

Put A Dead Halt Stop to Self-Sabotage #GN002

Take a moment now and take a deep breath in and hold that breath for the mental count of three, two and one. Let it all out with a sigh. Let go of the thoughts, the cares and the concerns of your day. For right here, right now your focus is on you and how you're going to begin a process of eliminating stress. Removing the strain and dissipating the confusion. Each time that you close your eyes with the intention of going into hypnosis your mind's ability to relax your body will expand.

You will find it easy and natural to remove stress. It will be removed easily, simply and naturally and upon awakening you will find yourself operating in a wonderful, positive stress free zone for longer and longer periods of time. The results could be permanent today. They could be permanent tomorrow. They could become permanent in the day, weeks and months to come as you continue through this space repetition of retraining the brain to think, act and respond to life totally and completely free from the negative habits and patterns of the past, concentrate fully now on the thoughts of relaxing your body and notice the scalp muscles and tendons.

Imagine the scalp muscles and tendons going loose, comfortably limp and completely relaxed. So relaxed and comfortable that outside sounds, outside influences, outside beliefs for you today will only cause you to refocus your mind on my voice. Allowing a more dynamic, resourceful state of consciousness upon awakening. A state of consciousness where you can handle and manage your life experience without the need, want and desire of worry. In fact, the thoughts that use to worry you will dissolve from your mind, dissipate from your body's awareness and leave you free to experience the joy which is today. Joy the natural experience of the human condition.

Notice that feeling of joy and happiness as it moves through the scalp as the relaxation response. Freeing the body from imposed gravitational pulls of negativity I say to you now, negative thoughts, negative concepts; negative beliefs will have no control over you at any level of the mind at this or any of the awakening levels of consciousness. You will remain flexible, free and easy moving in the direction of your loftiest goal.

Notice now as the relaxation moves from the scalp area into the brow. Now at times people tend to hold onto stress, strain and confusion in the brow area. If this is the case for you imagine the possibility of removing the stress, dissipating 100 percent of the strain and removing all confusion from the facial muscles and tendons. It was only moments ago that we began and already you can notice the relaxation around the eye muscles and tendons as they would go loose, comfortably limp and completely relaxed. Each time your relaxation will expand. Your mind's ability to accept, use and benefit from hypnotic suggestion increasing and improving.

Each time that you hear a similar or the same suggestion your powerful inner mind will make a connection in reality. The connection could take place today upon awakening. One hundred percent of all positive suggestions could influence your life immediately upon awakening. Immediately allowing you the opportunity to see through the newness of your eyes, the opportunity of today's experience. The newness of your ears to notice how today you are

vastly different and new.

Today's experience is different than any other experience you have ever had for today you are different and how your subconscious mind handles and manages the information is different so that difference is going to be the difference for you upon awakening, a difference in you that allows you to make the appropriate choices at the appropriate times and around the appropriate people. Every day, in every way your getting better, better and better than the day before. All you really need to do is relax your mind, concentrate your thoughts and focus on the never-ending stream of information, information that flows from your subconscious mind into your conscious thoughts helping you to remain totally and completely stress free. Free from the need, want and desire of stress.

Feel the neck muscles and tendons now deeply relaxing. Feel the flow of this relaxation from the scalp down through the facial muscles and tendons and the jaw relaxes and your lips part slightly so that air can pass freely into the lungs and from the lungs. Allowing a free flow natural experience of deep relaxation and rapport with your subconscious mind. Your powerful inner mind knows exactly what you need to see. It knows exactly what you need to hear. Your powerful inner mind knows exactly what you really need to experience and all you really need to do is allow that experience.

So as you allow the experience feel the flow of relaxation down through the neck and into shoulder area as if thousands of micro hands are massaging the shoulders eliminating stress, strain and confusion from your life once and for all and totally you will be free. Free to place all the stress, strain and worry behind you that's a part of your past. Gone from your mind. Gone from your thoughts. Gone from your body's awareness you will make the appropriate choices at the appropriate times with all of the right resources. Resources are thoughts, attitudes and beliefs and today your gathering the resources of your infinite mind, a mind that controls the 75 trillion cells of your body. Controlling the functioning of every cell, system and organ happens at a level of thinking far beyond your conscious mind.

So let your conscious mind go now. Let your conscious mind play in the garden of your subconscious thoughts while your super conscious mind listens intently to each post hypnotic suggestion. Suggestions heard in the altered state known, as hypnosis will be applied upon awakening. Some of the applications will be in your morning when you find that your sleep was deep, rhythmic and natural and that you actually dream about solutions to your everyday problems, solutions that are ready made and available for you upon awakening. Ready made and available solving the problems of the past with solutions found in the present. Everyday and every way your ability to solve problems will improve. You're solving problems by taking action. Natural steps in the direction of your loftiest goals.

Feel the upper arms relaxing. Notice the upper arms relaxing as the blood flows freely around the muscles and tendons and nerve endings of the body. Your mind is synchronizing. Your thoughts are becoming organized. Your beliefs are focused like a laser in the direction of your goals and every day, in every way it's easier, simpler and more fun for you to use the amazing power of your own mind.

If you don't mind each time that you enter the state known as hypnosis you will find it easier and simpler to go further. Further inside where the muscles, the tendons and nerve

endings will respond to deep relaxation and the deeper you relaxed the more powerful, the more positive, the more permanent lasting the changes will be. Each time you will find it easy and natural to respond to each of the suggestions. Responding in a positive, loving and dynamic way use your awareness to move through the elbows, the forearms, the wrists all the way down to the finger tips where you can feel a slight a pulsation of relaxation.

Noticing that slight pulsation of relaxation you can also notice how you're beginning the process of secreting more and more saliva. This is a naturally occurring phenomenon. In fact, each night as you drift off into sleep your body creates more saliva than normal so that your throat area upon awakening will be lubricated and upon awakening each morning you're able to breath easily and naturally. Solving the problems of the day with solutions that will be activated upon awakening. Solutions triggered by the most powerful pharmacy on the planet. That is your brain and what your mind and your body can do for as the connection is solidified becomes concrete and permanent for you is no small thing. It is a big thing that will be done in amazingly simple and natural way upon awakening. The days themselves will seem as weeks. The weeks will seem as months and the months will seem as years. It will be as natural to you as breathing, to choose healthy, positive habits and patterns. It will be as normal as a sunrise for you to think positive thoughts, attitudes and beliefs.

So notice the chest, abdomen and back now. As you synchronize the relaxation state so that you can go further than the state before. More relaxed, more positive and more dynamic than you ever thought possible before. Outside sounds, outside influences, outside beliefs will have no control over you, in fact, your mind is like a funnel attracting to you only that which positive, loving and dynamic. Only the suggestions that will influence you in a positive, dynamically loving way will you listen to and comprehend. Negative thoughts, concepts and beliefs will be naturally removed from your mind. Totally removed from your thoughts. Eliminated once and for all from your body's awareness. You will no longer accept them. You will longer embrace them. You will simply and easily let them go. As naturally as you let go of the nighttime experiences in the morning. Freeing you to enjoy the splendor of today. For today is a new day given to you to use as you will and today your mind is open and receptive and the more relaxed you become the more powerful your mind will be upon awakening. Powerful, positive changes taking place everyday, in every way convincing you that you have the resources, skills and abilities to obtain your loftiest goals.

Notice now the hips relaxing. So relaxed and comfortable that whatever it is you need to see, whatever it is you need to hear, whatever it is that you personally need to experience allow the experience through the hips, into the thighs and into the knee area. So the thighs and hips go loose. Comfortably and peacefully limp. Completely and totally relaxed. So relaxed and comfortable that as you practice the processes of relaxation you will go further than ever before. Further inside where your magical mind will take over the processes of hypnosis. Taking over the process of hypnosis, categorizing and organizing each positive suggestion so it triggers the appropriate response at the appropriate time in the perfect sequence for you to obtain you loftiest goals. A step by step natural progression of success will be yours upon awakening. It will be as natural as your breathing.

Each positive suggestion will follow you just as your shadow follows you through your

day. Even when there is no belief on a conscious level that everything is working perfectly. Your subconscious mind will continue to convince you with positive dynamic thoughts that will eliminate any negative programming that's been a part of your past. Notice now how the scalp, facial muscles and tendons, the neck as well as the shoulders, the arms to the fingertips are loose, limp and relaxed. How easy it is to breathe in deeply and breathe out completely as the chest, your abdomen and back relaxes and the hips, the thighs, the knees relax.

Even now the calves and shins, the ankles and the feet relax, so loose, so limp, so completely relaxed that whatever it is you need to see, whatever it is you need to hear, whatever it is that you personally and need of experiencing you will have that dynamic positive and loving experience so that upon awakening today the day will seem as weeks, the weeks months and the months years. All you really need to do is breath. So as you breath in deeply and breath out completely notice how the knees, calves and shins, the ankles and the balls of the feet now are relaxing. As you take a moment in time to acknowledge the power of your own mind. The power that you posses to relax your body. The more relaxed your body becomes the more open, the more receptive your subconscious mind is to the positive suggestions that will follow. positive suggestions that will retrain your brain so that everyday in every way your getting better.

In a moment, you will once again hear my voice. When this happens you will find your body going ten to one hundred times further inside. Accepting each post hypnotic suggestion as reality for you and this is so.

(Pause approximately 20 seconds)

It is from here that your powerful subconscious mind is going to eliminate self-sabotage and begin to plant a more productive, positive and dynamic life. Everything 100 percent of those things that you have done well in the past you will continue to do well, in fact, even better from this day forth. As you reprogram you thoughts, create new actions and install the belief in change into every cell, each and every system. Each organ of the body will respond with such positive and dynamic actions that all self-sabotage will be gone. Gone from your mind. Gone from your thoughts. Gone from your awareness. All you really need to do is make a choice. Once the decision is made that everyday is better than the day before. The unseen power of your mind will go to work creating the ultimate changes which will convince you absolutely, positively convincing you to see through the newness of your eyes, hear through the newness of your ears and sense and feel the reality that is. There are an infinite number of possibilities. From any one moment in time so it is absolutely, positively time for you to eliminate all self-sabotaging behaviors, attitudes and any belief that is every been placed in your mind that is less than positive.

I say to you now negative thoughts, negative concepts, negative actions and beliefs will have no control over you at any level of the mind at this or any of the awakening levels of consciousness. You will remain in complete and total control. Positive thoughts, positive actions, positive beliefs will follow you like you shadow throughout the rest of your life and just as the day follows the night so to changes will become spontaneous and natural that will convince you that you have absolutely, positively without question put a dead halt stop to self-

sabotaging beliefs.

To convince your conscious mind that your powerful unconscious mind is going to work working out all of the details focus you attention on your hands and notice with me now the hand which is lighter. Now it could be the right hand for you which is lighter today or it could be the left but as you listen to my voice your powerful inner mind is going to create such likeness in one of your hands that the hand itself will gently lift, in fact, it will slowly float upward. Now, it could happen that today as you listen to the sound of my voice your powerful inner mind could make all the necessary changes. One hundred percent of all changes could take place absolutely, positively without question immediately as you make the decision to do so. After all the law of your mind is the law of your personal beliefs so today you're changing the rules.

You will see through the eyes of opportunity. Knowing that doing anything different is better than doing the same thing creating ultimate changes in the small most specific areas of your life that will bring about the greatest joy, the greatest happiness and the greatest fun for you upon awakening. Even now there is a part of your inner mind that's not truly convinced. Not convinced at all that the changes, the physical, the mental and emotional changes will take place. That's perfectly natural, in fact that's excellent. It's that part of your mind once convinced that will absolutely, positively without question or hesitation continue to precipitate change in every area of your life.

Some of the changes for you could be in your morning. When you start the day with a fresh, new vibrant attitude. Today is a new day. A day filled with the discovery of you. You are far greater than you've been led to believe. Far more capable than you've yet allowed yourself to become. So today as you discover the inner power, the inner resources of your own mind concentrate your full attention on the lightness of that one hand. The lighter that hand becomes the quicker, the easier and the more natural the changes will be for you and that's what you want. Quick, easy, natural changes that will convince you without hesitation, without question at all that everyday is better than the day before after all a day well lived is a day filled with discovery that you can journey back through time with.

So imagine the opportunity of journeying back through time to the very first negative thought, the very first negative concept, to the very first negative belief that you started to believe about yourself. It's time to clean the inner resources of your mind. It's time to reprogram the cells, systems and organs of your body. It's absolutely time for you to rid your mind and body of all negative concepts and beliefs that others have placed there.

So as the hand continues to get lighter and lighter you're going to journey back through time. You're going to forgive. You're going to forget and most importantly you're going to move on putting a dead halt stop to self-sabotage. No longer is there a need for it. No longer is there a want for it. No longer is there any desire in creating it, in fact, you're taking the energy and you're focusing it now toward the amazing goals that are going to be laid out in front of you on a line of time we call the future. After all the past is gone. Gone from your mind. Gone from your thoughts. Gone from your body's awareness. The reality is that you live in the most powerful moment in time. That moment we call now.

Right here, right now you can make a choice. You can personally make a decision that's going to transform your thinking from this day forward and create your dreams as reality. All

you really need to do is concentrate. Focus all of your awareness on the likeness of that one hand. For some the hand gently lifts an inch, for others two, still others three or more. Whatever happens today while you listen to my voice it is absolutely perfect for you. Your inner mind is changing the very cells, systems and organs of your body that control you habits and beliefs.

You will find upon awakening that when you begin the process of recreating the past, the past habits and beliefs that no longer serve or produce the results for you you will immediately see a big red stop sign in your mind. The word stop will enter into your thoughts. This word will readjust your thinking spontaneously and naturally, reminding you that the past is gone. The power is in the present. Your future is laid out before you like a magic carpet ride. You'll awakening stepping into the reality that is, choice. Choice after all is better than no choice.

So today your mind will expand. Your brain will absorb and most importantly your life is going to benefit because you want it to happen. You will will it to happen but most importantly upon awakening you personally are going to make it happen. So concentrate with your minds eye on the lightness of that hand. For the lighter the hand becomes the deeper you will go. The further the suggestions will be integrated into your subconscious mind creating the positive results that you desire.

Whatever it is that you truly are in need of seeing. Whatever it is you're truly in need of hearing. Whatever it is that you specifically need to experience to be convinced absolutely, positively convinced that you can and you will put a dead halt stop to self-sabotage then that's what you will do today while you listen to my voice. Your inner mind knows exactly how to create internal pictures, which are vivid and rich and real full of color and life and vitality. Your inner mind knows exactly how to create inner sounds and sequences placing your favorite music in the background of your future. Your inner mind knows exactly how to create self-confidence, self-esteem and inner-worth.

You will find upon awakening your shoulders will roll back. Your chin will roll upward. You will be empowered with positive and dynamic thoughts that will convince you without question, in fact, convince you without hesitation that the days will seem like weeks and the weeks months and the new habits, the new patterns of success thinking will become a part of your life experience as early as today. As you again scan your body from the bottom of your feet where you can feel the slight pulsation of relaxation in the ends of the toes as well as the tips of the fingers your relaxation continues with every outside sound, with every outside influence, with every belief that enters into your mind. Change becomes more personal. Change becomes more practical. Change becomes more natural for you upon awakening and all you really need to do is shift your awareness, shift your attention to your breathing.

Noticing that the deeper you breathe the more relaxed, the more positive you become. The more natural and spontaneous your changes will be. The lightness of that hand will continue to get lighter and lighter with each and every visit to this level of the mind until soon, very soon indeed, perhaps, as early today you notice the hand gently lifting and slowly floating upward. Now, if it does happen today that is great. If it happens tomorrow that is excellent. If it happens each time that you enter into hypnosis that is perfectly natural as well. Your powerful inner mind will continue to create the lightness in that hand. Gently lifting and allowing it to float upward each time until all self-sabotaging beliefs have been erased from your mind. Removed from your

thoughts. Dissipated from your complete and total consciousness.

So, that all that will remain is the truth and the truth is that you have the skills, you have the abilities, and you have the resources to succeed. They are inherent; they are a part of your nature. They were given to you the moment you were born. When you were given the opportunity of a lifetime. The opportunity to see through new eyes. The opportunity to hear through new ears. The opportunity to sense and feel with your amazing body.

So, today if you don't mind I want you imagine a plan of action starting with today that will convince you absolutely, positively convince you that you have put a dead halt stop to self-sabotage. Imagine the days transforming into weeks and the weeks into months and take a mental vacation in the future where you'll be convinced from this day forward that absolutely, positively without question you've created the habit of success thinking and when my voice returns it will only prompt you to become more convinced, more relaxed and more comfortable and this is so.

(Pause approximately 20 seconds)

Each time that you close your eyes with the intention of going into hypnosis your minds ability to accept, use and benefit from hypnotic suggestion is only going to get better. Better and better everyday and every way.

You will notice in a moment that this process will come to an end. When you notice that the process is ended you will slowly and then completely return back into the room but this will happen only when you're convinced, absolutely, positively convinced that from this day forward you will no longer accept, give energy to or believe in negative thinking. Negative thoughts, concepts and beliefs will have no control over you. You will take all the necessary steps upon awakening to create success in every area of your life from your personal life to your career. Every area of your life is going to get better. Better, better and better and this is so and when you notice this process is come to a complete stop, then and only then will your eyes open and when you eyes open you'll be wide-awake. Wide-awake, feeling fine and in perfect health. Feeling better than every before perhaps as if you've just received a deep, peaceful, relaxing, revitalizing sleep. Giving a smile to the world and getting a smile in return.