

## Jason Linett's All Positive Ego Strengthening

- As you walk out that door today, you begin to find yourself feeling physically stronger and fitter. MORE alert, MORE wide-awake, and MORE energetic.
- You begin to find yourself feeling SO deeply interested in whatever you are doing, that your mind is MUCH LESS preoccupied with the challengers of yesterday, and MUCH MORE aware of your abilities today.
- Every day your nerves become stronger and steadier...Your mind is calmer and clearer, more composed, more peaceful and at ease.
- You begin to think MORE clearly, concentrate MORE easily, and your memory improves as you see things in their true perspective, without allowing them to get out of proportion.
- Every day you find yourself becoming emotionally much calmer, MUCH MORE peaceful and at ease.
- You feel a greater feelings of person well-being, a greater feeling of personal safety and security, MORE than you have felt in a long, long time.
- You begin to discover much more confidence in yourself, MUCH MORE confidence in your ability to do, not only what you have to do each day, but MUCH MORE confidence in your ability to do whatever you ought to be able to do, and to do it easily, optimistically, and happily.
- Because of this, every day you feel more and more independent, more able to stick up for yourself, especially to yourself, to hold your own, no matter how difficult or trying things may be.
- And, because all these things will begin to happen, not because I say so, not because of some wonderful words I know how to say, but simply because it's the nature of who you are. You begin to feel much happier, much more contented. Much more cheerful, much more optimistic, and it really is true, every day in every way you will do better and better.

*This is an all-positive handling of Hartland's Ego Strengthening technique modeled after an idea from Ron Eslinger. This information can be used in ANY advanced hypnotic intervention, whether it be future pacing, age regression, parts therapy, forgiveness, etc.*