

Awakening II

(To feel fully rested... Do not use this one in the evening before bed time)

In just a moment I will count to five and at the count of five you will open your eyes feeling wonderful in every way, as if you had a full nights' sleep ...

One . . . You are starting to emerge from hypnosis

Two . . . Feeling wonderful in every way

Three . . . Your mind is clear and alert as if you have had a full nights' sleep

Four . . . Your eyes are starting to open . . . and

Five . . . Eyes wide open, fully awake and feeling great . .

