## **Boards of Canada**

Just relax, and enjoy this pleasant adventure. Here you are, secure and protected, in this, your special place, letting my voice flow into your mind. There's no need to concentrate. Just gently as you go. Suggestions are going into your unconscious mind. Open yourself up to the greater wisdom and understanding. So, now, letting the sound of my voice reach the inner, healthy, receptive centre of yourself. See yourself now in your imagination; and you are being tranformed in a positive healthy way, so you are programming your unconscious mind, gaining new insight into your directions, in the future. Allow yourself to be more aware of your pathway through this life. [Enjoy all that you can.(?)] As the days go by, you are programming your mind, and you are allowing this to happen. These things are happening day by day, just as I tell you they are happening, wherever you are. See this happening. Allow it to become part of you; more and more happily, more and more surely, more and more powerfully, each day. When it is necessary, you can program yourself, be able to dream the information you require. This awareness will come back to you at your own rate. It will never be more than you can cope with. This guidance will help show you the way. This will only happen if you choose it will be so. Ready, now ...