

THE ART OF --- SIMPLE HYPNOSIS ---

by Rob De Groot

Self Confidence

All right now, as you are relaxed in mind and body, breathing in and breathing out, relaxing even more. However, as you are comfortable, just simply allow yourself to access that part of the mind where awareness takes place. It is as if you are able to envision yourself in a place where you feel safe, and where you can be yourself. You can say that you allow yourself in this place to feel confident about yourself. Now as you're feeling confident about yourself in this place that you envision yourself in, I'm going to give you in a minute all the time in the world to identify things that are keeping you from being confident. That's right you may or may not realize consciously or subconsciously what those things are, but I'm sure that you are able to think of them in this moment while you are relaxed.

Now, as you are able to identify those things that are keeping you from being confident you might feel fearful and fear might be the reason why we all struggle to be confident. Perhaps it is an event that happened in your life that hurt you that's keeping you from being confident. Or it could even be any reason that you know of that's keeping you from being confident. You are the operator here and I am merely following your lead right now as you listen to the sound of my voice. You know the reasons why being confident seems to be a challenge for you but as you open your mind to new possibilities, it is as if you're opening yourself to new opportunities to be confident. For to be confident, you need to make space in your life to be confident. That is why you identified the things that are keeping you from being confident and you may or may not see them as physical objects in front of you. But they are in front of you as if they are represented as physical objects.

Now as you're able to see those fears and reasons in front of you that's keeping you from being confident, look at them and without emotional attachment or judgment, take a deep breath in and realize that you are in control right now. And when you breathe out, you relax even more while you realize that you are a powerful person. You take those items in your hands, it is as if you consciously or subconsciously realize that you are in control of whatever keeps you from being confident. Now take those items and create them into a shape that you dislike. You can give it a color, an aroma, or even a texture or sound that you dislike. Take that shape now and throw it as far as you can and see the shape disappearing off into the horizon, never to return. It is as if those reasons fade away, fade away, fade away.

Now as you enter this new chapter of your life where you are a confident person, it is as if you believe in yourself, that you can accomplish everything. You have the confidence to achieve greatness in your life. You have the confidence to achieve the goals that you set your mind on. Because what the mind can conceive, the body can achieve and that is why you realize that you are a powerful person who is fearless, confident, and mindful each and every day. See yourself as a confident person in the future, notice the way you feel, notice the way you look, and notice the way you sound like. You can really see that you have increased the level of confidence and expectancy of confidence within you and it has

changed your life. You realize just how much your life has changed from just being confident. You think of yourself, but you also think about others. You help yourself first before helping other people, for you realize that you need to look after yourself and you need to stand up for yourself before standing up for others. You are a confident person and you realize this each day and as you look back from the future you see all the obstacles that you have had to overcome and this is a reminder to you just how confident and powerful you are. You can say that you can enjoy your life now as a confident person, each and every day as you see yourself now in your daily life doing the things that you love and also that you have always wanted to do, for you realize that fear is in your past and you are fearlessly confident that you can maintain a healthy level of confidence and that is wonderful.