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REALIZING YOUR RESOLUTIONS

A two-script program instructing the unconscious mind to bring resolution and the subconscious mind to release imprints or impressions contributing to unwanted behaviors or hindering one from their goals.

Script One

INNER DIRECTION

Theory: The unconscious mind is unaffected by our imprints and impression and has a clearer understanding of our abilities than our conscious or subconscious mind. This session, in conjunction with "Subconscious Release," provides a total package of instruction to the unconscious mind for resolution and to the subconscious for release of contributing factors hindering a client from reaching their goals.

Application: This session should be administered before "Subconscious Release" since solicitation of deeper levels of the mind fills the void created by the release of unwanted imprints and impressions.

(Session Specific Induction)

My friend... as we begin... this journey... of understanding and insight... realization and recognition...it is unimportant... that you listen to my voice... because your inner mind... and your subconscious mind... will hear and understand everything I say... utilizing everything I say... for your benefit... your well being... and your highest good... translating my words... into your own positive actions... to awaken the potential within you... to realize your goal...

(Therapist is to insert appropriate session goal)

- 1) of controlling your weight
- 2) of ceasing smoking
- 3) of being healthy and whole
- 4) of loving yourself unconditionally and accepting yourself completely
- 4a) of being in a loving relationship
- 5) of being substance abuse free
- 6) of being abundant
- 7) of being relaxed and calm
- 7a) of restfully sleeping
- 8) of a fulfilling career
- 9) of realizing your life's purpose

And as we begin... this journey... I would ask that you would take... four or five... deep... slow... deliberate breaths... holding each breath just for a moment and then exhaling just as slowly... and just a deliberately...

As you inhale... experience clean clear oxygen... flowing into your lungs... and then... into your circulatory system... nurturing... every cell of your body... assisting every cell of your body to resonate... in perfect order and balance... As you begin to experience... a greater sense... of tranquility... and serenity... flowing... over and through your body... and as you exhale... experience... any undesired thoughts... ideas... memories... or beliefs... being expelled from your mind... that have hindered you from your goal...

Each breath you take... keeps becoming... more soothing... taking you... into a place... of greater peace... and awareness... insight... and understanding... It is not important ... for you to consciously understand... what has caused that problem... because your inner mind can explore and evaluate... the information imprinted on your subconscious mind... and can initiate positive action... to resolve that problem... in a gentle and pleasant way...

Drifting effortlessly... *(pause)*... on ... *(pause)*... and on... experiencing perfect peace of mind... feeling calm and relaxed... peaceful and drowsy... drifting into a deeper... sleepy... sleepy... sleepy state... Feel yourself absorbing... an inner sense of knowingness... that the problem is being resolved now... in a permanent and lasting way... an inner sense of comfort... with the realization that it will be easy and effortless ... for you to achieve your goal... and an inner sense of peace... and contentment... allowing your own inner mind... to do the work for you... Your inner mind... knows exactly what to do... to work out the solution to that problem... in the very best way... creating a reality...

(Therapist is to insert appropriate session goal)

- 1) of controlling your weight
- 2) of ceasing smoking
- 3) of being healthy and whole
- 4) of loving yourself unconditionally and accepting yourself completely
- 4a) of being in a loving relationship
- 5) of being substance abuse free
- 6) of being abundant
- 7) of being relaxed and calm
- 7a) of restfully sleeping
- 8) of a fulfilling career
- 9) of realizing your life's purpose

Drifting... effortlessly... on and on... moving to that perfect place of peace... Letting go... letting go with your conscious mind... and your body... with each breath that you take... Letting go... into the realization of your desire... resonating and vibrating in harmony... with what you desire in your life... Everything you are... everything you have ever been... everything you wish to become... is held in the unconscious levels of your mind... and is available to you... anytime you wish...

You have the right to make this decision... and your inner mind will work in cooperation with your conscious desires... because of your willingness to be willing to...

(Therapist is to insert appropriate session goal)

- 1) control your weight
- 2) cease smoking
- 3) be healthy and whole
- 4) love yourself unconditionally and accept yourself completely
- 4a) be in a loving relationship
- 5) be substance abuse free
- 6) be abundant
- 7) be relaxed and calm
- 7a) sleep peacefully
- 8) have a fulfilling and challenging career
- 9) be on the path of your soul °

Drifting... effortlessly... on... and on... I am speaking directly to the unconscious level of your mind... Becoming more relaxed... and more comfortable now as you begin to feel yourself absorbing a deep... inner sense of confidence... an inner sense of achievement and success... knowing that your inner mind can cause pleasant changes... to resolve that problem... as you go about the activities of your daily life...

Experience now... and place your attention on your goal... as you breath easily and effortlessly... feel and sense... your being resonating in perfect harmony and balance with your desires...

I would wish for you to focus your attention on the center of your mind... In the very center of your physical head... see at that point and place... a spiral spinning... see it clearly in your mind... at the very center of your mind... behind your eyes... You can see it... as the energies spin... releasing... gentle... peacefulness... throughout your body and your mind... See this spiral spinning... spinning in a direction... that draws you deeper and deeper... into the center of your *(Discretionary Wording i.e. - mind or consciousness)*... spinning at a speed that is comfortable to you... You might

begin to sense and feel sensations... in your head and throughout your body... and that is okay... Spinning... the spiral... deeper and deeper... focus your undivided attention at the very center of the spiral... in the very center of your mind... and experience yourself being drawn deeper and deeper... into the spiral... the spiral leading you to inner understanding and insight... your inner mind... understanding that problem from a perspective of greater knowledge and awareness...

You can experience your consciousness rising... as each revolution of the spiral takes you deeper and deeper... being drawn into that place of tranquility... and serenity... Flowing deeper... and deeper... even deeper now... focusing all of your attention... on the very center of the spiral... see it spinning... balancing and soothing your mind... your conscious mind becoming a blank tablet... on which your inner mind can write...

Continue to allow... the entirety of your attention to be focus upon the center of that spiral... moving down and through the spiral... allowing your mind to become a blank tablet... on which your inner mind gives suggestions and instructions... that are pleasing and beneficial to you... You can trust your inner mind... to do what is needed to overcome this problem... in an easy and natural way...

... .. *PAUSE*

I would wish for you to now move deeper into the spiral... closer and closer to the center of the spiral... and then through it... At the very center of your mind... focus your attention inward... to the center of your (*Discretionary Wording i.e. - mind or consciousness*)... feel the stillness... Your inner mind... can now send instructions to your subconscious mind...without your conscious mind being aware... and you can be pleasantly surprised how your inner mind... resolves the problem rapidly and completely... It is unimportant... that you consciously understand... how your inner mind resolves that problem... and you can trust your own inner mind... to do it in a way... that is both pleasing and best for you...

For you are creating a new reality... you are creating a new you... and you are moving into that new reality now... It is a reality of...

(Therapist is to insert appropriate session goal)

- 1) perfect health and wholeness
- 2) perfect health and wholeness
- 3) perfect health and wholeness
- 4&4a) unconditional love of self and self acceptance
- 5) perfect health and wholeness
- 6) worthiness and receivership
- 7&7a) tranquility and serenity
- 8) self fulfillment
- 9) self realization

and I lovingly (*Discretionary Wording i.e. - command or direct*) you... the subconscious level of your mind... to review all the imprints... impressions... beliefs... ideas... memories... and thought patterns... which have accumulated in the store house of your mind... and if there are any of them that need to be released... because they are not in harmony with your new reality... release them and let them go... so they no longer control or affect you in any way... and if there are any of them that need to be brought to the conscious attention of your mind... they will be brought forward... in the most gentle and pleasant of ways... along with the knowledge of the very best way to deal with them... for you have created a new reality... you have created a new you... and you are moving into that new reality now...

Begin to feel and experience... information and understanding being released... floating upward through your body... to the very center of your mind... bringing forth insight... Cellular knowledge is being released from the cells... within your physical body... rising up through your body... floating upward into your conscious mind...

Resting and realization... at the very center of your mind... see

(Therapist is to insert appropriate session goal)

- 1) perfect health and wholeness
- 2) perfect health and wholeness
- 3) perfect health and wholeness
- 4&4a) unconditional love of self and self acceptance
- 5) perfect health and wholeness
- 6) worthiness and receivership
- 7&7a) tranquility and serenity
- 8) self fulfillment
- 9) self realization

See clearly in your mind now... your body as a book with many chapters to be read... and you can bring forward... to the conscious level of your mind... any information... that will be beneficial and helpful to you...

Experience the cells in your physical body... releasing impulses... of information... drifting upward through your body... to the very center of your mind... see and experience that information... now... making available to the conscious level of your mind... information... and knowledge... encoded on the physical body...

(Session Specific Awakening)

You can sense and feel... your inner mind... and the cells of your physical body... releasing information to be read... at the conscious level of your mind... coming up through the unconscious mind... up to the center of your mind... giving direction... instruction... and guidance... of the very best way... to resolve this problem now and forever... and you can trust your own inner mind to create... your new reality easily... and in a way that is pleasing to you... without your conscious mind... needing to understand... how you will achieve your goal... for your inner mind can work with your subconscious mind... without your conscious awareness... Only those things that will be of conscious assistance to you will be brought forward... though you will always be conscious of the progress you are achieving... and you can be sure it is a permanent and lasting accomplishment...

Focusing your attention inward to the center of your mind... remain here at the center of your mind... and see and experience yourself... in a new way... allowing your inner mind to create your new reality... to create a new you...