

JORDAN DYKSTRA

Push & Believe (2019)

a lecture-performance about self confidence



in memoriam Steven Brody Stevens (1970-2019)

Premiered March 1, 2019 at MAC 650 Art Gallery & Co-Op in Middletown, CT

31 Cards Containing ~40" Actions — "PUSH AND BELIEVE"

EVENT (blue):

Strike Energy Chime (2)

Tape Playback (2)

Light Incense

" light candle and hold up prism "

" activate hidden fan to engage wind chimes "

Pick up Desert Sage

VOICE (yellow):

Random Harmony (3)

Reverb (3)

Phaser (2)

Lower (2)

Even Lower

Lowest Possible

Higher

Even Higher

Highest Possible

ACTION "SKIP AHEAD"s:

Skip ahead 1 paragraph

Skip ahead 2 paragraphs

Skip ahead 4 paragraphs

Skip ahead 3 sentences

Skip ahead 6 sentences (2)

Skip ahead 19 words

Skip ahead 10 words

BRODY-ISMS:

Push and Believe!

You Got It!

You Should Believe Me On Cadence Alone!

Yes!

Enjoy It!

Feeling Good About Life!

Positive Energy!

959 Till I Die!

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SC1.m4a

Hello. Greetings and welcome welcome to a new beginning for if ever in your life you have lack self-confidence self-esteem self-worth or if you have ever experienced that lack of physical mental or emotional maturity that is in the past beginning from your very first listening to this recording the way you present yourself to the world and the way your world perceives and then reflects you back will begin to change. Now this change can take place dramatically even after the first playing of this recording or it can take place over a period of time. Generally for you to change from the inside out will require about 30 days of exposure to the message found on this recording and you can make these changes happen ever so quickly. By choosing to play this recording at your regular bedtime for the next 30 days and then occasionally after that as you feel the urge and the need now when choosing to play this recording at your regular bedtime you will soon no doubt begin to drift into a deep natural sleep. This is acceptable for your subconscious mind will still register and perceive and then begin to carry out the suggestions even while you're sleeping. In order to bring the message to your conscious mind it will be necessary for you to play the tape at those times when you're not quite so likely to fall asleep at those times I suggest that you sit and listen to the message while entering into a state of self hypnosis and that your seat herself in a chair your feet firmly on the floor your hand open and palms up in your lap your back straight.

And for best results I suggest that the day plays begin in the second week of your regular use of this recording and be limited to no more than three playthings in each seven day period now from this point on. This recording is never ever to be played in a moving automobile hard anytime for that matter when you wish to maintain full awakening consciousness as we're about ready to begin. Find yourself in a comfortable position either sitting or lying allow your eyes to close normally and naturally and take a long slow deep breath into your nose hold hold the breath through the mental counter for and then open your mouth and slowly exhale all the air from your body and let go and let go again. Take a second long slow deep breath in through your nose hold.

And this time as you open your mouth and exhale mentally count from 8 to 1.

Now I want you to imagine with me that you're looking at your body in a full length mirror and I want you to remove as much of your clothing as you feel comfortable in doing and begin to look over your body from head to toe examine your body.

Be honest with yourself now.

Perhaps there are things that you would like to change about your body if so no that you will be able to change them so the things that you can change will begin to change. And those things that you cannot let go. Because when you really get down to it you'll have a strong healthy and attractive body and there may be some minor alterations that you'd like to make. So if you want to change your weight do so. If you want to change your hair color or style do it now recognize this that all changes that are going to take place within your mind and your body come from the inside out and that nobody can do it for

you. This tape will provide the suggestions to stimulate the process of change but the change will be all yours for within you. There is a seed a power and unlimited potential and your connection with infinite being and infinite intelligence is strong enough and substantial enough to bring about the changes in your life that you desire. You can have anything you want had from this day forward. You will begin acting and behaving and you will begin being a person with much more self-confidence much more self-worth self-esteem. A person with increased mental and physical and emotional maturity for whatever it was in the past that in any way limited your full and complete expression is now being set aside and removed from your life forever. It is being made so small and so insignificant that it will lose and loosen its hold upon you forever. Now move the mirror aside and behind the mirror there is a suit of clothing bring the suit out for this is a magical suit. A very special suit. It is an ability suit. Put it on and as you put it on you can feel and sense and know a change taking place within you feel it.

Experience it.

Be it put the clothing on close the closet and look over your body in the mirror and behold the magic see yourself immediately from this day forward as a person with much more self-confidence much more self-esteem and self-worth.

A person with physical mental and emotional maturity sense that change taking place in you for the only magic truly happening is happening within you feel it know it and the mirror reflects back to you what you are expressing these abilities that are being reflected back to you have been there all the time.

There were only awaiting you to release them from within. And so the releasing process has begun. And each and every time you return to this recording and experience the positive suggestions the changes will begin to take place. More and more profoundly within you and they will be released within you. Much like a time capsule planted within your subconscious mind and these changes will take place as they should because truly you really like and respect yourself first. Therefore you are beginning to reflect that feeling to others and others reflected back to you. I want you to experience yourself right now composing letters to those people in your life who have created a system of beliefs and limitations within you. These limitations which are no longer valid and true in your life. I want you to create and imagined yourself writing a letter to these people.

Write the letter with love and the purpose of the letter is to return to them all the beliefs all the thoughts all the limitations that are truly no longer a part of your life.

Now before the mirror read the letter and read it with love.

Now let go of the letter.

Take a deep breath and relax create in your mind in your imagination a beautiful day and find yourself transported to a place a nature a place under a warm brilliant sun a blue sky and some clouds a place where you can sense the feel of a gentle breeze

blowing across your body a place alive with the smells of the day and a feeling of peace and tranquility and let go and so with each exposure to hypnosis either through our recording or personally in the presence of a professional hypnotist you will find yourself gaining greater and greater benefits.

And this is so now let go and bring the light from the sun bring it and focus it over your right arm and move it from the tips of your fingers to your shoulder and you can feel the warmth from the sun penetrating the skin and the muscles and the nerves and you experience yourself letting go drifting deeper and deeper and still deeper and the right arm relaxes bring the light from the sun bring it now and focus it over the left arm and then move it from the tips of your fingers slowly all the way up to your shoulder and you get that sense of releasing relaxing and letting go and you find yourself drifting deeper and deeper let go for you do know that you can bring yourself out of any level of hypnosis merely by counting from one to five. And this is true whether you're being jeopardized through a recording or by a professional hypnotist. You can always bring yourself to full awakening consciousness just count from one to five now bring the light from the sun bring it down to the right leg and move it from the toes to the ankle the calf and the knee and the thigh all the way up to the big hip bone and sense and feel the light penetrating the skin and the muscles and nerves and know that every cell is responding to the light and the right leg is going deeper and deeper into relaxation now bring the light from the sun bring it now and focus it over the left leg from the toes to the hip and then slowly move it back and forth up and down and the left leg will get that sense of peace and relaxation and you'll find yourself drifting and moving deeper and deeper gently now bring the light from the sun bring it into your body bring it into your stomach and you can sense and feel it beginning to warm and glow there and every organ and every system in the lower part of your body will respond to the light from the sun and all the tensions and pressures the worries the cares are being released and you'll find yourself moving in drifting deeper and deeper and still deeper moved the light from the sun now into your chest and the energy from the sun will relax the muscles around your lungs your breathing is deeper and more relaxed and go more and more with each word with each praise and the light from the sun will enter your body move into the heart and then move out through the bloodstream and the light will heal and the light will empower you and within the light from the sun here's a blue for power the gold for wisdom a pink for love and they strengthen and change you from the inside out now bring the light from the sun now bring it to the body through the head and let it move all the way down the spine till it touches your tailbone let it light up the body from the tip of your tailbone to the top of your head like a fluorescent light bulb and then let the energy from the sun pour out to every nerve in every cell in every system of your body now if at this time there's any organ or any system or any cell of your body that may not be functioning as it should I say this to you that every organ every system every cell of your body is to heal and is to function as it should bring the light from the sun across your shoulders and your shoulders will relax your neck relaxes your scalp your forehead the little muscles around your eyes your cheeks relax your jaws open slightly and finding extra saliva I want you to swallow it and it will take you deeper and deeper more and more relaxed let go from this day forward you will become a much more relaxed and a much more self-confident individual.

For all that you will ever need to do or have to do or want to do to relax will be to take a long slow deep breath in through your nose hold the breath to the mental count of four and as you slowly exhale all the air from your body through your mouth. Mentally count from eight to one and as you do every organ every system every cell every nerve of your body will respond by relaxing now in a moment's time your conscious and subconscious mind will be made aware of the suggestions I will bring about a dramatic change within you. But before you hear these suggestions we're going to prepare your body and your mind to receive them by removing any blockages to their acceptance to do this. I want you to create in your mind in your imagination your body as a glass container. Do it at the count of three. One 2 your body's changing. 3 to a glass container. Sense it. Know it. Let it be. And I want you to bring into your toes. Filling up this glass container. A warm orange colored liquid. Just bring it in in your imagination and let it flow all the way up your legs filling up every cell every system and every organ until it reaches the trunk of your body and let it continue up the trunk of your body to every organ every cell and every atom until it reaches your arms.

And when the orange liquid reaches your arms it will flow down quickly to your fingertips filling up your arms coming all the way up all the way up your neck and your head filling your sinuses and then flowing out through every hair on your body so that you're totally and completely filled with the orange colored liquid now the orange colored liquid will bring about a change in you because it will absorb the negativity of a lifetime for you see each and every cell of your body has a consciousness and within the memory of each cell is stored all negativity and all positive experiences. Now the orange colored liquid will absorb and remove the negative experiences from the cells much like a magnet and all that is needed to remove it is to merely mentioned the word for example let go of all the anger in your body and you do and the anger becomes suspended in the orange colored liquid let go of all the guilt in your body and the guilt is released and suspended in the orange colored liquid.

Now let go of all the worry in your body and the worry is released from the consciousness of every cell and held in suspension in the orange colored liquid let go of all the fear in your body let go of all the jealousy let go of all the hate the negativity of the past is now being absorbed into the orange colored liquid held in suspension and in a moment it will be removed from your body now automatically two sets of valves open their valves in your fingertips and valves and your toes and they open to allow the orange colored liquid to leave your body and the orange colored liquid begins to move down the scalp and the head in the neck and you feel your brain becoming balanced and relaxed and at ease your sinuses drain your jaw opens and relaxes the tensions roll off of your face and off of your shoulders and out of your arms and the orange colored liquid like a puzzle is leaving your body it is moving out the trunk of your body now every organ is responding feeling harmonizing balancing it moves off your hips and thighs off your knees and calves and then out your toes and the orange colored liquid has removed all the negativity from the body you have loosened and let it go and you feel relaxed and at ease and you will go ten times more deeply relaxed as I count eight seven six deeper now five for letting go three two one zero.

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There are changes taking place in your life and these changes that are taking place are taking place within you. For all your finer qualities your positive qualities are being brought to the forefront for you except yourself. Exactly like you are. And you begin to change those things about yourself that you desire to change and the changes take place orderly as they should. So if at this time there is anything about your body that is not as you desire it is within your ability to change and you do so likewise if there are any habits that you wish to rid yourself of you begin now to rid yourself of them and you're relaxed and at ease. And although the greater ENERGIES OF YOUR BODY harmonize and balance as they should.

There is a closeness in you to nature and to all things natural a feeling of respect for yourself and a respect for all life. And so there are times when you truly enjoy being alone. Times of quiet solitude and at those times your closest to your essence you are truly remarkable and you take time to ponder to think and to be by yourself with this renewed sense of self-confidence self-esteem and self-worth. You are totally and completely self-contained within yourself and you draw from within. So you are free to allow others to move in their world without it reflecting on you. You are well centered and you really like yourself first because you are a likeable person being centered for you means taking responsibility where you are and allowing your highest physical and mental energies to be tuned upon the creative thoughts and projects of the universe being centered to you means moving from a positive position of strength and taking your own counsel and being your own person for daily you grow in love and wisdom and power and all of your behavior is appropriate for the time and for the moment because you really like yourself. You like life and you love yourself and you accept all that life has to offer as you are a part of our life. You contribute to life in positive ways.

You have great and varied interests and your ability to deal with life and what is is amazing. You're truly at ease at all times and under all conditions and around all people. For if ever in your life you have lacked for the feeling of self-worth self-esteem or self-confidence. I say to you simply let it go. And from this day forward you will have much more self-esteem self-worth and self-confidence. For now that you feel much better about yourself your mind is centered in the infinite intelligence of the universe. You are remarkably free from worries and doubts free from guilt so much though that if ever a negative thought attempts to enter your mind you acknowledge it you thank it and then you remove it from your world by mentally repeating the words cancel cancel your mind dwells in the moment of now you are relaxed and confident and content within yourself because you are centered and except yourself you are free from the manipulation of those around you. Manipulation simply does not work for you are aware of others attempts to manipulate you especially through guilt. And of course it doesn't work. And when they attempt to do it you recognize it and simply walk away repeating mentally the words cancel cancel as guilt is no longer a part of your personality so worry is no longer a part of your personality.

It is though you left them behind and they were washed out and the orange covered liquid. Your moment of now are so busy and so filled that you simply don't have time for guilt or worry. What's in the past is finished. What's in the future will arrive for living in the moment of now as you do. You'll get a great deal of pleasure and satisfaction out of everything that you do. You enjoy the pleasures of the moment of now. For you are centered and self-confident. You're an independent person with a strong sense of love for family and an even stronger need to be independent and to be your own person. Therefore all your relationships are built upon unconditional love unconditional acceptance. And this allows you to be with another person and encourages them to be themselves. As you insist upon being yourself your self-confidence means that you refuse to be dependent or be depended upon by others and if others attempt to lean on you you move aside. And this forces them to stand on their own abilities as you stand on yours and you moved your unlimited potential. You are a caring person and your function without the need of approval from others for you are centered and self-assured. Let go and go deeper.

As I count eight seven six five four three two one zero you have a good sense of proportion.

You are well organized and all phases of your life are well organized. You're so much encouraged by yourself so self-centered and so self-assured so self-confident as rightly you should be that you truly do not need nor do you seek approval of others has a self-confident person you are your own person and you make decisions that are often in conflict with what others around you might choose to do. Yet all your decisions are correct and right for you for you have an unshakable courage within you an unshakable self-confidence and the petty little rules of others are often brushed aside or ignored in this and in all things you are flexible. You'll have a good sense of humor and you light up and you lighten up even the most serious experience. You laugh easily and from the very depths of the center of your life. You enjoy life. Life is fun so you lighten up and you laugh easily. You are a doer and a mover a person who is liked and a person who enjoys having a good time and others enjoy being around you because you're fun and enjoyable and you accept yourself and you like yourself. You like yourself you like your body you like everything about your body you accept it sounds and it smells and you accept the sounds and smells which come from other people's body.

To be alive to you means to enjoy all that life has to offer and you feel a part of life for you are a part of life for you are alive and alert filled with joy and happiness all of nature is a part of you and you enjoy everything immensely because you know yourself so well. You also know others and you have a keen and a highly developed sense of intuition which guide you through many difficult situations and keeps you separated from difficult situations daily. Your self-worth is increasing and you're able to go past the surfaces and people to their essence and when you speak to another person you speak to them from your essence from your center. Those around you recognize you as an honest person honest with yourself and with others a person healthy in mind and embody and affairs you eat moderately exercise regularly and avoid the negativity of others. You are mentally and emotionally mature and your mind dwells upon peaceful harmonious

thoughts with your experience with the mirror with the reaching within. You are alert to the fact that you do not blame others for your life no matter what. Actually you praised them for providing the opportunities causing you to reach and to achieve you hold them blameless for you're so excited about living that you find yourself with abundance of energy and creative talent.

You're a doer and you get things done and you take your own counsel. You readily let go of the need in you to be or to do things perfectly. If it doesn't work out you change it. You'll have confidence in your decisions and in your abilities you willingly learn from everyone. You learn by doing and you learn by being a part of life you cooperate with life because your self-worth and self-esteem are within you and you're centered. You separate yourself from what you're doing so that when short term failures arrive you simply step aside allowing and knowing what you do is separated from who you are and being centered your self-esteem does not come from what you do it comes from within your self-esteem places all people on equal footing with you no head higher or lower than yours. Only some people by virtue of accomplishment carry more responsibility and your love and concern from all people transcends all political boundaries. Your self-confidence is mounting day by day as you gain mastery over self. 4 You are blessed with great powers of concentration and you are able to hold your thoughts upon a single idea and to elect to discharge it from your mind.

Now go deeper and deeper as I count eight seven six five three four with each word that I utter and with each breath that you take.

This feeling of peace and tranquility will become more and more a part of you. For it is an incredibly beautiful day that you've created in your mind in your imagination now in the future whenever you wish to accomplish anything whenever you wish to change you merely imagined that you put on your ability suit. And in doing that you automatically have the ability within you so that ability automatically comes forward and becomes stronger and stronger within you. You can then feel and sense and see yourself doing things easily and effortlessly for you are truly unique as an individual and every person that you meet is also truly unique and important. You have important experiences different experiences and that makes you unique and different from other people. And people enjoy sharing your unique experiences and listening and sharing theirs with you. You accept yourself as being truly unique a different individual and your life is unique and varied. You were able to master yourself easily and effortlessly yourself assured about your abilities about the unlimited power that is within you and you keep your mind clear and positive and you keep your mind open to new thoughts and creative ideas. Now the problems that will arise in your life are simply opportunities turned around and the more difficult the opportunity or problem the greater your sense of accomplishment in solving it the greater the barrier or problem the sweeter the taste of victory. And you are victorious. Every area of your life has quickly benefit from the experiences and the orderly renewals adjustments and restorations that are now taking place in your life as they should for all limitations imposed from within and without are being dissolved. You are confident and a successful person and you know this and accept this about yourself. And this is right.

You can accomplish and do and be whatever you set out to do and to be and this feeling of self-worth of self-confidence of self esteem of self acceptance is growing stronger and stronger daily. You have the ability to achieve the ability to reach any goal that you set for the setting other goal is the attainment you radiate a sense of self-confidence and self-assurance in all areas of your life. You feel so good about yourself that you do not care whether you get even or not. There is a difference in you about the way you walk and talk your clothing in your appearance will begin to change and you radiate this change to everyone and everyone reflects it back to you. These changes will be noticed almost immediately by many of the people around you and they will all approve of what they see. Your mind will dwell upon positive thoughts and accomplishments and those areas of your life that in the past you have felt were not for your benefit. You will review and find to your delight that they have benefited you everything in your life works for your good for only good comes to you and only good goes from you now.

Almost immediately you will begin to act and talk and walk and be this new you this incredible person.

This person with the unlimited power that is within you and is now radiating out for you are truly a beautiful and a unique individual and an important individual one of a kind a child of the universe with a right to be here and you now claim that birthright to live and health and peace and prosperity so that if anything in the past would have limited your full and complete expression of life it has been dissolved by the orange colored liquid for you now accept and approve of others as others accept and approve of you knowing that their acceptance and approval is not important to you. You simply do not have to seek it out. They automatically give it to you and what is more important is that because you need not seek out the approval of others you are centered within yourself and really feel good about yourself.

You learn to trust your own judgment. Accepting yourself for where you are and then moving forward there is the truth within you. For you are unique and totally contained for you are a child of the universe with a right to be here for you feel good about yourself and good about the world. Now if you're playing this recording and it is your regular bedtime your subconscious mind is directed to avoid all awakening suggestions and you are to continue sleeping on into your normal awakening time. However if you're playing this recording at a time other than your regular bedtime you will now be made aware of the count from 1 to 5 at the counter. 5 your eyes open your mind will clear and then become alert your entire body will be well rested and relaxed.

The number is 1 and you're beginning to come up to moving stretching 3.

Coming up for playing the recording at your regular scheduled bedtime you have voided all awakening suggestions and you continue to sleep on into your regular scheduled wake up time. 5 playing the recording at a time other than your bedtime. You are now aware of the count of the number five and you're coming to full awakening consciousness.