

# **The Mind Force Syndicate- Subliminal Power Audio Scripts**

## **Scripts for Each Audio Theme**

Just so you know which messages will be implanted into your head, here are the scripts for each thematic audio:

### **Business (Successful):**

"You are successful"

### **Business (Winning Attitude)**

"You approach every situation with a winning attitude"

### **Goal Setting (Motivation):**

"You are energetic and motivated about completing your goals"

### **Motivation & Energy:**

"You are motivated, excited, and energetic about life"

### **Relaxation:**

"A warm and relaxing current is flowing through your body"

### **Hypnotic Dual Induction:**

"It is time to rest..This is your time to relax...You can rest It is OK to relax...Muscles relaxing...Allow yourself to relax...You become more relaxed...Relaxation is easy...Breathe deeply...I am so relaxed Relax deeply...Allow the tension to just melt away....It is OK to relax ...You are floating..You are now very relaxed...You are experiencing extreme relaxation....You dive deeper into relaxation....You become more relaxed...It is time to rest...You can rest...Breathe deeply...I am so relaxed...It is so natural to relax....You are floating....Relax deeply...."

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This one repeats the same pattern for 5 minutes, but you will **hear different things in your right and left ears.**

### **Hypnotic Simple and Dual Induction:**

This contains the script above from the Hypnotic Dual Induction plus the following simple script:

"In a moment I am going to start counting down from 10 to 1. For now, take a moment to listen to the relaxing hypnotic sounds of this session and settle deeply into your comfortable position.

#### Momentary Silence

In a moment you may find yourself relaxing more and more completely. When I say the number 10, see yourself at the top of a small set of stairs, at the bottom of which you see a place meant just for you. It is a place where you can be totally and completely relaxed.

It can be a warm tropical pool where you can float all day long, or it could be the most comfortable bed you have ever slept in.

When I say the number 9 and for every preceding number, see yourself taking a step downwards, deeper into the stairwell, deeper towards your place of complete relaxation.

When I say the number 1 you will be completely relaxed, floating in your pool or sinking into your bed.

T-E-N

N-I-N-E

Take a step downwards, feeling your tension melting away.

E-I-G-H-T

Take another step down letting go of all your daily tension and worries, becoming peaceful, calm, and serene. Take a deep breath and let it out slowly.

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S-E-V-E-N

Deeper and deeper towards your place of complete and total relaxation. At this point, your eyes may feel heavy and your body may start to go lame.

S-I-X

F-I-V-E

Breathing deeply and slowly now, it is so simple and natural to relax.

F-O-U-R

T-H-R-E-E

Letting go now. Downwards towards the deepest relaxation you have ever felt.

T-W-O

When I say the next number, number 1, take your last step down and simply let go.

Simply let go into your place of complete and total relaxation.

O-N-E

You are floating away in a warm pool, or sinking deeply into that silky bed. Completely relaxed, calm, and peaceful.”