

FLOW TO YOUR GOALS

James Duncan, C.Ht.

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Before beginning choose a goal. Frame this goal in a positive way and repeat it 3 times to yourself to anchor it in your mind as the focus of the session.

Now, the reason for experience is to just enjoy it... let it just wash over you and happen and simply ride along on the waves of relaxation as they carry you to a calm, comfortable time and place just for you...

It's so easy to flow into this wonderful experience. All it takes is the thought that you would like to... and so you embrace the thought that now is the time to begin drifting into relaxation... embracing peace in body and mind... and to set this in motion we just take a comfortable deep breath and as you exhale simply allow your eyes to close gently if they haven't already, just because they want to... very good... and now, take another comfortable deep breath and hold it just a moment and as you exhale allow your muscles and nerves to just relax and collapse into allowing this relaxation to wash over you... good... and one more deep comfortable breath and hold it as **long** as you can and as you exhale just allow your mind to let your muscles and nerves just let go completely... They want to collapse and relax. Flowing further and further into relaxation and comfort... excellent....

Now allow your attention to drift to my voice. Just place your attention on my voice because you find that my voice is relaxing to you and relaxation is pleasure. You want to enjoy each and every word that I say, it's as if nothing else is really important... and with each and every word that I say, and every sound that you hear both in the room and outside of it you grow more and more relaxed... more comfortable... safe and secure... confident in your ability to just relax and let go, feeling the fluid beauty of this moment without a second thought... and it is so...

Allow your mind to drift a little now... imagine in your own way a calm babbling stream... it can be anywhere you like, anywhere in the world or completely created in your imagination, wherever it is, it **is** the perfect place and time for you... imagine perhaps that it's a warm summer day and you listen dreamily to the sound of the water as it dances over the rocks and around plants at the water's edge... (Pause)

The sights and sounds of this scene fill your mind and body with thoughts of peace and relaxation and comfort... so deeply relaxed and at ease... each moment causing you to relax deeper and further than the moment before as the sound of the water in your imagination washes away all other thoughts other than drifting further and further into relaxation... completely... comfortable... and it is **SO...**

Now, as your mind relaxes and you enjoy letting go I want you, without altering this peaceful relaxed feeling in any way, to bring into focus your goal... your desire, which motivates you now to find improvement in your life in just the right ways for you. Allow your mind to explore this goal and how **wonderful** your life is when you have reached you goal... Focus **only** on your exceptional life once the goal **is** reached, completely disregarding, ignoring any thoughts of current or **past** negativity or challenges. Those thoughts are a thing of the past and you release them **now**... Fill your mind in **this** place and **this** time with your energized successful life, as it is when **you** reach your goal... (Pause 1 minute)

And now your mind simply begins to drift to the source of the stream... you easily imagine this stream bubbling up from the ground, somewhere far distant... springing from a source **deep** in the earth, perhaps far up some distant mountainside... imagine now as you begin to feel as though you are a part of this living stream... emerging with the pure **sparkling** waters from that source **deep**, deep in the earth... and as you become more and **more** a part of the crystal clear waters of this living river you gently begin your journey down the hillside... Following the course of the stream... singing with the voice of the babbling waters as **you** move with fluid beauty down... down... toward the lush valleys below... This sparkling, flowing dance causes you to relax and let go as you feel the caress of the water flowing within and without, moving you forward... bringing you to **exactly** where you desire to be... in your mind... in your body... in your spirit... every moment flowing further along with the water of your glorious stream, the stream that is you, brings you closer to your destiny... closer to your goal... the destiny and goal you **know** you are soon to reach... Even now you're getting closer and closer... Everyone **knows** that it is impossible to stop the flow of a river in its' absolute desire and drive to reach its' destination... its' goal... The ultimate goal is to flow with beauty and **ease** to the sea... where the clear waters rush out into the greatness of the power and beauty of the sea... becoming a part of that unstoppable power and natural beauty of the vast waters of the sea... For each river and stream... your goal is to flow it's course through hills and valleys. When an obstacle is met in the flow of the river it simply and without **any** effort at all flows **around** it... continuing peacefully toward the goal... As **you** now choose to do... Enriching fields and bringing life as it dances through it's world until it rejoices in greeting the sea... flowing with **great** purpose and infinite **desire** to your goal... The sea is the goal... you see **your** goal clearly ahead... within reach... you enjoy how you easily flow into embracing your desire... your goal... your goal is clear in your mind, in your spirit... You see your goal and you flow easily to it **now**... singing and dancing with the waters of your stream... (Long pause)

Now as you flow and dance and sing along your course, in your mind, relaxing deeper and deeper still with each passing moment, you **feel** the waters washing comfortably over and around you as you feel cleansed, purified, energized by your journey to your goal... you see your goal... and as you flow with fluid beauty

toward the sea the sound of the distant waves begins to grow in your awareness... the roll of the surf calling you forward with energy and anticipation... flowing toward the sea... toward **your** goal... and as you hear the sounds of the sea swelling your anticipation and desire and absolute **determination** to reach your goal quickly, with fluid beauty and liquid ease grows stronger and stronger and increasingly important and ever more **truthful** to you... and now as you **joyfully** flow with the waters of change and improvement around the curve of a low seaside hill you see the goal just ahead... your goal is the sea... you see the sea... You **feel** the sea calling to you lovingly, longingly and you flow with excitement and anticipation down the sands of the shore to **your** goal... 5... 4... closer... 3... 2... almost there... 1... REJOICE! You have **reached** your goal. You are a part of the unstoppable power and energy of your ultimate goal. You **have** succeeded in becoming **exactly** what you have desired and it is **now** your glorious reality on every level of your awareness. In every aspect of your being... Permanently... For your benefit... From this moment forward, nothing can change this for you **are** a part of the unstoppable flow of the beautiful waters of life... And it is so...

Count up to full waking consciousness.