

MBB Wealth Multiplier: Tapping into Vibrant Health

PERSON: I'm just going to operate as if it is also one more thing – I'm sure it is.

BRAD: Tap on everything. It can't hurt it.

PERSON: Yeah. Maybe the symptoms might be less. It's some mobility muscle issue, right? – the proper functioning of the nerves and muscles in the body. Well, where does that come from, right? – tension in the system.

BRAD: Well, as far as Deepak Chopra is concerned, it's all consciousness anyway. The example I always use is they have case studies of people with multiple personalities where one personality has different colored eyes from the other personality, or one personality has diabetes and the other one doesn't. So, apparently it's not as simple as the body has physical components and that's what it is. There is a change that can happen in the physiology, so it just follows that that is true of any physical manifestation. People talk about rashes disappearing before their eyes and all kinds of things that heal right before someone's eyes. And I can't believe that it would be, "Well that works for this but not for that."

PERSON: It's a deeper thing, other than the symptomatic thing.

BRAD: Yeah. Now, how you get there is – I worked with this guy just for a few minutes last night on pancreatitis, and we got nothing. It's like, okay, well – he was afraid to tell me that nothing had shifted. It's like, "That's okay. I was giving you what I can and in the few minutes that we had on the phone I wasn't able to get there."

PERSON: And he may have woken up with lessened symptoms.

BRAD: Exactly. I said, "Just notice what happens, because the shift may happen later, and it might not happen – you know – we may not have hit what's behind it."

PERSON: Maybe when people start, they can start keeping a journal. I started keeping a journal about 10 weeks ago when I started a new eating plan, but I also coupled it with a pain journal because I wanted to see if getting rid of certain things that I'm eating help to decrease my fibromyalgia. But, I mean – you know – I looked back and I was surprised that, "Oh yeah, that used to hurt more," but I can't remember back what the pain was really like back 10 weeks ago.

BRAD: Right. And I think to some extent, you're never going to be able to, because what you rate a 7 today – as you become stronger and healthier – is not what you would call a 7 later on. So, it's really hard to get an idea of that. To me, the most important thing is always, "How do you feel today? Do you feel great today?" – and getting to that point of feeling great today.

PERSON: Right now I'm just working on opening my heart. That seems to be my new focus,

BRAD: All right. So, this is open heart surgery. We're doing some open heart tapping. Okay, so let's talk about the fibromyalgia because this is something that can affect everyone, because even though we may not feel it as fibromyalgia, it's that kind of – the stuff that takes away from our quality of life.

PERSON: Very much.

BRAD: So, what are you experiencing right now?

PERSON: I have just a lot of neck and shoulder pain. That's where most of it has settled. And even after – sometimes after I come out of massage therapy, which should make me feel the best, I still have all this pain. And this has been going on for about – to this magnitude – 5 years, and it started creeping on me like 15 years ago. And over the last 15 years, every year, it's worse.

BRAD: What happened 15 years ago?

PERSON: I'm not sure – let's see. Where was I? Just – nothing major. We had a move, but we've had many moves. So that was about 1990. So, no, I had no huge event right then, which was a happy move. We were

glad to do that.

BRAD: It's still a stressful event.

PERSON: Yeah, but the tightness in my neck and shoulders – maybe it – I could even look back even to when I was maybe around 15 – when I can say, “Gee, when did this all really start?” – and I'm just kind of – I laugh a lot, and people don't think of me as a tense person. But yet, I know all this tension just settles in my neck and shoulders. And even the clothing I used to wear back then would be high buttoned up neck – clothing that was maybe almost a little too small, so it was tight. And – you know – it was just kind of like all this tension kind of held in. But it really started – I mean – 15 years ago was when it started to really get bad. But then, I even know like 20 years ago – I'm having more neck and shoulder tightness. And now, even on my happiest days, when I think I'm in the very best of health, it just doesn't ever let up. It hardly ever lets up, even when I exercise. Sometimes exercising initially even makes it worse.

BRAD: Okay. Rather than asking a lot of questions, I'm just going to go into this and see what comes up.

PERSON: Okay.

BRAD: So, tap on the side of the hand. Well, first – just so we get a gauge – check with yourself if there's any discomfort and rate it, either physical or emotional – the neck and shoulders – on a scale of 0-10.

PERSON: It's a 10.

BRAD: It's a 10. Okay.

(Side of the Hand) Even though I've got all this tension,
I deeply and completely love and accept myself,
Even though I've got all this tension,
I deeply and completely love and forgive myself,
Even though I've got all this tension,
All this pain,
And it's robbing me,
Of the joy I could have,
And even on the best days,
There it is,
Hurting me,
Robbing me,
Which begs the question,
Why am I not allowed to feel good?
What happened in my life,
Where I decided,
That I wasn't allowed,
To feel really good?
I had to have this tightness,
I had to have this pain,
And others don't need to know about it,
They can think I'm a perfectly happy person,
While I suffer my private hell,
While I punish myself,
Or think that I'm being punished,
And whatever happened,
I choose to know,
That I have suffered long enough,
I am deciding now,
That I'm sick and tired,
Of being sick and tired,
And I'm healing it now,
And I have this magic number of 15,
I think the problem started,

When I was 15,
It was 15 years ago,
That the real problem started,
So within the next 15 minutes,
Or maybe even 15 seconds,
I choose to have it resolved,
It's up to my Higher Power,
My Higher Self,
And what I choose to know,
Is that I deserve to be free of this,
And even though I have all this tension,
I deeply and completely,
Love and forgive and accept myself,
And anyone else,
Who's a pain in my neck and shoulders,

(Eyebrow Point) All this pain,
(Side of the Eye) All this pain,
(Under the Eye) All this pain,
(Under the Nose) All this pain,
(Under the Mouth) All this pain,
(CollarBone) All this pain,
(Under the Breast) All this pain,
(Under the Arm) All this pain,
(Top of Head) All this pain,

Down the other side:

(EB) All this tension,
(SE) All this tension,
(UE) That's limiting my happiness,
(UN) I could feel so much better,
(UM) I could be so much happier,
(CB) If it wasn't for this pain,
(UB) So I have to wonder,
(UA) Why do I need this pain?
(TH) Why is it there?

(EB) If it's from an injury,
(SE) It's healed by now,
(UE) There's something inside of me,
(UN) That hasn't healed,
(UM) And maybe I can dig that up,
(CB) And let it go,
(UB) Maybe I don't even need to know what it is,
(UA) Maybe I can just let it go,
(TH) Turning to my Higher Self now,

(EB) And opening up the choice,
(SE) Of finding out what's going on,
(UE) So that I can heal it,
(UN) Or simply letting it heal,
(UM) Over the next 15 minutes,
(CB) Or the next 15 seconds,
(UB) 15 years is too long,
(UA) It's been too long,
(TH) I'm sick of tired,

(EB) Of being sick and tired,

(SE) Why do I need this?
(UE) What part of me,
(UN) Thinks it needs to be so tense?
(UM) What part of me,
(CB) Thinks I need to suffer?
(UB) This need to suffer,
(UA) This need to suffer,
(TH) This need to suffer,

(EB) I just don't need to suffer,
(SE) Who is it benefiting?
(UE) Who is it helping?
(UN) Whose life is better,
(UM) Because I'm in pain?
(CB) Because if it isn't making someone's life better,
(UB) Then what's the point?
(UA) I can understand,
(TH) Putting myself out sometimes,

(EB) Maybe working myself a little hard,
(SE) If I'm being of service,
(UE) Not all the time,
(UN) Because taking care of myself,
(UM) Is the most important thing,
(CB) Because if I run myself down,
(UB) I can't be of service to other people,
(UA) I have to make a deposit in my own health account,
(TH) Before I write any checks,

(EB) But I can understand,
(SE) Sometimes pushing myself,
(UE) When I feel really good,
(UN) About being of service,
(UM) But this pain,
(CB) This tension,
(UB) It doesn't serve anyone,
(UA) If I hurt someone in the past,
(TH) And I felt I needed to be punished,

(EB) This isn't helping them,
(SE) I'm not making amends to someone,
(UE) By suffering,
(UN) My suffering doesn't help anyone,
(UM) It certainly isn't helping me,
(CB) If I felt better,
(UB) I'd be of more service,
(UA) To myself and others,
(TH) So that makes more sense,

(EB) I choose to understand this,
(SE) In every fiber of my being,
(UE) Especially through my neck and shoulders,
(UN) What weight am I carrying,
(UM) On my shoulders?
(CB) And can I let it down now?
(UB) Do I have to keep carrying this?
(UA) On some level,
(TH) I clearly know,

(EB) That the answer is no,
(SE) I don't have to carry this pain,
(UE) I don't have to shoulder this weight,
(UN) I can be healed,
(UM) I deserve to be healed,
(CB) Whatever decision I made,
(UB) Consciously or unconsciously,
(UA) Physically or spiritually,
(TH) Whatever decision I made,

(EB) I made with limited information,
(SE) I choose to know now,
(UE) That I deserve to feel good,
(UN) And the world deserves to have me feel good,
(UM) Because I can more fully show up,
(CB) A lot of people think I am showing up,
(UB) But I know differently,
(UA) And as long as I know differently,
(TH) I'm not fully showing up,

(EB) I don't want to feel like I'm fooling them,
(SE) I want them to know that I'm showing up,
(UE) Because I know that I'm showing up,
(UN) Fully,
(UM) Completely,
(CB) And joyfully,
(UB) Letting go of my reasons for the pain,
(UA) Letting go of the pain,
(TH) Joyfully and gratefully feeling better.

Take a deep breath!

BRAD: Let me know how your shoulders are feeling.

PERSON: I think – clear down to a 4.

BRAD: Down to a 4.

PERSON: That's pretty good!

BRAD: I'm not too disappointed in that.

PERSON: I think I would like to talk to you separately – another time that we could make an arrangement.

BRAD: Okay.

PERSON: Because I know clearly more now why all this is happening.

BRAD: Ahhh – so the subconscious is taking the option of, “Yes, let's dig it up and clear it.” Okay. And don't be surprised if over the course of the day, if having known that, it may just let some of that clear anyway. So – that's the – you know – we were talking about nutritional therapy – a lot of the idea behind therapy is that once you've dug it up, it does tend to clear. Not as rapidly as with EFT or with other modalities, but recognizing there's a problem is the first step – finding the problem is the next step. And a lot of times that – for a lot of people – that's it. Once they've uncovered it, they are free.

PERSON: What's brought me to the bottom line of why is when you were talking about the 15 years – 15 years ago, and then the age 15 – and that sort of brought it to mind what all that really happened. So, I can maybe give you a call later this afternoon, and we can make a plan.

BRAD: Okay, certainly. Yeah – good. Okay, so what – did anything come up for you during that?

PERSON: I'm always amazed at the parallels between me and whoever I'm working with – and this 15 years ago – what was going on in my life – it's like, "Hmmm, what was I stuffing prior to that, where after in the 1990s, I couldn't stuff it anymore?" I'm sure this is what was going on – this is interesting – so, yeah, I'm tired of faking it.

BRAD: Yeah. Even if the people are saying, "Wow, you know, you seem so together and you're so great," it's like if we know that we're not there, it's not enough.

PERSON: I mean, even last time, I was very present to having one of those down moments, and it seemed like there was no one I could pick up a phone and call and just kind of work through it with me – just being all alone in the process.

BRAD: Yeah. So, I want you to take a deep breath, and hold it. And let it go. And just allow your eyes to close. And just scan your body. And just see what – what's coming up that's less than vibrant health. You know – vibrant health – reversing the scales so that 10 is a positive and 10 is vibrant health. Just noticing what comes up – and it could be about physical tension – it could be about – this used to be focused purely on weight loss – it could be about eating – it could be about anything in terms of health – and, of course, while we talk about physical health, it's also emotional and spiritual health. So, just what's the first thing that comes up?

PERSON: I'm having a really difficult time saying no to some of the things that I don't want on my diet plan anymore, like ice cream cones. It's just occasional, but it sets me back when I can't resist having one.

BRAD: Yeah – make me feel bad for the ice cream I had yesterday! Since the tapping we did last week, I have avoided sweets like crazy, easily and effortlessly. It's been joyful. And walking my kids home from school, they stopped at the ice cream truck, and I indulged. Now I feel badly about that – thank you so much!

PERSON: I can say no if it's just me, but if I'm with somebody and they want one, that's when I have an issue with it. I can walk past it on my own, but – like when I was with my granddaughter and she wanted one – well, gee, I don't want her to feel bad that she's eating by herself!

BRAD: Yeah, never let someone drink alone – never let someone eat sweets alone.

PERSON: That's more of the issue that I'm talking about. Everything else is going pretty good health-wise.

BRAD: Yeah, and this is a big thing, because we do this in so many areas of our lives, where we sacrifice what's best for us because of someone else.

PERSON: When you asked me what was going on – it's like not having support, which plays into – it's okay for me to support others, but I can't ask them to support me in return. It reinforces –

BRAD: Yeah – I'm going to support their need for this, and I couldn't ask my granddaughter to say, "It's okay grandma that you're not going to have an ice cream." You can't ask a child to support your health. Okay, side of the hand: Even though I'm sacrificing – that's too wordy –

PERSON: Go for it.

BRAD: Come on muse, kick in!

(Side of the Hand) Even though I'd be great if it wasn't for other people,
I deeply and completely love and accept myself,
Even though I'd feel great if it wasn't for other people,
I deeply and completely love and forgive myself,
Even though I'd feel great if it wasn't for other people,
If it was just me in this world,
I could figure things out,
I could eat the right foods,
I could do the right things,
But then people come along,

And they're less evolved,
And how dare I be evolved,
And make them feel badly about it?
I don't want anyone else,
To feel ashamed,
Of their weaknesses,
So, about the only thing I can do,
Is be weak with them.
To make them feel better about themselves,
And that's the best thing I can do for them,
It sure seems like a good plan,
And there're other times,
Where I feel like I need some support,
And I can't impose on anyone else,
I can't ask anyone else,
To support me being strong,
Because I'm too busy,
Supporting their weakness,
Oh, if only if it wasn't for other people's weakness,
My life would be perfect!
Darned other people!
And that's how I've been feeling,
And I choose to know,
That my path,
Is my path,
I don't need to be weak,
To make others feel better,
If other people indulge,
I don't need to indulge with them,
And if I want support,
I can ask for that,
I don't need to support other people,
In thinking they can't support me,
And maybe they can't,
And I can get by,
A lot of the times,
It's not a matter,
Of them not supporting me,
But of my not asking,
And sometimes,
They can't support me,
And I choose to know,
That I'm still great,
And even though I'd be great if it wasn't for other people,
I deeply and completely,
Love and forgive and accept myself,
And all these darned people,

(Eyebrow Point) I could be great if it wasn't for other people,
(Side of the Eye) I could feel great if it wasn't for these other people,
(Under the Eye) All these weak people,
(Under the Nose) They're too weak to support me,
(Under the Mouth) So I support them,
(CollarBone Point) They're too weak to support me,
(Under the Breast) So I support them,
(Under the Arm) I always have to be the strong one,
(Top of Head) Even if it means being weak,

(EB) And sometimes,

(SE) That's a great excuse,
(UE) For being weak,
(UN) 'Cuz I get tired of being strong,
(UM) But I'm not going to break my diet,
(CB) Or whatever else it is I'm trying to do,
(UB) I'm going to be strong,
(UA) Unless someone else gives me an excuse,
(TH) Part of me wants to blame my granddaughter,

(EB) Or whoever else it is,
(SE) That I'm being weak for,
(UE) There's another part of me,
(UN) That's tired of being strong,
(UM) And is grateful to my granddaughter,
(CB) Or whoever else it is,
(UB) For giving me an excuse,
(UA) This need for an excuse,
(TH) This need for an excuse,

(EB) Because the truth is,
(SE) These other people.
(UE) They don't need me to be weak,
(UN) My granddaughter will be fine,
(UM) Eating ice cream on her own,
(CB) She doesn't need me to eat ice cream,
(UB) She just needs me to be there,
(UA) She needs my emotional support,
(TH) Not my food support,

(EB) And this is true in many areas of my life,
(SE) I think I'm supporting people,
(UE) But maybe,
(UN) There's a selfish act behind it,
(UM) I say I'm supporting them,
(CB) To justify,
(UB) Doing something I shouldn't do,
(UA) Something I've said that I shouldn't do,
(TH) But that part of me still wants to do,

(EB) Sometimes when I'm giving support,
(SE) I'm using that as an excuse,
(UE) I don't need excuses,
(UN) I choose to be at choice,
(UM) I choose to be at choice,
(CB) I choose to give support,
(UB) That's genuine support,
(UA) And that feels right,
(TH) And I choose to allow support,

(EB) I choose to know,
(SE) That I deserve to be supported,
(UE) Even if it's as simple,
(UN) As my granddaughter,
(UM) Eating ice cream,
(CB) And being okay,
(UB) With me not eating ice cream,
(UA) She could support me in that way,
(TH) How empowering!

(EB) What a gift that is,
(SE) And the truth is,
(UE) My eating ice cream,
(UN) Doesn't support her,
(UM) It doesn't really help her,
(CB) Now, if I avoid eating the ice cream,
(UB) And say to her,
(UA) "You should feel bad for eating ice cream too,"
(TH) That wouldn't be a good thing,

(EB) But I can let her eat ice cream,
(SE) And I can let myself be healthy,
(UE) And we can both be supported,
(UN) And we can both be happy,
(UM) If I beat myself up,
(CB) For eating the ice cream,
(UB) And I feel badly,
(UA) Am I really helping my granddaughter?
(TH) Any time I do something,

(EB) That I feel badly about,
(SE) Am I serving someone else?
(UE) If I'm offering support,
(UN) That I don't feel good about,
(UM) That I regret,
(CB) That I feel badly about,
(UB) Is that really a gift?
(UA) Am I really helping them?
(TH) Am I really helping myself?

(EB) When I give service,
(SE) I choose to have it come from my heart,
(UE) I choose for it to be something I feel good about,
(UN) I choose to feel integrity,
(UM) The best support,
(CB) Comes from integrity,
(UB) And if I feel badly about what I'm doing,
(UA) If I think I'm helping my granddaughter,
(TH) Or anyone else,

(EB) And I feel out of integrity with myself,
(SE) That has a shift in the energy,
(UE) And it's not the positive thing I intended,
(UN) So, maybe I don't need to do that,
(UM) I have needs too,
(CB) And my needs are valid,
(UB) My well-being is valid,
(UA) I deserve to have well-being,
(TH) I deserve my well-being.

(EB) I don't need to sacrifice that,
(SE) I don't need to sacrifice that,
(UE) I choose to make the decision,
(UN) That I am important,
(UM) My health is important,
(CB) Whether it's physical, emotional, or spiritual,
(UB) My health is important,
(UA) And I deserve to be supported,
(TH) Whether people actually do something to support me,

(EB) Or I allow them to support me,
(SE) Simply by letting me do what I need to do,
(UE) My life is up to me,
(UN) I'm creating my life,
(UM) I'm allowing people to support me,
(CB) By not making decisions,
(UB) Where I create a lesser life,
(UA) On behalf of someone else,
(TH) I'm creating a joyful life,

(EB) I'm creating a successful life,
(SE) I'm creating a healthy life,
(UE) And I'm letting others support me in that,
(UN) By not deciding,
(UM) That they want me to have less,
(CB) I choose to know,
(UB) That everyone else,
(UA) Wishes the best for me,
(TH) They may not know that,

(EB) They may be caught up in their own baggage,
(SE) But I choose to relate to other people,
(UE) At the level of their Highest Self,
(UN) That's how I choose to see people,
(UM) That's how I choose to hear them,
(CB) It's how I choose to speak to them,
(UB) And at some level,
(UA) I know,
(TH) That their Highest Self,

(EB) Wishes the best for me,
(SE) Wishes me great health,
(UE) Wishes me great success,
(UN) My granddaughter,
(UM) Wants me to feel wonderful,
(CB) And I can feel wonderful,
(UB) Letting her do what she wants to do,
(UA) And choosing what I want to do at the same time,
(TH) I deserve to feel wonderful.

And take a deep breath!

BRAD: And let me know what comes up from that.

PERSON: It's a great reminder of what I really want. Years ago I set up a little situation for myself that I was just like hooked on dessert, so I used to start just saying when people would offer me dessert, "No, thank you, I don't want any dessert because it makes me sick." Well after about five years of saying that, any time I'd eat a dessert, I'd get sick. And it's still – it's true now. And even if I have an ice cream cone, if I have a moment of weakness and I have it, it makes me sick. So I might as well just not have it.

BRAD: Yeah, someone asked me the other day about, "Can you do hypnosis to implant a negative about eating things like chocolate cake?" She was saying, "I've heard that you can do this, so maybe we can do that." And I said, "Yeah, I'm not into implanting negatives." That's just not my style. I'd rather create more positives around health and healthy eating, especially because there are so many. Our subconscious mind is so complex that if you go in and create a negative about chocolate cake – well, what if your third birthday party was like your best birthday party ever and you had chocolate cake? Well, now, if you have a negative about chocolate cake, you're going to create a negative about your third birthday party. There're all kinds of things that can –

PERSON: So it sounds like – because it can backfire.

BRAD: Yeah, to me it's dangerous to create negatives.

PERSON: Okay.

BRAD: You know – desserts don't need to make you sick. I mean – it's a brilliant plan in terms of giving people – but at the same time, what you're trying to do is you're trying to make them feel less bad about you not having it. You're trying to – it's coming from a fear that if I don't eat dessert, they'll feel badly, and I need to come up with a valid excuse as to why I don't need to have this and they don't need to feel badly. And you're taking care of other people. But it's not supporting them from your highest self because it's out of integrity with yourself.

PERSON: Okay.

BRAD: If we're supporting people and we don't feel right about it, then chances are it's not the best thing to do, because – you know – we're all connected by energy. So if our energy is off, we haven't really helped something by doing something that we're feeling negatively about. There's – I took a course years ago, and they had this great line: Reasons weaken us. You don't need a reason. Just say, "You know what, I choose not to have an ice cream." And if they have a problem with that, then that's their problem. We don't need to justify any of the choices that we make. We don't need to justify our stance. If we know – if it's right for us – at the point that we're starting to make excuses, that's when we're not sure. And the thing about the support is, we're sort of letting people support us by not insisting that we have to take care of them, so it may not even be that they necessarily have to do something to support us. We're already setting it up that they're supporting us by not – with the example of the granddaughter – it's like – if you make the decision that you don't have to sacrifice your health for your granddaughter, you're giving her the permission to support you by letting that be. Does that make sense?

PERSON: Yep. Absolutely. One of the things that came up for me was an awareness of supporting the other person's illusion that things were fine in a sense, and then, therefore, they can't support me back. So, they like to know that things are hunkie dorie, and so I just supported that illusion and sabotaged myself in my own foot, because I'm not getting support back. Some of the people that I hang out with, like my granddaughter and some of my good friends – I think maybe if I would say no to the dessert, they may say no as well. And some of the people that I'm hanging out with are on diets too, and maybe if I'm strong for myself, maybe they can be strong for themselves too.

BRAD: Um hmm. Well, it goes back to that quote – and just be tapping while I read this again – you can tap on the collarbone point or tap on different points – whatever you like. "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, and fabulous?'" Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others."

Now that doesn't mean that we need to go and tell people, "Oh, you shouldn't be eating ice cream, that's unhealthy." However, if we make a choice for health, that gives other people permission to do the same. If we say, "Oh, I don't want them to feel badly about eating ice cream, so I'm going to eat it" – we don't do anyone any good by honoring anyone's weakness. Why do we even need to label it as a weakness? If someone chooses to have ice cream, they choose to have ice cream. We don't need to judge other people's actions based on what we're choosing for ourselves, as long as they're not hurting someone else. Whatever someone's doing, that's their choice, but you can create an opening for a different choice. But by making the choice to support them in whatever they're doing – if you don't feel it's good – then that isn't really honoring them. Make sense?

PERSON: Yeah, perfect sense.

BRAD: All right. Anything else before we go into a little guided imagery – thoughts, comments, questions, concerns, arguments? I may not be right. I just let whatever comes out of my mouth come out of my mouth – and sometimes I stand to be corrected. It's just what seems to make sense to me. All right then, go ahead and take a deep breath in and hold it. And close your eyes as you let it go. Gently closing your eyes and take another

deep breath in and hold it. And let it go. And a third deep breath in and hold it. And let it go. And just breathing comfortably now. Breathing comfortably, imagine that with each breath you take in, you breathe in relaxation and positive energy. And imagine a healing light surrounding your body, so that with every breath you take in, your lungs comfortably draw in that healing light. And allowing that healing light to flow in and through every muscle, nerve, fiber, tissue, cell, and atom of your body. Healing, healing, healing, more and more, growing stronger and healthier, allowing it to melt away any tension, any anxiety, any fear, doubt – any negativity – clearing that out – cleansing it, healing it. And allowing yourself to relax more and more with each number as I count backwards. Allow that relaxation to wash over you from head to toe as you go twice as deep with each number – five – four – three – two – one – and zero is deep sleep (snap fingers).

Remembering again that each and every time you hear me say the words “deep sleep” (snap fingers), with your permission, and only with your permission, you allow yourself to return to this depth or even deeper, quickly, soundly, deeply. And the physical body relaxes, and with that relaxation comes that wonderful sense of calm well-being of both body and mind. Twice as deep with each number – five – four – three – two – one – and zero is again deep sleep (snap fingers). And in this calm, comfortable state of relaxation, just allow your mind to take you to some beautiful place in nature – some place that feels really good. And in this beautiful place, find yourself walking, imagine yourself walking, walking forward (snap fingers), because from this moment on you have one direction in life, and that is always forward (snap fingers), towards an ever greater abundance of health, wealth, and happiness, which you so richly deserve. Looking around at the beauty around you and feeling the beauty around you and feeling the beauty inside you, and feeling grateful for that – grateful for all the blessings that you have and all the blessings that are coming your way – coming your way more and more quickly because you’re moving forward (snap fingers), towards them. And allowing yourself to enjoy new blessings each and every day and feeling wonderful about that – leaving in the past the old fears and doubts, limiting beliefs and ideas and decisions that held you back from an abundance of health, wealth and happiness. What’s been cleared today has been cleared for good, so that you are completely free to move ever forward towards that abundance of health, wealth and happiness, which you so richly deserve. And knowing that you do deserve it and that you don’t owe it to anyone to sacrifice your health, wealth, and happiness, and, in fact, it doesn’t honor anyone to sacrifice your health, wealth, and happiness. Knowing that not only do you deserve an abundance of health, wealth, and happiness, but your ever-increasing abundance of these good things benefits others. The highest good for other people is for you to have the greatest abundance of health, wealth, and happiness. Sacrificing any of those things for other people doesn’t serve them or you. So, leaving that idea in the past, leaving that in the past – the idea that you need to sacrifice for others your health, wealth, and happiness – that you should do things that don’t feel good for you for the benefit of others. Allow yourself to be in integrity, to act from integrity, to know that what is right for you benefits the world. It’s good for other people for you to take care of yourself. And you can be of service to others – you can put yourself out there to serve others, knowing that you choose to do so while being in integrity with yourself – knowing that it is right for you as well – doing what is right for you. Because your health, wealth, and happiness benefits others – and feeling good about that – allowing yourself to feel good about that – and knowing that you do, in fact, deserve an abundance of health, wealth, and happiness – and feeling that through every muscle, nerve, fiber, tissue, cell and atom of your body. And feeling grateful for the fact that the truth is that other people want that for you – and just knowing that at a very deep level as we go even deeper – five – four – three – two – one – and zero is deep sleep (snap fingers).

In a moment, I’m going to count you back out from zero up to five. Five will be wide awake, alert, focused, and energetic, powerfully moving forward, knowing that you deserve an abundance of health, wealth, and happiness, and knowing deep down inside that that’s what other people really want for you. So we get back down to zero, which is always deep sleep (snap fingers), allowing the mind, body and spirit to digest all these positive thoughts. In a minute, just coming up to one – feeling physically relaxed. Two - feeling emotionally calm. Three – health and well-being, enthusiasm, love, joy and gratitude flowing through every muscle, nerve, fiber, tissue, cell and atom of your being. Four – becoming more and more alert and aware of your surroundings. And five is eyes open, wide-awake. One – two – three – four – five – eyes open – wide, wide-awake. One – two – three – four – five – eyes open – wide-awake. And welcome back!