

## Right Relationships- Hypnotherapy For Developing Positive, Meaningful Relationships With Others Series

Presenting your hypnotherapy series for success, enlightenment and developing right relationships.

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.

Welcome to .... Right Relationships- Hypnotherapy For Developing Positive, Meaningful Relationships With Others Series

Get ready to just make yourself comfortable and shut your eyes now... 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 keep your eyes shut now and 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....

As you go deeper and deeper into relaxation you see that among your strongest desires... among your most treasured wishes... is “to love and be cared about reciprocally by a person who will care about you forever. You recognize that for this to occur you must develop the correct feelings towards one another to make that “right relationship”. Your subconscious acquires a technique for accomplishment by way of visualization - envisioning what you wish to accomplish – your chief goals, to show your Subconscious what and how you wish to be and what you wish to attain in this your “right relationship”

Envision now, by utilizing an imaginary television screen about 3 miles square, and project yourself and the individuals in your life as happy, relaxed, caring, loving individuals, showing all the caring positive feelings towards each other. Visualize yourselves speaking kindly, and having a meaningful relationship. Feel the positive flow, feel the admiration between you. There's a special screen and you're able to alter the images with the dials at the bottom of the TV monitor, you're able to add extra understanding, extra confidence, you can change whatever other emotions you wish to change.

Take a minute to do this ----turn down the other dials to lessen the negative emotions and doubts – turn the negative dial till it's as low as it will go. Work on this picture each day by taking simply a couple of minutes to center with your imagination and amend the dials till you accomplish the “perfect picture” – now let that picture fade slowly----take in a deep breath and relax yourself even more.

Daily you find your subconscious guides you with fresh ideas on how to discover your “right relationships” – ideas that you find simple to follow as they're in harmony with your wants and emotions – your subconscious brings forwards positive ways for you to choose which is the correct way ahead for you. Your mind is clear for deciding, letting you see all the choices open to you – you're now thinking distinctly and you discover it easier to choose what additional qualities you want in your “ideal relationships” --- kindness, caring, considerateness, tenderness and the ability for them to fit in with your existing loved ones and friends.

When you've a clear picture of your ultimate goal, you are able to move on rather than backwards. Your self confidence increasing daily and you feel you are able to be selective in the individuals you're friendly with. Your subconscious is now programmed for clearer thinking. You'll be less vulnerable and less able to be hurt as you've been in the past.

You feel stronger now having lived through those injurious experiences and you are able to trust your subconscious that only good and positive feelings will come out to help you in accomplishing your ultimate goal. Day by day because of these fresh found feelings of positive strength, through your subconscious, you've greater respect for yourself and your own self worth and find it easier to handle life in general, resulting in your future happiness with your “right relationships”.

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 developing right relationships.

As you breath deeply it's time to return as we go from 1 to 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 open your eyes and 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 self confidence and to develop great relationships.... To do what is necessary to be strong, confident and treat yourself and others well. Listen to this series often to tap into your new found abilities.