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Wordcount = 776 words

[Pretalk]

Welcome to this subliminal recording where you can tap into the vast potential of your mind. Our minds are like fertile soil, ready to receive the seeds of our intentions, and nourished by our positive thoughts, emotions, and beliefs.

As you listen, you may notice some suggestions that can be heard consciously, while others will target the profound depths of your unconscious or subconscious mind.

It doesn't matter if you listen to these subliminals before you start your day or as you drift off to sleep, because the subconscious mind is *always* active and *always* ready to receive positive suggestions that aim to transform your reality.

Remember, you always hold the power to accept or reject any suggestions that are presented to you. Your mind is your own, and you are always in control. If you'd like to see the full script for recording or experience an uninterrupted version without ads, you can find a free MP3 download link in the description below.

Find a comfortable position where you can relax and unwind, and once you have settled go ahead and close your eyes.

Take a deep breath in....And a deep breath out... Good, let's begin.

[Breath Induction Countdown]

1. Take a slow, deep breath in, feeling the cool, refreshing air fill your lungs, and as you exhale, release any tension or worries, allowing them to dissolve into the ether.
2. Deep, slowly breath in, regulating your thoughts and deep breath out, initiating complete and total relaxation.
3. Inhale once again, entering the control panel of your brain....Exhale slowly, pressing pause on all the running programs within your subconscious mind...Good...
4. Your muscles relaxed.....Your limbs and tendons all relaxed.... Becoming loose, limp, and completely at ease now.
5. Perhaps noticing for a moment how easy and natural it is to relax and let go.
6. Going deeper and deeper down now, naturally and effortlessly, to a state of trance and relaxation.
7. Feeling so relaxed, so free, so unburdened....As you sink deeper and deeper down into total relaxation.
8. Perhaps feeling the power of your subconscious mind, your wise and faithful ally, always ready and willing to translate your thought into tangible manifestations.

9. And you can simply embrace this connection, knowing that you are the true architect of your destiny, and your subconscious is your ever-loyal partner on this sacred journey of growth, healing, and transformation.
10. Every day, in every way, you are transforming your life into the one you deeply desire.

[Autosuggestions]

My imagination is a *powerful* force, shaping my reality with *every* thought and feeling.

I release all limiting beliefs and embrace *limitless* possibilities.

I understand that consciousness is the key; so I create my world from within.

I rewrite my past and embrace a future of opportunity.

Faith and feeling guide me; I am convinced of the truth before it appears.

I trust in the process, effortlessly detaching from outcomes, and allowing abundance to flow.

I plant my desires in the fertile soil of my subconscious mind.

I am the master of my beliefs, and I choose empowering thoughts to lead me towards my success.

As I think, so I become.

Limiting beliefs dissolve effortlessly from my mind.

I embrace the unlimited power of the subconscious.

Every day, in every way, I transform my life into the one I desire.

I release old patterns of thought, replacing them with new beliefs that align with my desires.

I am the architect of my destiny.

My subconscious as my ally, there are no limits to what I can achieve.

My subconscious mind is my faithful servant, translating my thoughts into tangible manifestations.

I let go of doubts and fears, embracing unwavering faith in the potential of my subconscious mind.

I am deserving of success, love, and abundance, and my subconscious supports this truth.

Each day, I awaken with renewed determination to reprogram my subconscious mind.

I effortlessly attract positive circumstances and opportunities into my life.

I am the captain of my thoughts, directing my subconscious towards my chosen destination.

[Long Pause]

[Termination/Invitation to Continue]

If you wish to return to your waking consciousness and resume your day, simply begin to rouse yourself from this trance-like state...And feel free to transition back to your normal awareness.

Alternatively, if you prefer to continue this recording or to drift into a deep, restful sleep, you're also welcome to do so.

Remember, you hold the reins of your thoughts, and your thoughts shape your reality. Nurture these new mental programs you've downloaded by taking daily actions towards your goals, no matter how big or small.

Have faith in the incredible power of your intention, imagination, and subconscious mind to guide you toward the life you desire.