

## **Optimal Living: Accelerated Health & Wellness Training Series**

Presenting your hypnotherapy series for success, enlightenment and mental well being.

There is no danger in hypnotherapy but it is able to help you build many aspects of your life. Hypnotherapy can also help you become more mentally aware and has been shown to have healing aspects.

We ask you to do nothing else while listening to our series as you should be relaxed and focused.

Listen to this series often to get the repeat benefits of the message and to bring about the positive results.

Be kind to yourself and allow yourself to take the time to relax and go through the series to create your own success.

Welcome to .... Optimal Living: Accelerated Health & Wellness Training Series

Get ready to just make yourself comfortable and shut your eyes now... let your hands lie loosely in your lap... or at your side if that's easier... just be comfortable and relax your entire body as much as you are able to... now I want you to take a deep breath and hold it for a minute before exhaling slowly... just letting your whole body relax as you do ... and I want you to keep your eyes shut now and just keep listening restfully to the sound of my voice... and as you're listening to the sound of my voice, I want you to center for a moment on your breathing... breathing slowly and steady and evenly... and as you exhale each time, just letting your whole body relax more and more... so that you gradually find yourself feeling like your whole body was settling further and further into the chair with each breath you breathe...

and just the thought of breathing and unwinding makes you feel as though you're sinking down... 5 Sinking deeper.... 4... and each breath makes you feel more at ease.... 3 .... and with every

breath you feel yourself going deeper and deeper... more relaxed.... 2.... down once more..... breathing softly... Releasing.... and 1.... Completely relaxed.....

Now I'm going to ask you to think of a peaceful, protected place... You are able to feel the warmth of the sun on your head and shoulders... get in tune with your surroundings in this place.

Visualize a ray of pure compatible energy flowing into your body. This wonderful ray is completely re-energizing your body and your mind. There is also an outflow of energy. See it. Now that your energy is replenished, there is an easy and equal inflow and outflow of vitalizing energy throughout your body.

Feel this energy field around your body getting very strong. You now have energy to spare. You feel refreshed, re-energized yet relaxed.

Utilize your imagination for a minute and think of what I am saying. A watchmaker has to have the thought in his mind first before his watch is to become an object of realism. If the watch was not working, the watchmaker can fix it. Even as a watchmaker recognizes how to fix his watch so is the subconscious intelligence which produced your body like the watchmaker. It likewise knows exactly how to heal or restore you to your full, vital performance according to the perfect pattern within it.

Repeat the following to yourself softly in your mind and center on these words: My body and all of its organs were produced by the intelligence of my subconscious mind. It recognizes how to heal me. Through it all my organs, muscles, tissues and bones were defined. This tremendous healing ability within me is now transforming every atom within my body making me whole and mended to perfect health. I give thanks for the healing and the marvelous transformation of the subconscious mind within me which is coming about right now.

One more time I want you to focus and repeat those words again: My body and all its organs were produced by the

intelligence of my subconscious mind. It recognizes how to heal me. Through it all my organs, muscles, tissues and bones were defined. This tremendous healing ability within me is now transforming every atom within my body making me whole and mended to perfect health. I give thanks for the healing and the marvelous transformation of the subconscious mind within me which is coming about right now.

Now take a deep breath and continue to relax as your healing is coming about. Recognize that nothing happens to your body unless it has taken place first mentally within your mind and this even applies to sickness. As you alter your mind by flooding it with steady positive affirmations, you change your body and this is the foundation of all healing. Let me repeat that one more time so it's perfectly understood: Nothing happens to your body unless it's taken place first mentally within your mind and this even applies to sickness. As you alter your mind by flooding it with steady positive affirmations, you change your body and the foundation of all healing.

As you ready yourself to come back to your conscious aware state, remember to bring back a reminder, something to bring you back to place where you can gather the strength that is greater than any of your fears.

And when you are ready you'll come back to the here and now.... knowing that something amazing has happened... and you are in charge of your life and your own health and wellness. Now, I'm going to count from one to five. When you return you will be completely aware, feeling rested, revived, relaxed and fully in charge of your wellbeing.

And now return to your conscious self within your special place and be grateful for and completely aware of your deep rooted sense of strength and confidence.

As you breath deeply it's time to return as we go from 1to 5 ,  
Number 1 you are slowly coming back to your awareness, 2

feeling alive and rested and deeply strong, 3 returning with amplified self assurance, and ability to follow through, 4 feeling the essence of being in your body that is empowered and dedicated as well as self approving, paying attention to the sounds and light in the room, and 5, when you are completely ready open your eyes and return to the room knowing all the while that life is to be savored and lived.

Your subconscious mind forged and formed all of your organs ... all that you are from an unseeable cell. Since your subconscious mind made your body, it could also revive it in health according to the complete pattern within you. You were formed and created in health, without illness. That blueprint that you were created by still lives in your subconscious mind. It's natural for you to be healthy; consequently it's natural for you to be restored to health. Listen to this series often to tap into your new found health and wellness.