

CHAPTER 44

DEVELOPING GREATER ADAPTABILITY INDUCTION

Overview:

Consciousness must be flexible and able to adjust to surrounding influences to remain resourceful, present and effective. The ability to step outside one's limiting beliefs, values and rules allows new possibilities to emerge. The test of any belief or strategy must be it's ability to create the most optimum conditions to be happy, well and able to extend one's highest essence creatively lovingly.

DEVELOPING GREATER ADAPABILITY INDUCTION

Please take a moment to arrange yourself in the most comfortable of positions...and why not, take a few slow deep relaxing breaths...to give yourself an opportunity, to *feel* comfortable, and *more* at ease...*(let 2 breaths happen and then say)*...that's it, and as you become more and more comfortable with each breath...please feel free...to shift your position, at any time you like, you can, a little at a time...orient yourself to the possibility...of being very relaxed...even more comfortable...very much at ease within yourself...perhaps discovering, that you can go into deeper relaxation, deeper trances...reaching deeper levels more quickly...through practice...through experience...through being present while integrating any outside sounds you hear to help you relax even deeper...