

Find an area in your home or place of work where you can have about three minutes to yourself. That's right, only three minutes are needed in your quest for success. After practicing this exercise many times, you may reduce the time to only one or two minutes. Now read the following words into a recording device. Read very, very slowly. Pretend that you are tired as you read this exercise and you will react in a relaxed, sleepy, manner. (You may want to print out this page for future reference) Whenever you see these ..., periods in row, that is your signal to pause and let your body relax for a few moments before continuing on.

Sit up in a comfortable chair or lie on a couch or a bed with your hands resting in your lap or by your side...take three slow deep breaths...each time you inhale, focus in filling your lungs with clean, fresh air...as you exhale, feel all of the tension leave your lungs. You feel good, you feel fine...you feel perfectly relaxed. Each and every deep breath that you take lets you relax deeper and deeper...each and every sound that you hear allows you to relax deeper and deeper...nothing will disturb you ...just breathe deeply and relax deeply...Let your body relax ...let all of your muscles relax as you gain control over the powerful subconscious part of our mind...all of your cares and troubles are just drifting away...You can bring them back at any time you want ...but it feels good to let them drift away at this time...

Each and every breath you take allows you to relax deeper and deeper..each and every sound that you hear, allows you to relax deeper and deeper...You feel good...you feel fine..., you feel perfectly and completely ...Your mind is alert and aware and your body is relaxing perfectly...Each and every time I practice this exercise, I will find myself relaxing to a greater and greater degree... My body feels totally relaxed as my mind is keenly alert, aware and very powerful... I can achieve anything I want when I execute my own mind power...I will find myself sleeping better when its time to sleep and I will find more energy when I am awake...My life is getting better and better.

Day by day, in every way, I am getting better and better. I feel good...I feel fine ...I feel totally and completely, relaxed...In a moment I am going to count from 1 to 5...By the time I reach 5, I will be alert and awake and feeling better than I have ever felt before...Each and every time I practice this exercise, I will find myself relaxing to a greater and greater degree... all right...one...two...three...four...FIVE...I am wide awake...alert and feeling better in every way.

How do you feel? Do you feel alert and awake and feeling better than you have ever felt before? Practice this exercise several times during your day. Each time you practice this exercise you will find relaxation easier and easier to attain. This relaxation exercise is specifically designed to defeat stress in your life. We all spend time, several 3 minute periods in our day, focusing on stress. Its about time we spend equal time on focusing on relaxation.

When you are looking to work on a specific problem using this relaxation exercise technique...self-hypnosis..., you need to include a "hypnotic prescription." A hypnotic prescription is specific "script" that you use in talking and communicating with

yourself. If you have a problem sleeping at night, you may develop a script that goes like: " I find myself sleeping soundly and perfectly all night long. The natural sounds of the night act as a lullaby, singing me to sleep. I will awake in the morning, feeling relaxed and alert, ready for an exciting new day."

You read the above "prescription" into your recording equipment before you embark in the relaxation exercise. It helps to write down your prescription on a piece of paper or an index card and read it over several times before you listen to your self-hypnosis exercise. This will allow your thoughts to focus on a positive outcome or change, one that you really are inviting in your life.