



Rich Guzzi's

Good Energy Affirmation Script

Bonus Script Just for YOU!

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Good Energy *Affirmation*

If anyone would like to participate in this part of the show this is all the inspirational stuff, I'm going to give it to them you're here, you can advantage of it also. All you need to do is put your feet flat on the floor, close your eyes follow the directions and it will work for you just as well. This is all the good stuff coming up right now.

As you take a deep breath in and release three, two, one, closing your eyes and allowing yourself to go deeply more relaxed.

I'm going to count forward from one to five, when I get to five you will emerge out of hypnosis feeling wonderful, invigorated, well rested, feeling like you can party all night long.

Imagine in your mind's eye grabbing a large sponge, you start squeezing the sponge see the stress leaking out of the sponge, going into the sink and down the drain. That's the stress leaving your body more and more every day.

You can use this technique every morning to relieve more and more stress and after only one week all the stress will be gone from your body as you feel more invigorated, more well rested than you've ever been in your entire life.

Whenever you lay in your bed with the intent to sleep you will think of nothing but sleep, your mind will not wander, you will be able to sleep uninterrupted, continuously throughout the night, waking up in the morning fully rested and invigorated ready to conquer the day.

You will notice relationships with friends, family, coworkers and significant others becoming better and better because you are feeling better about yourself. You're feeling more confident, more self-assured, more successful each and every day.

Every time you see a clock, any time telling devise you will be motivated to make this hour of your life better than the previous hour therefore every hour of your life becomes better and better. Every day, every week, every month, every year becomes better and better.

Every time you walk through a doorway you notice new opportunities coming into your life, from every area of your life, new opportunities, new inspirations, new ways to make money, new ways to make your life better and better all the time.

Good Energy *Affirmation*

You will no longer procrastinate; you will no longer waste any of your precious time on foolishness. You will no longer take any type of negativity from any person or any circumstance. If any person tries to give you any type of negativity you will dismiss them and then move forward with your plans, your goals, your dreams, your desires, becoming the best possible person you can be in this lifetime because you deserve the absolute best.

Any vice, any bad habit you want to eliminate out of your life you will now look for the tools to quickly and efficiently get the results you desire.

You only put good things into your mind, into your body, into your soul knowing this is the only body you will ever have, you will treat it with respect, feeding it only good things, taking care of yourself, nurturing yourself becoming the best possible person because you deserve the absolute best.

Every day in the shower you feel the water running over your body and washing the outside negative influences off your body and down into the drain.

A protective shield now coats and protects you from outside negative influences.

If any type of negativity was to come your way, it will bounce off your protective shield and go back to its original location as you have a positive mental about yourself and your circumstances, you will spiral higher and higher to new levels of achievement and awareness.

All and all your life becomes better and better because you want it that way, you deserve to have it that way and you will have it that way.

One starting to emerge, two becoming more aware of the room around you now, three becoming more alert, four opening your eyes, five fully alert, fully aware, feeling so good so wonderful.

As you take a deep breath in, taking in all the good, positive energy, exhale all negative energy leaves your body as it leaves you feel so good, so wonderful you can do absolutely anything.