

# THE WALL

In the next few moments you'll gain a greater awareness of your inner thoughts, your beliefs, your ability to manifest whatever it is that you desire, to create what you want to overcome limitations or blocks.

So allow your body to begin to relax.

As you listen to my voice... you will relax and have an opportunity to gain a greater awareness of your true inner beliefs, the core beliefs that allow you to create what you truly want.

You will become confident that you have the ability to make this happen, to feel relaxed and in control.

As you begin to relax now you might notice that you focused your awareness inward you may begin to feel a curiosity about the new possibilities that await you.

Notice that there is something there out in front of you, it begins to take shape. And you notice it that it seems to be a wall of some sort.

As you get closer you may see the details of the wall, how high it is, or how wide it is, or how thick it is.

Or you may just know that it's there, you may have an intuition about how big or how small this wall is.

And perhaps a part of your mind already knows what this wall represents.

And perhaps a part of your mind is learning right now what it is that that wall is about.

The thing that keeps stopping you... that prevents you from having what you want, from being abundant or living your dreams, having what you truly desire.

This wall represents the thing that keeps stopping right there in the middle of your progress... that you just keep running up against.

As you get closer to the wall, you notice that it is familiar.

It's that same feeling every time... maybe you've never identified it before but you know the feeling... and as you get closer to that wall you'll notice that feeling of being stuck, or sabotaging your success, or feeling the need to give up.

It stops you every time you get close to success.

Now find a way to look on the other side of the wall or look around it or maybe a place to look through it.

Notice, that if you were able to get past that wall... or around that wall... or over it, what it would be like on the other side.

Notice what's there, what's waiting for you... what it is that you truly could accomplish and achieve if you could just get rid of the wall.

Notice what it would mean about you if you could have what it is that you envision and imagine on the other side of that wall.

Perhaps you see your life as you wish it would be...

being successful, financially abundant, having the freedom to do what you love.

Perhaps you see your family happy, supportive or maybe there's something even more personal for you that's there.

And just wonder... feel so compelled and so curious about what that would be like... if you could somehow just blast through or break through this wall.

Right now I want you to step back from the wall so that you're there looking at it from a little bit of a distance.

And in a moment that wall is going to identify for you what it is, what it represents, what's been stopping you.

It may be some limitation within yourself or it may be someone else's limitation... perhaps in your upbringing... that created a belief that you don't deserve to succeed... or to win... or to get ahead.

Or perhaps it's some other issue that you have never realized before. This wall is going to tell you, or show you, what it is that it represents.

Right now get a little bit closer to it, feel that emotion or that feeling, or that thing that keeps stopping you... feel it getting bigger and more real. As you get close to that wall notice if there's a word written on it, or maybe a few words to tell you what it means, what it is about.

Or perhaps the wall has a voice and the wall can tell you what it is that keeps getting in your way and holding you down time after time.

Or perhaps the wall helps you identify a feeling right now and you can put words to that feeling and understand what it is.

So right now just let that message come to you.

Either see it or hear it ..... or feel it.....

And as the wall identifies that... you may need more information, or you can ask the wall to be more clear.

Ask it specifically how that stops you or prevents you from having the success that you want. (PAUSE)

And now ask that wall what it would need in order to be released or removed ... that would allow you to be completely free to have the success that you want, that you desire.

Ask that wall to show you or tell you... or give you the information in any possible way... of what it would need, or what you have to do in order to release that wall from you mind, from your thoughts, from your life.

(PAUSE)

And if you need more information you can ask for some clarification.

(PAUSE)

And now begin to wonder... if you were able to do what it is that that wall says it needs for you to do... to completely banish that wall from you life...so that you have no limits- nothing stopping you, nothing standing in your way... begin to wonder what it would be like for it to be that easy to move forward toward your dreams as they become reality.

Right now find whatever you need to bring that wall down, to discover how good it feels to have the freedom to move forward.

Find whatever tools or power, whatever determination or information that you need and right now begin bringing that wall down.

Remove it; release it, in whatever way feels right for you.

And there on the other side of that wall... as you take it down... notice a clear path, a direction that leads you directly to what it is that you want. Perhaps it's a moment in your future, or perhaps it's a moment right now in the present, when you have that freedom to be successful.

Perhaps it's a moment even months or years into your future when you've already achieved this success.

Allow you your mind to create the most perfect moment, the most perfect scene that will guide you and help you to understand what it is that you will experience with no limitations.

And now as that wall is coming down... let yourself move completely freely, move forward and feel it becoming real.

Let every breath you take right now create a stronger vision... let it get even more real.

Breathe into that moment, into that freedom you are now in... that successful, truly divine state of abundance.

What you want, what you desire is right here.

You allow yourself to experience it, to feel it, to see it, to hear it.

(PAUSE)

Notice why it's important to you now to have this kind of success. Perhaps it brings peace to your life.

Maybe it's just that the belief feels so right for you now.

Or perhaps it's something that you've discovered in just the last few moments about why it feels right for you to be this successful without limits and without fears. ©2002 wendi.com • Insight Audio Hypnosis Script Book 158

And really begin to notice who you are.

Notice what it means about you now that you are a success.

Notice the freedom that you have now that you have more money, more success, and more excitement.

And now let this moment get even more real and discover something that you didn't expect... a benefit, or something that is here as a result of you having abundance without fear or limits.

Discover something that you never thought would happen.

Discover one of the benefits of releasing that fear and living in abundance.

If there are people around you... notice those people, their faces, notice the way you feel more connected, more sincere.

Perhaps with more integrity in your relationships.

Notice how easy it is for you to smile, to stand up straight, to feel so excited and passionate about your life.

And now notice what that means about you.

Now let this moment begin to wrap all around you, just feel it like it's a warm comfortable blanket.

Let it wrap all around you with light or color or warm soft feeling of a blanket.

Perhaps there's even a comforting sound to it of something musical and magical... and as that happens I want you to float up above this future moment ... all the way up above it ... and see it from above.

Notice yourself... the people around you... the image... the feeling... the colors... and just float all the way back for a moment to your body here in the present moment.

Bring back with you those lessons and learnings, conscious and unconsciously. ....

All the way back here... Gooooood.

And just notice now that you've felt it, you saw it, you heard it, you experienced it... really notice how important it is to you to release this wall.

And you can trust that your subconscious mind knows exactly what to do to release it and resolve any inner conflicts tonight as you sleep.

Begin to bring your awareness back to my voice, back to the room, bring back with you the lessons and the learnings the resources, the wisdom that you've gained.

Allow yourself to bring back those conscious lessons and learnings and also those subconscious lessons and learnings that you are about to discover.