

Awakening I

All of those wonderful gifts are now safely installed within you... they are yours to keep forever... they are who you are... It has been a great experience... you feel relaxed, calm and now very happy... In a moment I will count down from 5 to 1 and you will awake feeling refreshed, renewed and invigorated...

5... relaxed, calm and content...

4... body and mind beginning to stir...

3... life coursing throughout your body...

2... eyelids beginning to open...

1... eyes wide open, fully awake, and energized.