

Anxiety, Stress and Worry Release

By Andrea Rochlitz, CHP

Now I want you to think of a time that you were worried or stressed about a situation. I want you to think about if the worrying helped the situation, made the situation worse, or did no job at all. I think you will find that worrying did nothing at all to help the situation, and probably made the situation even worse.

Handling stressful or worrying situations requires a clear, relaxed mind.... The type of mind you have right now in this state of deep relaxation. Therefore, I am going to give you access to this calm relaxation anytime you need it. In a moment I am going to ask you to do a small task for me.

Do it while remaining totally relaxed. Here we go. With your right hand staying relaxed, I want you to touch the tips of your first and second finger and your thumb together....and then slowly rub them together in a circular motion. Just the tips of those fingers while staying completely relaxed. While you are doing this I want you to be aware of the incredible relaxation you are feeling in your body and in your mind.

There is no worry, stress or anxiety here at all. I want you to link the feeling in your hand to the feeling in your mind. They are now permanently connected. After I awaken you from hypnosis, and when you are out and about in your life, whenever something stressful or worrisome happens to you, you can do this little exercise and even though you will remain wide awake and alert, this motion in your fingers will instantly bring on the incredible mental easy feeling you are experiencing right now.

All the stress, worry and anxiety will be gone from the moment, and you will be able to laugh about it. Then, if you wish, you will be able to let it go forever. An incredible magic power in the tips of your fingers that will allow you to manage stress, anxiety and worry at any time.