

## The Wonder of You

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Begin to notice your surroundings.... everything around you.

Now, close your eyes and notice everything in the room that you can notice...sounds, smells, touch.

Now narrow your focus and notice just the things within a two-foot circle around you. You'll be remembering what you saw in that circle around you, as you're noticing what you can smell and feel.

Now narrow your focus again and notice just the things in immediate contact with your body, the air, the clothes...the sounds... the surface your resting upon connecting with your body...maybe it's a chair...giving you unconditional support. That chair doesn't care if you sink deeply down into it or float just on the surface of it. Imagine the feeling of that unconditional support.

And as you narrow your focus again to inside your own body...inside your own skin...your muscles and tendons, the inner organs...the sound of the beating of your heart...your breathing...your lungs expanding and contracting...

Focus on letting go...allowing your subconscious mind time to **embrace each of the positive suggestions.**

Concentrate on your breathing...notice the very beginning of the breath...and the end of the breath.

It's interesting to notice the entire breath...from the very beginning of the breath...to the middle...that place where it turns around and becomes an exhale...and another signal for you to let go....

And you can take your attention up to behind your closed eyes...your home...where you live.... inside your own imagination.

Deeper now... Each time that you **accelerate your skills**, abilities and resources by going into this state we call hypnosis your mind expands...and you benefit from the suggestions for your own good.

Everyone has their own way of allowing that relaxation in the scalp to move into the facial muscles and tendons...going loose, limp, and completely relaxed.

So comfortably relaxed that each time you go into this empowering, positive and dynamic state of hypnosis...you **go even deeper inside** your own mind...

More relaxed, more comfortable and with greater peace of mind and body. Peace, tranquility and self-confidence.

And all you really need to do is **breathe** through the process now. The simple act of breathing alters your state of awareness so that you easily go further inside to that comfortable state...allowing you to emerge refreshed, revitalized and renewed with greater determination to enjoy and use your skills and abilities, motivation to accept yourself...and determination accelerated to appreciate the uniqueness of you.

And the more relaxed your body becomes here, the more positive, the more optimistic, the more productive your body will be upon emerging. And the more positive and appreciative your mind will be...of the wonder of you.

And each of the resources you need upon emerging to reach your personal goals will be as readily available to you as oxygen. All you have to do is breathe them into being...As you are realizing that you are discovering the power of letting go...letting go of old thoughts...old beliefs...old patterns that have no control over you now...in this or any other level of consciousness.

Allowing you to change 100-percent of the things **you can change** that will improve the quality of your life, the quality of all of your relationships, the quality of your thoughts...

All negative thoughts, all negative beliefs, all negative concepts will be neutralized from your mind...eliminated by your body's awareness because you have decided today...you no longer need those old limits...you no longer need those old beliefs...

So, every night as you drift off into a dreamy, drowsy, relaxed and comfortable state of sleep...you find yourself making a review of your day. In the review you **make all the adjustments that need to be made**. Adjustments that will allow you to maximize your mind, harmonize your thoughts and **accept all the positive suggestions** for your benefit and your personal goals.

After all, there is only one constant in the universe...and that is the constant of change. Today, you've decided to **change your mind and change your life**. And all you really need to do is breathe. Breathing in deeply and out completely as you redirect your awareness to you. That's what this is all about. It's about improving you. Improving the quality of your life. Improving the quality of your life by improving the quality of your thoughts.

It makes me think of Michelangelo...the sculptor. When they asked him about his work, he said...it starts with the spark of an idea...where he looks deep into the marble and can see the masterpiece inside.

Inside...where you are now...taking a journey to the treasure chest that is you.

Feel the relaxation response now as a flood of information down through the scalp, facial muscles and tendons, down the neck, across the shoulders, down the arms to the tips of the fingers where you feel the pulsation of relaxation increasing...and the chest, abdomen and back relax...the hips, the thighs, knees, calves and shins...and now the bottom of the feet relax, the toes relax.

So relaxed that **you can easily now can journey back through time**. Back to the very beginning of time...where you're going to realize your greatness from the very beginning...when you learned to see through new eyes, hear through new ears and feel through the newness of your body. At the very moment of conception you knew you were a winner...because winners learn from wherever they are...to get to wherever they're going.

So, today you can easily accept the success and the failure of the past. All you really need to do is journey back through time...to the earliest very pleasing, positive memory for you...and when you're at that earliest pleasing, positive memory...**step into it**.

Imagine breathing that positive, empowering memory into your mind. Imagine to the very best of your ability that you can see thru the eyes of that event. Imagine that you can hear thru new ears...and that you can actually sense and feel the way you were sensing and feeling at the earliest memory you choose to re-view today that was positive and productive.

Now, some have traveled all the way back to the very first step taken without holding onto a table, a sofa or a parent's hand. That very first step was something you truly desired to do...and nothing would stop you from experiencing this moment of success...if you fall...you just get back up and joyously continue to take more steps into your future. Because you realize the wonder of you...discovering balance...all on our own. No one could do it for you.

Some recall the first time they picked up a spoon and fed themselves. And even when it gets a little messy...this new skill and experiencing even the tiniest taste of success brings so much joy and increases the desire to move in the direction of success with strategies that are just below the level of the conscious mind...

Whatever you desire...whatever your path...your subconscious mind knows exactly what needs to change specifically so that **you can have more joy, greater happiness and greater prosperity**.

So if you don't mind...imagine bringing forward thru time each pleasing, positive and dynamic event that has ever shaped your life. Categorize and organize them and then store them in bright living color. Make them real and vibrant in your mind. So colorful and bright that you call upon them as resources. Skills, abilities and resources that are so natural to you that upon emerging, your subconscious mind will gather them so when you need the support most in your own mind it will be there 100-percent productive for you...helping you to get from where you are today to where you want to go.

Notice that deep, deep inside you is a small still voice of wisdom. That wisdom tells you that you have done the very best you could every step of the way...given the information you had at the time. And as you know...when you know better...you do better.

Today, you are being given new information, different information that is going to empower you to experience life moving freely and easily in the direction of your desired goal. Freely activating your mind. Freely activating your thoughts, freely restructuring your beliefs as you begin to understand the power you have had all the time. Utilizing your skills in new and different ways as easily and naturally as you breathe.

The mind is a goal-oriented organ...and you will always get what you go looking for. Each time you allow this state of hypnosis by taking a moment to go inside your mind you are retraining the brain to choose the experience you want.

Negative events are stored as black and white still images...like the pictures in an old photo album in your mind. Store them, categorize them and organize them so far behind you...that you learn from the experience that which was most valuable to you...and then you step out of past limitations into the freedom, the power and the flexibility of the moment we call now.

As you **retrain you brain**...each time you close your eyes with the intention of going into hypnosis...your mind is going to expand, your brain as well as your body is going to absorb each positive suggestion...and most importantly...your life is going to improve because you want it to. It will improve because you've decided to appreciate yourself...**make it happen** upon emerging.

Self-love and satisfaction will permeate every cell, system and organ...providing you peace of mind, harmony in your thoughts...health, harmony and vitality are your key words for today. Each beat of your heart reminds you...health, harmony and vitality.

Each night as you drift off into a deep, restful sleep...you'll be able to evaluate any stress, strain or confusion from your day...evaluate the feedback...and make all changes that you decide are necessary to reach your goals.

As you breath in deeply...and breathe out completely...step into the resources, skills and abilities that are available to you. Realize, you have skills and abilities and resources that you haven't even considered that will be triggered by experiences you couldn't even imagine that will be part of your day to day experiences from this day forward. Creating physical changes, mental changes, creating emotional changes that for you will last a lifetime. A lifetime of physical, mental and emotional changes that will assist you in seeing, hearing and experiencing your life the way it was genetically intended in that winning moment when you were conceived. You

were conceived a winner in the very race for life itself! You were the very first of your kind and the last. There is no one uniquely like you and there will never be another.

So today, you are relaxing into the knowledge that you can maximize your mind, harmonize your thoughts and empower yourself with the belief in positive change...

In a moment, my voice will pause And a perfect space is created for you to imagine how easy and natural it is to love yourself. Appreciate yourself....celebrate you as you embrace the masterpiece of your uniqueness...

And when my voice returns, it will double and then triple the effectiveness of your decision today...to put a little more self love in your heart....

**PAUSE....(10 seconds to a minute...there's no RULE!)**

Each and every positive suggestion is now becoming permanently a part of your mind. Transforming into your beliefs and convictions so that success will follow you as surely as your shadow.

Even now as you breathe in deeply and breathe out completely your subconscious mind is making all the necessary changes. Changes that will be spontaneous, natural and automatic for you.

Where you are free to accept yourself...love yourself...praise yourself for winning the Award of life...realizing that every moment from this time forward that is spent on negative thoughts or negative beliefs...is a waste of your awareness. So you easily file that in black and white...far, far behind you...

And bring your beautiful, unique winning spirit forward in bold, lively colors.

Embrace yourself...love yourself. Remember self love is not selfish...it is love self first.

And that has been your natural nature since that first winning spark of life.

Decide now to open your mind to the possibility that you deserve the health, happiness and vitality that life offers you.

In a moment...but not just yet, you will open your eyes and expand your focus...opening up the possibility of living your life as you want it...because you deserve it.

Notice your breathing...and expand it out to your skin...notice what is around your body...the clothes on your skin...the surface you're resting on...the smells and sounds of the room...Back straight, head held high, and behaving as if you already have it all.

When you're ready....take a nice refreshing breath and slowly open your eyes and mind to the Amazing wonder and possibilities of you.

