

## Happiness Unlimited - Hypnotherapy For Creating Joy, Euphoria And Happiness In Life Series

Presenting your hypnotherapy series for success, enlightenment and happiness in life.

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 .... Happiness Unlimited - Hypnotherapy For Creating Joy, Euphoria And Happiness In Life Series

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.....

Suppose, if you would, that you were to stand outdoors, in an open landscape, familiar in the deepest sense. In that space, there's in truth no gravity and you gently rise, the ground dissolves, no longer being required now, and so you float amid a space so immense with colors that are yours alone.

It takes a minute, maybe two, for you to now adapt and shift so that you sense the colors, feel them and start to see them too as you shift into their state of being, as you shift into the realm where they'd speak to you and be totally real, and familiar to you.

And there they are to greet you, your friends, your opal whites, your daybreak gold, your royal reds and blues of finest hues, your deep royal purples and your deepest forest greens, they're the first to be revealed and they start to move and swirl, in spiral patterns all around, the patterns of their dance unfolding now for you to recognize and see and distinguish as they'd move to come to you, as you'd move to come to them.

You realize full well that these are yours, yours by all rights, friends, a part of you indeed, colors old and new, pure and brilliant, some gentle pastels and they'll be yours if you could reach them, or if they could reach to you, then all would be just as it should. Gently, fondly, the colors reach toward you, individually, each one is calling you with their sweet sound, a chorus and a harmony that you've longed for so long, it hurts to think for just how long it's been since last you knew them, touched them.

You feel and you perceive the colors streaming now toward you and in some places, they really touch you now and it feels grand, and yet in other places, there's something like a frozen shield, keeping the colors distant and their sound and loving shine just bounces flatly and they swirl and mix with other colors in their desperation and in your rejection. But today, there will be no rejection left.

Today, your hunger for the colors and your deep remembrance of just how it is supposed to be, is more than all the fear and all the long amassed shields of disillusion and of backlash and today, you give a clear command that rings out with force that the barriers must be cast off, that the colors loneliness must now be made to end, and that you again are willing to receive.

As hunger, memory and purpose now align and joyfully, the colors rush and find their rightful places, find their rightful charges and connect and beam their message and their song to you, and all you are now resonates in richest gratitude as you receive your dues and again, are now aligned, and as it should and as it will remain forever.

Dance with the colors, and swim amidst their voices and their loving touch, their beauty and their sheer conviction and drink their clarity for all the time you require although truly, you're always here, and now the colors are with you again, as is their song, as you remain anew, and as it should, and as it will remain forever.

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 happiness and harmony with the universe.

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 harmony and oneness with the universe.... To do what is necessary to be happy and fulfilled. Listen to this series often to tap into your new found inner peace and happiness.