

Insomnia

Hypnosis Induced

Deepener set

Think about it being some moment just before bedtime, you are relaxing and you have put this past day upon a mental shelf... This past day has taken care of you... yesterday has done the same.. just like every other yesterday and all past yesterdays have done... Your life has supported you, taken care of you, just like tomorrow will and you truly know this... You trust in all of the ready support that life has given you... that life gives you... and continues to give you easily and effectively making this is one of your deepest and most personal truths... So you can trust and relax even further... So now it's time to relax, to release and unwind, in your mind and in your emotions and even your thoughts are relaxing... your breathing is so slow, so peaceful, in a powerful relaxing rhythm... allowing you to relax deeper, deeper and further and further... you are just feeling so sleepy, so calm, so relaxed... You can actually feel your whole body relaxing, almost melting, from the top of your head to the tips of your toes... everything just melting... Now think of yourself laying in your bed, you are unwinding even more, just letting go, so comfortably, so lazily, so easily, so effectively, so restfully, just letting go... I wonder if you are picturing just letting go even further or if you are wondering about how completely great you are going to feel in the morning upon awakening... you are so rested... so relaxed.. so peaceful...so calm... perhaps even successfully inspired, to most powerfully let go of any and all old, unneeded, uncomfortable, stubborn, unyielding and inflexible old thoughts, old ideas, old feelings, old useless patterns or ways of thinking, that once stood in your way...just letting them drift away with the lightness and comfort that you are now completely experiencing powerfully, powerfully allowing you to even better live your life, to enjoy your life, being successful in all that you wish to accomplish... Any and all stubbornness from your past just seems to be drifting away from you as well, because as you relax even further and deeper, you are just feeling so supported that you are just trusting more and more.

You are correctly choosing to relax through any and all frictional moments, becoming more and more adaptable, pliant, amiable, genial, supple, elastic, you are becoming just like water, easily able to flow around, through, over or even under any and all challenges, new or old, you are becoming more and more problem-free, challenge oriented, focused on all opportunities to gain, grow, adapt, learn, relax, release, heal and forgive, releasing all harshness and all of its energy from your past...

During this luxurious night of well-deserved and graceful sleep, you have also powerfully chosen to sleep easily, comfortably, peacefully and deeply, in correct and proper body postures and positions, that will support you and allow you to breathe most easily, successfully, quietly and restfully... This is something you automatically do, as you release and relax, carefree and completely successful, more and more, getting better and better, easier and easier, each and every night that you rest, in a well-deserved rest, from another interesting day, a learning-filled, opportunity-packed day.

You relax even deeper now... releasing any and all negative feelings from your Past... absolutely yet powerfully and completely releasing all experiences you've had with frustration, fear, guilt, anger, disdain, sorrow, dejection, right now, even better and instead, because you recognize you deserve it. You truly allow limitless feelings

and the inspirations of love, life, joy, harmony, bliss, feelings of happiness and contentment... you're so very glad to be alive, you are passionate for your life and for living your dreams, with limitless respect for yourself and for others... admiration, self esteem, self-respect, kindness, you relish and cherish your life, your world and those you love in more self-supporting ways, unleashing and liberating all of your greatest and best inspired success potentials, free of any and all effort, by just allowing...by just relaxing... just sleeping... truly embracing all that is fresh and vital in all that is life and when you awaken, you are relaxed... comfortable and refreshed... All throughout your wonderful and powerful night of rest and sleep, you feel calm, satisfied and relaxed, easily, freely, and quietly! And you bring with you into your next new day this wonderful calm, satisfied sense of relaxation over into your waking state , awakening at your usual time, truly inspired to create the most wonderful of days, feeling wonderful in every way! You are completely and absolutely ready for another wonderful day.

Bring back to the room