

Relaxation Confidence

Richard Coleman

Now fix your eyes on a spot on the ceiling overhead. Just pick out an imaginary spot and stare at that spot without moving a muscle. Now take a deep breath filling up your lungs. Exhale slowly. Sleep now. And now, a second and even deeper breath. Exhale slowly. Sleep now. And now a third deep breath. Exhale slowly. Sleep now. Now let your eyelids close down, as each muscle and nerve in your body begins to grow loose, limp and lazy. All of your cares and tensions are now fading away. You are relaxing more with each sound that you hear, with each easy breathe that you take. You are letting go and going deeper. I am going to count from ten down to one, and as I do, I want you to picture and imagine you are walking down a softly cushioned flight of steps. With each number I count, the quality of your deep relaxation becomes more profound and more intense. When I reach the count one, you will then be aware that you are enjoying a very healthful and very comfortable state of hypnotic relaxation. Number ten, we take the first step downward, each muscle and each nerve grows loose and limp and relaxed. Number nine, the wave of relaxation spreads all across and throughout your body. Number eight, you are relaxing more with each easy breath that you take, with each sound that you hear. You are letting go even more now and you are going deeper into relaxation. Number seven, every muscle and every nerve is growing more loose more limp and more lazy. Number six, you are moving down and toward a new and deeper level of hypnotic relaxation. Number five, you are half way down now and when I reach the count of one, I will say the words, " Sleep Deeply ". You will then be

aware that you are more deeply relaxed than ever before. Number four, each muscle and nerve grows more loose, relaxing, you are drifting down, deeper and deeper in sleep. Number three, going down deeper in relaxation. Number two, on the next number now, I will give you the signal. I will say the words, " Sleep Deeply ". When I do, you will let go completely and then be aware that you are enjoying a very healthful and a very profound state of hypnotic relaxation. Number one, Sleep Deeply. Now relax and go deeper into sleep. As you go deeper into relaxation you are feeling and realizing that you are a constantly growing and maturing personality. You are becoming aware of the strength and abilities that have developed within you. You are now feeling a sense of confidence in your ability to achieve each of the goals you have chosen for yourself. You are developing a belief in yourself. You appreciate yourself. You are glad you are who you are. You feel good. You do kind things for yourself. You meet each situation as it comes with a calm and quiet attitude. You are making contact with the center of wisdom and power within you and this power knows what to do and how to do it. Whatever you say, whatever you do, is said and done with complete confidence and self-assurance because you believe in yourself. You walk with a spring in your step and your head is held high. You see the beauty of life around you. You feel your contribution to life. People respect you because you respect them and you respect yourself. You have confidence in your own judgment. You are honest and dependable. You can and you do move forward from one positive achievement to another. People are aware that you like them. You strive to please because you are friendly and warm. You are sincere and honest. Your personal integrity is felt by everyone you

meet. You are becoming free. You are now discovering the good that is within you and the world around you. You are free to act. You are discovering the truth about yourself now and you feel good about yourself. Your emotional power is yours to use creatively and constructively. You have the power to choose and the power to act and you choose positive feelings. You are active, alive and alert, letting the energy of your subconscious mind surge through you as perfect ideas and creative activity. You are developing a belief in yourself, and your own abilities are developing a belief in your fellow man, a belief in the honesty and integrity of the laws of life. You are unique, never before has life been expressed through any other person in exactly the same way it is now being expressed through you. You are important to life and to other people's lives. There are things for you to do that can and are done better by you than by any other person. You are alive for a special purpose, with your own contributions to make to life and to others. You live in such a way that you approve of yourself. You now know that life can bring you every good thing. You believe in your own abilities, your imagination and through your creative thinking you now direct your life into full and complete expression. You do what you are designed to do and you do this in the best way you know. You love life and you express this feeling in a wholesome and positive way. You strive to grow by helping others. Each day you meet new and interesting people. As you approach people for the first time you feel a kindness and friendship for them. Your smile and your warm greetings show your sincere feelings for them. You enjoy being with people. You are calm and confident when talking with new friends or with close ones. You feel a common interest with people. People enjoy being with you because you are so vibrant. You

are secure, relaxed and calm when you are with people. You easily and gracefully accept the warm friendship that people offer you. When you speak, your ideas are easily understood and accepted by others, because you present them so clearly. Your voice is strong and vibrant. Your mind is clear, your wit quick, and you have a good sense of humor. You speak easily and fluently, always giving a clear word picture of the thought you wish to convey. You are able to communicate with others and express yourself clearly. You are poised and you are in control of the situation. You speak spontaneously, sincerely and freely, clearly expressing your meaning and your feeling. Whenever you feel you can add some new viewpoint or interesting facts to a discussion, you speak openly and confidently and with good timing. You take the initiative and you make decisions quickly and surely. You enjoy people and you want to do things for them. You know that people seek you out because you are unique and you enjoy their acceptance of you. People respond to your personal integrity. Your special personality and your warm friendliness draw people close to you. You have a magnetic personality. You are a happy person full of imaginative thoughts that are shared easily. Each day you feel more lovable, more interesting. You become more interested in others. You recognize and accept the friendship that people offer you, for you truly deserve it. You have a deep and sincere respect for yourself and your personal worth to others. It is easy for you to accept the help and cooperation of others. You see their help for you as an expression of mutual friendship and understanding. You now realize that giving and receiving are two sides of a single coin. You also believe that what you give is returned to you double. You are aware of the trust and confidence you generate in others, and it makes you feel

good. You think of yourself as a warm, generous and loving person. You easily express love and affection, and you find it easy to accept love and approval. You like yourself because you are a friendly and giving person. You accept yourself as a unique and valuable person. You are open, honest and direct in your relations with people. You recognize that you are exceptionally talented and highly creative. This awareness makes you feel good. You express your creativity in the interest and activities that you pursue. You allow yourself time for your special interests, time for your personal recreation, and time for your program to relaxation. Forgiveness is your greatest virtue; you now release and forgive anyone and everyone who has ever hurt you in the past. You do this because you know that the past cannot be relived or changed. In your mind you wish for them the very same good you desire for yourself. You now forgive yourself for your mistakes in attitudes and actions of the past. You now know that every mistake you have ever made, as you understand it, becomes a stepping-stone to greater understanding and greater opportunity. You give the best of yourself and only the best of life comes back to you. You feel grateful and proud to be the unique person that you truly are. Love and good will flow out through you, touching everyone you contact and every situation in which you find yourself. Now I am going to count from three down to one. Then I will say the word "Personal Success." This is the sign to fill your imagination completely with scenes that represent your personal success. This is the time in which you can now see yourself thinking, feeling, acting, in that special way that means to you personal success. Alright. Get ready now, Three, Two, One, Personal Success. You realize that your ability to sleep deeply, soundly and continuously is a natural

function. Infants sleep whenever they need sleep. Young children go to sleep easily whenever they feel tired. Every living creature has a time for sleeping. And so each night when you get in bed with the intention of going to sleep, within a very short time after you close your eyelids down, you drift into a sound and natural slumber. You slumber deeply, soundly, and continuously all night long, your slumber is undisturbed unless there is some good necessary reason for you to awaken. If there is such a reason you will awaken instantly, clear-headed, alert, ready to do what is necessary. When this is done you return to your bed and easily and quickly return to sleep. Barring such a necessity you slumber undisturbed throughout the night. The normal noises of the night go on and you are oblivious to them. You slumber soundly through the noises of the night feeling good about yourself. You awaken each morning feeling wonderfully refreshed; having enjoyed one of the best nights sleep of your entire life. Because you sleep deeply and soundly. And because you take the time for your relaxation, you have much more energy available to you than ever before each moment of relaxation that you enjoy your programmed method continues expanding and developing into many hours of relaxation throughout your daily life just like the ripples on a pool of water spreading out from the center. From this time forward with each passing day, you become more and more aware of a wonderful feeling of personal confidence. Confidence in the realization that each day brings you one step closer to your goals. Each day is a vital step in your problem solving in developing the motivation to change your behavior, to move yourself toward your highest potential so that you now begin to enjoy a fuller, richer and a more expressive life. Now I'm going to slowly count from one to five and then I'll say fully aware. At the

count of five let your eyelids open and you are then calm, rested, refreshed, relaxed, fully aware and feeling good in every way. One, slowly, calmly, easily, gently returning to your full awareness once again. Two each muscle and nerve in your body is loose and limp and relaxed, you feel wonderfully good. Three, from head to toe your feeling perfect in every way. On the number four your eyes begin to feel sparkling clear just as though they were bathed in cold spring water. On the next number let your eyelids open and you are then calm, rested, refreshed, fully aware and feeling good in every way. Number five, you are wide awake now and fully aware. Eyelids open, take a deep breath, full up your lungs and stretch. Notice how good you feel.

