

From now on fear will lift from you, and each day more easily so, until in a matter of weeks, you will find yourself free of this long-standing fear.

If you read these lines at bedtime, one of your hands will lift each night, and so, through the night, will fear lift from your mind, until soon you will find it is gone. Imagination is a force which can work in both ways, and where it was working against you before, it will work for you from now on producing, in place of this useless fear, a healthy calm in your mind.

If you read these lines at bedtime while holding this card in your hand, you will find this card dropping out of your hand, without conscious effort of yours. And so, through the night will fear drop out of your mind, which was holding fear, until soon, and far sooner than you may think, you will find yourself happy and free.