

Awakening III

In just a moment I will count from 5 down to 1... and at the count of 1 you will open your eyes to a brave new world... a world of personal victory, courage and strength...

5... starting to return from rest...

4... feeling calm and renewed...

3... energy returns to your body and mind...

2... eyelids beginning to open and...

1... eyes wide open, fully alert and feeling fantastic.