

Confidence

By Rene Bastarache, CI

Induction

Completely calm and relaxed now as I would like you get as comfortable as you can in the chair and we will go on an imaginary journey of relaxation... This is a beautiful train journey... a train journey that will take you through some of the most beautiful and relaxing countryside in the world... using your imagination now I would like you to imagine that you have just entered a train carriage... a few of the seats are taken... you find a vacant seat near the window and sit down...

you are now comfortable in your chair... so too are you just as comfortable sitting in the chair on the train... very comfortable and relaxed... you have a certain holiday feeling about yourself... for this is truly a holiday away from all the stresses and strains of daily life...

Visualize in your mind a small jolt... you could feel that... a small jolt as the train begins to pull out of the station... the wheels begin to turn... clickity-clack... clickity-clack... such a relaxing and calming sound and sensation... you can now feel yourself relaxing all over... letting yourself go... releasing all your cares... clickity-clack...

Looking through the window of the carriage you notice the scenery beginning to pass by... vistas of mountains and valleys... rivers and streams... calming and relaxing... clickity-clack... as you begin to feel a little drowsy... this is just what you need... notice how relaxed you are becoming now... your breathing has slowed... and you are relaxing deeper and deeper down...

You can feel relaxation sweeping throughout your body... clickity-clack... clickity-clack... the rhythm of relaxation... noticing how your legs have relaxed... as you let them go... your thighs... your knees... releasing all the muscles in your legs... letting them go... clickity-clack... and now you relax you calves completely... your feet... and your toes... gone and relaxed... all tension washed away by the clickity-clack of the wheels on the rails... your legs are now totally relaxed...

Beautiful vista after beautiful vista passes by as you let your upper body sink further into the chair... so calming and relaxing... clickity-clack... you feel your upper body relax and let go... feel it now as you relax your hips... your abdomen... relax and let go... clickity-clack... your chest... letting go... and now your back... your lower back... and your upper back... deeper into relaxation... Feel your shoulders as you now let them let go and relax into the back of the chair... clickity-clack... all tension in your shoulders gone and forgotten...

Now you let your neck relax... feeling so good... relaxed and calm... all the muscles in your jaw... and around your mouth... go limp and relax... the clickity-clack of the wheels relaxes and calms... your cheeks... your forehead... letting your muscles in your forehead relax and let go... all tension gone... clickity-clack... and now at last the top of your head... your scalp... as you can see in your mind all of the scenery passing by... clickity-clack... completely relaxed now as you notice that the train has slowed and is now travelling at a much more relaxed pace... just trundling along... very slowly now... clickity... clack...

Deepener

Imagine now... see yourself in your mind as you lean towards the window to see ahead... and there it is... your destination... your stop on the line... the city called “Confidence”... a place of profoundly deep relaxation and state of calmness... a place where all things come true... all wishes are granted... a place where confidence is king... a place where you will gain all the confidence that you will ever need... for ever more... and as the train goes clickity-clack on the rails you will relax deeper and deeper... every time that the train goes clickity-clack on the rails you will relax ten times deeper than the time before... clickity-clack is your signal to let go and relax ever deeper and deeper...

As the train begins to slow... clickity-clack... relaxing deeper down...

Clickity-clack... calm and relaxed...

Clickity-clack... slower and slower... more and more relaxed...

Clickity-clack... deeper and deeper...

Clickity-clack... ten times deeper... more and more relaxed...

Clickity-clack... closer and closer... just letting yourself go...

Clickity-clack... nearly there... mind and body completely relaxed...

Clickity-clack... completely relaxed and open to suggestion...

Clickity-clack... relaxing to the sound of my voice... confidence in what I say...

Clickity... clack... more deeply relaxed than you have ever been before...

Clickity... clack... as the train ever so gently glides to a stop at your destination...

You are now completely and deeply relaxed... all you can hear from this time forward is the sound of my voice and my instructions... my voice is the only sound that you

will hear... it is the only sound that you wish to hear... your mind is open to receive all that I say...

The Script

You have come to the city of Confidence today to attend a conference, along with lots of other people who seek to have much more confidence than they have ever had before... they are all very friendly and you feel very comfortable...

You take your seat as the speaker takes the floor... every one is here to hear the message of confidence in this magic auditorium... where everything that the speaker says becomes your reality... true for you in every way... true for everyone that hears...

You pay attention to every word that the speaker says and you allow every word... and the message to sink deeply into your subconscious mind where it now becomes the reality about you... my voice is now the speakers voice...

Each day you feel more positive about yourself and your future... with every breath that you take you comfortably release the old and welcome the new in your life... you are safe... you hereby dissolve all past problems with ease... you are optimistic... you trust your own brilliance and believe in your own ideas... you love and respect the positive ideas that flow into your imagination... you work with the grain of the universe; you get results in harmonious, happy and effective living... the focus of your life becomes the things and people that you love... and the things and people that love you... you are brilliant... you are creative... you are now fearless, courageous and bold... you now release for ever all unnecessary stress and anxiety and allow your body and mind to relax into a comfortable state of being... you are calm and relaxed... you have a positive and optimistic mental attitude... balance, harmony and success rule your world... you have the essential ingredients to be proficient at anything that you set your mind upon... your thoughts are so powerful that they create the circumstances of your life; the positive way that you think about yourself, your situation and your life creates a love-filled life of harmony, health and well-being... you concentrate your mental energy on seeing the positive wherever and whenever reality may show you otherwise... you are thankful for your blessings... you always focus on the good things in your life and thereby give them unlimited power to grow and multiply exponentially... you will always do your best and leave the rest... you create happiness, love, compassion, abundance, and health wherever you go... you are perfection, completion, life and joy... you always courageously speak your truth... you are your own authority... your positive vision and action go hand in hand... you are now strong where you have been weakest... you are well, strong and free... you are sufficient unto yourself... you are a remarkable and amazing person... you are unique... you are more precious than the most precious gem stone ever found... you are valuable beyond words... your presence makes the world a better place... you are proud to be you in every regard... you see life as always working in your favor... your problems melt away effortlessly, leaving only opportunities in their place... you are

orderly in all your affairs and doings... you have the courage to make positive changes in your life... you are a fearless decision maker... you quickly make bold and correct decisions with ease and common-sense... you love taking the lead whenever a leader is called for... you have what it takes... you face problems head-on, standing your ground fearlessly... you persevere and finish any task that you undertake... you are willing and ready to take the necessary risks to achieve your goals... you courageously do the things you fear and you take control of your life... you are daring enough to face any challenge... you are deeply connected to all of life... harmony, peace, love and joy surround you and indwell you... you are safe and secure... all is well...

The Awakening

The speaker has finished and his words have now sunk deeply into your subconscious mind... they have now become you in every way... from this day forward you are confident in all that you do... you are a confident person...

You board the train for your return journey to the here and now... confident, safe and secure... at the count of five you will awake refreshed, invigorated, ready to face the world... full of confidence... with complete and total confidence in all that you do... all of your abilities...

5... relaxed, calm and comfortable...

4... energy returning...

3... body and mind beginning to stir...

2... eyelids opening...

1... fully awake, happy and confident.