

## **My Photo Album**

As you rest here in this safe place and reflect... your attention is caught by a photo album ... somehow you are familiar with this album... notice the colour of the cover... notice the material that the cover is made of... you might want to rub your hand over the cover now... juts to get a sense of it... notice how thick the album is... notice any decoration too.. this album.... this photo album belongs to you... it is yours... It is a record of your life to date...

Your photo album includes your achievements ... your failures ... happy times ... sad times... creative times... empty times... abundant times ... times of contentment...times of difficulty... times of achievement... times of disappointment... times of success... times of so much...

All these are stored... along with the memories of those past experiences of life... your life... stored here in this album... which all belong to you...

So now can be a good time to... take a look at all the pictures and memories... some you remember consciously... others only of subconscious recollection...

So open the photo album of your life ... open it... and start to review it ... and if you notice any unflattering photos ... any obsolete pictures... any photos which are no longer needed... you can remove them... in a few moments ... for this is your opportunity to clean up this photo album of your life...

for maybe... you have been hanging on to some of these for too long... some are past their 'use by' date... past their usefulness... maybe the lesson has been learnt but you have been held back by hanging onto the memory unnecessarily... so how about a little spring cleaning... how about a little bit of letting go of it now...

So I will give you some time... all the time you need to... separate out now all the photos of those past memories and experiences that... you no longer need ... I will give you some space to create some space in your photo album... so when I say "go ahead"... I want you do pull out all those old photos that are obsolete... remember to only... remove those photo memories that you no longer need... and when you have completed this just give me a nod of your head and I will say "thank you"... so ready... now "go head" and give me a nod of your head when the job is done now....

**(WAIT FOR A HEAD NOD)**

Thank you... great.... well done....

Now... you will no doubt... have lots of space in your photo album... lots of space to now bring in something new....

So I will give you some time... all the time you need to fill that space... you have plenty of space to bring in new photos of good times... happy times... successful times ... real or imagined... yes... I really do mean real or imagined... in fact I really want you to cram those spaces with powerful positive images of yourself... images of the past and how you would have liked to have been right now ...

so when I say "go ahead"... I want you cram your album with all those positive powerful photos... real or imagined... just do your best now... and I want you to do this and let those new photos reflect that... make them bright and colourful... and when you have completed this just give me a nod of your head and I will say "thank you"... so ready... now "go head" and give me a nod of your head when the job is done now.... remember your imagination is limitless...

**(WAIT FOR A HEAD NOD – then continue with ego strengthening or you might use analysis on a photo that is significant)**

Thank you... well done...