

## **CHAPTER 42**

### **CLIMBING THE MOUNTAIN OF GRATITUDE INDUCTION**

#### **Overview:**

Whatever questions you ask, you direct the clients mind to uncover repressed and frozen negative emerges to reactivate dormant positive ones. In this induction we give free range to the unconsciousness mind to discover what it knows it needs best to unleash the power within that will be helpful and empowering.

#### **CLIMBING THE MOUNTAIN OF GRATITUDE INDUCTION**

I would like you to relax and become as comfortable as you can, where you are resting, and take a few slow deep breaths. And as you do, you can allow your eyelids to soften, perhaps begin to get heavy or sleepy, as you sink deeper and deeper, into a place of inner comfort that lets your entire body soften and let go of any constriction it might become aware of. And as you do, you may enjoy imagining, that you're relaxing next to a beautiful waterfall in a mountainous area that is majestic and inspiring. And I'd like you to imagine that you are sitting comfortably by a rock or on some soft peat moss – or anywhere on the ground you feel comfortable taking in, the natural wonder that you perceive. And as you do you might like to notice the clouds are drifting slowly across the sky while you notice if there are any specific shapes, images or designs formed by the clouds. And as you relax even deeper with each breath, the sound of the water rushing over the rocks is very soothing.