

Relaxzzz

Relax Release and Sleep My Friend

My friend, you asked me to tell you how I have helped friends to relax. It's very easy, especially if you do not think that it is, or even if you know that it is, it matters not.

Begin to set your unconscious, subconscious mind to work for you in this way. Read slowly and carefully the second line above. Just ignore the top line. It's the line underneath I need you to slowly and carefully read. See each letter clearly as you read each word. The words will start to look funny to some people, often right away. These are the types that go under most quickly – those who see the words as odd in appearance at some point. Often all the words do. Just read the second, underlying line, ONLY. Do this for a minute or two if you can. Reading this has an odd effect of setting a foundation for deep relaxation and resting or sleeping as needed. Read this foundation slowly at least three times. Remember to ignore the top line and slowly and calmly read the second line below it only. Read for a minute or so as you are able, especially if you feel you have been too alert or awake in the past. Look at every letter as you read. Don't worry – yes it is obviously symbolic. When you stop reading you may feel a little funny, notice a sense of calm, relaxation, other worldliness, tiredness and boredom, or just as if nothing has yet happened. But it has. In any event, this is fine. Just slowly reading it, quietly or aloud, make for the underlying foundation to deeply relax and, even sleep.

OK now my friend to relax...

Read the next following words three times *an hour or so before you go to bed* from the top down and sleep better ...

Relax

Trance

Relax

Deeper

Relax

Now

Happy

Sleep

Trance

Relax

Well

Sleep

Well

Better

Deeper

Relax

Sleep

Better
Than Ever
Deep
Happy
Sleep
Trance
Relax
Deeper Still
Trance
Relax
Sleep

Say this to yourself, a little out loud if possible, if you can, three times from the top down to the bottom. Don't worry if you know or do not know what the words mean, how they are arranged, what you think they mean, or anything else. Just read these words three times from the top down for three days. Be sure to do this at least one hour before you go to bed. Force yourself to stay up for at least an hour after you read this second section the prescribed number of times. You may feel yourself drifting mentally after you read this, or during it, but insist on staying up for at least one hour minimum after you read it.

That will give the subconscious what it needs to organize things for you better so you can sleep easily and still tell you what you need to know in symbolic terms. It is trying to heal you in its own way - as we all can heal on that level it all matters – by resting and deeply sleeping. It need not interrupt you to heal you. The subconscious doesn't mean or intend for you to grasp it all consciously of course. It just needs to talk in its symbolic language in a way that gives you easy rest and deep relaxation as it works things out for your best.

Let me know how well it works for you now.

Blessings,

Kenton

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