

## Authentic You - Hypnotherapy For Discovering Your True Self

Presenting your hypnotherapy series for success, enlightenment and discovery.

There is no danger in hypnotherapy but it is able to help you build many aspects of your life. Hypnotherapy can also help you become more mentally aware and has been shown to have healing aspects.

We ask you to do nothing else while listening to our series as you should be relaxed and focused.

Listen to this series often to get the repeat benefits of the message and to bring about the positive results.

Be kind to yourself and allow yourself to take the time to relax and go through the series to create your own success.

Welcome to .... Authentic You - Hypnotherapy For Discovering Your True Self

Get ready to just make yourself comfortable and shut your eyes now... let your hands lie loosely in your lap... or at your side if that's easier... just be comfortable and relax your entire body as much as you are able to... now I want you to take a deep breath and hold it for a minute before exhaling slowly... just letting your whole body relax as you do ... and I want you to keep your eyes shut now and just keep listening restfully to the sound of my voice... and as you're listening to the sound of my voice, I want you to center for a moment on your breathing... breathing slowly and steady and evenly... and as you exhale each time, just letting your whole body relax more and more... so that you gradually find yourself feeling like your whole body was settling further and further into the chair with each breath you breathe...

and just the thought of breathing and unwinding makes you feel as though you're sinking down... 5 Sinking deeper.... 4... and each breath makes you feel more at ease.... 3 .... and with every breath you feel yourself going deeper and deeper... more relaxed.... 2.... down once more..... breathing softly... Releasing.... and 1.... Completely relaxed.....

Imagine in front of you there's a large plastic bag. As you look at the bag notice several things about it. You can see very clearly what is in this bag. There are a few things that you can place in the bag, if you like. Some things about yourself, your thoughts your ideas, your troubles, your desires.....Just keep breathing softly, deeply, becoming more relaxed and consider the bag that we will begin putting items in.

Begin by putting into the bag-your name- and everything it means about you....what it states about you... how it feels to have this name...your clothes- your pet outfit - your entire wardrobe.

Place in the bag-your hairdo... and your makeup... Note what it says about you, what sort of statement it makes, what it means about you.

Watch it all slowly whirling in the bag.... notice those things that are crucial to you...

Put in the bag your furniture.... your total house... everything in it...your car.

Notice all of those things you own, whirling in the bag

Now put your job in the bag... and all those ideas that you're what you do....

Put in the bag- your brain... and that little voice in the back of your mind that's always telling you what to think and what to do....

Put your personality in the bag.....your ambitions....your nightmares...

Place in the bag your beliefs about income... men... women...sex... beliefs about your weight...your skin color... God... religion... politics...

place in the bag all of the thoughts and fears you have about death and loneliness...put your mother in the bag.... put your father in the bag.... sisters, brothers, grandparents, husband or wife, children, friends....

Put in the bag, anybody you've every hurt...

Put in the bag... anything you've ever complained about all your judgments...your opinions, opinions about what you have and haven't achieved

Put in the bag... all the agreements you didn't keep...all the relationships you left...all the relationships that left you...

Put in the bag... opinions others have about you...put in the bag... what your enemies think of you...

your characteristics, habits, addictions... your resistance... put it all in the bag, and just watch it all swirling and moving.... all those things that are you.... that define you....

Put in the bag ...your refusal to let others teach you...

In the bag put all of your fears.... what you do wrong...the reasons for the way you are what you are.

Now, look around and place anything you might have forgotten in the bag.. Anything about you... put it all in there... everything that's you is in the bag

See everything that's you... in the bag, all swirling around in the bag,

But... You're NOT in the bag

You're who's looking at the bag

You produced everything in that bag to help you experience yourself

You can keep or cast aside ANYTHING in the bag

It's YOUR CHOICE.... It's YOUR choice.... It is not you... You're not who is in the bag....

You're not the THINGS in the bag.

Now keep whatever you choose, it's your choice....

In a minute you're going to give the bag a big kick... You're going to send that bag into the universe.. Far-off from here... and let it go...

give it a big kick... so hard that it goes flying far into the outer reaches of the universe... now it is totally gone.... just gone.....

This is how you find your true self, enjoy the experience of staying in the moment, where nothing matters except your true self.

As you ready yourself to come back to your conscious aware state, remember to bring back a reminder, something to bring you back to place where you can gather the strength that is greater than any of your fears.

And now return to your conscious self within your special place and be grateful for and completely aware of your deep rooted sense of self awareness.

As you breath deeply it's time to return as we go from 1 to 5 , Number 1 you are slowly coming back to your awareness, 2 feeling alive and rested and deeply strong, 3 returning with amplified self assurance, and ability to follow through, 4 feeling the essence of being in your body that is empowered and dedicated as well as self approving, paying attention to the sounds and light in the room, and 5, when you are completely ready open your eyes and return to the room knowing all the while that life is to be savored and lived.

You have just taken steps to bring your own success, to boost your discovery and to accomplish anything you choose.... To do what is necessary to be strong, confident and successful. Listen to this series often to tap into your new found abilities.