

Empowerment:

This is a hypnosis, audio session, you are responsible for making sure that you are not listening to this whilst you are driving or working heavy machinery.

I would like you to find a place where you can sit or lay down comfortably for a while, a place where you can be undisturbed for a while. So, if you can't do that now put the recording away until you can find the time and space.

I'm assuming now that you have found the time and a quite space, so I would like you to get comfortable, make sure that your legs aren't crossed, and your *hands are relaxed* beside you. Your unconscious mind will hear everything I say and take from it, what is needed for you, to *Empower yourself*.

This is a collaboration, not something I am doing for you or something I am doing to you. This is a collaboration between me and you, I want this for you, you just have to want it for yourself.

So, if you are comfortable, I would like you to take a deep breath in and as your breath out, just allow your eyes to close.

Only as quickly as you are ready to *make these changes forever and free yourself from every limiting belief*.

That's right, now just for a moment I want you to focus on the tiny muscles around your eyes and imagine that they are relaxing so completely that they just won't work. Imagine that every word that I say is relaxing those muscles even more and imagine that is happening automatically.

Imagine, now that your eyes are so relaxed, they just won't work and imagine that there is nothing you can do about that now. Just for a while your eyes are so relaxed, they just won't work. Now nothing bothers you, nothing affects you and nothing disturbs you. Just for a while nobody wants anything no one expects anything and there is nothing for you to do but to relax completely. Let that feeling of relaxation spread down into your jaw, your jaw relaxing. Your tongue relaxing in your mouth. Let that relaxation spread into your throat, now into your neck and shoulders. Let your arms relax completely your wrists and hands, relaxing. As you do that you may become aware of certain sensations. You may even become aware of your pulse or your heart beating as you relax even more the muscles in your back stomach and chest. Just for a moment focus on your breathing and imagine that you are breathing in calm and breathing out tension. You are breathing in confidence and breathing out doubt. Let that calm feeling spread down into your hips, your legs your ankles, feet and toes. As your body relaxes and your mind relaxes and you drift deeper and deeper into relaxation my voice and my words will drift with you, to become a part of your experience now. Let that feeling of relaxation flood down into your body, let every muscle, nerve and fibre relax. Every word I say now will relax you more and more and the deeper relaxed you become the better you will feel and the better you feel the deeper relaxed you become. Every muscle, nerve and fibre relaxed, just like a handful of rubber band just thrown in the chair, loose and relaxed, now.

That's right with your eyes closed you can continue to relax although at times you maybe more aware of somethings than you were before, the sound of my voice the comfort of the

chair or bed, the beating of your heart, and the thoughts and images that drift into the mind, automatically.

Once again see the faces of the people you love, people that love you. Let that remind you of just how loved you are and what you are doing right now and why you are doing it, and as you feel that love as you see those faces every negative thought disappears from your body and your mind, replaced by a feeling of freedom as you drift deeper, deeper down now. Because with the eyes closed it becomes easier to become more, and more aware of a variety of things that otherwise may be ignored, thoughts, feelings, sensations and the alteration of awareness as the mind begins that gradual letting go.

Letting go even of the effort it takes to be aware of exactly where the arms are positioned or the hands or fingers. Even the effort it takes to be aware of which leg seems to relax more quickly or completely than the other, may seem to be too much effort to bother making. But it takes time to experience that letting go, your own time, in your own way, as you begin to learn even more than before about your, ability and capacity to learn as you relax.

And the mind begins to drift down toward a place of quietness, a place of peaceful, inner awareness, a place that almost seems to give off signals that directs awareness down toward it, into it, more and more peacefully more and more completely and deeply than before. Where even the effort it takes to be aware of the sound of my voice or the meaning of my words may almost seem to be too much effort to bother making.

It's so much easier simply to relax and let go, allowing events to occur in your own time and in your own way, a drifting down. Deeper, deeper down now. Imagine just dropping down through space and time, imagine that is happening automatically. Deeper and deeper, ten, twenty a hundred times deeper now. In your own time and in your own way. Nothing bothers or affects you and nothing disturbs you, all that matter now is you, the sound of my voice and that feeling of empowerment.

The deeper you go the better you feel and the better you feel the deeper you go. And as you drift even deeper my voice my words will drift with you, to become a part of your experience now. Every word I say will take you even deeper and everything that I say now becomes your reality, every suggestion I give you, you will act upon and carry out without hesitation, is now your reality.

Because you have a conscious mind and an unconscious mind and that unconscious mind, the back of your mind, can continue to hear to understand and respond to everything I say, without the need for you to do anything at all.

It's so much easier for the conscious mind simply to relax and enjoy that letting go, letting go even of the effort it takes to make the effort that it may take to be aware of exactly where the arms are positioned or the legs or the entire body now that seems to drift through time and space, that wonderful free floating place of effortless letting go. Allowing event to occur, in their own time, and in their own way, as you drift as a mind and that mind drifts without boundaries and without borders. You are continuing to learn, continuing to grow stronger, and find more and more ways to apply all the learnings you have gained, because with everything you learn, and every wisdom you are gaining you are finding new ways to improve your life.

Just for a moment see yourself out there, it's an hour from now, a week from now, ten years from now. You are fit and well living the life that you want, free and empowered. You are

waking up in the morning, energised. Step into that body and notice the feeling of energy, the feeling of achievement and the feeling of pride.

Look back to now and notice all the things that you did along the way that lead to that wonderful feeling. Choosing only to create how you want to be, using that strength to only choose how you want to feel, choosing how you want to think, and to only envision what you would like to have happen.

The unconscious mind can allow those changes to occur automatically, while the conscious mind drifts off, some place, else entirely, NOW.

That's right! Because with everything you learn, and every wisdom you are gaining you are finding new ways to improve your life.

In your own time and in your own way.

Choosing only to create how you want to be, using that strength to only choose how you want to feel, choosing how you want to think, and to only envision what you would like to have happen.

Aware of events that occur along the way, as the unconscious mind utilises that opportunity to alter your awareness and continue that learning, in whatever way is the right way for you. Improving your thinking finding exactly those things you need, to take the next step, to see more clearly, to think those thoughts that are best for you.

To only accept those feelings that are beneficial, all of these in accordance with your life's dreams and all that you want to achieve and how you want to feel finding exactly those next steps, to expand your physical capabilities in the most beneficial way.

Understanding and knowing more and more that you can do everything, and as you realise how far you've already come, and that it's okay to feel good about acknowledging all that you have done, and your wisdom, and your strength, you know you will only continue to improve in the best way.

Integrating all these learnings and continuing to move forward day by day

Learning that feeling of letting go.

Allowing the unconscious to assume more and more responsibility, for guiding and directing awareness as you relax and enter into the trance, more and more comfortably, more and more deeply and more and more completely than before, and every wisdom you are gaining you are finding new ways to improve your life.

I can wonder whether you are aware that you have drifted deeply into hypnosis, because the deeper you go the better you will feel and the better you feel the deeper you go. Ten, twenty a hundred times deeper now. Every word I say will take you deeper and deeper, imagine there is nothing you can do about that now, just for awhile drifting deeper and deeper into hypnosis

When you look back on all the times you've persevered, all the things you've achieved, all that you've been through, the lessons you have learned, how you are changing all the time and all that you have created for yourself. You understand how strong you are, and understand what you can create the power that you need, and how you can use that power from this point forward. Choosing only to create how you want to be, using that strength to only choose how you want to feel, choosing how you want to think, and to only envision what you would like to have happen.

Every word I say now will take you deeper and deeper into the most profound state of hypnosis.

Continuing to learn, continuing to grow stronger, and find more and more ways to apply all these learnings you have gained.

Because with everything you learn, and every wisdom you are gaining you are finding new ways to improve your life.

You continue to improve your thinking finding exactly those things you need, to take the next step, to see more clearly, to think those thoughts that are best for you.

You only accept those feelings that are beneficial, all of these in accordance with your life's dreams and all that you want to achieve and how you want to feel.

Finding exactly those next steps, to expand your physical capabilities in the most beneficial way, understanding and knowing more and more that you can do everything you want to do. You suddenly realise how far you've already come and that it's okay to feel good about acknowledging all that you have done, and your wisdom, and your strength.

You know that you will only continue to improve in the best way.

Integrating all these learnings and continuing to move forward day by day.

Once again see the faces of the people you love, people that love you. Let that remind you of just how loved you are and what you are doing right now and why you are doing it, and as you feel that love as you see those faces every negative thought disappears from your body and your mind, replaced by a feeling of freedom as you drift deeper, deeper down now.

Continue to learn, continue to grow stronger, and find more and more ways to apply all these learnings you have gained, because with everything you learn, and every wisdom you are gaining you are finding new ways to improve your life, and improve your thinking.

Finding exactly those things you need, to take the next step, to see more clearly, to think those thoughts that are best for you, to only accept those feelings that are beneficial, all of these in accordance with your life's dreams, and all that you want to achieve, and how you want to feel, finding exactly those next steps, to expand your physical capabilities in the most beneficial way.

Understanding and knowing more and more that you can do everything and as you realise how far you've already come and that it's okay to feel good about acknowledging all that you have done and your wisdom and your strength you know you will only continue to improve in the best way. Integrating all these learnings and continuing to move forward day by day.

And so as you drift deeper and deeper and my words continue to drift with you.

In a moment I will count to ten and you will drift back to every day wakeful awareness bringing with you a feeling of calm inner confidence and empowerment. Every suggestion I have given you is now your reality, on eight your yes will open and on ten that feeling of empowerment will grow stronger day by day.

One, feeling wonderful

Two, to achieve your goals
Three, a feeling of freedom from every limitation
Four, Feel the force of that freedom
Five, incredibly a live now
Six
Seven
Eight, eyes opening feeling absolutely wonderful
Nine
Ten

ENJOY!

Use this audio session as often as you want to and you will continue to improve in the way that you want to improve.

I wish you well, be happy and have a wonderful life.

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