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Molding the Future

I am deeply relaxed now, so very relaxed. This relaxation enhances the clarity of my thinking about my life's direction. I no longer wish to be a time-waster. I see myself as a good time steward now, and I use my time wisely and well towards the goals I regularly set for myself and the life plans I make. I mold my life toward the use of my talents, interests, and skills. I set ongoing goals for my spiritual life, my work, relationships, and health. I realize that I live in a universe of abundance. I know now that my life doesn't have to be a daily struggle, and I see my life unfolding peacefully to incorporate my dreams. I see myself succeeding in all that I do, and when something doesn't go as I wanted, I learn from this and grow some more. I deserve to be successful, and I embrace success instead of self-sabotaging myself when success knocks. This fills me with further relaxation and peace, yes, even deeper, all-encompassing calm. Further, I banish negative thinking from my life, and demoralizing thoughts of failure and lack flee from me. I am left with space that can be now filled with beauty, harmony and opportunities for me. In fact, I now search my thoughts for hidden and subtle negativity that impede my natural progress, and I use a new machine called a "bad energy scanner" to identify and to rid myself of any

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residual “stinking thinking” or energy blocks that interrupt the flow of perfect harmony in my life.

I am now creating a new career path that is perfect for me. As I listen to my voice, I see myself using my best talents and abilities such as counseling, hypnosis, group therapy, problem-solving, creativity, writing, business skills, and solutions related to solving business problems. As a result of deep relaxation and clear thinking now, I see myself establishing a private counseling practice with hypnosis incorporated into it. I imagine myself in a perfect, affordable office for me in a perfect location as well. I will be working with healthy, happy, and supportive staff of people whom I love. My income is ever increasing which gives me a sense of calmness. I have ample opportunities to learn, grow and serve others. I have an abundant flow of clients seeking my help which further relaxes me. My future is bright, and I am free of anxiety. I am fulfilled in all that I do. Only good lies before me, and peace fills my world.

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People with good relationships in their lives reportedly live longer than others without such relationships. I can see my life being filled with harmonious relationships with all that I meet, including my relationship with God, myself, family, friends, and clients. I take care of myself, by eating well, exercising, and sleeping adequately. Such habits give me additional peace of mind, and I feel relaxed and confident. I have excellent health which supports me. Humor and laughter permeate my life. I accept myself and others, and my life is filled with joy.

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