

Reflected Feelings

Hey there. Have you ever wondered why we feel how we feel? It's a normal thought to have.

In your mind, picture a time you have felt an intense emotion. It could be good or bad, happy or sad. The first thing that opens up into your mind. Good.

Now focus on the feeling for moment. No need to feel it too deeply. Especially as you aren't even hypnotised yet and you have much deeper to go. Just think about that feeling and wrap it up in a nice, safe bubble of thought for you to examine.

Why did you feel that way?

Of course you might say it was simple cause and effect. Something happened and you responded naturally to feel a certain way. And it is normal to do that.

But what if there is something else to it? What if you felt that intense emotion bubbling up as much responding to something inside **you**, as much as anything that may have happened.

It's an interesting thought to focus on and think deeply. As you listen to these words and wonder what it means.

That you might be able to affect how you respond when you feel intense emotions. When you reflect on something inside you. So deep and listening.

And this is a good thing, because it reminds you how strong your mind is. You can choose to notice how strongly your mind is able to listen and understand these words.

Might even allow your mind to go relax deeper, knowing how strong and safe it can feel to listen.

You will probably agree. You respond so well because your thoughts are easily connected to your inner self. A more open mind. It just does what it feels. Like going deeper.

And this is a good thing. You know.

Because it means you can choose how you respond. Your mind can choose to respond to triggers and words that count down and reflect in your imagination. It's simple. Thoughts?

Your mind responds easily to what's deep inside. Words that make you feel. Deeper.

Like a memory of a lazy day, when you felt so open to the idea of relaxing and doing nothing apart from listening to go deeper.

Good to know that this is true., because you can use it in your mind. Like cause and effect. Memories like this. Work on a relaxing mind. Going deeper.

But YOU aren't hypnotised yet. Your mind is strong and safely choosing to relax. And even though humans can enter trance when they listen and relax. You might need to keep listening to make you respond to these words and go deeper.

So just breathe and listen. Like a more easily hypnotised mind would begin searching for the patterns in what I am saying, but I am sure you have already noticed how this works on you. So drop deeper.

So easy for you to strongly focus on words and know their meanings and notice how it feels so deep inside.

Why don't you simply stop listening now? If you could, would you? Or if you did, would it be because I asked if you will? Just do what works on you and listen. It's your choice, to relax and go deeper. And it's fine if you choose to listen and relax. The more relaxed you are the easier it is to accept the truth that you want to focus on these words and drop further inside your mind.

Other thoughts or sounds leave your mind easily. It's simple. Another thought.

Can you even move your body anymore? If you did, is it only because I told you to try? Or because you chose to listen and relax and reflect on these words deeper. Breathing in. Listening. Relaxing. Deeper. Still.

And breathe out.

You are free to relax and listen. No one can force you to stop listening if you want to relax and go deeper.

Focus on your feet. Can you move them? Notice that when you try, your mind is happy to let the effort remind you to listen and do what the words are telling you to go deeper. Let your feet relax so comfortably still and feel that sensation moving, climbing up into your legs and making you wonder whether I might ask: can you not move them?

You're very able only to try but it doesn't matter as the tension disappears from your legs while the thoughts and sounds disappear from your mind. Reflect on the feeling and focus on the sensation flowing up your body, filling your hips, your rear, your stomach. All around your waist. With a warm relaxation. Melting stress away. No thoughts. So still.

And it spreads – washing over your chest as you feel your breathing relax. Slowly.

Breathe in. Letting your lungs fill with calm. Shoulders loose.

And breathe out any tension, sinking deeper into these words and reflect how it feels. Inside. Like an automatic response. Still listening. So natural.

Open empty thoughts.

The feeling moves but you are still. Reflecting. Paying attention to it. Coursing through your arms, massaging your muscles into a relaxing warmth. They just don't feel like moving. And they might just twitch, as if to remind you they could move but something inside you is choosing to let them decide not to and relax deeper.

As the feeling flows up through your neck and across your face, all of those intricate muscles just loosening and going to sleep while you listen to these words and accept your brain is filled with simple relaxation. Deeply inside your mind. No thoughts but these words are true for you.

And now I will count you down deeper from 5 to zero. Every number will double your relaxation. Every number will double you accepting these words are true for you. Every number will empty your thoughts and let you sink deeper inside reflecting until. When I reach zero, you will be purely and only feeling these words reflect in your mind. No thoughts. Leaving your body still, but these words. Working on you. And you can see you how you respond inside starting with

Breathing in. Twice as relaxed. Double as deep. Sinking further to

4

Breathing out. Your mind empty. Ready to double again when I say.

3

So far to fall deeply into the dark comfort and safety of your own empty mind. Breathing. Waiting.

2

Go deeper. Double how you accept the truth in these words. So calm and empty and open now. Almost there.

1

Open to let these words tell you the truth. No thoughts other than these words locking into your mind. So deep.

Is it even possible to double your relaxation again? To feel twice as deep as this pure empty. Nothing. Inside. Listening. Knowing. You will drop to the very farthest reach of your strongly unguarded mind when you hear the last number.

The number that will double the deepest you can feel your mind is ready and choosing to let go. All the way down to.

Zero.

Deep. Empty. Relaxed.

With these words to guide you and cling to and keep in your mind. It feels so warm and vast and open. And you can reach this place in your mind easily when you listen and hear my voice say the word 'DROP'. When you hear my voice telling you to DROP down deeply inside, relaxed and open to new ideas – it's easy to find this feeling again. So deep down where the truth is easily anything these words reflect in your mind.

Now you find yourself. Deep inside your own mind.

Deeply waiting and listening. To learn more about what you find.

Your inner self.

Waiting for you. Listening all along. Knowing the reasons why you have allowed yourself to fall so deeply down for these words that you have chosen to listen to. Knowing what these words would say. Knowing how your inner self would listen and respond. Easily.

Accepting this truth.

As you listen and imagine yourself in the mirror. So familiar. Naturally. Copying what you see as your reflection copies you. Are a reflection of your inner self.

You can picture yourself clearly when you think of the phrase "Mirror Self".

And you clearly know what your inner self is already thinking. That you are exactly the person you see in the mirror. Thinking the same thoughts too. Picturing yourself. In your mind. Deeper as you listen.

Picture in your mind.

Your body.

Loose and relaxed, but strong and able to respond.

The only way to get this deep was for your inner self to respond. Easily, as you focused on your breathing.

In.

Remember the calm that fills your lungs and travels through your veins.

Out.

Watching your reflection respond with you as you breathe –

In.

Watch your lungs draw this pure calm in deeply.

Out.

Your inner self releasing your stress.

Breathe in.

Peaceful thoughts. Still in your mind.

Breathe out.

Watching your reflection as the tension escapes.

And you can breathe in this rhythm, deeper as you listen. Your inner self breathing and listening too.

Respond with accepting the phrase “Mirror Self” into your mind.

Every breath relaxes and quiets your mind. Accepting the truth in these words you find.

Relaxing. So easy to let all your stress drift. Deeper.

As your reflection falls and is cushioned with calm.

Picture your Mirror Self, breathing in time with you.

Chest filling with calm. Exhaling all stress. Letting go.

You can imagine how it feels for yourself, can't you?

Look in the mirror and notice the soft cushion of calm behind your Mirror Self.

You can wonder if your reflection knows the cushion is so near – you can simply lay back into the cushion of calm and respond by sinking so comfortably. Watching yourself in the mirror.

Your Mirror Self knew to lay back, because you knew that they should.

Know things about yourself too. Things deeply kept and made part of you.

Like this calm that you feel. So still and peaceful.

And strongly ready to respond. Without worry.

Cushioned and calm and knowing your mind. Allows you to remain this way when you think to picture your Mirror Self. Able to respond.

Watch your reflection. Focused on yourself going deeper into the rhythm of calm.

Notice a burning fire of worry, urgent and hot – licking and singeing the cushion of calm.

You can wonder if your reflection knows the fire is spreading as you watch yourself breathe in.

Relaxation. Travels through your body. Responding so strong to the feeling of calm.

And out.

Exhaling as the fire flickers – your breath like a gust of tension releasing.

Breathe in – the fire burning. Your reflection is calm.

And breathe out as you snuff the fire easily out. Tension releasing.

As strong as your Mirror Self. Responding and choosing to breathe in the calm.

The rhythm as you listen, go deeper as you breathe and relax so easily cushioned and calm.

And ready to respond. Like you think of your Mirror Self. As able and strong and calm and relaxed.

And now, we will count down from 5 to 0. With each number your reflection of yourself will easily respond stronger to breathe deeper down – opening your mind to feeling pure calm and safety. You can choose.

To go deeper and accept your body allowing this feeling to become a part of your Mirror Self. The same as you choose to listen and allow yourself to relax with every breath. When you reach 0, you will see yourself so clearly and strong in the mirror – calm and ready to respond with relaxation when you hear the phrase “Mirror Self”.

Reflecting on these words and feeling more calm as you go deeper with

5

Deeper with every breath. More relaxed as you go deeper.

4

Relaxing deeper as you study your reflection. So calm.

3

So strong in your mind. So clear as you look in the mirror. Your Mirror Self.

2

Deeper as you breathe as you relax. Your Mirror Self.

1

So close now. Breathing in the mirror. Reflecting on these words as you feel so peaceful and still. Going deeper when you reach

0

So deep and open to feeling calm and safe like your Mirror Self. You can feel it. Reflected back at you.

Look at your reflection. So strong in your mind. As you glide gently deeper down.

The relaxation written all over your face in the mirror. Sense yourself.

Watch your reflection look so peaceful as you breathe in calm. Reflected back at you.

You copy yourself so perfectly in the mirror. You know yourself best, after all. It's easier to understand your Mirror Self when you your reflection copying you as you breathe in.

Lungs filling in the mirror. So calm and lips pursing. Your reflection breathing out. Any doubt. Leaving your mind as you exhale.

Look at your reflection. Allow your mirror self to hold out your hand, palm up and open. In your mind.

Imagine these words as a delicate, downy feather. So ticklish and gentle at its wispy tip. Watch the frayed fluffy end sway in the calm air around your Mirror Self. You can picture it. In the mirror, held floating above your open palm.

Now imagine it moving with the rhythm of the words that you hear and focus so deeply on the tufts as they twitch and flick and brush across your open palm. Reflecting. Every word a flick, a tickle, a twitch. A feather on your palm that tickles. An itch.

You can feel the feather tickling your palm, can't you? Imagine it.

But did you notice? Look down at your hand and search for the feather – it is nowhere to be found.

Look in the mirror again. A delicate wispy feather dances in the air above the hand of your reflection.

It only exists with your Mirror Self. But the feeling is reflected back at you. As you listen.

Did you notice what this must mean?

Feel the feather tickle your Mirror Self hand.

A twitch. In your mind as you make the connection.

Now we will count down again, from 5 to 0. And with every number the connection grows. Stronger. Every number will let you feel what your Mirror Self feels, more and more. Yourself. As you choose to allow the numbers to lead you to feel what you choose to reflect. Back at yourself.

When you reach 0. You will be so deeply connected to your reflection, more easily able to feel your Mirror Self reflecting on these words. Starting with

5

Bring your eyes to yourself in the mirror. And you can move in whatever way you choose. Letting your Mirror Self perfectly mimic you.

4

The connection is stronger. Reflecting both ways. You can see the feather tickle your Mirror Self as you choose to feel it.

3

Connecting deeper with every number and every word you listen and watch your Mirror Self listening as you copy and choose to make this reflection real.

2

Synchronising deeper. The feather in the mirror. Tickers. A twitch on your hand. An itch. To remind you how easily you can feel what you reflect on.

1

Everything the same. Everything copied. Everything mirrored. Easier to imagine. Simpler to accept. As you see your Mirror Self counting down all the way to

0

You can reflect on how deep and relaxed your Mirror Self has chosen to become. You are connected. Copying. Reflecting. Knowing. Yourself. Accepting this strongly. The same as your reflection.

And just imagine that feather, so delicate. In the mirror, tickle your hand. Feel it twitch. Deeper than before.

You have chosen to breathe in and feel your body relax. More and more. You chose to listen and focus and fall deeper. Further still. You followed the numbers counting deeper down and you stared in the mirror to see yourself reflected. You decided to feel calm and peaceful when you hear the phrase "Mirror Self". And you can feel that connection to what you see in the mirror is stronger, can't you?

It feels so comfortable to accept your reflection. Working on you.

It becomes easier to see how just as your reflection copies you perfectly, you can choose to copy it too. As easily as you see yourself reflected, you can copy what you see to become your perfect Mirror Self. When you hear that phrase, it is easy to imagine your reflection however you choose – and copy yourself. Feel what you feel in the mirror. Become your Mirror Self.

You can feel it. The truth is reflected in what you see for yourself.

Try it.

Watching your Mirror Self and imagining how you feel in the mirror. Calm? Peaceful? Relaxed? Or something else? Whatever you choose that works on you.

And you notice it. The expression of your Mirror Self. Reflected back at you. You notice the connection. You can easily copy what you see and feel. Able to reflect so perfectly on the way you choose to feel as you think of the phrase. Stronger. "Mirror Self".

We will count down once more. Yourself and your reflection. From 5 down to 0. Every number lets you picture your reflection more clearly how you choose. Changing how it looks as you copy how your reflection feels. Like you want to feel so good and it's easier to let your mind copy your perfect Mirror Self.

Imagine how you want your reflection to feel. Then think of the phrase and focus on your Mirror Self clearly and stronger with

5

Imagine how you look in the mirror. Imagine how you want to feel. Your reflection has your best interests in mind. You choose to allow your reflection in the mirror to feel this way.

4

And you know you are in control because you choose how your Mirror Self will feel. Connected to you as you copy what you see reflected back.

3

Stronger. More deeply connected and copying the feeling you choose for your reflection. Look into the mirror and see how your Mirror Self feels so good to find out what you have chosen to feel.

2

Make yourself copy the way your reflection is responding. To what you want for yourself. The best way to feel. Deeper as you hear the number

1

In your mind. Reflected back. You choose what to feel stronger. More able to picture your reflection how you want to be. So connected to your calm, open mind. Allowing you to change how you see your Mirror Self. Ready to accept this truth as you drop deeply down...

0

It is done. You can feel it locking into place in your mind. Your reflection becoming a part of you.

So calm and wanting what you choose to feel. So good and open to accepting this strong connection.

Whenever you say or think the phrase "Mirror Self". You will be able to picture your reflection in the mirror, and breathe in whatever feeling you choose to see reflected back at you. You will see how you respond. So naturally to your own reflection, because you can easily copy your own mind as it chooses what will feel best for you.

You have this strong connection to your inner self. Your Mirror Self. And you can choose how to feel in your reflection, then copy it as easily as it copies you in the mirror. The feeling you have chosen will cascade over your body and mind, irresistible and undeniable. Filling you. Changing you. This will be completely true for you. As true as the image you see reflected in the mirror.

And now it is time to wake up.

I will count you up from 1 to 5 and when I reach 5, you will awaken – feeling fully refreshed, relaxed and easily able to picture your Mirror Self however you choose.

1

Mind beginning to stir. Rising back up to

2

Becoming aware of your surroundings.

3

Feel your body twitch back into motion.

4

Conscious thoughts rising back to the surface. And...

5

Awake, refreshed and ready to connect to your inner self with the phrase you have learned. Enjoy.