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*SUPPORT FOR CAREGIVERS*

Caregivers often are the ones to keep the calendars, take notes at meetings, research treatment options, meet with experts and navigate the healthcare system, and all while meeting the physical and emotional needs of the person who is ill. They discuss legal and financial issues and are often the people who become the target of any anger and frustration the ill person is experiencing. Caregivers, both full time and part time, can often experience panic, feelings of despair, resentment, and isolation.

Caregivers can be either paid professionals or family members, but don't for a moment think that paid caregivers don't experience physical and emotional exhaustion and burnout, so this chapter is for anyone charged with caregiving or who volunteered for the job out of love or obligation.

If you're a caregiver, I hope you have access to a support system of friends, family, and organizations designed to help people in your position. It's vital to combating isolation and processing your feelings that you have someone you can speak with. In addition, just as the person who is ill needs to take care of herself, the caregiver needs to do the same. From exercising to eating well to sleeping well to meditating, caregivers need to also give care to themselves.

In my experience as a caregiver and a person who has many caregivers as clients, finding meaning is also important, particularly during the toughest times. People who are able to learn from their experiences are generally less anxious and depressed, because they see everything that happens as an opportunity for growth. Everything that happens, remember, is neutral. And you can choose to perceive and interpret in a negative light or a positive light, or you can see things as neutral and simply learn whatever the experience has to teach you. That's how meaning is created in our lives—by refraining from

judgment and opting instead for education.

As for the ill person, sometimes people lose all boundaries when they're medicated or going through treatment, so you need to understand that they might not be acting like themselves because they *aren't* themselves. They are significantly different when in a lot of pain and medicated. For some people, the state they are currently in is or can be temporary, depending on a number of factors. And for others, pain and

medication will always be a part of their lives going forward. This is important if you consider that who you are is contingent upon the condition of your brain. If your brain is now altered due to pain and medication, it makes sense that you might be "a different person" than others have experienced. And it makes sense that if you will be in this position long term, this new and different person is actually the person you will be; the pain-free person (pain affects the brain) who isn't medicated is no longer.

### *Qualities to Strive For*

The following is likely to sound very obvious, but I see in my work that it's very easy to forget things that are obvious, especially when you're in the throes of a taxing, stressful experience. Indulge me in briefly discussing qualities to strive for that will increase your balance and decrease the amount of resentment you develop.

*Hone Your Listening Skills*-Often the most important thing you can do for someone who is ill is to listen and to bear witness. To allow the moment to be completely about them, without interjecting your words of wisdom, and to sit in loving silence, actively listening to whatever it is they need to say. Not every moment has to be a therapeutic one where guidance is given and opinions are shared and stories are swapped. Sometimes it's about doing nothing but allowing the person to talk. And some of those times might even be stories or speeches you've heard before. Refrain from mentioning that though, and simply be there to let them speak their mind. If you might be the person who witnesses the passing of the person

you are caring for, I wrote *Witnessing Passing* (at the end of this section) for you as well.

*Patience*-During those moments when you are feeling miserable and resentful, it might be a good idea to take a deep breath, refrain from reacting or taking anything personally, and remember that you are not the one with the major illness (assuming that's the case).

*Forgiveness*- It's not uncommon for a person who is ill to behave differently than when they are healthy, and that includes

shortness of temper, outbursts, and even violence. Expressions of anger toward caregivers are not out of the ordinary, and it's up to the person whose brain isn't altered to realize what's going on and not react

to it. It's also up to the person who might become a punching bag of sorts to forgive the puncher. I've seen many a caregiver be taken advantage of by the ill person and I watched as their unconditional love was disrespected. I by no means think you should never say anything about such behavior, but always try a moment of patience and a bit of forgiveness first. Remember that when someone is ill and in pain, their brains are not the same as when they are well and not in pain. Some people use the phrase, "It's the disease talking," and that's actually true. It may also be fear talking. Regardless, release them from blame. And while you're at it, release them from whatever you think they owe you for your care and love and support. Even though the person you're caring for probably does owe you an apology and a lot more, release them from that obligation.

*Flexibility*-When you are your normal self, complete with a functioning brain and body, it's sometimes easy to forget that the person who is ill simply doesn't have the capacity to do things to the level that you can. Maybe they need help for simple things that now take a lot longer or must be done differently than you're used to. The key is to remain flexible. After all, you're the one who is more able to be flexible. If things don't go as planned or need to be changed or take longer, have patience, take a couple of deep breaths, and be

thankful that you're in a position to be flexible.

## A note on spouses/partners as caregivers . . .

If your spouse or partner is ill and you are the primary caregiver, things can get intense and complicated in a way that doesn't happen with paid caregivers or even people caring for their ill parent. To put it bluntly, you can leave your spouse. Yes, all other caregivers can leave as well, but it's not the same kind of leaving.

*Mike and Samantha have been married for 30 years and are in their late fifties. Mike had to have major heart surgery with little notice and it involved months of recovery and discomfort. Though he and Samantha could easily afford to hire a caregiver, Samantha wanted to take care of him, plus he didn't want a stranger in the house. But Samantha's feelings of devotion were quickly overtaken by resentment when she experienced how demanding and impatient her husband could be. It was as if they had become mother and petulant child, particularly when his pain and frustration were peaking. Meanwhile, Mike couldn't understand why Samantha was so angry with him. On the conscious level, I worked with her to remind that when he's in pain, that pain takes over his brain and behavior. And when he's angry, he's angry with his situation and with himself (for not taking care of himself, as his heart disease was preventable). And of course, she had to learn how to forgive. And forgive. And forgive.*

I'd love to say that every situation is resolved, managed, or dealt with that way, but in my experience, things can also go a different way, depending of course on a variety of factors.

*Alex and Debbie are in their 60s and were married for under a year when Debbie was diagnosed with Stage IV breast cancer. Alex was angry because the role of caregiver wasn't something he "signed up for" when he got married. He was retired and excited to spend the next few decades*

*traveling and having a lot of fun and a lot of sex with his gorgeous new bride. But his vision for his marriage came to a screeching halt with Debbie's diagnosis. Initially, he was very loving and present and supportive, and he was happy to care for Debbie. But that was short-lived. Once the reality that Debbie's life was not going to go back to the way it was before her diagnosis, Alex couldn't deal with it; he chose not to. Alex left. Naturally, Debbie explained Alex's actions by saying that they were newly married and hadn't developed the bond and history of couples who have been married for decades. But we'll never know if that's true, and all that really mattered to Debbie was that Alex left her when she needed him most.*

We can't control the actions and reactions of others. All we can do is be present and do our best in our own role in a relationship. Fortunately, there are many things caregivers can control and many ways they can improve the quality of their own lives, and also the quality of the love, care, and support they give.

## **Conscious Level Tips for Caregivers**

*Focus on YOU.* Caregivers need to give themselves permission to shift their focus to themselves. Everyone needs to have their own life and be separate from others—even their spouses. It's not healthy for anyone to be completely immersed in the life of another and sacrifice their own interests, friends, energy, and career in the service of someone else. Thinking about yourself, doing things for yourself, and drawing boundaries so that you may become more separate from the drama you are so close to, are all signs of a healthy person who wants to maintain their identity.

Think about your identity prior to the illness and think about it now, if you aren't a paid caregiver. If you miss who you used to be, create a plan to get that person back. No, you won't be able to do it one hundred percent, but you'll at least be able to rescue some of your old self and maybe even improve on that self if that's your intention. If your identity has become Caregiver of So-and-So, and deep down you resent that or you're otherwise unhappy with it,

give yourself permission to carve out some time and energy and focus for yourself.

*Know how to react in a stressful situation.* The key to managing stress is knowing how to react in a stressful situation. And the best way I know to instantly change your state is to immediately breathe more slowly and deeply. Refrain from reacting if someone is pushing your buttons. Just be and breathe.

*Restore peace.* Restoring peace and relaxation to your mind and body through a program of meditation, exercise, eating well, sleeping well, and actively practicing forgiveness, will go a long way to improving your relationships as well as your own health. Caregiving involves giving so much of yourself away. It's mentally, physically, and emotionally exhausting (though the

lucky few people find it energizing), and part of being your best for the people who depend on you is being at peace and relaxed.

*Increase your own happiness.* What makes you happy? Whatever it is, make it a bigger part of your life. Maintain—or find and maintain—the capacity to be positive and enjoy your life. Some people feel guilty about enjoying anything when their loved one is suffering, but caregiving isn't about giving away your joy.

*Feel pride for the way you give to someone else.* Replace the drain you feel with pride and integrity. The last thing you need is to create negativity in yourself around what you are freely giving to someone else. If you have chosen to be a caregiver, own that choice and take pride in it. Make it a badge of honor rather than an albatross around your neck.

*Take an inventory of all of your own gifts and positive traits.* What are you good at, either naturally or by training and practice? What are the traits you have that others tell you they admire? Which of your traits do you admire in yourself? It might sound like a difficult thing to do, but don't let the negativity of the ill person take away any of your gifts. No one can take away your gifts.

*Be open to your lessons.* Many lessons can be found in illness, dying, and death. Lessons can be found in illness that turns around and heals. Don't be attached to any particular outcome, although that's admittedly

difficult. Instead, do your best in each moment, stay in the present, and be a witness to whatever is occurring.

*Don't take on the other person's baggage.* From their symptoms to their mentality to the lack of harmony in their life, don't make that your own. You have control over that. Let baggage remain with its owner.

In addition to doing whatever you can on the conscious level, much can be done on the subconscious level through self-hypnosis.

### *Rules for Successful Self-Hypnosis Sessions*

You'll first learn a few basic rules, and then you must practice, practice, practice. Repetition is your friend. Repetition is the mother of mastery.

**Rule #1:** Preset your time limit.

- Twenty minutes is the optimal amount of time, but you can use five or ten minutes if that's all you have.
- Give your subconscious the command that under no circumstances will you exceed the time limit. If you find yourself exceeding your time period (especially in the beginning), it may signify that you're releasing a great amount of tension. Only in the beginning and only under extreme stress should you lengthen the time period of practice. If you must, use a timer or alarm to awaken you until you've trained the subconscious to respond to you. Some of you wake in the morning without a clock. This works in the same way. Something will wake you.

You're seeking a dreamy, detached state (not sleep) wherein you can make clear and definite impressions upon your feeling mind. Total unawareness doesn't mean sleep. It's merely an indication that you're at a very deep level of Alpha or even Theta (though again, Theta isn't common during self-hypnosis for most people).

**Rule #2:** Get comfortable.

- Loosen your clothing if it's at all tight or binding. Remove your

shoes, your tie, or any article of clothing that may pinch you or be uncomfortable in any way. Position yourself so that your circulation is not restricted. Arms at sides, palms up, legs uncrossed, glasses removed. If you sleep with your contacts, leave them in; if not, remove them.

**Rule #3:** Initially use the same place to practice.

- You'll begin to associate the chair, couch, bed, or even floor with the Alpha level of consciousness. As you become accustomed to the routine, habit will take over and you'll find yourself propelled to that place at approximately the same hour each day. Think of this relaxation period as you would a daily bath—except this bath is for your mind. If you might be doing your self-hypnosis at work

as well, choose a spot there and form the habit of going to that spot for practice.

- Don't use your bed if you have difficulty sleeping. Don't use your ex-husband's or ex-wife's chair (there are negative connotations attached). Don't practice for at least an hour before bedtime—otherwise you will be alert and awake when you want to sleep. If you'll be using the session to fall asleep, begin at your bedtime.

**Rule #4:** Use your environment.

- Allow every noise, sound, or movement to carry you deeper into the desired state. We live in a noise-filled, busy, active world. To be completely effective you must be able to achieve the state of Alpha—where you will be relaxed and open to suggestions you approve of—any time you choose, under any conditions. To do this, simply use your immediate environment to help you relax instead of working to discount it. Prepare for any eventuality. If you're expecting a call, use a telephone to awaken you. If the door-bell should ring, use it to deepen the state. It's up to you to form the habit. Every sound or noise can take you deeper and deeper or it can awaken you. It's your choice.



**Rule #5:** Always maintain the same attitude.

- “Here I go!” Expect to thoroughly enjoy this period of relaxation. Assume an attitude of, “I allow myself to relax as deeply as I can and I enjoy the benefit from the experience.” Avoid analyzing, avoid questioning, and give up all effort. Simply let it happen.

### *Automatic Results from Practicing*

The results of practicing include: you sleep better, your mental and physical health improve, and your performance at work improves. Without the continual carryover of tension from day to day, your systems function more effectively. You are more at ease during both your waking and sleeping hours, and you sleep deeper and more

contently, but for a shorter period of time. Experts vary in their precise conclusions, with anywhere from 15 minutes in Alpha being equal to four hours of restful sleep to one hour of hypnosis equaling four hours of sleep. When you find yourself sleeping less, you’ll also find yourself with extra hours to do things you’ve always want to do—extra reading, writing, exercising, whatever interests you.

### *Condition Yourself to Reach Alpha State*

Once you’re able to consciously relax your mind and your body, you’ll be prepared to go into Alpha state using the Alpha Conditioning script that follows this section. And once in Alpha, you’ll be ready to put yourself into a hypnotic state and accept the suggestions that will lead to changes in your behavior on a deep, subconscious level.

You’re probably going to have to practice a handful of times, with the complete or extended script, in order to achieve the Alpha state necessary for you to accept the direct suggestions in the hypnosis script or CD. You can either read the following script, record yourself reading it (and be prepared to do it a couple times until you get it right), or you can listen to the progressive relaxation (“Alpha Conditioning”) segment, which is at the beginning of

every CD in the *Hypnosis for Moving Through Illness* CD package.

Chart your progress over 21 days, by placing checkmarks in the following grid:

S	M	T	W	TH	F	Sat

Mark each successive time you read or listen to a script. If you skip a day, you must start over.

Let's relax using Alpha Conditioning. Read the following script.

## Extended Alpha Conditioning Script

*Under no circumstances do I naturally fall asleep. I allow myself to relax*

*. . . I relax and allow myself to become as comfortable as possible. I feel myself relax. I allow the sensation of gentle rest to begin flowing throughout my body. I can feel myself growing more and more relaxed with each and every breath that I exhale. I visualize a balloon exhausting all of its air. I too relax, releasing greater and greater amounts of tension as I exhale . . . dissolving into the deepest state of rest. I feel . . . feel . . . the sensation of soothing relaxation as it begins in my toes . . . and each and every fiber and muscle in each toe now responds to the irresistible urge to let go . . . to let go. Each toe grows limp, loose, and relaxed. As a dry sponge absorbs warm, languid liquid, my body absorbs the soothing, languid, glowing quietness . . . of relaxation. Irresistibly . . . the relaxation flows into both of my feet. Smoothly yet quickly, with an ever-increasing sense of pleasure and enjoyment, the sense of peaceful, calm relaxation reaches my knees . . . and my knees relax. Swiftly now, like that thirsty sponge . . . soaking up warm liquid, the relaxation spreads to my upper legs, saturating them . . . spreading smoothly into both hips, and I am, from the hips all the way down to the tips of my toes . . . firmly aware and yet deeply relaxed.*

*With every breath now, my level of conscious awareness grows less and less . . . and less. Feeling safe and secure, my legs seem to fade . . . fade .*

. . . fade away. Every breath is slow and easy . . . slow and easy . . . slow and easy. As I relax deeper and deeper, the same soothing, tingling . . . relaxation . . . now begins to develop in my fingertips, filling each finger smoothly, deeply, and totally, with the sensation of deep relaxation. Each finger discharges every last bit of muscular tension, and in doing so . . . grows limp, loose, and relaxed. As the relaxation grows deep and complete, it spills over into both of my hands, saturating every tissue . . . every fiber . . . every cell . . . with the most enjoyable sensation . . . of absolute ease and quietness. As tension is dissipated, I become aware of the sensation of the free flowing circulation of my blood, which adds to the glow of relaxation. Both my hands are now completely relaxed . . . and the relaxation spreads with increasing effectiveness into my wrists, and my wrists let go . . . into my forearms . . . and they, too, grow limp and relaxed. My

elbows let go as they too . . . seem to fade . . . fade . . . fade away.

Swiftly now, the growing sensation of utter calmness and tranquility permeates my upper arms . . . the muscles grow limp and relaxed . . . and finally the calmness permeates both shoulders and . . . my shoulders let go . . . very limp, very relaxed. With each soothing, satisfying breath, they seem to fade . . . fade . . . fade . . . from my conscious awareness. My legs are deeply relaxed, and my arms are deeply relaxed. A soothing, penetrating . . . deep quietness of my arms and legs now begins to penetrate, to saturate . . . to fill and to soak . . . the rest of my body . . . with calm, quiet rest. I visualize clear, golden honey flowing smoothly and gently into a clear, glass container. Like the honey, the relaxation spills down from my shoulders, flows down my spinal column . . . bubbling up from my hips . . . and through my body . . . slowly filling me with the most pleasant, enjoyable sensation of quietness. My back muscles relax . . . my abdomen muscles relax . . . my chest muscles relax . . . and every tissue, every organ, every gland, deep within my being, responds to this soothing sensation . . . by relaxing also. Relax . . . relax . . . relax.

Every sound, every noise, every voice that I hear helps to me relax deeper and deeper. My glands and my organs are smoothly and efficiently . . . growing more relaxed with each and every beat of my heart. My heart is now pumping soothing . . . easy . . . quietness throughout my being. Slowly and irresistibly now, my entire body is filling . . . filling . . . filling

*. . . with relaxation . . . and soon, my entire body grows limp and then begins to fade . . . fade . . . fade away. As my conscious mind yields to its critical authority . . . as it drifts . . . and dreams . . . and floats . . . the irresistible sensation of relaxation spreads smoothly into the muscles of my neck and each nerve, each muscle, each fiber . . . grows limp and relaxes, responding more and more to the urge to relax . . . deep and deeper. As my neck muscles relax, all congestion is relieved, all tension vanishes . . . and the sensation of utter contentment fills my*

*mind. My mind urges my relaxed body to let go even more. The soothing quietness spreads into my scalp . . . and my entire scalp lets go.*

*A blanket of quietness is slowly enveloping my entire being, which I can now feel. I feel a cap of soothing, drowsy rest spreading over my entire scalp, and with such ease . . . with such enormous pleasure . . . the languid warmth finally spreads down across my face and every muscle . . . every nerve . . . every fiber in my face grows limp and relaxed. The muscles in my cheeks and jaws let go. I am now completely and totally relaxed. Every breath takes me deeper and deeper. Every breath finds me with less and less conscious awareness, but with greater and greater receptivity of my subconscious mind. I am, from this time forward, growing more relaxed, serene, and calm during all my waking and sleeping hours. I can, at any time, achieve the same deep sense of relaxation and quietness. I have the ability to relax and do so with the greatest ease and pleasure . . . making relaxation the easiest thing I do. Upon awakening . . . I find I am more refreshed and more invigorated than I have ever felt in my whole life. I always find relaxation refreshing . . . invigorating . . . rejuvenating.*

You now have the choice to either awaken or to drift off into a normal, natural sleep. If you are going to awaken, say:

*Twenty minutes. Wide awake.*

If you are going to drift off into a normal, natural sleep, say:

*I am now going to drift off into a normal, natural sleep. When I awaken, I will feel fully rested, calm, and at peace with myself, the world, and those around me.*

Once you have completed the above program, you can progress to a more immediate form of Alpha conditioning . . .

### *Instructions for Instant Alpha Conditioning*

Assuming you practiced the extended Alpha script, several times, under the proper conditions, you should easily be able to progress from the extended script to accessing Alpha state by using a single word. (You mediators out there will already be familiar with this process, and whatever mantra you currently use will work just fine for our purposes here.)

1. Select a word you would like to use to replace the Alpha conditioning technique introduced above.
2. Practice this for one week. If Alpha state occurs when you use the chosen word, go on with the program. If not, repeat this set of instructions until Alpha occurs using your chosen word. When Alpha consistently occurs, you can use this technique to prepare your mind prior to any of the self-hypnosis scripts.

## **Instant Alpha Conditioning Script**

*From this moment on, each and every time I desire to attain the deep state of total relaxation, I am instantly and fully relaxed, as I am now drifting into the Alpha state of consciousness. The moment I think my chosen word, \_\_\_\_\_, Alpha occurs. This word has an effect only when I use it and only under the proper circumstances. Each and every time I do use it I am fully prepared to receive positive, beneficial, and constructive suggestions, impressing each one deeper into the storage and memory facility of my brain.*

*From this moment on, \_\_\_\_\_ triggers deep relaxation of my mind and body. I feel Alpha occur. I feel wonderful. I feel comfort-*

*able. I am totally receptive and responsive to my own creative ideas and suggestions. I am bathed in a glow of quietness, peace, and serenity. My chosen word works only when I deliberately use it for deep relaxation to attain Alpha consciousness. Its use in regular conversation has no effect on me whatsoever. From this moment on, each and every time I desire the deep state of total relaxation, I am instantly and fully*

*relaxed upon saying\_\_\_\_\_ . Because my subconscious must follow my command, each and every time I desire total relaxation, I am instantly and fully relaxed when I think my chosen word\_\_\_\_\_ . I feel a deep sense of gratification as this word programming becomes a reality. Feeling wonderful, generous, alive, and eager to awaken.*

You now have the choice to either awaken or to drift off into a normal, natural sleep. If you are going to awaken, say:

*Twenty minutes. Wide awake.*

If you are going to drift off into a normal, natural sleep, say:

*I am now going to drift off into a normal, natural sleep. When I awaken, I will feel fully rested, calm, and at peace with myself, the world, and those around me.*

## **Support for the Caregiver**

Instructions:

1. Read each night, before retiring, for 21 nights. Read aloud, with feeling, using the word you chose earlier to replace the longer version of Alpha Conditioning.
2. Proceed immediately to the script for Support for the Caregiver.

S	M	T	W	TH	F	Sat

*From this moment on, each and every time I desire to attain the deep state of total relaxation, I am instantly and fully relaxed, as I am now drifting into the Alpha state of consciousness. The moment I think my chosen word, \_\_\_\_\_, Alpha occurs. This word has an effect only when I use it and only under the proper circumstances. Each and every time I do use it I am fully prepared to receive positive, beneficial and constructive suggestions, impressing each one deeper into my storage and memory facility of my brain.*

*From this moment on, \_\_\_\_\_ triggers deep relaxation of my mind and body. I feel Alpha occur. I feel wonderful. I feel comfortable. I am totally receptive and responsive to my own creative ideas and suggestions. I am bathed in a glow of quietness, peace, and serenity. My chosen word works only when I deliberately use it for deep relaxation to attain Alpha consciousness. Its use in regular conversation has no effect on me whatsoever. From this moment on, each and every time I desire the deep state of total relaxation, I am instantly and fully relaxed upon saying \_\_\_\_\_. Because my subconscious must follow my command, each and every time I desire total relaxation, I am instantly and fully relaxed when I think my chosen word \_\_\_\_\_. I feel a deep sense of gratification as this word programming becomes*

*a reality. Feeling wonderful, generous, alive, and eager to embrace support for my role as a caregiver.*

## SUPPORT FOR CAREGIVERS

*From this time forward I know the key to managing stress in my life is knowing how to react to any stressful situation. When a stressful or emotional situation occurs in my life, I know that I react with the appropriate response. Automatically, I slow my breathing, and I breathe deeply . . . and slowly. If my heart is racing, I tell my heart to slow down. I breathe slowly, I calm my heart rate and I touch my thumb and pointer finger together to create the calm and relaxed feeling of peace. I remain composed in any stressful situation. My composure builds more and more confidence.*

*I enjoy all of these wonderful feelings of complete relaxation. Relaxation comes to me so freely. So much so that should I try to resist consciously or subconsciously, the more deeply relaxed my body will automatically grow. As this peacefulness I feel in this moment and the calmness I am experiencing throughout my body becomes stronger and stronger, I continue to relax even more soundly and more deeply with every breath I exhale. I enjoy all of these wonderful sensations.*

*I allow myself to relax without any effort whatsoever. My whole body just gives in. Just lets go. The sound of my voice guides me deeper and deeper into relaxation. Following my suggestions keeps guiding me into a deeper state of relaxation. The more I allow my body to relax, the better and better I feel. And the better I feel, the more my body will relax. With just terrific, good, beautiful feelings going through my body and content thoughts going through my mind. I relax and let myself go. I relax and let myself go. In every way now I feel better, happier and more content. Every second, every minute, every hour, every day, my self-confidence keeps building more and more.*

*When confronted with a stressful situation, I choose to express myself later and I react at a more appropriate time and in a more appropriate*



*place. I slowly breathe in fresh clean air, and then I slowly exhale away any stress the situation has attempted to cause me. I breathe slowly and touch my thumb and pointer finger together to bring feelings of calm relaxation to me. The stressful situation does not harm me. Expressing myself later when confronted with a stressful situation may be my best choice when I am at work, with a patient, in public, in front of a caregiver, or at an intimate social gathering.*

*I know that there is a time and a place for everything. When I am confronted with stress, I know that I may express myself later, at a more appropriate time or in a more appropriate place. I react appropriately to a stressful situation when I choose to express myself later.*

*I always remember that I may simply choose to forgive the person or the thing that caused me stress. Forgiving the person or the thing that caused me stress is a healthy choice. It is okay to forgive. To forgive is a very powerful act. I realize that it may be their pain, illness, or fear that is causing their reaction. They are scared and it isn't about me. The art of forgiving involves releasing another person from whatever it is that I believe they owe me. Maybe they owe me an apology for something that they did to me. Maybe they spoke poorly about me to another person and that caused me increased stress. I forgive that person now. The act of forgiving lifts a great deal of unneeded stress and strain from my shoulders. I slowly breathe in fresh clean air . . . and then I slowly exhale away any stress that a situation or person has caused me. I breathe slowly and touch my thumb and pointer finger together to bring feelings of calm, relaxation to myself. The stressful situation does not harm me. I react appropriately when I choose to forgive the person or the thing that attempted to give me stress. As I forgive, I give myself permission to shift my focus to myself and what I can do to improve my happiness.*

*Each day I remember to make care of myself my number one priority. Every day I do two or three things that make me feel good about me. I give myself love and attention and schedule fun activities as part of my daily routine. I express my wants and*

*desires purely and simply. My feelings are important and I can express them with compassion. With love, I stay in the moment and state*

*clearly what I want. If someone hurts my feelings, I say ouch and leave the room. I don't retaliate because that doesn't help me and I have committed to taking the higher road. I now accept myself as a lovable person who deserves to be happy. I have the ability and the right to freely express and receive love. I am a unique individual with special qualifications. There are things I do great that no other individual is able to do better. I am valuable. My work is appreciated. I am important and understand this.*

*I have integrity that makes me proud. This pride makes me feel great. This pride makes me feel happy about the decisions I make. These decisions are good and make me feel good about myself and the level of care I give. My energy is focused on my self-care and improving my happiness and I feel great. I feel balanced. Even my body feels great. My imagination is boundless and is stimulated by a positive response from my body.*

*The reason I am reading this is that I want to wake up feeling that anything is possible and I want to keep that positive feeling all day long. I have made a decision to take back control of my happiness and my life that has been out of control for too long.*

*I have decided to increase my self-awareness and focus on the blessings in life. That's right! All of my attention can be turned into an attitude of gratitude. I can literally change how I feel by changing my thoughts. I easily focus on the simple pleasures in life: the beauty of a flower's blossom, the peace of a gentle, white, fluffy cloud in a blue sky, the sound of laughter. My only limitation is my imagination and I now let my imagination go free.*

*I allow my imagination to visualize or get an awareness of my entire body webbed like a screen door, with a strong wind blowing through it. The screen door offers no resistance and no matter how hard the wind blows, the door remains intact, unbent, untouched by the wind. From this day forward, I am like that screen door in moments of stress or when I find myself in a difficult or unpleasant situation. I remain relaxed. Free of any*

resistance, free and open. Incapable of any unproductive emotional response. I am cool, free, and open. In full, confident control. I remain faithful and true to myself and to my integrity. I handle situations in a cool objective manner. Free from negative, harmful, emotional responses or from behavior that in no way benefits me. Free and open from this time forward.

I have a firm and real appreciation of my own capabilities and abilities. Should I for any reason subconsciously resist any of these ideas, automatically, the act of resistance makes them that much more effective.

I grow stronger and stronger constantly. Through a new appreciation of myself and my ability to perform in life. I rest now in the wonderful realization of continual self-improvement. I have positive control over my life and over my activities. I have a very clear and vivid understanding of the power of my subconscious mind and the reasoning of my conscious mind. I am now aware of which one is to be utilized in any given situation. I have previously released destructive and non-productive conditioning. I am free. I am alive. I am spontaneous. Meeting each situation with clarity and the assurance that I am completely capable.

I remain true to myself and my integrity. I have positive control over my life. I accept this responsibility and know that my ability to choose using all of my talents, all of my strengths, is fully developed and working for my benefit. Accepting this suggestion, I relax deeper, deeper, deeper.

Each day as I awaken, new understandings will become available in my mind, and I will be wonderfully satisfied and refreshed. I am able to clarify and identify those things that will work well for me. That's right. Each morning as my eyes open, I notice how good I feel. I am a happy person who feels good all of the time, and for the rest of my life. I wake in the morning feeling peaceful and balanced. I am happy to start the day and I feel gratitude within me. I am optimistic and know deep within that today is full of positive opportunities. Now I recognize and enjoy my many blessings. I am open to all the warmth and joy and fulfillment that life has to offer.

*I appreciate myself and am grateful for my unique gifts. I enjoy my work and find happiness that I am making a difference. I think of myself as my own best friend. I celebrate all that I am and all that I am about to become. My intention is to understand and help others, knowing anything is possible. I focus on solutions and positive outcomes to help myself and others. I never feel alone. I accept myself as a lovable person. I am capable of this. I am able to freely express and receive love and happiness. My energetic confidence lasts all day long. I am enthusiastic about my existing friendships and those friendships that are still to be made. What I want for myself is what I want for others. I want happiness for myself and happiness for others. I understand that everyone is made the same and everyone is part of the same great universe. Everyone is part of the same great life. This love I have for myself and others enables me to embrace life as it is.*

*I accept myself as a lovable person. I have the ability to freely express and receive love. I am a unique individual with special qualifications. I live my life in a balanced and positive manner. There are things I do great that no other individual is able to do better. I am important and understand this. I have integrity that makes me proud. This pride makes me feel great. This pride makes me feel happy about the decisions I make. These decisions are good and make me feel good about myself. My body feels great. My imagination is boundless and is stimulated by a positive response from my body. With feelings of greatness and relaxation I can accomplish the goals I set out to achieve.*

*I am a part of life . . . as we all are . . . and we all move, live, and think as we have the right to. Life goes on and so do I.*

*I am now open to all the warmth, joy, and fulfillment that life has to offer. I feel glad to be alive and enthusiastic about my future. I am now calm and relaxed and a sense of peace permeates my body and mind. I have made up my mind to see the joy in this human experience. I now take the time to enjoy my life and enjoy my blessings. I feel so good . . . like a happy child playing outdoors on a sunny spring afternoon.*

*I feel energy and vitality as if I were a child. This energy permeates my body and my soul, and gives me new life and renewed energy. I feel my limbs lighter and more limber, I feel my feet moving quicker and swifter, I can now move, skip, jump, and play like I did when I was younger. This vitality remains with me throughout each and every day. Every day I feel younger. Every day I feel younger and younger. These childlike feelings make me lighthearted in manner and make me appreciate simple things. I feel grateful for the magnificent gift of life and this feeling lasts all day long. Each new day brings special blessings.*

*Along with this new sense of youth and happiness, I also take the time to enjoy the simple, beautiful things in life, like sunsets and flowers and smiles and goodwill. To receive love, I am loving to others. And love awaits me in so many forms from so many people. I now experience my life as divine tranquility. In peace, balance, and harmony. Regardless of external circumstances, peace, balance, and harmony are mine. I feel good and secure about myself and about my future. I take the time to appreciate the pleasures in life. The pleasures to be found in creative expression. The pleasures to be found in natural beauty. The pleasures to be found in sharing with others.*

*I am now at peace with myself. I am proud of my accomplishments and fully aware of my potential. I am now feeling content and am not distracted by negative thoughts. Each morning as my eyes open, I feel good and stay positive all day long. I like and trust myself to know what is best for me. I have better access to my true wisdom, and my common sense abounds and allows me to see better solutions and alternatives. This contentment and happiness I feel now is the foundation of a fulfilling life. This happiness brings good relationships and great job satisfaction. My newfound wisdom and common sense takes me through life in a graceful manner with inner beauty and inner strength.*

*I enjoy life fully right now – at this moment. I live in a happy and content state of mind and I feel good right now. I now know that I possess the power to feel good and to feel happy each and every day of my life. I think more clearly and more intelligently now that I am a happier*

*person. I feel more alive now than I have ever felt before. My vitality is contagious and everyone around me notices how good I feel and how happy I look. I smile more often. I want to share these good thoughts with my friends, family and neighbors. I realize that I am the producer of my own thoughts. My ability to think happy thoughts is very powerful and very effective. This positive mindset lasts all day long.*

*Now that I feel good, I have more patience with others. Now that I feel good, I accept others with a new sense of appreciation. My tolerance and understanding is welcomed and appreciated. My understanding of others lends itself to my own personal growth and inspiration in life.*

*I am a positive person who understands anything is possible, now and for the rest of my life.*

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*Anything is possible. Any time in my daily life that I find myself desiring to feel better than I do, I stop what I am doing, close my eyes, take a couple of deep breaths and say these words quietly to myself: "Anything is possible." The words "Anything is possible" are my conditioned response key to my subconscious mind. And when I say these words, I will recapture the feelings I am now experiencing. I feel good and calm and alive and enthusiastic about my future. I feel at peace with myself, with the world, and with everyone in it. The words "Anything is possible" are my conditioned response to feel good, and every time I listen to this suggestion and every time I use my tranquility programming, it will become more and more effective.*

You now have the choice to either awaken or to drift off into a normal, natural sleep. If you are going to awaken, say:

*Twenty minutes. Wide awake.*

If you are going to drift off into a normal, natural sleep, say

*I am now going to drift off into a normal, natural sleep. When I awaken, I will feel fully rested, calm, and at peace with myself, the world, and those around me.*