

Speaker 1:

Don't use this recording if you're driving or operating machinery. Only use it when you can safely relax completely. Find somewhere quiet where you can lie down or sit down and you won't be disturbed.

Speaker 1:

And now I want you to close your eyes, and I want you to focus on your eyelids. Make your eyelids as heavy as you can. Make them as heavy as you can. I want you to imagine that your eyelids are so heavy and deeply relaxed that you couldn't open them at all. Because when our muscles are loose like a rag doll, limp and relaxed, we can't use them at all. And so I want you now to make your eyelids so relaxed and loose that you can't open your eyelids. In fact, some people will notice that it feels like their eyelids are glued together. Glued shut.

Speaker 1:

And in a moment, I am going to ask you to try and open your eyes. To try your hardest, your very hardest, to open your eyelids. And I want you to make them so completely loose and relaxed that they barely flutter when you try and open them, and don't open at all. Try and open your eyes now. And if your eyelids are still closed, that's good. You can just allow yourself to drift. And if your eyes open this time, close them again. Close them again, and use all your imagination to relax your eyes. You are doing this. You are completely in control. Loosen your eyelids now. Make them heavier and heavier, heavier and heavier.

Speaker 1:

Know that there is no need for you to open your eyelid. Know that there is no need at all for you to open your eyelid. Try once more to open them now. Make them so heavy that you can't open them now. Now relax. Let your eyelids stay closed. Let them stay closed and take that heaviness. Take that heaviness, that heavy sensation, and move it down to your right arm. Make that arm so loose and heavy that you begin to become unaware of that arm. Make your right arm so loose and heavy, loose and heavy, that it feels floppy like a rag doll. As loose and floppy as a rag doll's arm. So that in a moment, when I ask you to try and lift your right arm, you can't lift it at all because you have made it so loose and heavy.

Speaker 1:

Try and lift your right arm now. Good. Now let it relax, and once more make it heavier and heavier. This time, make it so heavy that it doesn't move at all. So completely loose and relaxed that it doesn't move at all. Try once more to lift that arm now. Make it heavier and heavier. Make it stuck, stuck to the surface it's touching. It's so heavy that it can't move.

Speaker 1:

Now move your focus to your left arm. Make your left arm so heavy, so loose and relaxed, that you can't move. You are doing this, and you can bring all your imagination to bear while you are doing this. And you can know now that there's no need for you to directly listen to anything I'm saying. Your unconscious mind will do this for you. You can just allow your conscious mind to drift away, drift into the distance to something more pleasant. Then your unconscious mind will listen to every word that I say. And you can trust there's no... As you make your left arm heavier and heavier, and in a moment to try and lift your left arm. Making it so heavy that you can't lift it at all. Try and lift it now. Try your very hardest. Focus. Focus, and make that arm so heavy that you can't lift it.

Speaker 1:

Let it relax now. And once again, make it heavier than it was before. Just like you've done with your eyelids and your right arm. Make it heavier. Feel that arm sinking down as you relax all the muscle, so it becomes as limp and loose as a rag doll. And your mind already knows how to do this, and so now try and lift your left arm. Make it so heavy that it doesn't move at all. So heavy. Now relax it. Move your attention down. Down to your right leg. Focus on your right leg now. Make it so, so heavy that it doesn't move at all. I'm going to ask you to try and lift it in a moment, but for now, just make it heavier and heavier. So loose and heavy and tired and relaxed.

Speaker 1:

This wonderfully relaxing sensation that you will now experience. As your mind begins to let go of all sensations of your body, try and lift your right leg now. Notice that you can't. And if you are able to lift your right leg then you must make it heavier now. Heavier and heavier, more and more relaxed. Floppy and loose. Let all the tension drain from the muscles, simply drain away. Because there's no need for you to lift that leg. And I want you to try now once more. Notice how relaxed and loose and still that leg is now. And you may find your conscious mind drifting in and out of paying attention. That's fine. As we go on, your conscious mind will focus less and less on what I'm saying, but your unconscious mind will remember everything. Everything I say. And you don't need to consciously remember everything. In fact, you don't need to pay attention if you don't want.

Speaker 1:

As you focus your mind on your left leg, make it heavy. As heavy as your right arm and your left arm. As heavy as your eyelids and your right leg. Make it so heavy now. So heavy. So heavy that you can't lift your left leg. Try now to lift your left leg. Try so hard, and because you want to reach a state of deep trance, your mind will allow you to not be able to lift your leg. Because this is what you want. You are making this happen, and as you make this happen you can drift more deeply into trance now.

Speaker 1:

Begin counting backwards from 300. 299. 298. 297. And as you continue to count down in your mind, very soon I want you to push those numbers away. I want you to try and continue counting down as hard as you can. To keep all your focus on those numbers. Try to remember to remember to count down, and not to forget to remember to count down. Focus on those numbers. Try hard to focus on those numbers, and you will notice that the harder you focus, the harder it becomes to try and focus. And they will slip away, until soon you will simply forget to continue counting down. You will remember to forget counting down, and then your mind will make the numbers go away. And as you try to remember the numbers, it will become harder and harder for you to remember the numbers. Now your unconscious mind understands that you can allow yourself to forget to count, and your mind can continue to begin to become unaware of your body.

Speaker 1:

And there's no need for you to focus on anything I'm saying right now. Your unconscious mind will take all of it in. In fact, you can simply let your conscious mind drift to wherever it needs to go. Let it go to wherever it wants to drift. There's no need for you to pay conscious attention to anything I say. Your unconscious will listen, take in everything it needs and remember everything it needs to remember from this experience, as your unconscious mind allows you to drift away from your body and become unaware of your body.

Speaker 1:

The most wonderful thing about trance is that your conscious mind can go wherever it wants to go. It can travel to pleasant experiences and times they remember. It can drift back in time or forwards in time, to whatever moment it needs to experience right now. There's no need for you to try and control it. And you can, if you wish, focus on your conscious mind. And as you become deeply relaxed and less aware of your body, from time to time your conscious mind will become unaware, will become aware that you are unaware. And when you notice this awareness of your unawareness, you can feel pleased knowing that you have just entered a state of deep trance. A state of gnosis, of total unconscious mind.

Speaker 1:

And this will happen. Knowing that you can only experience this state, and be aware of this state, after you have experienced this state. You cannot experience this state when you are in this state. And only by distracting your mind from this state, can you enter this state. Slowly at first, for short periods, you will enter this state. And soon you'll be able to enter this state at will, so that you can perform sorcery and magic wherever you feel the need. Your unconscious mind will let you remember how this state feels. Even though you will not consciously remember this deep state, your unconscious mind will remember everything.

Speaker 1:

I want you now to let your mind drift to a serene, calm place, where your conscious mind can simply drift, and your unconscious mind can give you the suggestions that you need the most right now. Here, in this serene calming place of safety, you can become deeply aware of your unconscious mind, because in this place you are completely safe and calm. No harm can come to you here, because you are completely in control.

Speaker 1:

Take time to notice time. There's so much time here in this place. So much time. Time can seem to stretch out for an eternity here. I'd like you to become aware of time. As you become aware of time, you can notice time changing. The more you try to become aware of time, the less aware of time you will become. More and more time. Focus on time now. Try to notice time passing. As you notice time, you will notice that you are no longer noticing time in this place.

Speaker 1:

And you imagine a staircase going down. And this staircase has 10 well-lit, evenly spaced steps going down. At the bottom of the staircase there is a chamber. A chamber in your deep unconscious mind. And in this chamber is the part of your unconscious that will let you know how to enter into a state of deep gnosis whenever you need. The part of your unconscious mind that can take your sigils, symbols of your desire, and embed them deep in your unconscious without you ever remembering.

Speaker 1:

In a moment you're going to hear me count downwards from 10 to one. And with each descending number between 10 and one, you are going to become one-tenth more relaxed. 10% more relaxed with each descending number, and each descending number will help send you one-tenth more deeply into this deep state of trance. With each descending number, any remaining awareness of your body will simply disappear and you will begin more and more often to experience those deep trance states of no

mind, of gnosis, of pure unconsciousness. So ready? 10. Taking that first step now. Nine. Eight. Deeper and deeper. Seven. Six. Drifting away now. Five. Four. Three. Two. One. [inaudible 00:19:04] deep down relaxed.

Speaker 1:

Imagine this chamber deep in your unconscious mind. Take a moment to form this chamber in whatever way is suitable to you. Feel the chamber. See the chamber. Hear the chamber. This is the place deep in your unconscious mind where you can access the deepest levels of gnosis, the deepest levels of trance. Where your unconscious mind can communicate with you at the deepest level in this state of no mind, pure unconsciousness. And here, in this place, the part of your unconscious mind that knows how to best access this state whenever you need will appear now. Imagine this part of yourself fully now. Focus on this part. Notice detail. Speak with this part if you wish. Know that this part will listen and respond to everything you have to say, and in turn, you can listen to this part of your unconscious.

Speaker 1:

This part of your unconscious mind can give you the suggestions you need the most right now. And there's no need for your conscious mind to even be aware of this process, this process of deep unconscious communication. Take a moment to listen to this part of your deep unconscious. The part that will allow you to drift into deep gnosis, knowing that you will only be aware of this state directly after you have experienced it. And now, as your conscious mind begins to try its very hardest to stay focused, the more your conscious mind tries to stay focused, the harder it becomes to focus and so it will slip away.

Speaker 1:

And if you have a sigil of your innermost desire, or a symbol of such that you wish to give this part of your unconscious, you can give it now. Some like to merge the sigil with this part of their mind. Some like to have this part of their mind simply carry their symbol, their sigil, away, deep, deep down into the deepest parts of your unconscious mind. Now you can merge the sigil, merge your sigil with this part. Merge the sigil with this part of your unconscious mind to create a new part of your unconscious mind. A new part of your deep unconscious mind. Make the sigil work.

Speaker 1:

And now, after you have merged these two parts, ask this part of your unconscious, this new part, this merged part, to leave and return to your whole consciousness, leaving with you not a single trace of the memory of the sigil or its meaning. In fact, I want you now to try and recall the sigil in your mind. Try so hard now. And you will find, the harder you try to recall the sigil the harder it becomes. In fact, you will simply forget the sigil, and because you want the sigil to work exactly as you desire you will allow this to happen. And as soon as you realise you cannot recall the sigil, your unconscious mind will awaken you immediately, to full alertness with no recall of the nature of your sigil. And you will forget about it until it has worked.