

INFINITE POTENTIAL
QUAN YIN SCRIPT #1

As you go deeper and deeper into relaxation . . . even deeper and deeper down with every breath you exhale . . . all the sounds fade away in the distance. You find it easy to pay attention only to the sound of my voice . . . listening carefully to the suggestions that I am about to give you.

This session of hypnotherapy, is designed as a tool, to help your subconscious mind resonate with the areas of your life that are precious to you. You are going to be surprised and amazed at how effective these suggestions are going to be and how much they will become a part of your everyday life, giving you brand new patterns, brand new thoughts, a brand new method of action, to make you a more self-reliant, empowered and self-assured person.

Many of these suggestions have been generated by the energy of Quan Yin, the Goddess of Compassion and Loving Kindness. This is a harmonious universal energy that she willingly and abundantly shares with your heart, your mind, your body, and your spirit. She is dedicated to being a supportive guide and teacher.

We begin with a reminder to enliven that part of you that has gone to sleep. You are more than your body, you are more than your emotions, you are more than your mental body, that is experiencing what you think is reality. It is now time to open to the greater awareness of yourself.

One aspect of yourself that you always carry with you, is a very dear and smart part of yourself that is a small child. You are very familiar with this part of yourself. I will give you a moment to focus on this aspect of you . . . You are lovable, worthy and acceptable just the way you are. This presence has an incredible amount of pure energy to contribute to your life, and with your openness and acknowledgement, this energetic relationship is always available to you.

Your spirit is in charge of your heart, and it is the infinite Spirit that is beating your heart. As you breathe, notice your breath. . . . Your breath connects you to the potential of your being. When you open to your breath, you experience life with a sense of awe, like a sense of peaceful amazement. In your mind visualize, imagine or see yourself (insert - activity client enjoys doing). . . Notice how you feel (doing this activity) - that is awesome! You think it, and it happens. The intention is very strong. It is through your creative will that moves you in all directions of your life.

When you take time within your day, in the morning and/or in the evening, to quiet your mind, to relax your body, to focus on your breathing, you will open the doorways into your infinite possibilities. Quiet your inner being, to awaken the part of you that went to sleep. When you are silent, the very movement of Spirit, the very breath, the very light, the very illumination of your being can be perceived, sensed and felt. This inner reflection allows your truth, your own greater awareness to surface and be revealed. Focus from your heart, as well as your third eye, and you will feel your TRUTH. When you know your truth, about who you are, and what is happening in your life, and why it is happening – you become fully empowered and responsible for the creation of your experiences.

Maintain your belief in you, by keeping your internal and external energy positive, healthy, strong and grounded. Stay grounded by linking with your self-assuredness, your self-reliance and your inner honesty. Stay in touch with your truth, through your inner voice – which is ever present within you. When this is fulfilled, you will feel accepted and at peace within

yourself. When you speak your truth, and you follow through with it, your whole being believes, believes in you. You trust yourself. When you trust yourself, you feel empowered. When you feel empowered, you open to your infinite potential. (2x)

The infinite part of you has an awareness, an aliveness, a clarity, an ability to heal, to be balanced and to create. To connect with your infinite potential, create a primary relationship, a dialogue, with your inner truth. This involves freeing habits that you have wanted to drop, that don't benefit highest good. Freeing yourself of momentary pleasures, to fill inner voids for example, (insert client's unwelcome habits). When you use your will to drop your habits, then you have experienced your own truth. Choose your truth over your habits. Your truth always leads in you in a more empowered direction. The more you focus your thoughts on your infinite potential, the stronger your relationship to your true self becomes and the more empowered you feel. (2x) Congratulations! This is a new relationship you have now established with yourself.

Keep your sense of self strong. Keep yourself awake and aware, to what it is that you desire in this lifetime, so that you always have a vision of yourself to move forward to. Relax and allow your destiny to unfold. You are going towards a place of being whole, integrated, and balanced, so that you can create your world, your space, in beauty and in fun. For you to realize and create your potential, and to have the right amount of energy - maintain your power by staying within your inner truth, within your heart. This is the path of least resistance.

On your next inhalation, take a deep breath in . . . and while you're doing this, imagine, see and or feel that the air entering your lungs is carrying spirals of light. And as soon as you begin to exhale, this light immediately expands throughout your entire body, reaching and awakening every cell . . . awakening every cell to the potential that is already within you, within your cells. During moments in your day, breathe light into all of your cells, as a reminder of the infinite potential that is ever present within you.

And it is with your intent, that your seeds of potential are planted. One of your chosen potentials, is to (insert client's future goal). Make every moment of this potential the perfect expression of (insert client's future goal). Take a moment and in your mind, visualize, imagine or see yourself living this potential. Allow this to be the time you plant your seeds of creative thought . . . You are planting seeds of thought into your future . . . right now . . . (2x)

. . . . *Take a moment now to connect with the infinite potential of who you are*

All healing and balancing through the expanded awareness of the suggestions, feelings, and images that your subconscious mind has heard in this session are now planted and solidified in every cell of your being. From this moment on, any and all cellular memory that did not contribute to your highest good, is now transmuted by the White Healing Light into all positive and balanced energies that you have now invited in through your new awareness.

In a moment, I'm going to count from one up to five. ... As I count from one to five, you can begin coming back slowly to full consciousness... You will come back feeling alert, refreshed, energized, with a wonderful sense of well-being. When I reach the last number, I'll ask you to open your eyes Coming back slowly now

One...slowly, calmly, easily you're retuning to your full awareness once again

Two... coming all the way back now, you feel wonderfully good

Three...you feel physically and mentally perfect, spiritually unified and emotionally calm and serene.

Four... feeling rested, refreshed, and full of energy

Five... you are fully aware now . . . feeling wonderful in every way... take a good deep breath in . . . and when you're ready, you can open you eyes.