

CHAPTER 5

RESTORING SELF TRUST

Overview:

Another foundation induction especially for people who don't trust their own intuition and instincts. Until one can trust themselves they can never trust another as their guilt is projected.

RESTORING SELF TRUST

Please sit back and relax in a position that is comfortable for you-allow yourself to scan through your body and let go of any tension you might find by intentionally tensing it-holding it tight-then after a few seconds-releasing it-just letting go as well-do it first with your right leg-tightening it for a count of 1, 2 and 3-then releasing the tension and letting it go-could you do that? Good-Now do it with your left leg-tighten it-holding it for 1, 2 and 3-then letting it go-and why not do that with your right arm and fist as well-tightening it 1, 2 and 3-then letting it go and relaxing it-and now your left arm-tightening it-1, 2 and 3 and letting it go with a nice relaxing breath. OK, now check your other body parts and where you discover any tension-tighten it 1st then 1, 2 and 3 let it go and relax deeper and deeper.