

If you will
a very healthful
Take a moment to make yourself as
by
1901

SELF-CONFIDENCE AND SELF-IMAGE PROGRAMMING

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 ^{and fill} 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. Sleep now. ~~And now let~~ your eyelids
close down, as each muscle and nerve ^{in your body} begins to grow loose
and limp and lazy. All of your cares and tensions are
^{now} just fading away. You are relaxing more with each sound
that you hear, with each easy breath that you take. You
are ~~going deeper, deeper and drowsy~~ ^{Letting go and going deeper} relaxation. 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 relaxatin becomes more profound and more intense.
When I reach the count ~~of~~ one, you will than be aware
that you are enjoying a very healthful and very ^{comfortable} ~~pleasant~~
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 ^{throughout} your body. Number 8, you are relaxing
more with each easy breath that you take, with each sound
that you hear. You are ~~going deeper, deeper in drowsy~~ ^{letting go even more now and you ARE going}
^{into} relaxation. Number seven, every muscle and every nerve

is growing ^{more} loose ^{more} and limp and 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 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} let loose, relaxing, you are drifting down, deeper and deeper in sleep. Number three, going down deeper in ~~drowsy~~ relaxation. Number two, on the next number now, I will give you the signal. I will say the words, "sleep deeply". When I do, ^{let go completely AND} you will then be aware that you are enjoying a very healthful and a very profound state of hypnotic relaxation. Number one, sleep deeply. Now ~~just~~ relax and go deeper into sleep. (As you go deeper into relaxation you are ^{feeling it} 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} the goals you have chosen for yourself. You are ^{developing a} learning to believe in yourself. ~~You are learning to believe in yourself.~~ You appreciate yourself. ^{you are glad you are who you are.} You do ^{feel} good, ^{You do} and kind things for yourself. You meet each situation as it comes with ^a calm and quiet ^{attitude} assurance. You are making contact with the center of wisdom and power within you AND ^{this power} which knows what to do and how to do it. Whatever you say, whatever you do, is said and done with complete

Because you believe in yourself

confidence and self-assurance. You walk with a spring
in your step, ^{AND} your head is held high. You see the beauty
of life around you. ^{You feel the Beauty of your contribution to life.} People respect you because you respect
them and you respect yourself. You have confidence in
your own judgement, ~~and~~ You are honest and dependable.
You can and you do move forward from one positive achieve-
ment to another. People are aware that you like them. ^{You strive to}
Please ~~because you are pleased with yourself.~~
They sense your good will. You are cheerful and ~~enthusias-~~ energetic.
^{People} ~~is.~~ You attract friends 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} truth about yourself and the world around
you. ^{You are discovering the truth about yourself now and you feel good about} You are free to act. ~~Your body is yours to direct~~ ^{yourself.}
^{direct your} ~~body~~ in positive action. 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} awake, letting the power ~~and~~ 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 never} ~~has~~ life been expressed through any other person
in exactly the same way ^{as} it is now being expressed through
you. You are important to life. ^{AND to other peoples lives.} ~~You have special quali-~~
fications. There are things for you to do that can and
^{are} ~~should be~~ 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} Through
^{own abilities.} your imagination, ^{AND} through your creative thinking you ^{now} are
~~now directing~~ 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} life 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} ~~time~~, you
feel a ^{Kindness} warmth and friendship for them. Your smile and
your ^{Warm} friendly greetings ^{show} express your sincere feelings
for them. You enjoy being with people. You are ^{calm} ~~poised~~
and confident when talking with new ^{friends} acquaintances or with
~~close ones~~ ^{you find a common interest in people.} good friends. People enjoy being with you because you are
so ~~alive~~ and so vibrant. You are secure, relaxed and
^{calm} ~~poised~~ when you are with people. You easily ^{you} and gracefully
accept the warm friendship that people offer you, ~~for you~~
When you speak, your ideas are ^{easily} quickly understood and
accepted by others, because you present them ^{so} ~~in a~~ clearly
~~brief and direct way~~. Your voice is strong and vibrant.
Your mind is clear, your wit quick. ^{and you have a good healthy 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 & express yourself} You are poised and you are in control ^{clearly}
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 ^{+ 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 ~~revel in~~ ^{enjoy} their acceptance of you.

People respond to your personal integrity. Your special personality and your warm friendliness draws people close to you, ~~just a magnet attracts iron filings.~~ ^{you have a magnetic personality} You are a

happy person full of imaginative thoughts which ^{are shared} pour ~~forth~~ ^{ably} constantly. 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 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} You are aware of the trust and confidence you generate in others,

^{Just what you give is returned to you double.} 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 changed or changed.} You bless ~~them~~ and in your ^{mind + heart} imagination you wish for them the very same good you desire for yourself. You

now forgive yourself for your mistake 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 ^{gratified} and ^{Proud} fulfilled 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 3 down to 1. Then, I'll say the word "personal success." This is the sign to ^{program} ^{fall} your imagination ^{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, 3 - 2 - 1 - personal success. You realize that your ability to sleep deeply, soundly and continuously is a natural function. ^{INFANTS} ~~Instant~~ sleep whenever they need sleep. Young

become more and more aware of a wonderful feeling of personal confidence. Confidence ^{+ belief in yourself} in the realization that each day brings you one step closer to your goal. 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, a richer and a more expressive life.

Now I am going to slowly count from 1 to 5 and then I'll say, "fully aware." At the count of 5 let your eyelids open and you are then calm, rested, refreshed, relaxed, fully aware, and feeling good in every way. If you wish to return to sleep, you arouse yourself just enough to turn off the equipment that may be playing and then easily and quickly return to sleep within two minutes. Alright, 1 slowly, calmly, easily, gently returning to your full awareness once again. 2 - each muscle and nerve in your body is loose and limp and relaxed, you feel wonderfully good. 3 - from head to toe you are feeling perfect in every way; and Number 4 - your eyes begin to feel sparkling clear just as though they were bathed in cold spring water. On the next number now, let your eyelids open and you are then calm, rested, refreshed, fully aware and feeling good in every way. Number 5 - eyelids open now, you are fully aware. Take a deep breath, fill up your lungs and stretch.