

The Total System of Mind Force & Quantum Qigong 2.0

The Power Method of Esoteric Skills Development

You can modify this script as you see fit as far as adding a specific skill...Keep in mind that the basic structure can be used for many other aspects as well...

"Relax...Sit down in a chair or lay down on a bed. Get comfortable and let your body just fall into place naturally...You may keep your eyes open or close them."

" Take a deep breath and while exhaling, exhale all tension, stress and negativity in your life. It will go away and you will feel refreshed and relaxed, while at the same time energized."

Each time you take a breath, I want you to get more and more relaxed.

"As you inhale the wonderful qi energy comes toward you when you exhale the energy goes out in a euphoric spiraling pattern that allows you to use it for many wonderful things...Things you can use in your life..."

I will use a 3 count that you will coordinate with your breathing...

- 3.....You are focusing on a special skill
- 2..... Your energy has attracted that skill and you remember it
- 1..... You know your Qi is powerful and strong, yet subtle.

"Nothing can distract you... You allow my voice to direct you to an ultimate place of comfort... A feeling of peace... You feel amazing..."

"Every cell, in every part of your body, has now risen to a higher state of power... Is glowing like a high-energy dynamo... Is giving off magnetism and Qi that turns your desires irresistibly towards you... This vibrant Qi energy that is now surrounding your body pulls what you want and what you need out of your surroundings.

"Now imagine your body is surrounded by this invisible field of physical magnetism and energy... It never tires... It never dims... It is always there to protect you... To draw to you what you desire... Think about the skill you desire... It could be **Astral Projection, Telekinesis, Healing, or even Opening Up Your Third Eye**...Place it in a moving picture in your mind that is both energized and at the same time calming..."

I want you to think back in time and Remember what it was like when you first learned how to do this skill...What did it feel like? How excited were you when you realized how simple it was to do and that now you could do it easily and without effort..."

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This skill is like any other skill you have learned...Riding a bike or even tying your shoe laces...There was a time you couldn't do those things, but you eventually did...Didn't you?

You don't need to remember everything about that skill...You don't even have to remember how you did it, you just have to **be convinced that you did it...**

You have the self-confidence you have always dreamed of... You can now make your dreams become your realities by using this simple exercise...

Open your eyes and know that you are in control at all times...

** Please note that this script is for Self-Hypnosis, but can be modified for use as an induction for another person with you as the Controller*