

The background of the cover is a vibrant, sun-drenched forest scene. A large tree trunk forms a natural archway at the top, framing a bright, hazy opening in the trees. The ground is covered in dense, lush green foliage and ferns. In the upper right corner, a cluster of colorful hibiscus flowers in shades of pink, orange, and blue adds a touch of tropical beauty. The overall atmosphere is peaceful and natural, suggesting a journey into nature.

HARMONIZING INNER MAN & INNER WOMAN

A SELF-HYPNOSIS JOURNEY BY
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SELF-HYPNOSIS BASICS

Embodying what your heart desires, and improving the connection between your body and mind - this is a lifelong process we're all in.

Self-hypnosis is a tool that can be used by anyone to create a shift in their internal state. This may lead to profound shifts in life. In a nutshell, self-hypnosis is a form of meditation that can help you modify behavior, emotions, and attitudes.

This guide is about the audio recording technique. You record your own voice reading a script. The script can be modified as needed to tailor it to your unique needs.

Imagine talking to your future self (the listener) when you record this self-hypnosis journey. Speak with care and kindness, at a slow soothing pace.

Make sure you're in a quiet place with no distractions when you record your hypnotic journey. You can use the simplest voice recording app on your phone and if needed, experiment with using earbuds for better sound quality.

Let's begin!

HOW TO MAKE YOUR SELF-HYPNOSIS RECORDING

1. Record Your voice reading this script At A slow pace (The recording will be around 30-40 minutes long)
2. Listen to the recording before or after sleep every day for at least 30 days



The Unity of Inner Man and Inner Woman

Please make yourself comfortable. Find a comfortable place where you will be comfortable and warm.

So that you can devote this time entirely to yourself. When you are ready, please close your eyes. We will start with a slow and deep inhale and exhale. We take a deep breath in through the nose. And exhale through the mouth for complete relaxation. Now feel how the air fills your lungs.

Gradually, your whole body relaxes. And now, from the crown of your head, a slow, gentle, warm wave, descending, envelops your entire body. With each inhale and exhale, allow each cell of your body to relax. Immerse yourself deeper and deeper in this wonderful state.

Release any resistance or doubt from your consciousness.

As if a balloon, imagining how you place everything in it that is not needed, that happened during the day, but which now interferes and distracts you at the moment of listening and feeling this audio.

Now we will take another deep breath. And let it all go.

Without much effort, you enter a state of total relaxation.

Peace and rest. This is your time. This is your time for you.

Time for expressing love to yourself, attention and care. And all your actions now and in the future are aimed at cultivating and strengthening this state of love, abundance and well-being for yourself.

Therefore, at this moment, I want you to mentally or, perhaps, even out loud, praise yourself. Maybe you would even gently hug yourself, embracing you with your hands. Thus, appreciating yourself and showing this value. Thank yourself for your efforts, the desire for a better life for yourself. A new level, a new quality of life that begins with you, your state. And first of all, of course, with gratitude. Excellent.

Now you can hear my voice, let all extraneous sounds go away. They will be inconsequential to you.

You only hear my voice.

With each sound of my voice, you go deeper and deeper into a state of peace. Total relaxation. Rest.

You enter a state of contact with yourself. You hear and listen to yourself, and your feelings right now.



Now, I want you to imagine a summer forest.

Walk through it slowly and leisurely.

Inhaling the pleasant forest aroma.

Listening to the sound of leaves. Birds singing.

Feel how, along with the air and sounds, your body is filled with warmth, which is concentrated right in the solar plexus. Look at the bright blue sky. Feel how the warm rays caress the body, rise in a wave up and reach every cell. Relaxes you even deeper.

And even deeper into this magical, gentle state.

In this space, you feel good and safe. It's light and warm here. Right now, allow yourself to be charged with the earthly element. Allow yourself to slow down. Invite your inner woman to look around. As a goddess, imagining her walking through the forest along this edge. Gently stroking the moss with her hand. Noticing every stream. Feeling this softness under your feet.

Imagine and feel what you want to imagine. What is happening in your head right now? Make this picture even brighter. And even more real. Allow yourself to ground and feel the abundance of nature. The abundance of fruits and leaves. Berries and plants. Right now, allow yourself to absorb this state of abundance. The abundance of energy and resources. It's available to you right now.

You can approach the stream. Maybe it's even a river. Allow yourself to swim in it. To feel the abundance state even deeper and more. You enter this stream. I want you to surrender to this flow. Imagine how this warm river gently lifts you up. You surrender to the abundance flow. It envelops your whole body. It envelops you with safety, peace and lightness.

Feel how your whole body continues to relax even more. Right now, you can see and feel how strength and energy begin to return to it.

Your natural resources are returning.





Fill your inner woman up as much as you need. Remember this place. Remember that you can return to this place at any time of the day to fill yourself up, inspire and ground yourself.

And now it's time for us to move on. Look how a path begins to appear in front of you. You walk along it, and it leads you to a large space, to a field. Beautiful, rich in greenery and flowers, field. You continue walking along the path. Looking into the distance. And now, see a figure walking towards you ahead. What feelings arise in you when you see the approaching figure? I want to tell you that any feelings are absolutely normal.

Here there are no judgments, good or bad. One thing I know for sure. There is a sense of a familiar, close part. And this part is your inner man. With whom you will have to meet in a moment.

This is the part, the energy that carries within itself an enormous potential. The part that is responsible for self-confidence. The ability to protect and support yourself. Confidence in yourself, your capabilities. This is your inner support.

And right now you continue walking along the path, getting closer and closer to the point, the place of your meeting.

Let the picture in your mind become even brighter. Now you can make out your inner man.

Pay attention to your sensations in the body. Thoughts, conclusions, attitudes, opinions – everything that comes to you now.

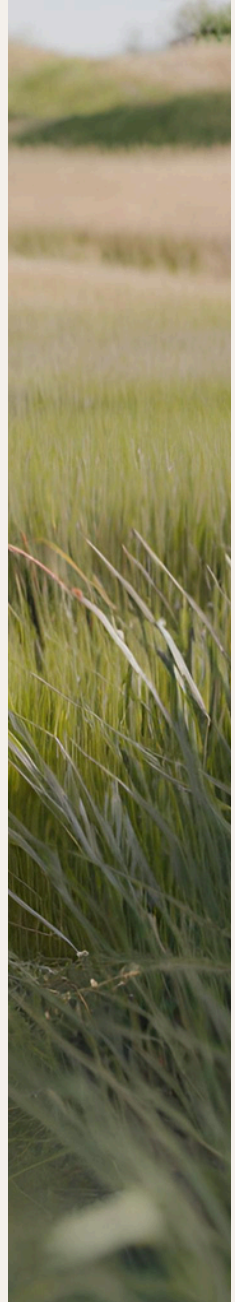
If there are any negative feelings or thoughts, ask a counter-question. "Why are you here? What do you want to tell me about this? What do you want me to pay attention to?"

And to this question, perhaps, some fragments will emerge. When they told you that a woman is defenseless and helpless, that everything should be done by a man. Or vice versa, that a woman pulls everything on herself, and you can't rely on men. Perhaps, scenes or dialogues will pop up, as Mom addressed Dad. Allow all these scenes to come to you. Indicate, show and guide.

The way a woman treats her inner man is very often a copy of how her mother treated her father.

Let's go back to our meeting.

Now you have reached this place and right now see how he is standing in front of you. Your inner man, who represents your male qualities and states. Look, feel, see what is happening between you. Is it a conflict or friendship? Maybe you love each other? Maybe, on the contrary, you do not notice and do not want to look each other in the eye? Feel. Look at him, how old is he, how tall? In what state is he?





And now, with your inner attention, in order to fully feel him, pretend that you are this man right now. Then we can feel him more easily. Tell yourself: **I pretend to be my inner man and feel his feelings. I am my inner man.**

Now you are in his body and looking at your inner woman. Right now, all those states that are in him now are revealed to you. Which, perhaps, he hid all these long years, all this time.

Try to understand, is he tired or, on the contrary, has a lot of energy? Does he feel support or loneliness? Does he want anything? Does he have goals? What about the strength to achieve them? Does this man feel that he is valuable and important in your life? That you admire him? That he is the best? That his actions, his presence, and his energy are really needed by someone. Needed by you.

If he feels sadness or anger, resentment, try to finish the sentence: "I feel sadness ... or I feel ... emotion because ..." And finish this sentence. Let him finish this sentence. What does he feel? And what does the body want to do? Maybe run away, freeze, shrink so that no one touches? Or, conversely, attack, defend, fight, prove? Focus on these instincts and feelings. Thank them for serving and protecting you for so long, and helping you in this way. After all, these feelings and emotions, these instincts, they really played a certain role - the role of a defender for one reason or another.

If you ask yourself: "Why did these feelings arise and remain in me for so long?" Your subconscious is right now giving you a picture, a scene from the past, childhood or adolescence. Where and when did these feelings first arise? Who and where did you adopt them in yourself? And then let go of this picture. Realize for yourself everything that needs to be realized. And let it go. Return to the place where your inner man is standing in front of you.

And now you return to the image and in the body of your beautiful, gentle, graceful inner woman.

And now turn to your inner man. Ask him, because maybe he wants to suggest something. For example, how to communicate with him. What are his needs and desires? Does he want you to admire him? Do not scold, do not reject him, do not suppress and do not refuse him, considering his qualities unnecessary. After all, these are the qualities, abilities, the resources that help you thrive, realize yourself in the modern world as a woman. This is what is responsible for your actions, your support, integrity, and security.

Here, ask your man now: "What does he feel about you? What does he want to receive from you? What is he missing?" And are you ready to give him this? Can you appreciate your inner man? His divine, strong qualities?

Great. Now I ask you to move your attention to the man. From the position of the inner man, feel the woman across from you.

What does she want to get from the man? What is she missing? Maybe she wants him to notice her? Learn to praise her, admire her? Is he ready to serve her? Help and be her support? Deify her, carry her in his arms? What does he feel when there is a woman next to him who can give him her admiration? Her love, warmth and care? Her resource, abundance? Is he ready to give her what she wants?



And now enter this same space, but already in your incarnation. Third person. You are looking at your inner man and inner woman.

Right now you are You. And in front of you are your inner woman, the embodiment of the goddess herself, and your inner man, the embodiment of the true emperor. Come closer to them, so that you can take each by the hand. They, in turn, take each other by the hand. A circle is formed.

Right now, look into the eyes of your inner man. Speak to yourself or out loud: I acknowledge you. You are recognized and heard by me. You are a part of me. I allow you to be yourself. Manifest in my life. I accept you. I thank you. Forgive me for suppressing you. I love you. You give me a clear awareness of what I want. Gives me structure, strength and energy for moving forward! I accept your intention to protect me and the ability to defend my interests, my boundaries. Say "no" at the right moment. I accept your care and the ability to notice your own needs and satisfy them independently or accept help from others. You are my support. And this makes me a holistic person. You are financial security, the ability to provide for yourself and create a comfortable life on a material level. You are purposefulness through the realization of your own goals, ideas, desires. I accept you. I thank you.

And now imagine how his healing male energy, like a river, flows into your heart and fills your right side. And now, feeling how this healing powerful male energy fills the entire right side of you from the crown to the tips of your fingers. Feel and accept, be aware of the presence of this energy in your body. Filling all the voids, assembling the puzzle together. Filling every space in your body. It heals all that needs to be healed. Give yourself time to fully connect with your inner man. Deeper inhale and deeper exhale.

And now it is time to look into the eyes of your beautiful goddess. Your inner woman. I will ask you to speak out loud or to yourself.

With love and gratitude, I fulfill my female destiny in my life. I acknowledge you. You are known and heard by me. You are a part – a large part – of me. You are a state of happiness, harmony, acceptance and satisfaction with life. I allow you to be yourself, to manifest yourself in my life. I accept your energy. Your energy of femininity gives me well-being and abundance. I accept you. I thank you. I love you. You are available to me by right of my birth. I thank you for giving me the opportunity to live a full, bright and sensual life.

I am aware of and accept my femininity. And this resource and abundance, all of this I direct to myself. I lovingly take care of myself in ways that are suitable and only suitable for me. I value my femininity. I love myself, and I open myself to this inner flow of love and resource right now.

And if you want to add something else, you are welcome to do so. You can also tell her: I am the embodiment of the goddess herself, and I attract the attention of the most worthy men to me. So be it and so it is.



And now, imagine how her loving, bright, feminine energy penetrates into your left side. Fill your entire left side from head to fingertips. Heals everything that needs to be healed. And now feel, accept the presence of this airy, gentle energy in your core. Feel the state of fullness and wholeness, the harmony of these two energies within yourself.

And now direct your attention to the solar plexus area and feel, how your resource begins to replenish. It is here that the energy of your inner man dwells. Allow yourself to be filled with confidence in yourself, in your abilities, goals, talents. And allow this energy to fill your body. Turn to this energy every time you need strength, resource, energy to overcome any difficulties, solve problems and achieve. This energy is always available to you.

Now focus your attention on the heart area. This is the space of unconditional love, the space of your inner woman. And now, with each breath in and out, feel how your heart opens and fills up. Feel how much love and warmth there is here, how much tenderness. All this is available to you. Feel the state of lightness, love and acceptance. Open this vessel and here and now fill yourself, your body, with unconditional love. Open this vessel first and foremost for yourself. And continuing to feel how your heart opens up more and more, put your hand on your heart and repeat after me.

I trust my true feelings coming from my heart. I listen, trust and follow the voice of my heart. And I allow love for myself to grow stronger with each breath in and out. And allow yourself to feel like the most loving, loved, valuable and significant woman in your life. And right now, observe and feel how these two energies harmoniously flow, dance with each other. These two energies make you whole, filling your entire body. The perfect puzzle that has come together harmoniously. You are whole. Feel it now. Feel and remember this state of wholeness.

You are the most important person in your life.

And now stay in this magical state for as long as you need. Replenish your resource, fill yourself with it to the fullest.

And when you are ready, I will start counting down from five to one.
Take a deeper inhale and a deeper exhale.

So, five – take a deep, deep breath. One last time, filling your entire body with this magical state even more.

Four – exhale.

Three – slowly wake up your body, you can move your toes and fingers.

Two – return to the space where you are currently resting.

And one – open your eyes.