

Perception Meditation

"Sit down in a chair and use the Qi Infusion position. 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 bring the energy up from your feet, through your dantien and to your hands...When the energy gets to your hands, imagine the qi going out through the circle between your thumb and forefinger...

"As you inhale the feeling of perception and sensitivity washes over you like a Qi blanket...When you exhale the energy goes out in a euphoric pattern that allows your mind, body and spirit to connect in a very unique and wonderful way.

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

3.....You're ability to perceive and feel others energy, intents and feelings is increasing..

2..... You are in the process of knowing.

1..... You focus on this sensitivity that is now yours, and know that it will continue to grow as your Qi grows.

"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 you into a mechanism for perceptions... 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 perception and energy... It never tires... It never dims... It is always there to protect you... To draw to you what you desire... Begin to feel your sensitive nature growing...Let your mind be free to bring to you the thoughts, feelings and answers you seek...

You are seeing yourself as pure perception...You have the ability to know things you've never known before...You imagine brilliant beams of energy that allow you to tap into your subconscious mind.

You have the self-confidence you have always dreamed of... Your reality is your perception is now growing daily in connection with your Qi Training...You are in control...

Open your eyes and know that you are in control of your sensitivity and perception 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*