

CHAPTER 17

OVERCOMING BAD FEELINGS

Overview:

This induction can be an excellent follow up after the overcoming depression induction. The key is to stack one induction on another to fill the unconscious and subconscious mind with new resources and direction.

OVERCOMING BAD FEELINGS

Please take a comfortable position and place your body in whatever arrangement is most relaxing. There is no time like this time to take a couple of slow deep breaths-and allow yourself the pleasure of drifting off as if laying down to go to sleep.

You can enjoy going deeply into the trance so that your subconscious mind can deal with its vast stored memory that you have completely at your disposal-and as you take another slow deep breath I'd like to have you *feel* very comfortable. While you feel yourself *go* deeper and deeper into the trance, it is as if you are traveling safely on a highway, passing one scene after another of your life.