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Life Control-Guided Hypnosis Videos On Taking Control Of Every Aspect Of Your Life

Presenting your hypnotherapy series for success, enlightenment and becoming the master of your life.

There is no danger in hypnotherapy but it is able to help you build many aspects of your life. Hypnotherapy can also help you become more mentally aware and has been shown to have healing aspects.

We ask you to do nothing else while listening to our series as you should be relaxed and focused.

Listen to this series often to get the repeat benefits of the message and to bring about the positive results.

Be kind to yourself and allow yourself to take the time to relax and go through the series to create your own success.

Get ready to just make yourself comfortable... let your hands lie loosely in your lap... or at your side if that's easier... just be comfortable and relax your entire body as much as you are able to... now I want you to take a deep breath and hold it for a minute before exhaling slowly... just letting your whole body relax as you do ... and I want you to just keep listening restfully to the sound of my voice... and as you're listening to the sound of my voice, I want you to center for a moment on your breathing... breathing slowly and steady and evenly... and as you exhale each time, just letting your whole body relax more and more... so that you gradually find yourself feeling like your whole body was settling further and further into the chair with each breath you breathe...

and just the thought of breathing and unwinding makes you feel as though you're sinking down... 5 Sinking deeper.... 4... and each breath makes you feel more at ease.... 3 and with every breath you feel yourself going deeper and deeper... more relaxed.... 2.... down once more..... breathing softly... Releasing.... and 1.... Completely relaxed.....

You're a self-assured, successful winner who achieves your goals. You're your own best friend and may master anything you want. Your only restriction is your imagination and now you let your imagination run free. In the past tense there might have been times when you landed in your own way but that was then, it was previous conduct and part of the past, you no more do that. From now on nothing stands in your way. You're a winner; your life is a series of successes. You let only positive ideas go through your mind. You've a solid drive to be successful, to be a winner. Any project that you accept you're confident and have a solid sense of follow-through. You complete all your undertakings in a positive manner and never have any question that you'll succeed.

You're going to discover that starting right now you're success oriented and there's nothing and no one who may keep you from becoming the success that you want. You expect to succeed in everything. You feel exuberance and confidence in all that you do. From now on you know longer dilly-dally. You feel a sense of urgency to finish all that needs to be done. Your fresh motto is do it now!

You're now highly motivated. You ooze confidence in all that you do. Self-doubt and fearfulness are matters of the past and you now replace them with self-confidence and conviction. You trust your abilities and know that you are able to do anything that you set your mind on. You're successful in all that you do. Others love being around you because of your self-assurance and ability. You've a very open mind and are creative.

You're an influential person ... your ideas and views are excellent ... Individuals like you ... and they like your ideas as they realize that you're always on the forefront ... You trust in your ideas and your abilities and you've no fear to speak up ... or to express what you know ...Just because you haven't done something before doesn't stop you ... As you know that you can do anything as well as the next person ... and even better ... You are able to master and control every aspect of your life.

As you ready yourself to come back to your conscious aware state, remember to bring back a reminder, something to bring you back to place where you can gather the strength that is greater than any of your fears.

And now return to your conscious self within your special place and be grateful for and completely aware of your deep rooted sense of strength and mastery.

As you breath deeply it's time to return as we go from 1to 5 , Number 1 you are slowly coming back to your awareness, 2 feeling alive and rested and deeply strong, 3 returning with amplified self assurance, and ability to follow through, 4 feeling the essence of being in your body that is empowered and dedicated as well as self approving, paying attention to the sounds and light in the room, and 5, when you are completely ready return to the room knowing all the while that life is to be savored and lived.

You have just taken steps to bring your own success, to boost your confidence, strength and life mastery.... To do what is necessary to be strong confident and in control. Listen to this series often to tap into your new found skills.