

Success Motivation

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Induction

I would like you to just make yourself comfortable in the chair... feet flat on the floor... hands by your side... beautiful... perfect... now gently closing your eyes and allowing your mind to slow and focus on the words that I say... I would like you to take three lovely deep breaths... and as you take each breath allow yourself to hold each breath for the count of three... and then to exhale... and imagine that with each exhalation of breath all the tension and stress leaves your body and mind...

So let's begin now with the first breath... inhale... hold for three... and exhale... inhale again... holding for three... exhaling all tension... and finally, inhale... hold for three... and exhale all stress and tension... relaxing now as you return to normal breathing...

In a moment we will begin relaxing your entire body... beginning with the very top of your head and working our way down to the bottom of your feet... progressively relaxing each body part as we go... As you relax each body part you will find that your mind will also relax completely as you release all stress and tension... and relax yourself totally and completely...

Starting with the top of your head... your scalp... just feel it and tense it in your mind... and now let it go completely... relaxed... and now your forehead... feel it and tense it in your mind... and now let it go and relax... now your eyes and all those muscles around your eyes... down into your nose... tensing in your mind and then allowing that area to relax completely... and your cheeks and then your ears... moving now to your mouth and your jaw... tense in your mind all of those muscles around your mouth and jaw and just let them go and relax... Feel the back of your head and now your neck as you let all those powerful muscles situated there to let go of all stress and tension... let it all go... as we now move on down to your shoulders...

Just feel your shoulders in your mind and then deliberately let them relax... especially the area between your shoulder blades... and now your upper arms... be aware of them in your mind... then let them go and to relax... and your forearms... and now your hands and fingers... as your arms are now limp at your sides... completely relaxed...

Focusing now on your back and your spinal column... all of those strong muscles associated with your back... feel them in your mind... be aware of them... visualize them... and then just let them go... beautifully relaxed... as you are now relaxing deeper and deeper... as you move your thoughts to your chest... letting your chest relax and let go... and now your abdomen and stomach... feeling that area in your

mind... and now letting all tension go... relaxing deeper now... as we move to your hip area and let that relax as well...

And now your thighs and your upper legs... to your knees... feel that area in your mind... tense those muscles in your mind... and then let them go loose... imagining all stress and tension flowing away... your calves... your ankles... your feet and toes... feeling them and then letting them relax completely... as your whole body sinks deeply into the chair... deeply relaxed and calm... allowing your mind to rest and relax...

Deepener

I would like you to use your imagination now... and to imagine that it is a beautiful summers day... you have decided to go for a short walk to the park where you can have some private time to yourself alone... You feel deeply relaxed now... and by the time you get to the park you will be in a state of deep relaxation and your mind will be open to all of the suggestions that I will give to you... all of the success motivation that you have been seeking...

There are 20 houses on the side of the street that you are walking down to the park along... they are numbered 20 down to 1... in a moment you will begin to walk down the street to the park... and as you pass each house I will say the number of the house you have just passed... and as I say that house number you will allow yourself to relax 10 times deeper than than you were before... relaxing 10 times deeper with each house you pass...

Visualize yourself now as you begin your walk to the park... as you pass house number...

20... feeling very relaxed and calm...

19... more relaxed now than before...

18... relaxing 10 times deeper...

17... 16...

15... deeper and deeper...

14... serene and calm...

13... 12...

11... deeper and ever deeper into relaxation...

10... both body and mind relaxed and calm...

9... 8...

7... 10 times deeper down...

6... allowing your mind to open...

5... 4...

3... very deeply relaxed and calm...

2... completely relaxed now...

1... body and mind completely relaxed, calm and serene...

As you now pass through the gates and enter the park...

The Script

Imagine now that before you is a most beautiful park... no one is there and you are all alone... you notice a park bench in the shade under a tree and you make your way towards it and take your seat... It is warm... a perfect temperature really... and you can feel a gentle breeze upon your face... just feel that for a moment... you are completely relaxed, calm and comfortable...

As you sit there, you see, in your mind, all of the beautiful trees and gardens that surround you... all the many colors of the flowers and the greens of the trees... listening to the wonderful sounds of nature... as nature goes about her day... you can sense and feel a form of intelligence that seems, in some unfathomable way, to be speaking to you... directly to you... listen closely now as you can hear all of nature giving you a special message... a message that you have long awaited to hear...

All of the motivation for success that you desire is within you... it is in you, with you, and through you at all times... complete success is always just the next try away... so close... just waiting for you... you are the activator of your own success and from this day forward you know that you possess everything that you will ever need to make that activation a reality... you now allow that activation to take place... true results are just a positive action away... and you now trust yourself to take right action that will always draw success towards you... you are a positive activator of success...

You motivate yourself in all that you do... you are always full of confidence in all that you do... your confidence is your secret to your motivation... you can move forward... press forward at all times... knowing always that success is yours for the asking... yours for the taking... as success will always build upon success... one leading to the

other... always moving forward... self motivating with absolute ease and sureness of success in all that you do...

You love success and this love of success is a prime motivating factor in your life from now on... it's wonderful and fulfilling to accomplish goals... and this accomplishment empowers you towards ever more success... fuelling ever more motivation to succeed... this motivation energises every cell in your body and mind... this allows you to be tireless in all that you do... positive thoughts... positive actions... clarity of mind... all of these are within you for the taking... and you now realise this fully... always motivated to take advantage of these skills...

Great dreams and goals motivate and inspire you... they are master keys to unlock the doors to your success... the clarity of your mind allows for positive dreams and motivational goals... fuelling you and powering you forward... strengthening your inner vision... expanding your imagination... allowing thoughts outside of the box... every day as you awake your strength in these areas grows and grows as you move from strength to strength in all areas of your life... motivation upon motivation... and success upon success...

When stuff needs to get done... you do it... getting stuff done builds success... you are a motivator and a doer... and doers get it done every time... you do something about what has to be done... every challenge that comes your way is just an invitation for you to get it done right... challenges motivate you because you understand that at the end of each challenge is a successful outcome... you are an optimistic and motivated doer and prosperity and success are your special rewards...

The Awakening

The breeze has now picked up a bit as your mind returns to the beautiful park and you once more can feel the relaxed comfort of the park bench in the shade of the tree... You are relaxed, comfortable and calm...

In just a moment I will count down from 5 to 1... and at the count of 1 you will return from hypnosis to the here and now fully motivated and looking forward to all the success in life that is surely to be yours...

5... feeling very relaxed...

4... body beginning to stir...

3... energy returning...

2... eyes beginning to open... and...

1... eyes wide open, fully awake and feeling wonderful.

