

Learn a Simple Breathing Meditation

One of the simplest tools for relaxation and meditation is focusing on your breath. So I want to do a quick and easy relaxation/meditation with you now to give you the sensation of the level of relaxation you want to achieve in your self-hypnosis which you will learn later in the course.

I also wanted to start you off with a practical session so you get straight into using the practical tools that I am offering you and so you can recognise for yourself how powerful these tools are, and how simple and easy they are to learn.

So in a moment, I want you to take a few slow deep breaths, to relax and release any tension you may have in your body or your mind. When I ask you to breathe in I want you to tense your whole body and just hold the tension in your body for a short time while you hold your breath then when I ask you to breathe out breathe out and let all the tension go in your body and then repeat this process twice more.

So sitting comfortably in your chair or where ever you are, gently close your eyes and then... Breathe in ... Now hold your breath and tense your whole body.... Then breathe out and let go. As you breathe out let go of any tension in your body, let your body and mind relax completely, no need to think about anything, take a rest from your responsibilities, ...Then breathe in ... Hold it.... breathe out and let go ...enjoying this feeling of deep relaxation and peace. And finally one last breath in ... Hold it ... Then Breathe out and let it all go. All is well in this moment and the course you are about to do will be fun and very helpful for you. You will understand and learn this course easily and effortlessly and practice the practical parts when necessary, so you become a master at them, which will enable you to master the Law of attraction. You're feeling calm and refreshed and ready to learn. So just gently bring your attention back to the room now and opening your eyes.

This simple meditation will help you relax and release stress it will also help you to focus on whatever task is in front of you. Use it any time you are stressed or want to clearly focus on what you are doing. Practice it a few times so you feel comfortable with doing it on your own. Enjoy and have fun!