ten . . .

Your mind is completely relaxed as the body is relaxed and the body has doubled its relaxation many times over . . . Going deeper and deeper relaxed . . . Now you will go even deeper . . . Still deeper . . .

So this time double the relaxation you have in the body right now . . . And when this is doubled I want you to try to say "A" . . . It only takes a few moments . . . You feel so good, so comfortable, so relaxed . . . You don't even feel like saying "A" . . . But now I want you to go deeper yet . . . Still deeper . . . Double your relaxation again and when it is doubled . . . Try to say "B" . . . Again you feel so good, so comfortable, so relaxed . . . That you don't even feel like saying "B" . . . Really let yourself go . . .

Just as though you were on a spiral sliding board . . . Just spiraling on DOWN to the basement of relaxation . . . So again double the relaxation you have in your body at this time . . . And when it is doubled then try to say "C" . . . Again you feel so good, so comfortable, so relaxed that you don't even feel like saying "C" . . . So just keep on sinking DOWN deeper and deeper . . .

As I keep on talking the body just keeps right on sinking DOWN . . . Deeper and deeper . . . Into a wonderful . . . Deep state of relaxation . . . Where the mind is passive . . . And you feel wonderful . . . Where your arms are heavy . . . Where your legs are heavy . . . Very heavy . . . Very comfortable . . . Very

relaxed . . . Where your whole body has taken on a wonderful, comfortable . .  
. Heavy feeling . . .

Your arms and legs are so heavy, so comfortable, so relaxed that when I ask  
you to lift an arm or leg . . . You'll find that they are so comfortable, so heavy,  
so relaxed that you don't feel like lifting them . . . But nevertheless I want you  
to try to lift your left leg . . . O.K. stop trying . . . Let it relax . . . It feels so much  
better resting where it is . . .

You're so comfortable and you feel so good, so wonderful and so relaxed . .  
. You find that from now on your self-confidence is building up stronger in every  
way . . . You feel so good, so comfortable and so relaxed . . . You find now that  
you will only think positively . . . And by thinking positively you will be able to  
work your way through challenges that life may bring . . . You find that now you  
will have a feeling of concern for each challenge you encounter . . .

Being concerned you will have clear thinking and good judgment . . . You will  
be able to accomplish so much more than ever before . . .

Just going deeper and deeper relaxed . . . Very deep, very comfortable, and  
very relaxed . . . All the muscles are loose . . . Limp . . . As a soft . . . Flowing  
. . . Warm . . . Liquid White Light . . . All of the nerves are calm . . . Relaxed .  
. . The mind passive . . . Clear . . . Now you find that you have complete control  
of all the nerves in the body . . . Complete control of the whole nervous system  
. . . You will remain calm and confident at all times . . .

Your blood flows freely throughout your body carrying fresh new oxygen and  
nutrients to all parts of the body . . . To every minute part of you . . . You have  
complete control of all the nerves that are in your body, your blood pressure will  
remain normal . . .

You find that when you go to bed at night and there is nothing else you want to  
do . . . You will close your eyes and immediately go right to sleep . . . You'll  
sleep in a wonderful, deep, comfortable, relaxed sleep where nothing or no one  
will disturb you unless it is an emergency . . . If an emergency arises, you'll be  
physically and mentally alert . . . Wide awake . . . Able to take care of the  
emergency and then go back to bed and immediately go to sleep . . . Waking  
up the next morning at the time you desire . . . With an alert feeling, an  
ambitious feeling, a wonderful feeling . . .

For the body will be rejuvenated, refreshed, satisfied, and contented in every way . . . You will wake up feeling as though you've been up for hours . . . Feeling so alert . . . with so much ambition . . . Feeling good and wonderful in every way . . . This will happen every day and every night . . . And this wonderful good feeling will stay with you every day . . . At all times . . . Deeper and deeper relaxed . . . Very deep . . . Very comfortable . . . Very relaxed . . . Such a wonderful . . . Comfortable . . . Feeling . . . So loose . . . So limp . . . So RELAXED . . .

You find that any time I say the words "DEEPLY RELAX" to you . . . Immediately you will close your eyes and spontaneously go right back into this wonderful, deep, comfortable state of relaxation . . . Always enjoying it more and more . . . Always going deeper each time I work with you . . . And every time I give you these positive suggestions, they will go deep into your subconscious mind . . . They will be there when you need them . . . Every time I work with you it will reinforce all suggestions I have given to you before . . . Everyday in every way you will be better and better, wiser and wiser, happier and happier, healthier and healthier, feeling marvelous throughout the day . . .

Now I want you to pay attention to my voice and what I am going to teach you . . . For I am going to teach you to put yourself in this same state that you are enjoying right now, and this is how you will do it . . .

First . . . make sure you are comfortable and safe . . . Then . . . Set a time limit in your mind . . . Then . . . Close your eyes . . . Once your eyes are closed . . . Take a deep breath and as you exhale slowly, think RELAX . . . Then . . . Take another deep breath and as you exhale slowly again, think DEEPER . . . Then . . . Take another deep breath, and hold it for a moment . . . Then as you exhale very slowly, think to your self DEEPLY RELAX, . . . Already you can feel your body starting to relax . . . DEEPER and DEEPER RELAXED . . .

You will remain in the relaxed state for the amount of time you have set and automatically your eyes will open . . . Feeling refreshed, rejuvenated, wonderful and fine in every way, and all my suggestions I have ever given you will be reinforced . . . You will let this happen automatically and spontaneously . . . Going DEEPER and DEEPER RELAXED . . . You will have good feelings and good thoughts at all times . . .

## BRING YOUR CLIENT(S) UP WITH THE FOLLOWING WORDING

On the count of one I will have you open your eyes . . . On your own time . . .  
You will be alert . . . Both mentally and physically . . . You'll be rejuvenated . .  
. You'll be happy, contented and satisfied . . . Feeling marvelous in every way  
. . . So, five . . . Gradually, slowly start coming up . . . Four . . . Coming up more  
and more . . . Three, coming up alert and refreshed . . . Two . . . Almost all the  
way up . . . One . . . On your own time, eyes open, all the way up, feeling  
wonderful and fine in every way!