

You have now become SO deeply relaxed...So deeply relaxed that your mind has become SO sensitive...So receptive to what I say that EVERYTHING that you allow into your mind will sink SO deeply into the subconscious part of your mind...and will make SO deep and lasting an impression there...that NOTHING will erase it.

In this condition your subconscious mind is NOW at the forefront; it is NOW readily accessible to my suggestions to you...

I'm going to repeat a sentence ten times...you can shout it out aloud in your mind along with me...it will be there whenever you need it...

I LIKE THE IDEA THAT EVERY DAY IN EVERY DAY I'M GETTING BETTER AND BETTER.

Now...take yourself back to your cloud chair and spend spend a few moments here...

In a moment I'm going to count from 1 to 5.

At the count of 5 you'll open your eyes feeling wonderful in every way AS A RESULT OF THESE FEW BRIEF MOMENTS OF HYPNOSIS...It's amazing what a few brief moments of hypnosis will do...

ONE...YOU ARE STARTING TO EMERGE FROM HYPNOSIS

TWO...FEELING WONDERFUL IN EVERY WAY

THREE...KNOWING THE NEXT TIME YOU GO INTO HYPNOSIS, YOU GO MUCH DEEPER AND MUCH FASTER...

FOUR...FEELING ENERGIZED

FIVE...EYES WIDE OPEN, FULLY AWARE NOW AND FEELING FINE IN EVERY WAY...

ask: Feels wonderful now, doesn't it?

Looks like you needed that...didn't you?