

Power Self

getting the most out of your life by finding the power that is you

Your Power Self

Your *Power Self* is a moving mental experience in which you move from where you are now to where you want to be. It is a fine-tuning of your mental self, equivalent to "Every day in every way I am getting better and better".

The power of the *Power Self* is that it enables you to make sweeping changes without wasting time on content. In other words, once you master this exercise, all you will have to do is to see yourself moving from where you are to where you wish to be while in *The Zone*. The key is to become centered in your being and concentrating on your *Power Self* at least once a day, for the last part of your 2 to 3 minute practice session.

Creating Your Power Self

Imagine or visualize yourself, *exactly how you want to be*, inside and out, mentally, physically, and spiritually, now *and* in the future.

See him or her first from a distance; then zoom in close. Float all around her. Listen to his voice; watch her as she moves; see the expression on his face, the light in her eyes. *Feel* his heart, her spirit.

Now step in and *become* that person, from the inside out, seeing out of his eyes, moving with her arms, her legs, his muscles, thinking with his mind, feeling with her heart, his spirit. See yourself in the mirror. And some of the issues you *used* to struggle with, he/she has resolved. *Feel* what that's like and what it *means* to you, the possibilities that open up for you, the directions you can go in.

Now be your Power Self in a present or future situation that *would have been* difficult or uncomfortable, *before*, and notice how, *being* him/her, you are handling this situation easily, comfortably, with confidence and grace. Let that situation play out, all the way.

And then *step back out* - bringing with you some of what you have experienced learned being her - again seeing your *Power Self from the outside*. Take some time now to *integrate* what you have experienced, *programming yourself* in the direction of your *Power Self*. Then, only when you are ready, bring yourself back and open your eyes.

Your mental representation is worth a thousand words. Focusing on your *Power Self* for 1 minute - *programming you* to experience yourself improving daily in every way - is a powerful way to manifest that improvement. And make sure that your *Power Self* reflects a *happy heart, a peaceful mind, and a playful spirit*.

Video on **YouTube**: <https://youtu.be/kGuUJQJpgQ> (**HypnosisSilverSpring** channel)