

Building a Stress-Free Future #HT006

Go ahead now and take a deep breath in. A deep cleansing breath and hold that breath for the mental count of three and then let the breath out with a sigh. As you prepare your mind and body for the deepest level of relaxation possible for you. A deep, meaningful journey inside your own mind with positive thoughts, positive influences and deep, meaningful beliefs will be change allowing your body the experience necessary for relaxation, deep, meaningful relaxation where the blood will flow freely. The health, the harmony and vitality of your mind will synchronize. Great harmony will occur for you as you allow your mind and body time. Absolute time to let go.

So let go of the stress, the strain, the confusion of the day by becoming aware of my voice. Allow my voice to resonate between the right and the left side of the brain. Imagine to the very best of your ability that from here each word that is uttered, each and every breath that you take will invite you to go still further into a state of relaxation. Further than before. Deeper into relaxation than you have experienced before, any movement of the body. Any sounds you hear outside of this experience will only produce a more relaxing, more comfortable, more empowering state for you, a deep inner state where health can be established in your mind, harmony through your thoughts and vitality in your mind.

So if you don't mind your body is going to open up to all the improvements that can be provided. You will find as you listen to my voice and as your memory continues to improve you will find benefits as you remember to forget any stress. You remember to forget any strain. You dissipate any confusion from the body and you forgive. You naturally forget but most importantly you move on remembering what's most important in this moment in time as the health of your body, the harmony of your mind and the replenishing of your senses.

So feel the relaxation move down through your body as you recognize the relaxation permeating the right and left hemisphere of the brain. Activating your creative genius. Where deep inside your creativity will flow freely with each and every word that is uttered. Your logical nature will begin to find beneficial ways to use the positive suggestions to create optimum health and total vitality in the system.

Feel a system of relief as the scalp and facial muscles and tendons relax now. This is your space. This is your time. And each time that you close your eyes with the intention of going into deep, meaningful relaxation you will find the benefits multiplying. Some of the benefits will be immediate, directly after this session you will notice benefits in your morning. Some of the benefits will be in your midday. Other benefits will be in the evening when you find clear, precise thinking. Such thinking that whatever needs to be done will be done without the need of stress, strain or confusion. Each time your mind expands. Your brain as well as your body is more willing to accept the powerful suggestions for relaxation.

Each time the relaxation enters further and further into your mind. Permeating every cell, stimulating every system, re-spacializing the organs of the body so that the blood can flow freely. Circulation can improve and as the blood flows freely and the circulation continues to improve the benefits will only magnify in your mind. They will become more and more important to you

as you concentrate. Concentrating on each word. Allowing the words to flow between the right and the left side of the brain. Allowing a synergistic affect that each word builds upon the word before. Guiding you still further and further inside. Inside your own mind where once and for all you will release the stress. You will remove the strain and dissipate the confusion from your mind.

Feel the neck muscles and tendons relaxing now. And as the neck muscles and tendons begin to relax you feel the flow of blood in the area. The circulation expanding. The ability to create health and harmony in the body. Such health, such harmony, such vitality in your mind and body that all negative thoughts, all negative concepts, all negative beliefs that in the past have prevented you from accepting and utilizing the positive suggestions will be neutralized in your mind, dissolved and promptly dissipated in your thoughts. Eliminated and even eradicated from your body's awareness. You will be free, totally and completely free to expand your mind, to embrace new thoughts, to accept health as a possibility upon awakening. Perfect health, perfect harmony and vitality in your mind and body. Such a flow of health, such a flow of harmony, such a flow of vitality that it will move freely down across the shoulders. As the neck and shoulders respond, relaxing to the next logical level as the perfect blueprint of health is restored in the deepest level of relaxation.

In the deepest level of relaxation you will eliminate the stress, you will remove completely the strain, dissipate all the confusion between who you've been and who you're becoming. You're creating a line of time. Extending from this moment to the very distant past to the most probable future where your willingness to embrace health, to include harmony into your lifestyle will only get better. Each time going further than the time before. Further inside knowing that regardless of what happens around you you continue to relax and in that state of relaxation you find benefits magnifying in your mind. Benefits harmonizing in your thoughts. Continue to create success as an attitude. Such success, such habits of success that everyday it will be easy for you. Natural and more positive for you to be who you are. All you really need to do now is concentrate on the simple and easy action of breathing and imagine the blood as it flows freely through the body. Entering into the capillaries and arteries. Cleaning out all that isn't supposed to be there.

Imagine in your mind's eye that the blood stream is clean and free flowing. Filled with oxygen and vitality. You will find upon awakening that water, fresh, crystalline water will become your favorite drink, in fact, the more water you consume the better you will feel. The more positive you will become. The more permanent and lasting the results will be. Permanent, lasting results starting from this moment in time and moving in an infinite number of directions towards your goals. Feel the arms, the upper arms and elbows responding. As you imagine the blood flowing freely your circulation continuing to improve. Each word guiding you further than the word before.

Each time that you close your eyes with the intention of relaxation your minds ability to accept, use and benefit from the suggestions found on this tape will only get better. Your creative mind will find new ways to accomplish your goals without the need for stress or strain or even confusion. You will find it easy and natural to accomplish even the most difficult task with a relaxed mind with a comfortable thought and a positive sense of well being in your body. And

the elbow and forearms even the fingertips begin to relax now. So relaxed, so comfortable that you're aware of the surface that you're resting upon, although the surface that you're resting upon becomes ten to one hundred times more comfortable. It's as if it was formed perfectly for your body and your body sinks deeper into it. Further than ever before. More relaxed, more comfortable and at peace with yourself than you ever dream possible. Each time your creative mind finds greater uses for your subconscious power. The power to change. The power to transform. The power to achieve your life's goals.

So feel the slight pulsation of relaxation in the tips of the fingers and feel it magnify through the body now. Each breath guiding you still further than the breath before. Deeper inside your own mind. Further inside where the physical changes, the mental changes and the emotional changes are truly taking place and then upon awakening feeling back through your life experiences the new behaviors, the new attitudes, the empowering beliefs that are going to be the difference, that are going to make the difference for you so that you can reach the next level of relaxation, further than the level you're currently experiencing. More comfortable, more relaxed and at peace with yourself feel the chest, your abdomen and back relaxing now.

So comfortable, so relaxed, so positive will your change be that each time your relaxation will guide you further inside where the creative pictures in your mind will become bright, brilliant and in color where the inner music will play your perfect music in the background during these journeys. Further inside your own mind. Further each time until the benefits resonate as truth in you, through you and around you and make your way clear.

So relaxed, so comfortable and at peace within yourself that the inner organs of the body begin to respond. Activating at another level of relaxation the changes will be spontaneous, automatic for you. So spontaneous that if there is any system, any cell, any organ of your body that's not working the way it was genetically intended then that system, that cell, that organ is to seize. It will stop. Discontinuing its present function you will return to perfect health, to perfect harmony, to perfect vitality the way your body was intended the moment you were conceived.

So with that concept of perfect health will resonate as truth through every cell, every system and every organ feel the relaxation move down across the torso and into the hips. Each time further than the time before. So relaxed and so comfortable that you can feel the relaxation move into the thighs and knees as your body sinks ever deeper into the surface that you're resting upon. Further and further each time until your relaxation leads to the direct realization of change. Physical change, mental change and emotional change that will for you last a lifetime, a lifetime of benefits and results. A lifetime of changes that will enhance the way you see. It will enhance the way you hear. It will enhance the way you sense and feel your body.

So sense and feel your body continuing to relax as the knees, calves and shins and now the bottom of the feet go loose. Comfortably and peacefully limp. Totally and completely relaxed. So relaxed and so comfortable that as you scan your body you will notice that even the deepest level of tension is being released now. Even the deepest level of stress is dissolving, melting away in the wake of your newfound awareness, the awareness that you are in control. That each time it becomes simpler, easier and more natural for you to respond with the positive information in mind. Positive information that allows you to see clearly through your eyes upon awakening, positive information that allows you to hear specifically upon awakening. The

positive results of this session and you sense and feel totally the relaxation so that just when you need the relaxation the most it will be present. First in your mind, then through your thoughts and then through bodies awareness.

Each time further than the time before. More comfortable, more relaxed and more positive than the time before. So comfortable, so relaxed and so positive that your mind is now open and receptive to all the suggestions that will follow. Suggestions that will allow you to lead the life that you prefer, suggestions that will allow you the realization of positive thoughts, positive actions and positive beliefs. Each time further than the time before.

My voice is going to pause now. When my voice returns it will only prompt you to become more convinced that you have the skills, the abilities and resources to reach the next level of relaxation for you.

(Pause approximately 20 seconds)

As you scan your body's level of relaxation now you have entered into one level of relaxation. There is a deeper level of relaxation for you, a much more complete level of relaxation. Further than the state that you're in right now. I want you to imagine just for a moment that you're standing atop an escalator and this escalator represents your mind's ability to guide you through the basement of relaxation. The deepest level of relaxation possible for you to today. I'm going to count down from ten to one.

As I count down from ten to one I want you to use your mind to imagine that you're descending down the escalator of deep relaxation and change and that you will change what you can upon awakening. You will embrace the positive thoughts take action and accomplish your loftiest goals. When I reach the number one and then zero you will step off the escalator of change and you will step into the most beautiful space available to you. Imagine in your mind that this is your perfect place for relaxation. Your place to experience a personal vacation outside of space and time where you have all the time you need to replenish your mind, to reprogram your thoughts and activate your body so that when you return to wide-awake alert consciousness you'll be rested, relaxed, revitalized and renewed. Capable of accomplishing even your loftiest goal.

So as I count now, ten, feel the escalator descending downward. Feel the body and mind as it synchronizes and the number ten will recognize your willingness to step into a new cycle in your life, a cycle of change and transformation. Each time going further than the time before. More comfortable, more relaxed and at peace within yourself. Nine, each number descending downward guiding you still further and further inside. Deeper than the time before where you're more relaxed and more comfortable. The number nine will represent for you your ability to do what needs to be done upon awakening. You're going to do it without a thought of return. Simply taking care of what needs to happen so that you remain rested, relaxed and positive. Positive thoughts, in fact, will follow you like your shadow through the rest of your life.

Eight, descending downward now. The number eight will represent for you physical mastery. You're taking back control of your physical senses. You will see the world now with relaxed natural eyes. You will hear it through the positive ears of the future and you will sense

and feel knowing that you're in the right place at the right time experiencing all the right types of activities. Each time it will be easier, simpler and more natural for you to create success, in fact, you're creating success as a habit now from this day forward.

Seven, the number seven will represent on this journey of deep relaxation your ability to go inside. Deep inside your own mind where your creatively solving the problems of the past with solutions found in the present and these solutions will flow from the core of your mind through your body. To the tips of the fingers to the ends of the toes and every cell, every system, every organ of your body benefits from the positive, dynamic suggestions of health, harmony and vitality.

Six, as you journey still further down the escalator of change six will represent the changes you can make in relation to family members, friends and coworkers. You will find it easy, in fact, natural to change that what you can in your life and to embrace what you have no choice over. You will move freely and easily through your life experience. Taking personal responsibility for your own thoughts, your own actions and your own beliefs. And you'll become clear and focused in what you can and will change. Each suggestion will fit perfectly into place for you. Snapping together the pieces of the puzzle so a concrete, physical experience of change will be registered in your mind and body.

So if you don't mind, five. The number five is going to represent change, the nature of the physical universe. Everything that you see, everything you hear and everything you experience in the physical world is subject to one great law. That one great law is the law of change and transformation. Today you're willing to take action, to change your internal experience. So feel the changes in your body as you notice your breathing as deep and rhythmic. So deep, so rhythmic that your body it self is melting away. You're becoming less and less aware of your body as you journey down this escalator of change to the transformation that awaits you.

Four still further and further inside. The number four represents your ability to cross your T's and dot your I's. To take the personal responsibility of accepting and using your own mind which enormous and what your mind can and will do for you upon awakening is no small thing it is a big thing that will be done in a very easy, natural and spontaneous way. That easy, natural and spontaneous change will magnify results through every area of your life.

Three, scanning your body and noticing any remaining tension. The number three is going to represent your ability to communicate with your body. If at any time you begin to feel any tension, any stress, any confusion you will immediately transform that stress, that strain, that confusion into relaxation by taking a few deep breaths. Each breath guiding you further than the breath before. Further inside where you're creating the benefits that will allow you to smile naturally upon awakening. They will allow you to feel so light and buoyant moving in the direction towards your goals. That whatever you need to do you will do. And whatever you feel compelled to do you will do it because you want to. You will find it easy and natural to say yes when it's appropriate as well as saying no when it's appropriate. You'll make all the right choices at all the right times to make the decisions that are going to allow you to refocus your thoughts, to reprogram your attitudes and establish the beliefs in health and vitality in your body. As you establish the health, the harmony and the vitality in your body it will be natural for you to

relax. It will be normal for you to respond and most importantly you'll accept the benefits of positive suggestions.

Two, the number two as you journey down the escalator of change further than the time before is going to represent both of you. Your conscious and your unconscious self and how you're beginning to communicate between them. Your unconscious mind is feeding back through your life experience, new behaviors, new attitudes, new beliefs that are going to change the way you see, that are going to change the way you hear, that are going to change the way you perceive life. Each time your life is going to get better and each time that enter into this relaxed, natural state on the threshold of sleep the benefits will be magnified through your life experience.

Magnified as new behaviors, new attitudes and empowering beliefs that are going to convince you without question that are going to convince you without hesitation that all you really need to do is breathe and as your breathe in deeply and breathe out completely the number one. The number one represents you. That's what all of this is about. It's all about you and how you can benefit from each positive suggestion.

So imagine zero. As you step off the escalator of change you step into the most beautiful scenery you've ever imagined. Imagine the lushness of the inner garden of your mind. Imagine the golden light from the sun and its warmth washing over your body. Imagine that golden fluid moving through your body reminding you that you are golden, that you are worth the time. You are worth effort and the influence of change and each night as you drift off into sleep you will provide yourself the opportunity to change the things that you can. First, in your mind, then through your thoughts and then upon awakening as you take action and accomplish your loftiest goals.

Feel the sensation of the wind blowing at just the right temperature over your body. Washing away all the cares, all the concerns of the past. This is your space. This is your time to let go, to relax and just be yourself for a moment and time. From here as you begin a process of becoming less and less aware of your current shape. Less and less aware of your current form. You become more and more aware of your inner shape, of your inner form and as you allow that inner shape, that inner form of your mind to workout all the details you feel the body and you sense the mind working together now from this day forward. Creatively solving the problems of the past with solutions that are found in the present.

So when this perfect place of deep relaxation you let go of any physical limitation, you let go of any negative habits or patterns and you give yourself permission to simply play like a child, to have more fun. To create greater joy than you ever dreamed possible. All you need do is accept, use and benefit from your own mind. So if you don't mind each time it will be easier for you to create this space. The colors will become brighter and lighter for you. The sounds around you will fill your senses and your favorite music will play in the background.

You will find such a strong, powerful sensation, such a feeling of being there that the seconds will seem as hours and the hours will seem as days and the days will seem as weeks and all you really need to do is relax. Let go and let it all happen. Relax, let go and let it all happen. It's as easy as breathing. It's as spontaneous as your heartbeat and just as the sun will rise and set so to there will be a new day and that new day is dawning within you as you activate and use the

power of your own mind. To create healthy thoughts, positive attitudes and create the belief in change.

Everyday it is easier, simpler and safer to accept, use and benefit from the positive suggestions. Each suggestion is moving through your mind now. Each suggestion is moving through your thoughts and I'm going to pause now. As I pause I want you to simply create a space where you can absorb that energy of relaxation into the very core of every cell, into the very core of every system, every organ of the body and when my voice returns it will only prompt you to accept, use and benefit from greater suggestions.

(Pause approximately 20 seconds)

Each time more comfortable than the time before until soon you're totally and completely unaware of the body by this point. Yet you're more aware. Very alert and very conscious of the power of your own mind. Where if you don't mind the physical changes, the mental changes, the emotional changes will be magnified through your life experience as positive thoughts, actions and beliefs. You will find upon awakening from this relaxation process that negative thoughts, negative people and negative situations will have no control over your emotional well being. Like water off a duck's back you will simply let it go. In a moment you're going to notice that this process will have come to an end.

When you notice that the process has come to an end and you're willing to use the relaxation to benefit you and everyone in the world around you then and only then will your eyes open and when your eyes open you'll be wide awake, feeling fine and in perfect health. Feeling better than every before but only when you're willing to accept, use and benefit from the power of your own mind and this is so.