Introduction to Self-Hypnosis for Self-Empowerment & Healing

BE AWARE, DO NOT PLAY THIS RECORDING WHILE GOING ABOUT DAILY ACTIVITIES OR DRIVING!

Hello Sovereign Individual…or, I could say "Namaste" . which means, in ancient Sanskrit I am told…my eternal soul recognizes your eternal soul. I should tell you that hypnosis is nothing more, or less, than a highly focused state of mind.

At this time and place I am great grandpa Will Barkley, a certified hypnotherapist. My website is: www.MakeItSo.info
It is with great pleasure that I am able to use this time to guide you through a conversation between your conscious mind and sub-conscious mind, also known as your Higher Self…that has the extraordinary and wonderful ability to create or modify various aspects of the physical **and** spiritual dimensions, **with intention**.

The primary objective of this introductory session is to empower you… with the understanding that you **are** an extremely powerful, conscious, eternal, energy being, managing a physical body in this physical dimension.

Another objective is to tell you that we need to communicate with our Higher Selves in the present tense…as our sub-conscious mind exists in the NOW, but archives every aspect of our individual existence.

Please set aside an hour without distractions, preferably reclining or going to bed.
When we begin the conversation, please repeat my statements aloud after each short statement…for the first time through the complete narration. After that you can repeat silently.

After each communication with your sub-conscious, we will have a minute or so of music before beginning again. We will repeat this sequence to approximately 57 minutes before beginning to leave the hypnotic state, Not to worry if you fall asleep. Please play this recording every day, or evening, for at least 20 days, 30 if possible.
On subsequent self- hypnosis sessions you can fast forward to the 3 minute, 10 second mark so you don't have to listen to these instructions again.
We begin by relaxing with the brain-entraining music for a minute before the conversation begins.

1 minute of "Letting Go" music

I am completely and totally relaxed - from the tips of my toes and fingers - to the top of my head.

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_____ 41 sec + 19 sec music = 1 min.

I am so much more than my physical body **-** a conscious, eternal, energy being,
with access to the Akashic Records - and exploring non-physical dimensions **- in conscious out of body experiences.**

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_____ 2 min 30 sec + 15 sec music = 2 min. 45 sec

I am remembering & restoring my physical body - and 7 major energy centers - from root chakra to crown chakra - to their fully functioning, healthy, loving – and coherent heart mind condition.
I am remembering & restoring – my innate capabilities for remote viewing – telepathy & teleportation - telekinesis & time travel.

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_____ 5 min 20 sec + 15 sec music

Counting slowly from 10 down to 1 to be fully awake, refreshed and ready for a conscious out of body experience. (OBE)
Be aware that you may experience strong vibrations or roaring sounds as your fully conscious energy body enters into a higher frequency dimension. If things seem fuzzy, demand, **"Clarity NOW**!".
I strongly suggest you read all 3 of Robert Monroe's books. **Enjoy your journeys!! 1min. 30 sec**

PS:
The above text is repeated numerous times to create the one hour self-hypnosis session, which can be found and downloaded at the bottom of the Global Freedom Trilogy page of the website:
www.MakeItSo.info