

Deepener – Life is a Gift

Today is your lucky day... In a few moments we are going to go on an imaginary shopping trip... I am going to ask you to use your powerful imagination as you are going to a very special shop... it is time for you to pick some wonderful gifts for yourself... the gifts that you will find here are all in a lucky dip bin... they are all pre-wrapped and have a single word written on the wrapper... each gift is special just for you... and all of the gifts are free... just for you...

Relaxing very deeply now and imagine... see yourself in your mind as you enter the shop and select a shopping trolley... and you now see the lucky-dip bin from which you can select your gifts...

These are very special gifts because as you place each gift into your trolley you will relax more and more... deeper and deeper... letting your mind and body go ever deeper into relaxation... 20 gifts for you... counting down from 20 to 1...

You reach forward and select gift number 20 from the bin and the name on the wrapper is “Assurance”... and you relax as you place it into your trolley... The next one... 19... you pick is “Calmness”... and you do indeed feel calm as you place it into your trolley... next is 18... “Hope”... 17... “confidence”... as you do indeed feel confident as you pick gift number 16... “Ease”... relaxing with ease and confidence... 15... “Light-Heartedness”... 14, “Nonchalance”... reaching for 13... “Satisfaction”, goes into your trolley... calm, and ever more relaxed... 12, “Tranquillity”... gift number 11... “Joy”....

From this point on as you place each gift into your trolley you will relax ten times deeper than the gift before... reaching for and placing number 10, “Happiness”, into your trolley... now gift number 9, “Contentment”... calm and relaxed... 8, “Sureness”... body and mind tranquil and content... 7, “Courage”... gift number 6, “Harmony”... into the trolley... deeper and deeper down... 5, “Inner-Peace”... more relaxed than you have ever been before... number 4, “Certainty”... calm all over... 3, “Faith”... as you reach for gift number 2... “Composure”... and at last you take ownership of gift number 1... “Security”... you let yourself relax completely... letting go completely... body and mind now calm, relaxed and at ease...

