

## FEAR MOVES FAR AWAY

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### *Induce Alpha Level Hypnosis.*

Now, In the moment that you enjoy right now, so completely relaxed and at ease, I want you to just imagine the word **FEAR**... Just imagine the **WORD**... F... E... A... R... what a simple word that came to such an influential place in your past... Fear became something in the past that you tried to take ownership of... In the past you thought things like. MY FEAR OF \_\_\_\_\_, or you told people I HAVE A FEAR OF \_\_\_\_\_. In the past you tried and were pretty successful at making **A** fear, **YOUR** fear... You know this is true... But today we are going to let go of that attempted ownership, because it has never done you any good. You know this is true...

So, the way that we overcome this old fear of the past is to really **look** at the word FEAR and as we look at the word we simply allow our mind to **associate** the fear that we tried to take ownership of in the past. That fear that caused us difficulty in the past is now going to be connected in your mind to the **WORD** FEAR, just for the remainder of this session...

So relaxing deeper and further and more completely now with each and every breath that you take you imagine very easily the letters of the word... F... E... A... R... as if they were written on a blackboard or a sheet of paper or even in the sky before you... And as you imagine the word FEAR you realize that in the past you imagined this word with a little word in front of it... the little word was MY... You didn't even realize you tried to attach that little word in front of it, but somewhere along the line in your mind you tried to do that... You tried to put that little word MY in front of the word FEAR... Now take a deep comfortable breath and just imagine that little word becoming even smaller and smaller as it changes in your minds eye from MY to an even smaller word... A... just let it happen... In your mind you now imagine that the words in front of you now have become... A FEAR... because you no longer choose to try and own such a negative and detrimental thing... and it is so...

And as you focus on this image in your mind of A FEAR... you realize that it could now be anyone's... or no one's... it is just a fear... you no longer take ownership of it and it **FEELS** good to be free of it... and as each moment carries you comfortably further and further into relaxation you allow your mind to imagine the words beginning to change again... You are not sure what is happening to change them at first and then you let yourself realize that the word FEAR is becoming hazy... or in actuality it is just the letter E... you realize now that the letter E is the 5<sup>th</sup> letter of the alphabet and so now as we count down from the 5<sup>th</sup> place the letter becomes hazier and hazier and fades completely away into nothingness as we count down now from 5... 4... 3... 2... 1... completely gone... and as your mind effortlessly adjusts in this heightened state of awareness it moves and shifts with positive purpose to create a new and improved meaning for you... you find yourself looking at the letters in your mind, **A... F... A... R...** **AFAR**... In this highly focused state of mind, you now understand on every level of awareness that the old fear you have now released never was yours to own... and because of this new understanding it has changed... shifted... moved... it is now in your mind far, far away. You may even notice it from AFAR as it continues to move further and further away with each and every breath that you take until in a very short time it simply disappears from sight... Never to be seen or accepted by you again... You have chosen to improve and so you have... you have chosen to free yourself and put that old challenge far, far away from you, and **you** have done so... You are in control of your own well-being and you see now that this is a new day free of fear, tomorrow is a new day free of fear, and each new day is free of old useless fears for you because you are in control and it feels **GOOD**... and it is so...

*Count up to full consciousness.*