

109 - Secrets of Health, Wellness, and Vitality

By Gil Boyne

As you go deeper into hypnosis you are realizing that you have the right to perfect health. You are constantly building and creating, in your imagination, a mental picture of health. You're impressing this picture on your creative subconscious mind--the deeper mind that is within you.

Life is health and vitality and that is what you are, for you are an individual expression of life.

Your state of mind determines the nature of your belief, and it is done unto you according to your belief. Your mind is constantly acting for you, building and rebuilding, creating and recreating according to your belief. And your belief is in health and energy and power. You know that a perfect intelligence within you created a perfect body in the first place and it still knows how to repair and to make whole every part of you.

Right now--this very moment--every organ, every tissue, every function of your body is being charged with radiant health, vitality, and power. The infinite mind within you knows how to take food from outside your body and, through a special process of digestion, assimilation, and conversion; it builds that food into living tissue within your body. This infinite mind within you is continuously performing miracles in you. It combines food, air, sunlight, and water and constantly repairs and works to make your body whole and perfect.

This power of your deeper mind which is in every atom and every cell of your body keeps your lungs breathing, your heart beating, your blood circulating and every gland and every organ operating in perfect harmony. You know it. You trust it. You depend upon it. You believe in it. You thank it and you bless it for serving you so intelligently and so efficiently.

This power of your deeper mind restores you and constantly regenerates you. At this very moment every part of you is being cleansed, purified, and revitalized. The healing power of your deeper mind heals, strengthens, and perfects your body right now.

This energy of perfect life operates through your eyes. You see the beauty of life everywhere. Love is in your heart and you express it freely. You give love freely, and you accept love and approval easily. Your eyes are bright and clear and the small, delicate

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muscles and parts of your inner eye are clean and well-nourished through your relaxed capillaries. Your vision is perfect, for you see clearly.

Your muscles are relaxed. Your body is totally relaxed. Your mind is quiet. Your heart beats firmly and strongly and easily in a perfect rhythm. You enjoy a free-flowing circulation of your bloodstream through your arteries, through your capillaries, and through your veins.

Your body chemistry is perfectly balanced. Your heart is coordinated with your liver, your kidneys, and your lungs. Your body's excretory system is balanced with all of your organs.

You experience life through all five senses. You see the beauty of life. You hear the sounds of living. Your sense of taste is sharp and clean and responsive. Your sense of touch is keen and sensitive. And your ability to smell beautiful and delicate fragrances and aromas now functions perfectly, naturally, and normally.

You now realize that sleep is nature's great restorer. Every living creature has a dormant period. Even flowers sleep at night. And so each night you sleep deeply, soundly, and continuously all night long. And you thoroughly enjoy the restoring, revitalizing power of sleep. You sleep quietly and peacefully for you are strong; you are well; you are healthy; you are confident, relaxed, and at peace.

You know that within you is the source of all healing and that source is linked with the universal source of creative energy. You are constantly stimulating every part of your body with your powerful creative thoughts of health, strength, and well-being.

Now, each of these ideas has made a vivid, deep, and permanent impression on your subconscious mind. And each day in your daily life you become more and more aware of the full, powerful, creative expression of these ideas.

Trance Termination

Now I'm going to count from one to five, and then I'll say "fully aware." At the count of five, your eyes are open, you're fully aware then, feeling calm, rested, refreshed, and relaxed.

All right.

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One. Slowly, calmly, easily, and gently you are returning to your full awareness once again.

Two. Each muscle and nerve in your body is loose and limp and relaxed, and you feel wonderfully good.

Three. From head to toe you're feeling perfect in every way--physically perfect, mentally perfect, emotionally calm and serene.

On **number four**, your eyes begin to feel sparkling clear, just as though they were bathed in cold spring water.

On the next number I count, eyelids open, fully aware, feeling calm, rested, refreshed, relaxed, invigorated, and full of energy.

Number five. You're fully aware now, eyelids open. Take a deep breath; fill up your lungs, and stretch.