

Hypnotic Guidance for Your Unconscious Mind

As you're walking infinity, go ahead now . . . allow and accept each experience as you meet it along the way . . . feel it fully in your body . . . just breathing into its presence and allowing it to be there . . . that's right . . . and just staying connected . . . in your own way . . . feel your highest sense of expanded self . . . that you are larger than your dilemma . . . remembering you are not these experiences . . . you are so much more . . . allow your Larger Self to simply experience the experience . . . be like the sky behind the clouds . . . feel the presence of the clouds moving by . . . yet be neither for the clouds nor against them . . . be like the ocean beneath the waves moving on the surface . . . still in your depths . . . freeing the waves to be there in their own way . . .

That's right . . . notice how those strengths dissolve into what you have learned to call weaknesses . . . notice those weaknesses . . . as unpleasant as those signals may be . . . naturally moving you toward . . . and taking on the shape of . . . those strengths of that seemingly opposite pole . . . become more and more aware as you move in that infinite rhythm of life . . . how

*these two things that had seemed so opposed . . . are now . . . and always have been
. . . in a deep harmony . . . discover that rhythm that is the rhythm . . . of this dance
of opposites . . . unfolding again and again . . . as you walk with this rhythm . . .
feeling it fully . . . yet knowing these strengths and weaknesses . . . are not who
you are . . . for you are . . . in reality . . . so much more.*