Gaining Inner Strength

By Rene A. Bastarache, CI,

From a very young age life seems to push us down and to attempt at every opportunity to rob us of our innate inner strength and power. If we lose that inner strength we become as a cork tossed upon the ocean waves of life, always at the mercy of powers beyond ourselves.

This hypnosis script will give your client back the essential inner strength to take back what is rightfully theirs, putting them back onto the path of success and a life well lived.

The script:

You face and do the things you fear... taking back control of your life and giving yourself the inner strength and courage necessary to bring about positive changes... quickly and effectively... You know in your heart that abundant strength and courage does, in fact, reside within you, and from now on seize all positive opportunities with bold determination... You persevere and finish any task that you undertake knowing that you fully deserve the best that life has to offer...

You are strong and courageous... You are bold and daring in all that you do and are strong enough to face any challenge... You are confident, strong, bold, fearless and brave... You are willing and ready to take risks and are willing and ready to take the necessary risks to achieve your goals... You deal with problems in a relaxed and calm manner, knowing that deep within you, you have the strength to fearlessly stand your ground... and to do what it takes to bring about perfect resolutions...

You possess all of the qualities needed to be extremely successful... Your mind is always filled with thoughts of positivity and success... You daily build thought habits of health, wealth, abundance, happiness, success, love, kindness, strength and relaxation... You are a powerhouse and you are indestructible... You are a winner and you can easily imagine yourself boldly stepping out and achieving success in any field that you desire... You are always thankful for the many blessings in your life thereby giving them the power to grow and to multiply exponentially... You have self-worth and you are worthy of all good things... you always feel deeply connected and anchored to all that is good...

Whenever you look around yourself, a great feeling of being an essential part of the whole envelopes you... you will clearly see the importance of the part you play in everything that does surround you and makes up this amazing thing called “your life”... You always possess a deep sense of inner peace and harmony... You understand clearly that your ability to conquer your challenges is limitless and your potential for success is infinite... you therefore trust your own brilliance and believe
in your own ideas... you have unshakeable self-belief...

You have a very strong mind, and as you go about your day, you choose what you will feel... you always choose the feelings of strength and courage... You are a fearless decision maker, quickly making bold and correct decisions with ease and common-sense... You trust and believe in your abilities... Your inner strength grows with every forward step that you take... You now let go of all worry about the future, knowing that, as you come to believe more and more in the inner power and strength that dwells within you, only the very best things possible will happen.