

Understanding Healing Sleep

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Induce Eye Closure

Removal of Mental Inhibitions & Deepening

Now, to improve your entire life and reality and regain your wellness we must remove all the mental limitations that have been holding you back from completely enjoying your well-being in the past. You know removing those mental limitations energizes your successful transition into complete well-being that you are activating today. You have made the decision that you are through with those detrimental and unnecessary limitations. You want to be well on every level of your reality and to do that you must remove the mental limitations that have held you back in the past and you love that you finally understand this...

To accomplish this important task of freeing yourself from every bit of past mental limitations you are amazed to learn now that it takes very little effort on your part. As a matter of fact all you need to do is relax deeper while you focus on the tone of my voice as I count backward from 20... You enjoy discovering that with each count, those limitations begin to fade and disappear more and more and more, until by the time you hear the number ZERO, all of those limitations are completely and permanently faded away and gone... As a result of that fact you enjoy discovering that with each count you hear your relaxation doubles from the count before it. It is that simple as you just listen and relax now 20... 19... and it feels so good to feel yourself doubling your relaxation further... 18... 17... 16... limitations melting... 15... 14... useless past collapsing... 13... 12... 11... 10... free of the unfavorable limitations of the past... 9... 8... doubling further 7... so free and at ease... 6... 5... further... 4... 3... almost... 2... free 1... gone... ZERO... (Pause)

Those limitations are removed and you are celebrating in this moment of deep relaxation and heightened awareness that you are free of those obsolete, useless limitations of the past... and you see your way to approve, embrace and activate your own well-being is now wide open on every level. Completely, in every way... Free... this is your truth...

You enjoy knowing now that each and every beneficial suggestion I give to you is the absolute truth to you from this moment forward. You willingly approve and activate that each time you hear the phrase "This is your truth" that every suggestion you receive in this process is magnified in strength and truth for you by seven times and you love it! What a relief to embrace your well-being now... because you are wide open to a new and better reality of well-being on every level of awareness. Each and every suggestion I give to you is the absolute truth to you. This is your truth.... (Long pause)

Now, you enjoy that you drift further into well-being as these truthful suggestions reinforce themselves over and over again, over and over again... This is your truth...

Now, you understand that sleep is just sleep, but REST is when we truly heal... and activate wellness... on every level of our body... mind... and spirit... It seems that for a long time you have felt unable to get restful sleep and it has seemed to bother you and maybe even drain you... up until now... That is changing today... That is changing and improving even now... I am going to share the best kept secret for achieving fulfilling and restful sleep. Sleep that allows you to awaken each morning full of energy and expectation for the enjoyable adventure that is each new day... You know at every level of your awareness that restful, healing sleep can, will and does rejuvenate your body, mind and spirit... Fulfilling and restful sleep is healing in every way that you desire, in every way you need. You are becoming aware now because of how comfortable and relaxed you feel, of how completely soothing and healing deep relaxation is... How deeply comforting and healing, restful sleep is and this is what you achieve... As a matter of fact you enjoy even more comfortable and relaxing sleep than how you feel at this moment from now on. This is just a small sample of how wonderful you begin to feel each and every day, now that you are activating your ability to enjoy healing, restful sleep...

Now, I would like you to take a moment of silence to thoroughly enjoy this soothing relaxation you are experiencing and as you do, you discover that your relaxation doubles and redoubles and redoubles again carrying you to the perfect state of hypnosis to learn and master the secret of achieving healing, restful sleep. As you relax deeper with each breath I will be watching for the signs that you have achieved the perfect hypnotic state for this task and when I know you have achieved that perfect level, I will begin to share the secret to restful healing sleep that you are mastering today in this process. You will know when I speak again that you are in the perfect hypnotic state to achieve exactly what you desire today. So you now begin doubling your relaxation with each comfortable breath... (Pause for 1 to 3 minutes)

Perfect... now just allow yourself to continue to drift further and further into this perfect level of consciousness as you embrace the mastery of fulfilling, restful, healing sleep... And so first you become aware that sleep, RESTFUL sleep, is what you experience when you drift off into a comfortable slumber with just the right amount of time, just a few moments, to allow your mind to float through anything that took place that day... and you know it will all be sorted out properly in your subconscious mind, calmly while you sleep... This is natural and normal and when you are in healing sleep patterns as you are now, this is what takes place every time you go to sleep. As of this moment you have moved into healing sleep patterns. This is your truth...

And as you drift and relax further and further now, you understand on every level of awareness that as you drift off into healing sleep patterns now, you transition comfortably into and through all of the natural cycles of sleep that generate accelerated healing and revitalize all of your energy stores completely... Natural sleep cycles do this easily and without any effort from you at all. You don't even have to know what those cycles are because we are born with the cycles already programmed in our minds and bodies. So you simply understand the fact that natural sleep cycles give accelerated healing and highly rejuvenated energy stores and we are all born with those cycles programmed into our minds and bodies. You now enjoy natural sleep cycles every time you go to sleep. This is your truth...

And here is the great secret... This is what so many people wish they knew and now I am going to share it with you. The greatest secret to achieving deep healing, restful, fulfilling sleep is in.

how we awaken from sleep... That's right. When we master the way we awaken we master the ability to double and even triple the positive, healing, restorative effects of the wonderful, restful sleep we are now enjoying each and every night... It is that simple... When we master the way we awaken we master the ability to double and even triple the positive effects of the wonderful, restful, healing sleep we are now enjoying every night... And there is no effort in mastering it... It is just the simple task of reactivating the natural in-born cycles we are all born with. You are doing that right now. This is your truth...

So, how do we awaken to achieve the full benefit of revitalizing, restful sleep that we are born to enjoy? Very simply, we awaken in and through natural cycles of brainwave activity that brings us to full waking consciousness and focus, feeling refreshed and renewed by our healing sleep AS WE WERE MEANT TO... But here is the key to that secret... the natural cycling to full waking consciousness from deep sleep usually takes a few minutes but in this world we live in we rely on alarm clocks and other things to jolt us awake. That doesn't seem to allow us to naturally cycle through the stages we need to integrate the rest we've had into a fulfilling sleep. An alarm clock doesn't give us that time to naturally cycle up... Or does it? I am going to show you that it does and you easily master the ability today...

In this perfect state of deep relaxation and heightened awareness you now know that you easily and effortlessly are able to perceive time in any way you wish, to achieve complete, restful, deep healing sleep. Think about it... Just as you are not quite sure if you have been listening to me tell you about these secrets for 5 minutes now...or perhaps I have been telling you about these wonderful secrets for 25 minutes... or has it been 55 minutes? You see, you have distorted time in your mind... for your benefit as you continue to relax deeper and further into this perfect state of consciousness so you are able and do understand and activate all of these beneficial ideas and suggestions... And so with this understanding of your perfectly relaxed mind and your ability to distort your perception of time for

your benefit, so that you can and do get the fullest benefit of this healing process... you now know at every level of consciousness that when you first become aware of anything that is meant to awaken you from sleep such as an alarm clock or someone nudging or shaking you awake or any other thing that is meant to awaken you, Your deep subconscious mind NOW hears or feels that signal to awaken and instantly your mind switches into this mode of perception you are in right now, and your mind simply stretches out your perception of that moment, that split second, to seem to last as long as you need to naturally and rapidly cycle through all of the levels of brainwave activity that bring you completely rested and healed and back up to full energized, waking consciousness. You awaken completely refreshed and energized and healed by the fulfilling, restful sleep you have enjoyed... and you enjoy the secret that the time it actually took to naturally cycle back up to full waking consciousness is in fact just a couple of seconds of time by the clock, and yet you calmly and easily enjoyed that your mind can and does allow you to embrace and master the secrets of deep healing, restful, fulfilling sleep from this moment forward... your mind has reactivated and remembered the natural, in-born secret of deep healing, restful, fulfilling sleep now... This is your truth...

You understand at every level of your reality that from this moment forward, when you are awakened from sleep, the instant you receive a signal to awaken in any form, your minds simply and without effort switches into this mode of perception that you are enjoying right now, and in your mind, time stretches out to naturally and rapidly cycle through all of the stages of brainwave activity needed to quickly return to full waking consciousness feeling refreshed and rejuvenated and better than ever. You now understand on every level of awareness that this process takes place in your perception instantly and you easily come to full waking consciousness in just a few seconds by the clock after the first indication or signal that you should awaken. You then awaken energized and refreshes in just moments... This is your truth...

Relax deeper and further now as you enjoy that you have finally learned and mastered the secrets of fulfilling, restful sleep. You have finally reactivated the natural in-born truth of healing, restful sleep. This knowledge and the suggestions that reactivated this knowledge are now a permanent part of your deep subconscious mind and they remain permanently anchored and activated there for your absolute benefit. From this moment forward you enjoy fulfilling, restful, healing sleep and always awaken refreshed and revitalized because of your mastery of the secrets we have shared and activated today... this is your truth...

And now relaxing further and further, so comfortable... Enjoying every moment of this magnificent feeling of permanently embracing well-being without a second thought. Drifting further and further, and more and more aware of your ever-increasing well-being. Nothing to do but enjoy... Free... Because you embrace

your ever-increasing wellness and accept improvement without any effort. You only desire to embrace and activate your thoughts of well-being... and you do...

Enjoy now that this relaxation is pleasure. You feel free of stress and calmly you realize that any discomfort in your body from before we began is now gone... just a faded memory that you have simply forgotten. Just allow your mind to benefit from it and let this feeling of well-being comfort you with healing waves of understanding...

All of these beneficial thoughts and ideas and truthful suggestions that you receive in this process are absolutely effective and the power of the suggestions continues to increase with each and every new day. They have become a permanent and important part of your deep subconscious mind and your everyday reality. And every day now you are physically and mentally stronger and steadier. You are energetic and alert. You find with each new day that you celebrate being so deeply interested in your new feelings of well-being that you enjoy deep, healing restful sleep every time you sleep without a second thought. This is your truth...

Each day your mind becomes more calm and clear as you focus on your increasing health and happiness. Because you enjoy healing, restful sleep now you find that you think and concentrate easily. From now on you have more and more confidence and in your ability to do whatever you want to do, completely rested and energized. Because of this you now know that no matter how difficult or trying things may seem, you cope easily and efficiently, free of any useless concerns entering or lingering in your mind. You remember on every level of awareness that your mind assists you in always achieving deep healing, restful sleep. Now all of these beneficial thoughts are permanently and powerfully activated on every level of consciousness and they become more powerful and more truthful for you with each and every rising and setting of the sun. You enjoy that these truthful thoughts flourish and grow stronger and more truthful to you with every new day now. This is your truth...

In a few moment when you are instructed to open your eyes you will enjoy being free to enjoy healing restful sleep. You have a wonderful feeling of amazement at how effortless it was to accomplish exactly what your heart and mind desired. You are now a Happy, Relaxed, Confident, well-rested Person. Enjoying the benefits of your ever-increasing well-being. This is your truth...

Now take a moment of silence to celebrate this rebirth of your health and well-being and thank yourself for activating it today. When you hear my voice again it causes you to become 7 times more empowered to live the truthful suggestions you have received in this process. Please, take that quiet moment to celebrate and thank yourself now... (Long Pause)

Beautiful... In a moment I will count from 1 to 5. When you hear the number five you will know that THAT is your signal to open your eyes, fully awake and alert, feeling better than ever. Celebrating your new and improved life of healing sleep and rested well-being.