Hypnosis
Induction and Deepening Script Ideas

Hypnosis Script Ideas Version One

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Hypnosis International
Hypnosis

Induction and Deepening Script Ideas

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Induction Script Ideas

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Hypnosis Inductions

Active Muscular Relaxation

Close your eyes ... take a deep breath ... take a second deep breath as deep as you can ... and on your third deep breath hold it for about three seconds ... and exhale and relax ...
With each breath that you take, allow yourself to relax deeper and deeper ...

I’m going to have you relax each part of your body starting from the top of your head all the way down to your feet and what I’d like you to do is as I mention each part of your body I want to place all of your focus on that part and try to tense it up, or clench, or tighten up that specific muscle as much as you can, and then you can let go and release it ... and as you let go you can allow that portion of your body to relax completely.

Let’s begin with the top of you head, tense or tighten up all the muscles around your forehead, your eyes, your cheeks and even your nose for a few moments ... and let go completely and relax ... just get rid of all the tension ... now tighten up all the muscles around your mouth, your chin and your jaw ... and just let them go and let them relax ... your doing a great job ... now tighten up all the muscles in your neck area for a moment, the front parts and the back parts ... and let go ... tighten up your shoulders area and your upper arms as much as you can ... and now let them go completely ...the let them droop down heavy and relaxed ... now tighten up all the muscles from your elbows, down through to your forearms, your wrists, all the way down to your fingertips, clenching your fists closed as tight as you can ... and just let go, allowing them to be totally relaxed and to be still.

And as you continue to breathe regular and comfortably ... I’d like you to tighten up all the muscles in your chest area ... and let go now and continue to relax ... and tighten up all the muscles in your stomach ... hold it for a few seconds ... and as you let go you allow all of the stress and tension to leave your body completely ... now tighten up the areas around your hips, your bottom, and even your thighs ... and just let go, allowing yourself to relax more and more ... and now tighten up the muscles of your calves, ankles, your feet and toes ... make them tight and clenched as much as you can.

As you let go, allow everything in your body to relax completely ... from the top of your head, to the bottom of your feet, you can allow yourself now to relax completely and deeply.
Analytical Body Scan Induction

I’d like you to begin to relax all the muscles in your head, your forehead, your eyes and your eyelids, your cheeks, your mouth and your jaw. Relax all those muscles in your head and while you are thinking about relaxing all the muscles in your head, begin to think about relaxing all the muscles in your neck and shoulders, that’s right relax all those muscles in your neck and shoulders, and while you are thinking about relaxing all of those muscles in your neck and shoulders, your arms are becoming more and more relaxed.

Now pay attention to your body and realise how your head, neck and shoulders have begun to relaxed even more now that you’re relaxing your arms, all the way down to your figure tips, and while you are thinking about relaxing your arms more and more, think about how relaxed your chest and your stomach is becoming, allow your chest and your stomach to relax and just let go, get rid of any tension that might be in those areas, while your arms are relaxing and becoming very, very heavy.

While you are allowing your arms to become free from stress and tension think about removing the tension from the rest of your body. Feel that relaxation move downward, and with every breath that you take allow that relaxation to grow more and more as it goes down through your hips, and your thighs, all the way down through your legs, and all the way to your toes.

You’re relaxing more and more, and you can feel that relaxation once again moving downwards starting at the top of your head, moving downwwnnnn through your neck.

Downwwnnn through your back, and downwwnnn through your hips, and while you feel the relaxation going downwwnnn through your hips you realise even more how the stress tension and worry are moving ooouut of your legs, downwwnnn through your feet and right out through your toes.

Just totally relaxed and completely at ease.
**Beach Induction**

I would like you to close your eyes and take 3 deep breathes ... on your third breath, inhale and hold the breath for three seconds ... and exhale slowly.

Imagine, please that you are at the beach. This beach is your own private beach where no one can disturb you ... a safe place. Visualize the bright, warm sun heating and soothing your body. You approach your favourite spot with anticipation, knowing you will soon be in a very relaxed, happy mood. Imagine now how inviting the sand looks. It almost calls to you to lie down and relax. You spread your favourite blanket and lie down.

You close your eyes and feel the warmth of the sun soothing all of your muscles as the heat relaxes you. You hear the gentle, rhythmic lapping of the waves on the shore and it becomes a repeating signal for you to relax. You can feel the warmth of the sun entering your body like warm liquid coursing through you.

You find it impossible to resist it. You can feel the warm, relaxing liquid flowing through your veins ... your muscles are letting go of all tension and stress ... Hear the waves and just let go. Your breathing is slow and deep. You feel wonderful.

The calming, warm liquid is flowing down from the top of your head ... slowly, slowly downward through your body taking with it all tension and stress. As it progresses, you focus on any areas of tension in your body knowing that the warm liquid heat from the sun will carry it away.

The warmth has reached your neck ... flowing down through your shoulders ... and arms ... feel it surrounding you like a protective cocoon. Feel it moving down ... down like an irresistible source of comfort taking with it all tension in your chest and stomach ... flowing down ... down to your hips and legs.

The waves lap against the shore and the warm liquid pushes all tension and negative feelings down ... down and out through your feet and toes.

Concentrate now on the waves flowing up to the shore and receding. Appreciate how comforting the sound is to you in your relaxed state. Listen to the waves roll slowly to the shore. The soothing sound brings you deeper ... and deeper.

Down ... down ... more relaxed than you ever thought possible. It is now time to begin your return journey, but as you turn to leave, you notice someone standing in a doorway on the other side of the room.
The person is bathed in a bright light so it’s hard to clearly make out their features, but you feel their presence.

You are filled with a profound sense of love and joy. You turn to leave, making the journey back down the ladder, down the branches, and back to present time, bringing back with you the feeling of their presence and the feelings of deep love and joy.

Bask in the feelings.

This is your perfect soul mate. Know that the universe is conspiring in your behalf to bring him/her into the present. It is happening now. Believe it!

Recall a time when you were successful at something.

Remember the feeling of happiness and pride you felt. You deserve to be successful. You deserve to be happy. You deserve to accomplish any goal you set for yourself.

Remember that you have been successful in the past. You are successful NOW, and you will continue to be successful in all you do.

Concentrate now on the confidence you feel as you accomplish your goals. Notice how that feeling moves throughout your body, lighting you up from the inside out.

This feeling of confidence spreads to every cell in your being. You are unstoppable.

You succeed easily and effortlessly and carry this feeling with you wherever you go, whatever you do. Your mind remembers this feeling and you automatically create opportunities to succeed.

You are relaxed and confident as you follow through to experience the success you deserve.

You feel self-assured, content and successful.

You feel wonderful now, more relaxed with the idea of being successful. You are in control of your life.

You are at peace. You are successful with everything you undertake.
**Body Conditioning Induction**

Now stretch out on your back, with your legs separated, so that no part of your calves or thighs are touching.

Keep feet separated at least 8 to 10 inches; arms extended loosely and limply alongside your body, palms facing downward and fingers limply outstretched.

Once we begin, you can help by remaining quiet and passive. Our first goal is for you to become unaware of your body. You can best achieve that goal by avoiding movement.

The first thing that I want you to do is to fix your eyes at a spot on the ceiling overhead. Pick out an imaginary spot, and stare at that spot without moving a muscle.

Now, take a deep breath and fill up your lungs. Exhale slowly.

Sleep now. Now, take a second and even deeper breath.

Take in all the air that your lungs can hold. Exhale slowly.

Sleep now.

Now, let your eyelids close down. Now, your eyelids are closed down. Please leave them closed down until I ask you to open them again.

You will always be able to open your eyes, unless I were to give you a direct command and tell you that your eyelids are locked closed. And I don't intend to do that.

Hypnosis is a state of mind, not a state of eyelids.

Now, I want you to mentally picture and imagine that you are looking at the muscles in the tips of the toes of your left foot.

In your imagination, follow those muscles as they move back into the ball of the foot. In your imagination, follow those muscles as they move back into the ball of the foot.

Back into the arch, and all the way back into the heel. Now, turn all those muscles loose.

Let them grow limp and lazy, just like a handful of loose rubber bands.

Now, as the muscles begin to relax, just let your mind relax, too. Let your mind drift where it will.
Let your mind drift off to pleasant scenes in you imagination.

And now, let the relaxation move on up, into the ankle now.

From the ankle, all the way up to the left knee. The calf muscles begin to grow loose and limp, heavy, and so relaxed.

All of your tensions are fading away. You’re relaxing more with each easy breath that you take. Begin breathing more deeply, now, just as you breathe each night, when you are deep and sound in slumber.

Just imagine that you can see your breath as a white mist, coming from your nostrils. Each and every time that you exhale this white mist, you are freeing yourself of tension, and going deeper, deeper into drowsy relaxation.

Now, from the knee, all the way to the left hip, the long thigh muscles are turning loose, easing off, and just relaxing now. Now, as those muscles relax, just let go a little more, and gently, calmly, easily, drift on over, into a pleasant state of easy relaxation.

Now let the wave of relaxation that started from the toes of your left foot just a few seconds ago, let it move over now into the toes of the right foot, back into the arch, and all the way back to the heel.

Turn all of those muscles loose, and go deeper and deeper into relaxation. Into the ankle, the muscles let go.

From the ankle, all the way up to the right knee. The calf muscles are turning loose and letting go.

You’re relaxing more with each easy breath that you take. With each sound that you hear. Each sound carries you deeper, deeper and sounder in sleep.

From the knee, all the way up to the right hip. The long thigh muscles grow limp and lazy. Now, as those muscles relax, just go all the way down, deeper and deeper in drowsy slumber.

Turn them all loose and go deeper in sleep.

Now, the wave of relaxation moves on up, into the stomach now. Into the solar plexus, the center of nervous energy.

Each muscle and nerve lets loose the tensions, relaxing. You’re drifting down, deeper and deeper in sleep.

Down, deeper in slumber. Up through the ribs, the muscles relax.

Into the broad muscles of the chest. The muscles of the chest grow limp and loose, and so relaxed.
All of your tensions are fading away.

You’re relaxing now, more with each easy beat of your heart, and going deeper in drowsy slumber. Into the neck, the muscles let go.

All around the neck, the muscles relax, just as they relax each night when you are deep and sound in sleep. Turn them all loose, and go deeper and deeper in slumber. Now let the relaxation start down your back.

From the base of the skull to the base of the spine. Each muscle and nerve along the spine lets loose the tension, relaxing, your drifting down. Deeper and deeper in sleep. down deeper in drowsy slumber. And the wave of relaxation spreads out into the broad muscles of the back.

Now all across the small of the back. All across the back of the shoulders. Turn loose every muscle and every nerve in the back, and go deeper and deeper in sleep. Into the shoulder, the muscles let go. From the shoulders, down to the elbows of both arms.

The upper arm muscles are turning loose, easing off, and just relaxing now. From the elbows, down to the wrists on both arms, the forearm muscles grow limp and lazy.

From the wrists to the fingertips of both hands, each muscle and nerve lets loose the tensions, relaxing, you’re drifting down. Deeper and deeper in sleep.

Into the jaws, the muscles relax. The jaws are parting slightly, teeth not quite touching. All around the mouth, the muscles let go. Up through the nose, each nerve gives way. All around the eyes, the muscles are heavy, and so relaxed. Even your eyebrows are relaxing now. Across the forehead, the muscles smooth out.

Across the top of the skull. Down the back of the neck. Down through the temples, back around the ears, all of the muscles are loose, and lazy - just like a handful of loose rubber bands.

And you may feel now, a pleasant tingling sensation in the tips of your toes, or in your fingertips - a pleasant tingling sensation, growing stronger and stronger now, as your entire body is being bathed in the pleasant glow of complete and utter relaxation.

Now you are completely relaxed. Each muscle and nerve in your body is loose and limp and relaxed, and you feel good.
Body Scan Induction (Simple)

Close your eyes ... take a deep breath ... take a second deep breath as deep as you can ... and on your third deep breath hold it for about three seconds ... and exhale and relax ...
with each breath that you take, allow yourself to relax deeper and deeper ...

I’m going to have you relax each part of your body starting from the top of your head, going all the way down to the bottom of your feet ... and as I mention each part, just allow everything to let go.

Starting with the top of your head ... your scalp and your forehead.

Let go of all the tension and stress ... you eyebrows ... your eyelids ...

Feel that relaxation going down through your cheeks in your nose ... relax all the muscles around your mouth and lips ... relax your chin and jaw ... and allow all those muscles in your face to just relax and let go ... feel that relaxation going down into your neck and shoulders.

Get rid of any tension that might be in your shoulder area, it should feel good to do that ... relax your arms ... all the way down to your hands and fingertips.

Just let go ... let go completely ... and notice how deep your breathing has become ...

So much more relaxed than just a few moments ago ... and as you breath in deeply and exhale slowly ...

Allow all the muscles in your chest to just relax ... all the way down to your stomach, get rid of any tension that might be in your stomach area ... down to your hips ...

Just let go completely ... and your legs relax ... your thighs ... your knees ...

Relax your calves and you’re ankles ... feel that relaxation going down into your feet ... and even your toes just relax completely ...

You drift down deeper into a very relaxed state ...
Breath Induction

Allow your eyes to just softly close ... Now, if you would, I'd like you to rest comfortably in your chair ... that's right ... just allowing the chair to support you, settling down easily, with your feet flat on the floor, arms resting at your sides, or gently on your lap; head and neck in a comfortable upright position ... (PAUSE)

Very good ... And now that you are very comfortable, I'd like you to become aware of your breathing ... Feel the coolness of your breath as it enters your nostrils, noticing your chest as it rises and falls, rises and falls, in an easy and natural rhythm, your own perfect and natural rhythm ... just breathing in ... and out ... In ... and out ... just allow your awareness to focus on your breath ... (PAUSE)

And now, I'd like you to take three deep breaths: ONE breathe deeply ... And ... exhale.

TWO another deep breath ... And ... Exhale and

THREE deep breath, hold it for 3 seconds ... (PAUSE) and ... Exhale ... Excellent!

And now, just allow your awareness to remain focused on your breath as you allow it to quiet and deepen ... deeper and deeper ... and begin to notice that as you allow your breath to become more and more relaxed, that it is an easy and natural thing ... You do not need to make any conscious effort to breathe.

Your marvellous subconscious mind is taking care of your breathing - from the moment of your birth throughout your life, for as long as you live ...

And just as your subconscious mind is the guardian of your breath and all your bodily functions, it is also the creator of your dreams, and the champion of your highest aspirations ... always supporting you, protecting you and working for your greatest good ...

Knowing this, you can relax even more deeply with each and every breath that you take ... from this point onward you can allow yourself to simply rest on your breath ... rest and relax ... rest and relax ... deeper and deeper... knowing that the more you relax, the deeper you go, and the deeper you go, the more you can relax.

Allowing your subconscious mind, with all it's awesome power, to work on your behalf, to easily and effortlessly understand and receive every positive suggestion, and allow it to become a part of you for as long as it is of use.
Breathing Induction

Now I’m going to ask you to concentrate on your breathing for a few moments... but I wonder if you can imagine a very strange idea... a very strange idea indeed...

I wonder if you can imagine that you can actually breathe... through your finger-tips... just imagine that rather strange idea that you can actually breathe in through your finger-tips... imagine that you can feel the air moving into your hands.

Quite slowly at first... just with a faint tingling sensation which you might feel on the back of your hands... or perhaps in your palms...

Then just imagine that feeling moving slowly along your arms... through your elbows... just imagine that comforting flow of air moving through your elbows into your upper arms.

Then into your shoulders... both arms... both shoulders... maybe finding again that faint tingling sensation... perhaps in your elbows or forearms this time... then moving down through the body.

Down into your legs... and through the thighs... through the knees into your shins and calves... and again, you might feel that faint tingling sensation, just there, just below your knees... then down through your ankles and into your feet... and out through the feet...

And you can find a great deal of calmness and easiness... in that rather strange idea that you can breathe in through your fingers... that you can actually feel the air moving through your whole body.

In one single, warming, comforting... unidirectional flow... and because it is a unidirectional flow of air... moving through your whole body in one single comforting flow... the calmness and relaxation you breathe in... simply doesn’t get involved with the tensions and stresses that you breathe away from yourself.

The calmness and relaxation that you breath in... simply doesn’t get involved with the tensions and anxieties that you breath away from yourself... so that with each breath you take... with each word I speak... you find yourself becoming steadily more and more... relaxed.

With each breath you take, with each word I speak... you become steadily more and more... relaxed... beginning now, perhaps, to notice the weight of your head against the back of the chair.

Wondering if that weight might seem to gently increase as you relax even more... the weight of your feet on the footrest... wondering if that weight, too, might seem to gently increase... even as you think about it... and some people can find that sensation of total relaxation... that feels as if they are actually beginning to sink gently through the chair.
Actually beginning to sink gently through the chair... so that it seems almost as if the chair is beginning to envelop you.

You are so relaxed... a good feeling... a feeling of great calmness and safety... great calmness... that increases with each breath you take, with each word I speak.

As you continue to breathe in through your fingers... allowing that comforting, warming, relaxing flow of air... to move through your whole body and out through your feet...

And this is something you can do for yourself whenever you want to... simply settle yourself into a comfortable position... with your eyes closed... then simply imagine yourself breathing in through your fingers.

Imagine that flow of air comforting and relaxing every part of your body... then breathing out through your feet... and each time you breathe out just say to yourself, "Relax... now..."

Just saying: "Relax... now..." to yourself with each breath you breath... will act as a trigger to your subconscious mind... and on the fourth time you say it... on the fourth time you say it... you’ll find yourself to be more relaxed... than you’ve ever been before...

(Now continue to a suitable deepener if necessary.)
**Bubble Induction Script**

I’d like you to relax and close your eyes and imagine yourself soaking in a lovely warm bath full of bubbles.

Feel the warmth of the water caressing your body - easing away any tensions - relaxing you - soothing you gently all over. You just relax more and more.

Nobody wants anything from you and nobody needs anything form you right now.

This is your own special time to relax.

You begin to feel heavy and comfortable - enjoying the luxury of having absolutely nothing to do - but relax and let go.

Feel the warmth and heaviness spreading up over your body - starting with your toes and your feet - and gradually working its way up into your legs. Feel warmth flowing into your tummy - as your abdomen rises and falls - and your breathing is calm and regular as you relax your chest - and your shoulders feel loose, limp and lazy.

So relaxed, so limp and so lazy. Let the arms relax as the warmth and comfort flow down from your shoulders - and let go - just enjoy this wonderful feeling of calm.

Your neck and throat relax - as do all those little facial muscles - and the eyes become heavy - almost closed - but not quite - because from hooded lids I want you to notice a bubble in your bath - just one particular bubble that reflects beautiful colours from the glint of sunlight that streams into through a nearby window.

The bubble contains all the colours of the rainbow - so much deeper in hue - so clear and pristine - the wonderful mauves change into a beautiful sapphire blue.

An instant later to a brilliant shade of red - then yellow and gold and emerald green.

As you keep your mind focused on this ever changing array of colours I want you to imagine your bubble expanding - growing bigger and even more delicate than before.

As you do - notice how the heaviness has gone and you can imagine yourself leaving your body - through the crown of your head - floating up and over the bath and see how your bubble has grown.

You are weightless now - just pure energy - and I wonder how would you like to enter the bubble?
Feel yourself floating down and toward the bubble - head first - and as your head reaches the bubble - the bubble turns inside out - engulfing your body - until your surrounded by the flimsy gossamer like film of radiant colours.

Floating back up and out of the room and into the clear blue sky - lifting effortlessly - higher and higher - not doing or thinking or feeling - just being.

And the higher you go - the more deeply relaxed you become.

You feel safe and protected within your bubble - it's a wonderful feeling - to be so relaxed and quite perfect to be here right now.

I'm going to be quiet for a few moments now whilst you absorb the peace and beauty of this feeling of heightened awareness.

And when you next hear my voice - it will seem to you as though it's coming from outside your bubble and your subconscious mind will be open and receptive to everything that is said to you whilst you are here.

The bubble will always be here for you keeping you warm and protected.

Always protecting you keeping your healthy and confident.

(Continue with visualisation and/or suggestions.)
Echo Induction Script

I want you to sit in a comfortable position - with your feet flat on the floor and your hands held loosely in your lap - and begin by taking three deep breaths.

Breathe in - hold for three - breathe out - breathe in - hold for three - breathe out - and just one more - breathe in - hold for three - and now breathe out.

Take 3 more deep breaths and as you breathe this time your eyes become heavier and heavier. Breathe in - hold for three - breathe out, eyes heavier - breathe in - hold for three - breathe out, eyes heavier still - and just one more - breathe in - hold for three - and now breathe out, eyes so heavy tired and sleepy now.

And if your eyes aren’t already closed I want you to close them now - close them now - and keep them closed - keep them closed - whilst you listen to the sound of my voice - just listen - to the sound of my voice.

And relax - just relax - and let go - let go.

Your eyes are feeling heavy now - heavy and comfortable - so heavy and so relaxed - and I want you to imagine yourself in a cinema - you’re sitting in a centre seat in the middle of the cinema - looking over at the screen - see the screen now - in your mind’s eye - and relax even more deeply now.

Look around at all the people in the cinema - and just let go - let them disappear - and as everyone else except you disappears - you find yourself sitting alone - sitting alone in the middle of the cinema - looking over at the screen.

And you’re feeling so heavy now that you just can’t move - don’t want to move - at all.

It’s a comfortable feeling to be here - in the middle - watching the screen - and whatever is on the screen - let it fade - let it fade - let it go - until you find yourself looking at an empty white screen - an empty white screen - and let go.

Relax even more deeply now.
Now notice letters beginning to appear on the screen - jumbled up - hazy at first - until you can just make out - the letters S and L and E and another E and P.

The letters are swirling around - trying to sort themselves out - making a word - the word 'sleep' up there on the screen - just see the word sleep - up there on the screen.

And let yourself float up from your seat - and go back - go back - to the back of the cinema - so that you can see where you were sitting a few moments ago - and you're still sitting there - but you're also here - also here - at the back of the cinema.

So relax - and let go.

Now feel yourself surging forward - floating toward the screen - towards the screen.

The word sleep - appears bigger and brighter the nearer you get - and the nearer you get the closer to sleep you are - the closer to sleep.

You are - so relaxed and comfortable now - that whatever I say - you will experience vividly in your mind and every suggestion I give you - will echo throughout your mind.

(Continue with deepeners, visualisation and/or suggestions.)
Eye Strain Method - Induction

Close your eyes and relax ... now take a deep breath ... and a second deep breath ... and on your third deep breath hold it for about three seconds ... and exhale and relax. Now I’d like you to open your eyes now keeping your head facing straight ... I’d like you to focus your eyes on the spot on the wall in front of you ...

(Have a spot pre-chosen, slightly above eye-level on the wall in front of them)

Keeping your head straight I would like you to focus your eyes on that spot by slightly straining your eyes to focus upwards while your head is facing straight... don’t focus too hard, just look at it in a lazy, relax way.

In just a moment I am going to count from 20 down to one ... and as I do, on each number that I say, you will close your eyes for a silent count of three down to one, then you’ll allow your eyes to open again, looking ahead at that spot ... it will go like this

(Show them with your hand motioning closing and opening as you explain how their eyes will close and open between each count)

20 ... three ... two ... one ... allow your eyes to opened back ... 19 ... three ... two ... one ... and open ... and so on ... and as you continue closing and opening your eyes, your eyes will become very tired .. and at some point, maybe at 17 ... maybe at 15 ... maybe even at 10 ... your eyes will become tired and you will not want to open them anymore ... it will becomes inconvenient... tiring ... and when that happens just allow your eyes to stay close ... and you will continue to relax deeper and deeper ...

(As soon as their eyes stay closed, stop counting and proceed to the next paragraph)

So now let’s go ahead now and begin ... 20 ... (Count silently to yourself 3 ... 2 ... 1, then continue to the next number) 19 ... 18 ... tired and drowsy ... 17 ... 16 ... eyelids so very heavy ... 15 ... 14 ... allow your eyes to remain close as soon as you feel like it ... 13 ... 12 ... just let yourself go ... 11 ... 10 ... 9 ...

Deeper and deeper ... 8 ... 7 ... 6 ... let your eyelids become very, very heavy ... 5 ... 4 ... 3 ... your eyes are wanting to remain shut now ...2 ... and finally ... 1 ... close your eyes all the way now ...

That’s good ... now keep your eyes closed ... and continue to relax deeper and deeper ...
**Fog Induction**

Allow yourself to be in a very comfortable position and relax ... Rest your hands down by your side ... gently allow your eyelids to close and relax ... so that you can unwind completely ... Take a deep breath, slowly ... take a second deep breath, as deep as you can ... and on your third deep breath hold it for about three seconds ... and exhale ... allow yourself to relax deeper and deeper ...

As you gently slow your breath down ... Imagine a soft and warm fog coming down from the ceiling ... coming slowly down and covering you from your head to your toes ... You begin to feel more and more relaxed when the fog comes down covering your whole body ... more and more comfortable ... You will notice how relaxed your body has become ... From the top of your head ... to the tips of your toes ... deeper and deeper ...

Your eyelids have become very heavy ... the fog coming down to your jaw ... all the muscles in your jaw have become limp and relaxed ... coming down ...deeper and deeper ... your tongue rest gently on the top of your mouth ... Feeling more and more relaxed as the fog descends through your body ... the relaxation spreads down through your neck, and shoulders ... you are relaxing ... deeper and deeper ... and all the way down to your arms and your fingertips ... coming down with the fog.

Your arms feel heavier and heavier ... and you soon become aware of a growing peaceful feeling inside ... a feeling of harmony and contentment through your whole body ... You feel your chest and abdomen become floppy and relaxed ... You are completely relaxed ... your back is relaxing ... all the way down to your spine... the fog gently relaxing you down to your legs.

You feel more and more limp and relax ... and as you drift down deeper and deeper relaxed ... you let the relaxation spread all the way down to your legs ... so that your legs become very loose and motionless ... And every muscle in your legs becomes limp and relaxed ...deeper and deeper ... All the way to the tips of your toes ... relaxing deeper and deeper ...

The outside world ... fades more into the background ... As you begin your journey into your own inner world ... just let go ... more and more relax ... Which will continue to take you deeper and deeper ... into a wonderful state of relaxation ... and you may soon find that your mind begins to wander ... and it doesn’t matter where you drift ... where you go ... My voice will travel with you at all times ... So you will continue ... To respond to me on an unconscious level.
Garden Induction

Imagine that you are standing in a beautiful redwood forest, mighty redwood trees surrounding you. In the distance you notice an old, old tree, giant compared to you. It has a large opening big enough for you to walk into. You are drawn to this opening.

It is so inviting. It seems to call to you.

As you enter the mighty redwood you are feeling relaxed, at ease. Begin to picture yourself descending the trunk, floating effortlessly, down into the moist earth.

Feel yourself moving through the tree’s roots, down, down, lower into the earth. Allow yourself to float through the bedrock, lower, lower, feeling more and more relaxed.

Now imagine yourself reaching a stream. Lie there in the shallow stream, feeling the warm water flow gently over your body.

So soothing, so relaxing. Let the water carry away any negativity you may be feeling, any anxiety, any fear. Let go of all negativity and see it washing away from your body. Now allow yourself to float down the stream, easily, effortlessly, so soothing, so relaxing, leaving all your tension behind.

Soon you come upon a beautiful, lush garden. Step out of the stream and enter the garden. Notice the magnificent colours in the flowers, the plants, the butterflies. You may hear birds chirping in the trees. Up ahead you notice a small meadow. Go there.

Find a large rock to sit against. As you rest there, notice the cool, crisp grass underneath you, the wind rustling through your hair. The sky is the most beautiful blue you have ever seen with a sprinkling of white fluffy clouds rolling by. You are so deeply relaxed, enjoying the serenity of this special place, the tranquility, and peace.

Feel the relaxation move gently through your body, the sunlight gently warming your face, relaxing you further as it moves down your neck and shoulders, down through your back and chest.

Feel the golden warmth penetrate your legs ... your thighs and then your calves, so warm, so soothing, so deeply relaxing. Feel the light move through your ankles and your feet and finally to your toes.

You are completely loose and limp, totally relaxed.
Garden Scenery

Close your eyes and take a deep breath.... and another deep breath..... and a third deep breath holding it for about 3 seconds.... now exhale slowly feeling more relaxed as the air leaves your chest.... getting yourself comfortable to enter a quiet and peaceful place... a place where you can relax ... slow down... experience your inner mind.

You feel very comfortable as you begin to feel your muscles relax from the top of your head to the bottom of your feet.

Feel your whole body go limp as you sink into your chair...be aware of the chair as it touches the back of your shoulders as they become more and more relaxed ... down through your spine...now notice the relaxation of your hips and thighs ...your calves ...feel the bottoms of your feet as they rest gently on the floor beneath them

Outside your window you see a beautiful patio lined with yellow...purple... and bright red flowers.

You step outside and feel the warm sun beating down on your face.

You can smell the sweet fragrance from the flowers in the gardens... A light gentle breeze is blowing through your hair. Off in the distance you see a colourful butterfly sitting on top of a yellow daisy...as you move closer to the flower you see the butterfly gliding down into a meadow full of dandelions.

You follow the butterfly down a staircase made of stone that leads to the open field. With each step down you find yourself becoming more and more relaxed...

10 feeling relaxed... 9 even more relaxed... 8 feeling tired and drowsy... 7 just letting go 6...5...4...very comfortable... 3 ...2...1 feeling completely and totally relaxed.

You are doing good... now continue to relax deeper and deeper so that you can be absorbed in your own thoughts...

Allow your mind to drift.

Allow your mind to enjoy not having anything to do right now..

Allow your conscious mind to take a break... relax and allow your mind to drift into a way that is useful...
Group Script

Now - because there are a group of you - I want you to begin by closing your eyes - because - from this moment onwards - you can imagine - that I’m talking to you - and to you alone.

So if your eyes aren't already closed - allow them now to gently rest - and take a nice long slow deep breath in through your mouth - and hold that breath for the mental count of three - then exhale it slowly out of your mouth.

And relax your body. Ensure that your feet are both flat on the floor - become aware of the surface beneath you now - and feel your feet becoming heavy - heavy - comfortable and so relaxed - and let go. With every breath you relax more and more. Relaxing and unwinding.

Allow your hands to rest gently on your lap - let them feel heavy - let them relax - and let go - and take another long, slow, deep breath - hold it for three - and breathe out.

Calmness and relaxation is beginning to flow down your body now - from the top of your head - all the way down to the tips of the toes - every nerve - every cell - every fibre - every consciousness of your body - is relaxing nicely now - relaxing - letting go of tension - letting go - let go.

All your muscles just feel loose, limp and very lazy. With each breath you relax more and more. Relaxing, unwinding and letting go.

And take just one more long, slow deep breath - hold it for three - and let go. That’s good. Notice how heavy your hands are becoming now - so heavy - so comfortable and so relaxed. Let go.

And as you notice that heaviness there in your hands - feel it spreading all the way over your body - and let your eyes feel heavy as well - heavy tired, sleepy, comfortable and so relaxed.

Let go of those muscles around your eyes - for it takes no effort whatsoever to allow them to remain comfortably closed. Imagine little weights pulling down on your lashes - allowing your eyes to remain closed so that you can look up onto the screen of the forehead - and imagine the word - relax - relax - relax - or imagine that you can see the word relax - or a shape - or a colour - or a sign - that can symbolize the word relax.
And take that symbol of relaxation - back - and back - and back - until it relaxes both the left and the right lobes of the brain - and allow that relaxing feeling to flow all the way through your body - and let go.

As I count down from 3 down to one allow yourself to relax and drift down deeper and deeper into this feeling of relaxation.

3 relaxing and letting go. 2 relaxing and feeling wonderful now. 1 relaxing and drifting down deeper and deeper.

Go deep inside yourself now - imagine a beautiful stairway inviting you down, down - down to a wonderful place - deep within yourself - and go down - and down - deeper and deeper relaxed - and let go. As you go down the stairs you notice a handrail for your safety should you need it.

You relax more and more. Right now there is nowhere you would rather be.

Feel yourself descending the stairs - here and there it is dark - in other places a colour may flash through your mind - become a bystander as you go down - see yourself going deeper down - feel yourself going deeper down - but know that your mind is still here - listening to and hearing whatever is said - and very soon - as you go deeper - you’ll achieve the perfect state of relaxation.

Letting go of distractions - for any noise - any sound - any movement you hear or sense - takes you deeper and deeper within yourself - so let go now.

And as you go down the stairs - deeper and deeper within yourself - you find yourself entering a bubble - and moonlight is filtering in through an open window - reflecting the most wonderful colours of the rainbow upon your bubble - and you feel safe and protected - calm and relaxed - and at peace with the world.

This bubble is all around you - the only thing that you are now aware of that is outside this bubble is the sound of my voice - and my voice - and my voice only - can penetrate this bubble.

Whatever I say - you will hear - and you will have a very strong compulsion to go with whatever I say - because your subconscious mind is now open and receptive to the ideas and words it receives.
**Magic Cloth - Body Scan**

I’m going to have you imagine a magic cloth about the size of a small towel that can change size and shape to fit to each part of your body. This magic cloth is soft and warm, and when it touches any area of your body, it will immediately bring soothing relaxation to that area. As I mention each part of your body, the magic cloth will gentle rap it’s warmth around or near it and all tension and stress will be released and each part will relax.

Imagine the cloth now wrapping gently and completely around your head including your forehead bringing your head into complete relaxation. The warmth is soothing and relaxing.

Now move the cloth over your closed eyes and as it lays across them, you let go of all stress and tension in your eyebrows and eyes . . . Move the cloth to both sides of your cheeks, . . . relaxing, and then to your mouth and lips, noticing that where you place this cloth, all tension is released. Wrap it around your chin and jaw and allow those areas to completely relax.

Move the cloth now to the back of your neck and relax into its softness and warmth releasing all the muscles in your neck . . . relaxing. Let it slide to the muscles of your upper back and feel the tension just melting away. It feels so good to let go of any stress in from this area . . . Slide the cloth gently to your lower back, warming all the muscles and relaxing them . . .

Move the cloth back up your back and over your shoulder to your chest bringing relaxation to your upper torso . . . The cloth magically splits in half and each piece wraps your entire arm allowing them to let completely . . . It gloves your hands in warmth, relaxing all your fingertips.

Bring the cloth to your stomach area relaxing all your stomach muscles and then to your hips, relaxing as the warm cloth touches them . . . The magic cloth again becomes two pieces and each piece goes down your thighs and wraps around them relaxing them completely.

And like a warm comfortable sleeve, the wrapped cloth moves to your knees . . . relax . . . and then to your calves, releasing all tension . . . and down to your feet and toes . . . where the warmth of the cloth wraps them in perfect relaxation. You drift deeper into relaxation.
Massage Hypnotherapy Induction

Take a deep breath . . . as you exhale, begin to feel your body relaxing.

As you listen to the air rushing out of your body feel the warmth of the table flowing into your body . . . take another deep breath and exhale slowly allowing any tension that you may have to flow out with your breath.

Take a third deep breath and hold it for a count of three . . . as you exhale, feel the muscles of your body melting into the table. With each breath that you take you are becoming lighter and lighter. As you exhale, feel the tension leaving your body.

As you lie here, you have a feeling of complete serenity.

The soft music in the background and the warmth of the sheets around you make you feel warm and safe. Although you may hear other sounds around you, you are focusing only on the soft music and my voice.

Focus your thoughts on the muscles of your feet . . . your toes and your ankles . . feel any tension that may be there flowing up into your legs . . . your feet are becoming very light and relaxed.

Feel your calves relaxing as the warm relaxation moves up from your feet through your calves and into your thighs. Feel the muscles of your thighs becoming limp, warm and completely relaxed.

Now the muscles of your hips are relaxing . . . feel how they are moulding into the warm table.

Feel the muscles of your lower back becoming lighter and lighter as the warmth moves up your back . . . feel that warmth spreading into your upper back, into your shoulders and into your neck. Your body is becoming completely relaxed.

Feel the muscles of your hands under the warm sheets becoming light and relaxed . . . the warmth and relaxation are moving up into your lower arms as they become lighter and lighter. The relaxation is now spreading into your upper arms and into your neck.

With each deep breath that you take you are getting more and more relaxed. Listen to your breathing . . . listen to any remaining tension leaving your body as you exhale.

You are deeply relaxed and feeling wonderful. All of the tension that you may have had when we started this experience is now gone. Imagine that your body is completely weightless.
Your body feels like it is floating in the air on a beautiful, warm, summer day.

Feel yourself drifting effortlessly in the air as your body rises off of the (table or chair). You may see the most radiant blue sky all around you and feel the warmth of the air as you rise into the air, completely relaxed.

Although you may hear other sounds around you, the only things that you will pay attention to are the sound of my voice and your inner thoughts.

Listen to my voice carefully as I guide you through this beautiful, warm, floating experience.

As we begin your massage, you will feel the warmth of the oil and the gentle, relaxing movement of my hands on your skin. This soft motion will cause you to relax even further.

Relaxing, unwinding and just letting go deeper, deeper.

Focus on the sounds of your breath as you inhale warm, clean air and exhale any remaining tension.

Experience the wonderful aroma of the essential oils as they add to your beautiful experience.

Let your mind drift.

Relaxing, unwinding and just letting go deeper, deeper.

There is no need to think about anything right now . . . you are completely relaxed and at peace.
Progressive Relaxation Induction

Close your eyes and relax. Take a deep breath ... and take a second deep breath ... and on you third deep breath, hold it for about three seconds ... and exhale and relax.

I’m going to have you relax, every part of your body starting from the top of your head all the way down to the bottom of your feet.

And as you relax each part of your body, I’d like you to use your imagination to visualise ... and even feel ... each part of your body relax and let go completely ... starting with the top of your head ... your scalp and your forehead ... your eyebrows and your eyelids ...

Feel that relaxation going down through your cheeks and your nose ... relax your mouth and especially all those muscles around your mouth and lips ... make sure your teeth are not clenched together ... and just relax ... relax your chin and your jaw ... and allow all of those muscles in your face to just let go ... and a neck relaxes ... starting with the front part of your neck ... and the back part of your neck ... all the way down to your shoulders ...

Just feel your shoulders relax completely ... get rid of any tension that might be in your shoulder area ... it should feel good to do that ... and your arms relax ... starting with your upper arms ... going down to your elbows ... relax your wrists ... your hands ...

Even the fingers relax and let go ... And notice how deep and regular your breathing has become ... just so much more than just a few moments ago, when we began ... feel your breathing ... feel the rhythm of your breathing ... notice the contraction and expansion of your diaphragm and your chest ... and allow your chest muscles to relax completely ... all the way down to your stomach

Just feel your stomach muscles relaxing and letting go ... get rid of any tension that might be in that area ... just allow everything to let go completely ... and your back muscles relax ... those larger muscles in the upper part of your back ... going down your spinal column ... and into your lower back ... and allow all those smaller muscles in the lower part of your back to relax as well ... and your hips relax ... and especially your legs ... starting with your thighs ... your knees ... and feel that relaxation going down into your calves ... and your ankles ... relax your feet ... and even your toes just relax completely ...

As you begin to drift into a deep relaxed state ... just letting yourself go ... letting your mind and body become one ... just feeling so good ... In just a moment I’m going to count from 20 down to 1 ... and as I do ... you can allow yourself to relax at your own pace ... but before I do that I’d like you to use your imagination.
I’d like you to imagine a custom cloud snuggling up to your body in the shape of a chair ... and imagine that this chair has arms on it ... it’s a very warm and comfortable cloud.

It’s your personal cloud ... notice how it snuggles up to your body... now it is going to take you to a very beautiful place ... a special place in your life ... a place where your happy ... a place where you feel good ... and a place were your totally relaxed.

Relaxing, unwinding and just letting go deeper, deeper.

So as I begin counting just allow yourself to relax completely on that comfortable cloud and let it take you to that wonderful place where your happy ... relaxed ... and very calm ...

Just allow yourself to be there for a moment as I begin to count ... and you allow yourself to go deeper and deeper into relaxation.

Relaxing, unwinding and just letting go deeper, deeper.

20 ... just let yourself go completely ...

19 ... 18 ... all the way down deep ...

17... 16 ... deeper and deeper ...

15 ... 14 ... just let yourself go ...

13 ... 12 ... give yourself the permission that this is what you want to do ...

11 ... 10 ... allow yourself to just to let go ...

9 .. 8 ... deeper and deeper ...

7 ... 6 ... all the way down deep...

5...4... tired and drowsy...

3...2... so very relaxed... and finally ...

1 ... deeper ... deep ... relaxation.
Relaxation Induction.

All right, you just make yourself comfortable and close your eyes now...

Just separate your hands and let them lie loosely in your lap... or by your sides if that's more comfortable... it's better if your legs are uncrossed... but it doesn't matter if you feel you need to move just slightly, now and again.

You don't have to be absolutely still... just be comfortable and relax the whole body as much as you can.

Now I want you to take a deep breath and hold it for a moment before breathing out slowly.

Just allowing your whole body to relax as you do so... and I want you to keep your eyes closed now and just keep listening quietly to the sound of my voice.

You'll be aware of those other sounds, too... sounds inside the building, sounds from outside, maybe passing traffic... but these won't disturb you... in fact, they'll help to relax you.

Just for now the world outside is absolutely unimportant to you.

The only sound you're interested in is the sound of my voice... and while you're listening to the sound of my voice, I want you to concentrate for a moment on your breathing.

Breathing slowly and steadily and evenly, just as if you were trying to convince somebody that you were absolutely sound asleep... and as you breathe out each time, just allowing your whole body to relax more and more... so that you gradually find yourself feeling as if your whole body was sinking further and further into the chair with each breath you breathe...

Just simply relaxing deeper and deeper with the sound of my voice.
Sunset Induction

Begin with me now by taking a nice deep breath. Slowly exhale. Take another deep breath and again slowly exhale. Take one more deep breath and this time hold it to the count of three. One. Two. Three. Now slowly exhale.

I want you to now picture in your mind a beautiful orange sun just sitting on the horizon. It is as beautiful as any sunset you have seen in the past.

As the sun slowly begins to descend you become more and more relaxed. You notice all the beautiful colours in the sky. The evening is so peaceful. You continue to breath deeply as the sun slowly descends.

As you breath in, breath in that wonderful peacefulness and calmness and relaxation. And as you exhale, breathe out all the worries and tension and concerns you may have. Just let them leave your body through your breath.

I am going to begin to count backwards beginning with 20 and with every number I want you to continue to breath deeply and continue to focus on the sunset.

As I continue to count, perhaps reaching the number 12 the sun will be completely set and as the sun completely sets, you will be completely relaxed ...

20 ... becoming more relaxed ... 19 - 18 ... deeper ...

17 - 16 ... more and more relaxed ... 15, 14, 13 ... deeper still as you absorb the peacefulness and the beauty of this incredible sunset. Your eyelids are becoming very heavy as you go deeper and deeper in relaxation ...

12- 10 ... becoming more and more relaxed, breathing in total relaxation and peacefulness ... 9 - 8 ... deeper still ...

7 - 6 ... the sun has completely set. You are so totally relaxed ... 5 - 4 ... so very peaceful ...

3 - 2 ... all the way down deep, and finally ... 1 ... deep, deep, relaxation ...
Underwater Induction

Please sit comfortably in your chair with your feet flat on the floor. Place your arms comfortably at your sides, on the arms of the chair, or in your lap. Close your eyes.

Take a deep breath in through your nose and slowly exhale all the air out your mouth as you relax. Take another deep breath in through your nose and out through your mouth as you relax even further.

Continue breathing deeply becoming more and more relaxed with each breath.

As you continue breathing deeply and relaxing more and more, we are going to go on a magical journey... as you relax, I want you to imagine you are standing at the edge of a great pool of water.

As you look down into the brilliant blue water you get a feeling of peace and relaxation coming over your body.

The water looks very inviting to you and you have a powerful urge to place your feet into the pool. I want you to imagine placing your right foot into the pool...

The water feels nice and warm and as the water covers your foot your foot is flooded with a warm relaxing feeling... More relaxing than anything you have ever felt before. Now, you place your left foot into the water and it is met with the incredible warm relaxation as well. Now I want you to imagine that you start wading into the pool at first, very slowly. Up to your knees. As you do this, the warm relaxation travels up your ankles, and your calves, up to your knees. Just warm relaxation.

As you travel deeper now into the pool there is no fear at all. Just the warm relaxation your body needs. It’s like the pool is feeding your body nourishment that it has always needed but has until this moment been unable to find.

Relax... Relax... Up to your waist now, feel the muscles letting go as the warm relaxing water hits them. Slowly, you travel deeper into the pool. Up to your abdomen. You feel the muscles in your stomach and lower back relax as you journey deeper and deeper. Up to your chest and upper back, relax... relax. Up to and above your shoulders.

Relax... Relax. The water is now covering your entire body up to your neck with wonderful relaxing warmth. There is no fear as you venture further into the pool. The water is slowly rising up past your chin as your face starts to relax into the magical warmth.
You realise that you can breath naturally while under this magical water and there is no fear at all as the water rises up past your cheeks and nose.

Just relaxation as you venture further in past your eyes...relax... up past your forehead... relax. Up past your scalp until your entire body is suspended in the wonderful, warm, relaxing water.

Now, as you are floating there in total relaxation, I want you to imagine a brilliant gold ring is shimmering at the bottom of the pool. In a moment, I will begin counting backwards from 20 to 1. As I do this, I want you to imagine drifting down deeper and deeper towards the bottom of the pool.

When you do this, you will feel no fear as you can breath normally in this magic water. You will also feel no pressure. Just an increased amount of peace and relaxation as you travel deeper and deeper into the pool.

20..... Deeper and deeper. 19.... 18..... 17 more and more relaxed as you go. 16.... 15 You are getting closer and more relaxed with each count.

14... 13... 12 The ring is getting clearer and your body is getting more relaxed the deeper you go.

11... 10... 9... As you get closer to the ring, you realize that it is attached to the lid of a large old wooden trunk. 8... 7... 6... Deeper and more relaxed now, the ring is almost within your grasp.

5... 4... 3... Even more relaxed now. 2.... and 1 as your hand reaches out to touch the ring you feel more relaxation than you have ever felt before.

As you gently pull on the ring in your minds eye, I want you to imagine that the lid opens and a brilliant golden light pours out of the trunk.

The light covers your entire body making it even more relaxed. This golden light represents all of your potential in life....

All of your creativity... All of your strength... And, all of your potential for good health, happiness and prosperity.

It is available to you now for the first time ever, and in this relaxed state of hypnosis, you are able to draw from it to change your life in positive ways you never dreamt possible.
**Walking in the field - Analytical Body Scan**

Imagine you are in the middle of a large field full of tall grass and wildflowers that come up to your hip.

There is a dirt path that winds through the field. Walk along that path. You can feel the cool ground against the soles of your bare feet.

Continue walking along that path.

Put your hand out and feel the wild flowers against your hand as you walk. Their colours shine bright in the summer sun.

You can hear insects chirping and birds singing. You can feel the warmth of the sun against the back of your neck.

You start to sweat as the sun gets warmer. Keep walking. Up ahead you hear the sound of water flowing over rocks.

Follow the path as it takes you out of the field and into cool woods. You can hear the water, follow that sound until you come to a flowing stream.

You’re still hot from your walk in the field so wade into the stream and feel the cool water circle around your feet, ankles and knees.

Wade out deeper into the stream and feel the water as it comes up to your waist and shoulders.

It feels perfect, just wonderful.

So calm and relaxed.

Lean back and float in the lazy cool stream and let yourself drift slowly downstream.

Relax and enjoy the gentle coolness of the water as you drift slowly downstream.

Listen to the gurgling of the stream as the water flows around you.

The birds are chirping in the trees overhead.

Relax and enjoy the moment.
Hypnosis

Analytical Hypnosis Script Ideas

Analytical Script Ideas

Presented by
Hypnosis International
**Analytical Scripts Information**

Analytical subjects are usually people who do not enjoy relaxing as the majority of the public does.

Many of them will not respond well to relaxation techniques as a way to create suggestibility.

Rather than relaxation techniques it is often times better to keep their minds busy “occupied” doing something else at the same time that you give suggestions.

These analytical vehicles below have been designed as a technique to keep the subjects mind occupied so you may deliver the suggestions without resistance.
Bolts in Box Analytical Induction

For this exercise I would like for you to use your imagination. I want you to imagine that there is a plastic box in front of you that has three drawers. The first drawer is where all bolts that are square are placed.

The second drawer is for bolts that are shaped like a triangle.

The third drawer is for bolts that are shaped like a circle.

Again.. use your imagination.

I want you to visualise a table to the right of your chair that you are sitting in. On that table are 50 bolts.

You are to start at the number 50 and count backwards to 49, 48, 47 and so on for each bolt.

Again.. the first bolt will be shaped like a square, the second bolt will be shaped like a triangle and the third bolt will be shaped like a circle.

You will go through all fifty bolts visualising in your mind that you are putting them in the box in front of you three at a time.

I will be speaking to you of course and you will be hearing me but I will be speaking directly to your subconscious mind which always hears and always pays attention.

So.. just concentrate on your task and try to not listen to what I am saying.. try not to follow my instructions until you have finished the whole job and then you can listen to me once again.

At this point you will be very relaxed.. and your mind will be open and receptive to the suggestions that I will be giving you.

So lets begin this task now and remember.... pay no attention to me, to start with the first bolt which will be number 50 and place it in the first drawer in front of you where all bolts shaped like a square are placed and go to the next bolt 49 which is shaped like a triangle which goes in the second drawer and the next bolt number 48 which is shaped like a circle which goes in drawer three.

You will process three bolts at a time in that order.. square, triangle and circle. After you finish this task you will be completed relaxed again not paying any attention to me. With each bolt you place in each drawer you will go deeper and deeper into a hypnotic state and you will be more open to suggestions, more and more relaxed and receptive. The closer you get to the number 1, the deeper into relaxation you will go.
Choose a Name Vehicle

For this exercise I would like you to use your imagination. I’d like you to imagine that you are doing research to get information for a new book that is going to be written. It is a name book for children’s names. To begin your research you will need to find a girls’ name and boys’ name for each letter of the alphabet...

Here’s how you are going to do that. You are going to start by quietly thinking of a girl’s name that starts with the letter A … get it clear in your mind … good, now think of a boy’s name that starts with the letter A … good … now think of a girl’s name that begins with the letter B … take your time, if you can think of many names that start with the letter B, choose the one that you like the best … it is important that you take your time and concentrate on the task that you’re doing … now choose a boy’s name that starts with the letter B … good, just hold on for a moment and let me explain to you the remainder of what you will be doing.

In just a moment you will go ahead and continue finding names of girls and boys starting with the letter C, then D and so on until you go through the entire alphabet, all the way to the letter Z but once you begin, when I tell you to go ahead and start, you will continue with the task, paying no further attention to me, until you have finished the entire job.

I will be speaking to you of course and you will be hearing me but I will be speaking directly to you subconscious mind which always hears and always pays attention … so just concentrate on your task and try to not listen to what I am saying … try not to follow my instructions until you have finished a whole job and then you can listen to me once again. At that point you will be very relaxed … and your mind will be open and receptive to the beneficial suggestions that I will be giving you.

So let’s go ahead and begin now … Start with the letter C … choosing a girl’s name … and then a boy’s name … paying no further attention to me, just choosing the name and going to the next letter, choosing the names for that letter and going onto the next one, paying no further attention to me, just choosing the names, concentrating on your task, until you have finished the entire job, at that point you’ll be very, very relaxed.

With each name you choose you are becoming more relaxed, with each name you choose you a going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed, and receptive. The closer you get to the letters Z, the deeper into relaxation you will go.
Clock Vehicle

Close your eyes and take a deep breath.........good...take another deep breath.........very good...take one more, but this time hold it for the count of three, then let it go slowly.........good.

You're doing very good.

In your imagination, see a clock hanging on the wall. Look at it closely...see the numbers on it...the metal around it...the minute hand. You notice that it only has a minute hand on it.

Also, you notice that the hand is moving backward...it’s moving toward...55. The numbers on the clock start with 55 where the 11 should be, 50 where the 10 is, and so forth. There is a 5 where 1 normally is, and 60 where 12 usually is.

Concentrate on the minute hand...moving backwards. See that hand moving toward 59...as it touches each number, you say it to yourself without speaking......slowly move on and then 58... then slowly to 57...56......55.......You continue as long as you can...don’t listen to what I'm saying, but keep counting backward as the hand of the clock moves.

As the subject counts backward.

Your body is relaxing and you are very comfortable.

Your mind is open to suggestions. You WILL accept the suggestions and act upon them accordingly.

Everything here will be remembered and acted upon long after you have completed this session.

You will accept these suggestions freely. You are going deeper and deeper...very relaxed...very open to suggestions...
Clouds

As you sit there so relaxed and comfortable, I want you to imagine you’re in a huge green field and above you there is a clear blue sky with lots of soft, fluffy clouds in the various shapes of the alphabet.

As you look at the clouds floating in the sky, you can make out the various shapes of the alphabet starting with A... B... C... and so on.... Interestingly, they appear just as you know the letters in the alphabet, starting with A and ending with Z, all in a row across the sky.

They look so inviting, so relaxing, so beautiful. Never have you seen such a wonderful sight before....

You’re so tempted to reach out to the clouds to explore them. The more you look at the clouds, the more relaxed you become.

You know that if you can reach the clouds, you will be able to go deeper and deeper into relaxation. Just by looking at the clouds already make you feel so relaxed.

You want so badly to be able to let the clouds envelope you, to feel them snugly surrounding you, to feel the soft and comfortable and cottony feeling around you. It makes you feel good just to think of it.

The magic here is that the more you think of the clouds, the closer you get to the clouds. It is as if there is a magnet pulling you to the clouds...... Feel the magnet attracting you to the clouds....... Reach out for the clouds and you will find yourself floating to the clouds...... So very relaxed... such a wonderful relaxed feeling.....

You reach the first cloud which is in the shape of the alphabet ‘A’. Over here you are surprised to see lots of beautiful fruit trees. In order to move on to the next cloud, you have to write down the name of a fruit that starts with the letter ‘a’. Take your time now, if you can think of more than one fruit that starts with the letter ‘a’, choose the fruit that you like the best....... it is important that you take your time and concentrate on the task that you are doing.

Good.......... now write the name of the fruit on the special cottony paper that you see there before proceeding to the next cloud.

Let me explain to you what you will be doing. You have now moved on to the next cloud which is in the shape of the alphabet ‘B’. What you need to do is write down the name of one fruit that starts with the same alphabet as the cloud, which in this case is the alphabet “B”, before proceeding to the next cloud which would be in the shape of the alphabet ‘C’, writing the name of one fruit starting with the alphabet ‘C’, and so on until you go through the entire alphabet.

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Each time you move to the next cloud and write down the name of the fruit with that alphabet, you will drift more easily and more readily into hypnosis...

The closer you reach the letter Z, the deeper into relaxation you would have gone into... deeper and deeper into the hypnotic state...

You don’t have to listen to me. I will be speaking to your subconscious mind which is always alert and paying attention.

Your job is to go through all the clouds and write the name of the fruit according to the alphabets in succession.

Pay no attention to me until you have completed your job, then you can sit back, relax and listen to me again.

By that time, you would have reached the state of deep relaxation and you would be in a deep hypnotic level.

Remember, when I tell you to go ahead, you will continue with your tasks of going through the alphabet clouds and naming the fruits all the way to the letter Z.

Once you have finished, you can listen to me once again.

Now it is time to begin your special journey through the clouds. Concentrate on your tasks on hand.

Keep going and pay no attention to me. Remember your job to explore the clouds and write the names of the fruit trees according to the alphabets...

Each cloud you pass and each fruit you write will bring you deeper and deeper into relaxation... deeper and deeper into hypnosis... so very relaxed... so very comfortable...
Computer Keyboard

For this exercise I would like you to use your imagination. Imagine you are sitting at your computer keyboard. Your computer screen is directly in front of you, and it is blank, ready for you to type.

This is what you are about to do. Look at your keyboard and find the letter “A”...good, now type the letter A first in upper case and then in lower case. See the letter A on your computer screen... now you will hit enter.
Next you will find the letter “B” on your keyboard... now type the upper and lower case B

Visualise the letter B on your computer screen and hit enter on your keyboard... good, just hold on a moment and let me explain to you what you will be doing.

In a moment you will continue finding the rest of the letters in the alphabet on your keyboard from C to Z and continue typing each upper and lower case, hitting enter each time. You will pay no more attention to me until you have finished the entire job.

I will continue speaking to you, and you will try not to listen to me, but concentrate on your task at hand. Try not to follow my instructions until you have finished typing all of the letters.

At this point you will be very relaxed and your mind open and receptive to the beneficial suggestions I will be giving to you.

Now let’s begin... Start with the letter “C”, typing first upper case and then the lower case paying no attention to me, hitting “enter” and moving on to the next letter.

Concentrate on your task until you have finished and at that point you will be very relaxed going deeper into the hypnotic state, more open to suggestion. And as you get closer to the letter “Z” you will go deeper and deeper into a relaxed state...

Begin suggestion...
Create Your Utopia

For this exercise I would like for you to use your imagination. I’d like for you to close your eyes and imagine that you are on a remote island with no one and nothing material in site.

You look on the ground and you find an envelope and in the envelope there is a note. The note reads: “You are the first person to ever be on this island. It is your job to make this island into your home, into your own personal utopia.”

To get you started off in making this place into your home, you will need certain necessities and possibly will want some luxury items too.

You are being given the opportunity to select one thing, and it can be anything, for each letter of the alphabet to have on your island.

Here are your instructions on how to begin to create your utopia. You are going to start by quietly thinking of something that you want to have on your island that starts with the letter A... get it clear in your mind... if you can, visualise it... imagine having it on your island.

If you cannot see an image, you can just think of the word itself. What will you use it for? Focus on what you want to bring on your island... good.

Now think of something that you want to have on your island that starts with the letter B.

Take your time, if you can think of a lot of things that start with the letter B, choose one thing you really want most to have on your island.

It is important that you take your time and concentrate on the task that you’re doing... good, now just hold on for a moment and let me explain to you what you will be doing.

In a moment you will continue to think of the things you would like to have on your island starting with the letter C, then D, and so forth until you go through the entire alphabet, all the way to the letter Z.

Once you begin again, when I tell you to start, you will continue the task, paying no attention to me and what I am saying, until you have finished the entire alphabet.

I will be speaking to you and you will be hearing me but I will be speaking directly to your subconscious mind, which always hears and always pays attention...
So just concentrate on your task and try not to listen to what I am saying... try not to follow my instructions until you have finished the whole task and then you can listen to me again.

At that point you will be very relaxed... and your mind will be very open to the positive suggestions that I will be giving you.

So let’s go ahead and begin now. Start with the letter C... choose something you would like to have on your island... pay no attention to me, just choose something you want to bring... try to think of an image of the thing you chose or you can just think of the word... continue to concentrate on your task.

Move on to the next letter, pay no attention to me, just choose the thing you want on your island...

Continue to focus on your task, until you have finished completed the job.

At that point you’ll be extremely relaxed. With each thing you choose for your new home you are becoming more relaxed.

With each item you choose you are going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed and receptive.

The closer you get to the letter Z, the deeper into relaxation you will go.
**Drawing in the Sand**

Keep drifting down the stream. Up ahead is a sandy beach.

I want you to drift over to the beach. The sand is warm from the sun. Stretch out on the beach and dry off. Feel the sun warm your body. A gentle breeze is drying you off.

Once you are dry, sit up and with your finger make a large circle in the sand. Next, draw the number “100” inside the circle. With the palm of your hand carefully erase the number “100” and replace it with the letter “99”. Write carefully so you do not damage your circle. Carefully erase the number “99” and replace it with the number “98”. Now erase the number “98”.

In a moment I want you to continue to carefully write and erase all the numbers from “97” down to “1.” I will be talking but don’t pay any attention to my voice. Your job is to write your numbers and erase them without damaging the circle. When you are finished raise your right hand so I know you are done. You can then relax your hand and listen to me.

Now, I want you to start writing the number 97 within your circle. Carefully erase and move on the number 96, taking care not to damage your circle. Continue until you have reached the number “1.” You are very good at these tasks and enjoy having a task to do. You have a lot of energy and determination but today I want you to put that energy and determination aside and I want you to relax. You want to relax and now is the time.

As you draw your numbers, let yourself go. You can feel yourself falling deeper and deeper with each number you write. Each time you erase you are falling deeper and deeper into relaxation.

Every time I say the work “sleep” you will let yourself go into a much deeper state . . . . Sleep . . . . . You can feel yourself letting go, it’s only a matter of time until you are totally relaxed. No inhibitions, no worries. Sleep . . . feel yourself letting go. It’s what you want. Sleep . . . go deeper and deeper.

You are totally relaxed now and willing to accept what I say. I know you’re not done with your numbers yet, but take a break and stretch back out on the sand.

Relax and feel the heat of the sun warm your body. Sleep for just a moment. We will be going on a journey and you need a short rest. Sleep.
Familiar Names

I would like you to use your imagination.

You are going to start by thinking to yourself of all the name's of everyone you know.

Start with your immediate family, your wife (husband), your children, your Mother, Father, siblings.

Then going to your relatives, friends and neighbours.

When I tell you to start you will continue with the task paying attention to me.

I will be speaking to your subconscious mind and pay no attention to what I am saying until the task is completed.

Now begin with the names of your immediate family and you will become more and more relaxed with each name you say and enter into a deeper hypnotic state.

You will become very relaxed with each name you hear and more open to suggestions.

As you get closer to the end of your task you will be increasingly relaxed and more receptive.
**Field of Flowers**

I'd like you to close your eyes and imagine walking in a field of flowers. You notice the grass is as green as emeralds. You look up into the sky and realize the sky is clear blue. The only clouds in the sky are bundled together just off in the distance. You look straight ahead and notice a comfortable chair. You walk over to it and take a seat. As you sit, the bundle of clouds start to drift closer and closer. As the cloud bundle begins to drift closer toward you it begins to take the shape of an animal that begins with the letter A. Once the animal has taken complete shape you begin to notice it changes back into a bundle of beautiful pillow white clouds again.

Next, the clouds begin to form in the shape of another animal. This time the bundle of clouds begins to change shape of an animal that begins with the letter B. After that you begin to realize the animal shape begins to change back into a beautiful bundle of white fluffy clouds. Next, you search out an animal shape that begins with the letter C. This process continues going through the alphabet until you reach the letter Z. Remember, a different shape for each animal forms in the sky from the white pillow clouds.

Once you begin watching the animal shapes in the sky do not listen to me anymore. Do not make any effort to listen to me. I will be speaking of course and you will hear me, but don't try and listen to what I am saying. Do not follow my instructions. I will be speaking directly to your subconscious mind. The subconscious mind hears and pays attention. Just focus on the pillow white clouds forming animal shapes until you have finished seeing all the animal shapes beginning with the letters of the alphabet. When you are done seeing the animal shape that begins with the letter Z simply relax and listen to me again. By this time you will be in a deep relaxed hypnotic state.

Remember, you will continue watching the clouds turning into animal shapes and you will pay no further attention to me until you have come to the end of the alphabet at which time you can listen to me once again.

Now it is time to begin watching the white fluffy clouds in front of you begin to take shape of an animal that begins with the letter C. Keep going, but paying no attention to me. Each animal shape you see causes you to relax more and more.

Each animal shape causes you to drift more easily and more readily into hypnosis, deeper and deeper. The closer you come to the letter Z, the deeper into hypnosis you go. Each animal shape allows you to drift down and down, deeper and deeper into the hypnotic state.
Floating Induction

Close your eyes. You are about to experience the state of total relaxation. Place your feet flat on the floor and your hands on the arms of the chair.

Listen to my voice carefully as I take you into the wonderful world of tranquillity.

I want you to use your imagination. Imagine that your body is beginning to feel weightless. As I count from 1 to 5 your feeling of serenity will deepen.

1 . . . your mind is beginning to quiet down
2 . . . all of your muscles are becoming limp . . . you feel no discomfort or pressure
3 . . . although you are aware of the music playing in the background, your mind is focused on the sound of my voice
4 . . . your body and mind are now totally relaxed . . . you feel wonderful.
5 . . . your body feels like it has no weight whatever . . . in fact, you can’t even feel the muscles of your body . . .

Your body feels like it is floating in the air on a beautiful, warm, sunny day.

Feel yourself drifting effortlessly in the air as your body rises out of the chair.

As you look straight ahead you see a radiant blue sky and feel the warmth of the air as you rise higher and higher into the air, completely relaxed.

Although you may hear other sounds around you, the only thing that you will pay attention to is the sound of my voice.

Listen to my voice carefully as I guide you through this beautiful, warm, floating experience.

You are completely at peace . . .
**Going on a Picnic**

For this exercise I would like for you to close your eyes and use your imagination. I’d like you to imagine that you are going on a picnic.

Take a moment and try to visualise a picnic basket that you will use to put your things in for your picnic.

What colour is it? What shape and what size is it?

In order to make the picnic the most enjoyable you will want to pack things you will need in your picnic basket.

To make sure you have everything you need for your picnic you will select one item for each letter of the alphabet to add to your picnic basket.

First I will explain how you are going to do this.

You are going to start by quietly thinking of one item that you want to bring on your picnic that starts with the letter A.

Get it clear in your mind…you can think of an image of this item or you cannot visualise the item, just think of the word itself and what that word looks like to you.

Try to visualise yourself putting the item in your picnic basket. Focus on the item you want to bring…good, now imagine yourself putting that item in your picnic basket.

Now think of an item that starts with the letter B.

Take your time, if you can think of a lot of items that start with the letter B, choose the one item that you really want to bring on your picnic.

It is important that you take your time and concentrate on the task that you’re doing…good, now just hold on for a moment and let me explain to you what you will be doing.

In a moment you will continue to think of items to add to your picnic basket starting with the letter C, then D, and so forth until you go through the entire alphabet, all the way to the letter Z.

Once you begin again, when I tell you to start, you will continue with the task, paying no attention to me and to what I am saying, until you have finished the entire alphabet.
As I will be speaking, you will be hearing me but I will be speaking directly to your subconscious mind which always pays attention and hears everything I say.

Just concentrate on your task and on completing your task. Try not to listen to what I am saying...try not to follow my instructions until you have completed the task and then you can listen to me again.

At that point you will be very relaxed...and your mind will be very open to all the positive suggestions that I will be giving you.

So let’s go ahead and begin now. Start with the letter C... choose an item to bring on your picnic... pay no attention to me, just choose the item you want to bring... visualise the object or just think of the word if you don’t see an image... continue to concentrate on your task.

Move on to the next letter, not paying any attention to me, just choosing the next item for your picnic.

Continue to focus on your task, until you have finished completed the job. At that point you’ll be extremely relaxed.

With each item you choose for your picnic basket you are becoming more and more relaxed.

With each item you choose you are going deeper and deeper into hypnosis, and becoming more open to my suggestions... you more relaxed and receptive than ever before.

The closer you get to the letter Z, the deeper into hypnosis you will go.
**Grocery Shopping Analytical Induction**

For this exercise I would like you to use your imagination. I’d like you to imagine that you are going grocery shopping.

I want you to fill your cart with any item that can be found in a supermarket.

However, I need you to fill your cart with items in a certain way. I want you to put the items in your cart in alphabetical order.

For example, first I want you to find an item that begins with the letter A and put that in your cart, then I want you to find an item that begins with the letter B and put that item in your cart.

And so on, throughout the alphabet.

Let’s begin. First, imagine yourself getting a cart at the store entrance. Now, walk down the first aisle.

You see some apples. Put the apples in the cart. Now, continue walking down the aisle.

You come to a pile of bananas.

Pick up a bunch of bananas and put them in your cart. Take your time, if you see a few different items that begin with the same letter, put the one you want the most in your cart.

It is important that you take your time and concentrate on the tasks that you’re doing.

Now, choose an item that begins with the letter C. Good, hold on a minute and let me explain to you the remainder of what you will be doing.

In just a moment you will go ahead and continue finding grocery items that start with the letter D and put one of them in your cart, then E, and so on until you go through the entire alphabet, all the way to the letter Z.

You can put any item you might find in a grocery store in your cart. It doesn’t need to be food.

Anything can go into the cart, just continue sequentially through the alphabet.
Once you begin, when I tell you to go ahead and start, you will continue with the task, paying no further attention to me until you have finished the entire job.

I will be speaking to you and you will be hearing me, but I will be speaking directly to your subconscious mind, which always hears and always pays attention.

So just concentrate on your task and try to not listen to what I am saying. Try not to focus on what I am saying until you have finished the whole job.

Then you can listen to me once again. At that point you will be very relaxed and your mind will be open and receptive to the beneficial suggestions that I will be giving you.

So let’s go ahead and begin now. Start with the letter D.

Choose another item for your cart. Then walk on and find an item that begins with the letter E.

Pay no further attention to me, just choose an item and go to the next letter.

Choose an item for that letter and going on to the next one, paying no further attention to me, just choosing the items, concentrating on your task, until you have finished the entire job.

At that point you’ll be very, very relaxed. With each item you choose you are becoming more relaxed, with each item you choose you are going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed and receptive.

The closer you get to the letter Z, the deeper into relaxation you will go.
Keyboard Mall

For this exercise I would like you to use your imagination.

I’d like you to imagine that you go to your computer to type a letter and see that all of the letter keys are missing.

You will need to replace the keys. I want you to imagine that there is a certain place where you will go to buy your new keyboard keys – the keyboard mall.

I want you to imagine a big mall filled with many, many stores. Each letter of the alphabet is sold in a different store.

The As are sold at the A store and the B’s are sold at the B store and so on. I want you to go into each store and purchase each letter of the alphabet for your keyboard.

Now go into the A store and get an A. Now we are going to go to the B store to get our next letter, but before we get there we see three stores that begin with the letter A.

There is an apple store, an Asian art store, and an armadillo store.

In between each keyboard letter store are 3 stores that begin with that letter.

Now, continue walking through the mall. You come to the B store. Go in a buy a B. Now, come back out and look at the three B stores you will find before you get to the C store.

Take your time and say the names of the three B stores to yourself. Good. Now, go into the C store and purchase a C.

Great, now hold on a minute and let me explain to you the remainder of what you will be doing. In just a moment you will go ahead and continue walking through the mall and buying your keyboard letters.

In between each store you will see and name to yourself three more stores that begin with the letter of the alphabet that you just purchased.

Say the name of each of the three stores to yourself before you go into the next letter store and purchase your next letter.

Once you begin, when I tell you to go ahead and start, you will continue with the task, paying no further attention to me until you have finished the entire job.
I will be speaking to you and you will be hearing me, but I will be speaking directly to your subconscious mind, which always hears and always pays attention.

So just concentrate on your task and try to not listen to what I am saying. Try not to focus on what I am saying until you have finished the whole job.

Then you can listen to me once again.

At that point you will be very relaxed and your mind will be open and receptive to the beneficial suggestions that I will be giving you.

So let’s go ahead and begin now.

Walk past the three C stores and say their names to yourself.

Then walk on and go into the D store and buy a D key.

Pay no further attention to me, just buy your letter key and walk past the three stores, then buy the next key.

Think of three stores that begin with that letter, and then go on to the next one, paying no further attention to me, just concentrating on your task, until you have finished the entire job.

At that point you’ll be very, very relaxed. With each letter key you buy you are becoming more relaxed, with each letter you are going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed and receptive.

The closer you get to the letter Z, the deeper into relaxation you will go.
Mall Script Analytical Induction

This technique works very well with the analytically-minded individual.

In doing the Analytical body scan or the test find out how much money they could spend at the mall in 1 hour, double it then take an odd amount away.

Use this numbers in the script below

Just close your eyelids count to 3 and open your eyelids and count to 2 and close your eyelids count to 3 and open your eyelids and count to 2 and close your eyelids and keep opening and closing them till I tell you to stop and close your eyelids.

You are aware of everything, and yet you are not aware.

You are listening with your subconscious mind, while your conscious mind is far away at the Mall with a credit card that has £4,962.21 on it exactly, and you have to spend all of the money except £75.43 and as you are shopping you are not listening.

Your conscious mind is far away at the Mall, and not listening. Your subconscious mind is awake, and listening, and hearing everything while your conscious mind remains very relaxed and peaceful at the Mall.

As your eyelids are getting heavy you can relax peacefully because you know your subconscious mind is taking charge, and when this happens, you will stop and close your eyelids and let your subconscious do all the listening.

Your subconscious mind knows, and because your subconscious mind knows, your conscious mind does not need to know and can stay at the Mall, and not mind while your subconscious mind stays wide awake.

You have much potential in your subconscious mind, which you don't have in your conscious mind.

You can remember everything that has happened with your subconscious mind, but you cannot remember everything with your conscious mind.

You can forget so easily, and with forgetting certain things you can remember other things.
Remembering what you need to remember and forgetting what you can forget. It does not matter if you forget, you need not remember what you can forget.

Your subconscious mind remembers everything that you need to know and you can let your subconscious mind listen and remember while your conscious mind is at the Mall and forgets.

Keep your eyes closed, and listen with your subconscious mind, and when you’re listening very, very carefully, your conscious mind will not mind what it forgets, because your subconscious mind will remember what it has forgotten.

As you continue to listen to me, with your subconscious mind, your conscious mind shopping at the mall is counting down the money on the C/C coming as close to the budget as you can.

Let your conscious mind stay at the Mall after hours to get all the shopping completed on that card, and let your subconscious mind listen to me.

(Insert Suggestion Script here.)

(During the Awakening of the subject ask how close to their final £ amount did they came? Telling them how well the conscious mind has done and next time they will have more money.)
**Number Countdown**

Over the next few minutes I will be giving your mind a task. It is very important that you listen and follow the instructions ... Follow them exactly as I say ... If you hear noises, it’s okay ... They will only serve to make your state of hypnosis twice as deep as before ... Just continue to listen and pay attention to your task. There is nothing that is as important as completing your task.

I want you to imagine that in your lap you are holding a small chalkboard. The kind they give to children when they are in elementary school. Imagine that you are holding the chalkboard with one hand and in the other you have a piece of chalk. Imagine that you also have an eraser that ties to a piece of string so that it is easy to reach the eraser.

I want you to imagine yourself writing the number 1000 at the very top of the board ... Now write an addition sign and add the number 1 ... Draw a line to complete the equation and write down your answer ... Underneath your answer draw a subtraction sign, then subtract the number 2 ... Draw a line on your chalkboard and write the answer ... Remember that answer ... On the top of the board you will write the answer you got, the number 999 ... You will then add 1, and write the sum on your chalkboard ... You will then take your answer and subtract three ... That is right, showing all of your work on the board subtract three ... When you have solved this equation erase the entire board, being sure to remember the answer, 997 ... Now write 997 on the top of the board, again add one, but this time subtract 4 ... Always showing your work ...

You will continue this process, always adding one and subtracting one more then the last equation.

You will now begin to work silently as I continue to talk ... Do not listen to what I am saying, you are instead focused on the task at hand ... Adding and subtracting until you get down to 0 ...

You are not listening to me. It is important that you go from 1000 to 0 without making any mistakes ... Do not take any shortcuts in your work ... Slowly methodically keep working out your numbers on the board, erasing and creating your new equations.

Remember to pay attention to your math work because you do not want to make any mistakes. I will keep talking but you will work until your task is complete only paying attention to solving your equations.
Painting Analytical Induction

I’d like you to close your eyes and imagine 26 blank painting canvases lined up side by side in a row. You notice on the ground at your feet a huge bucket of red paint and a paintbrush.

You pick up the paintbrush and dip it into the red paint bucket.

The only canvas you are focusing on is the first one. You begin to paint in cursive writing an uppercase letter A.

Then you dip your brush into the red paint bucket and go back to canvas number 1 and paint a lower case letter a in cursive writing next to the uppercase letter A. You step back and realize how beautiful the red curves of the upper and lower case letter A look.

You pick up the bucket of red paint and move down to the second blank canvas.

You dip the paintbrush into the red bucket of paint again. Next, you begin to paint in cursive the uppercase letter B.

Then you dip your brush into the red paint bucket and go back to the canvas number and paint a lower case letter b in cursive writing next to the uppercase letter B. You step back and realize how beautiful the red curves of the upper and lower case letter B look.

Next, continue to paint red upper and lower case letters that begin with the letter C going through the alphabet until you reach the letter Z. Remember, you should use a different canvas with each letter of the alphabet you paint in cursive writing.

Once you begin the task from that point forward do not listen to me anymore.

Do not make any effort to listen to me. I will be speaking of course and you will hear me, but don’t try and listen to what I am saying and do not follow my instructions.

I will be speaking directly to your subconscious mind.

The subconscious mind hears and pays attention.

Just focus on the red cursive letters of the alphabet that you are painting until you have finished with the upper and lower case letter Z.

When you are done painting the letter Z simply relax and listen to me again. By this time you will be in a deep hypnotic state.
Remember, you will continue painting red upper and lower case letters of the alphabet on blank canvases.

You will not pay any further attention to me until you have come to the end of the alphabet at which time you will put down the paintbrush and take a seat, relax.

At this point you can listen to me once again.

Now it is time to dip your paintbrush into the red bucket of paint and begin painting on the canvas in front of you.

Begin painting on the blank canvas in front of you the letter C and keep going, but paying no attention to me.

Each letter you complete painting causes you to relax more and more.

Each red cursive letter causes you to drift more easily and more readily into hypnosis.

The closer you come to the letter Z, the deeper into hypnosis you go.

Each painted cursive letter allows you to drift down and down, deeper and deeper into the hypnotic state.
Seashell Analytical Induction

Using your imagination, I'd like you to picture yourself on a beautiful beach with pink sand and light blue water.

The palm trees are swaying in the soft breeze, birds are singing and ever so faintly in the distance you hear very soft relaxing music that is rhythmic with the waves.

This beach is known not only for its beauty, but also for the most magnificent pink and blue seashells that wash up onto the beach all day long.

As you stand at the water’s edge, you see so many of these seashells that you want to begin collecting 25 of them for your family and friends.

The waves are very gentle and very slow.

This is good because it allows you time to review each shell and decide the perfect one to begin collecting.

First, I want you to collect 13 blue shells and then 12 pink shells.

As the first wave comes in, I want you to chose one blue shell... only one.

Once you have chosen your favourite, look around for a safe spot to place this shell so it does not get damaged.

Place the shell down carefully and walk back to the water’s edge and wait for the second wave to gently wash ashore and begin looking for another perfect blue shell.

Once you have chosen the second blue shell, walk over to your safe spot and place it gently down next to the other blue seashell... wait for a moment... wait for my instructions before moving on.

In a moment, you will continue collecting the remaining 11 blue and 12 pink seashells.... once I have you start, I do not want you to pay any further attention to me.

I will be speaking to you.... to your subconscious.

Your subconscious will hear and pay close attention to every word I say.

While I’m speaking, I want you to focus upon keeping track of the remaining 11 blue and 12 pink seashells you must collect.
Once you have collected all 25 seashells, I want you to raise your right hand so I know you have completed the task.

Once you have completed the task, envision relaxing on the beach next to your beautiful collection.

At this time you may listen to me. You will be in a much deeper state of hypnosis than you were previously.

Let me repeat the instructions so they are very clear.

When I tell you to begin...with every gentle wave that comes ashore, you will begin collecting the remaining 11 blue and 12 pink seashells.

Once you have collected all 25 shells, you will raise your right hand, which will signal me that you have finished and then you can begin to listen to me again.

Let’s begin.

Standing at the water’s edge you notice another gentle wave coming ashore with beautiful seashells remaining on the beach as the water recedes.

Concentrating on finding the perfect shell, paying on further attention to me until you finish your task.

With every shell you collect, you become more and more relaxed. Deeper and.... deeper into a hypnotic state.

With each shell you collect you become more and more open to suggestions.

Your mind is open and ready to receive these absolute and favourable suggestions that I am about to give you.

(Begin suggestions.)
Shopping for the House Analytical Induction

Use your imagination and see yourself buying a new home.

This house has many rooms.

These rooms are empty and are in need of decorations.

Now image that you have all the money in the world for which to shop with.

You need to buy everything for your new home, towels, dishes, appliances, furniture, etc.

You will devote your full attention to filling each room with everything you need to make it warm and inviting for yourself and your house guests.

So let’s try this exercise for a moment, starting with the kitchen.

You will need to purchase a refrigerator.

What type is it? What brand? What does it look like? See this refrigerator and make note of where it belongs in your kitchen.

You then need a dishwasher and dishes... again, make note of what each item looks like.

How many dishes do you need in order to entertain in your brand new home?

Continue to make note of all the things you will need to make your kitchen function and purchase those items.

What colour do you want the walls? Feel a sense of accomplishment and joy to make these purchases and know that with every purchase you make the more and more relaxed you are becoming.

When you have finished with the kitchen and have it set up with everything you need, move on to the next room in the house, which ever order you want to move in.

This is your house and you can decorate it in however you want and in whatever order you want.

Continue to buy and decorate each room, becoming more and more relaxed as you go... It is at this point that I would like you to stop paying attention to me.
Focus completely on your task...on your decorating....

I am going to continue to speak but I will only be speaking to your subconscious mind.

You just continue to decorate each room and as you complete each room, and move on to the next you will sink deeper and deeper into a relaxed state.
Hypnosis

Induction and Deepening Script Ideas

Deepening Script Ideas

Presented by
Hypnosis International
Arm Drop Deepener

OK, I'm going to reach over and pick up your left arm (picks up arm until arm is extended as if sleepwalking.)

You will find that this arm will stay up all by itself for a little while.

(keep supporting arm, lessen the support until arm stays up by itself.)

Good. Now, I'd like you to, as your arm begins to feel heavier and begins to want to drop down to your thigh, relax more deeply and let your arm come down as an indication that you are relaxing more deeply and fully.

That's good, allow that arm to come down only as quickly as you relax much more deeply, fully good... and as that arm touches your leg you become twice as relaxed, (arm touches leg) ... good.
**Bubble Deepener**

Imagine yourself in a bubble, like the kind of bubble you blow out of a ring with the washing up liquid.

It is light and delicate but it will not break.

You are floating in this bubble. It is comfortable and a pleasing room temperature to your liking. There is plenty of air, crisp air to breath in and out.

Take a deep breath now had hold it for three seconds and then exhale. It is a beautiful day outside with the sun shining and puffy white clouds; lots of fun clouds.

In a moment I want you to imagine yourself in this bubble bouncing from cloud to cloud, working your way across that beautiful sky. I will begin with the number 20 and work down to 1, bringing you deeper and deeper into sleep as you bounce from cloud to cloud.

When I get to number 1 you will be completely relaxed and will not hear everything I say but you do not need to listen to me. Your subconscious mind will do the work for you. All i want you to do is to relax and go deep into sleep.

Feel yourself breathing as you go deeper and deeper.

We will begin now.

20...you are getting sleepy, 19...your eyes are staying closed, 18...sleep sleep, 17...puffy white clouds all around you,

16...bouncing from cloud to cloud, 15...sleepier and sleepier, 14...breath that crisp air in and out feeling sooo good and sleepy, so relaxed,

13...deep, deep sleep, 12...bouncing from cloud to cloud,

11...your eyes will not open, 10...deep, deep, sleep, 9...oh sooo tired, 8...sleep, sleep, 7...breath in and out and sleep,

6...relaxing more and more, 5...eyes completely closed,

4...deep, deep sleep, 3...relaxed, oh so relaxed, 2...tired, tired, and...1...deep, deep sleep so that you are completely relaxed now and will not open your eyes but your subconscious mind will hear everything I have to say.
**Candle Deepener**

Imagine in your mind’s eye a single candle that is lit.

Focus your mind on the flame of the candle, notice the flickering and dancing of the flame as the yellows and reds swirl around.

Keep the candle in your mind as you go very gently and very deeply, into a profound state of relaxation ... and as the flame flickers and dances, you may notice a warm glow around the flame...

See the wax melt from the wick and drip down, down, down and just relaxing at the base... And if you find your mind wandering away from the flame of the candle, just bring it gently back to the warmth of that flame ... And as you keep the flame of the candle there in your mind, I will count down from 10 to 1 ... Each number will make you 10 times more comfortable and relaxed than you are now ... And as I count down each number you will see that candle’s wax drip down, down, down further into relaxation ... See that warm light as a halo above the candle...

10 ... A drip of wax beads near the flame...

9 ... Melting and relaxing

8 ... columns are forming along side the shortening candle...

7 ... The flame flickers making you feel more relaxed...

6 ... Dripping down, down...

5 ... 4 ... Deeper, deeper, you are feeling very relaxed...

3 ... Deeper more

2 ... Feeling as relaxed as can be...

1 ... deeply, deeply relaxed... relaxed.

You are now very deeply relaxed and each and every suggestion that is made will go deeply into your mind.
Clouds Across the Sky

I’d like you to use your imagination for a few moments now.

I’d like you to imagine ... to think about ... yourself lying down ... outside ... on the most comfortable piece of furniture you can imagine ... It is a warm, gorgeous day ...

The sun is just beginning to set ... The temperature is just right, just the way you like it ... Best of all, there are no insects anywhere to distract you...

It is as if this place were made just for you ... You find yourself alone and completely safe ... comfortable ... So go ahead and imagine that piece of furniture that you are on right now ...

Describe it to yourself in detail ... What is the colour? ... The size? ... The texture? ... Get it clear in your mind so it becomes “real” to you ... It is more comfortable than the softest feather bed ... And as you lay there you are gazing up at the beautiful dawn sky ...

You notice the colours ... the shades of reds ... blues ... and yellows ... The many colours, as the dance upon the few scattered clouds ... As you continue to gaze ... effortlessly at the sky ...

You watch the clouds begin to form into shapes ... Some look like animals ... Some look like trees ... All different shapes that let your imagination begin to roam ...

When suddenly you notice one of the clouds that is nearly above you begin to form into the shape of a number ... It looks just like the number ...

25 ... and as the soft breeze blows on it, you see it begin to dissolve and blow away as easily as it formed ... Then you notice another cloud coming by that forms into the number ...

24 ... and that one begins to dissolve in the soft breeze too ... You notice that this keeps happening ... slowly ... as the clouds form in to the number ...

23 ... then dissolves away ... and then ...

22 ... and it continues this way going down ... down ... in numbers ... very ... very ... slowly ...

21 ... and you notice that in between each numbered cloud ... as it blows away and as the next one forms ...
20 ... that you are becoming soooo ... soooo ... very tired ...
19 ...sooo ... sooo relaxed ... and you enjoy this wonderful relaxation ...
18 ... and you find yourself, even allowing yourself, to let go completely ...
17 ... You give yourself the permission that this is what you want to do ...
16 ... as you continue to see the clouds forming into the numbers ...
15 ... and you continue to observe them ...slowly on your own...
14... and with each one... as it goes bye...
13 you become twice as relaxed ... twice as much as the one before ...
12 ... as you observe them ...
11 ... dissolving ... just passing bye ...
10 ... you are so comfortable ... soooo open ...
9 ... deeper and deeper ... in to this wonderful relaxed state ...
8 ... Relaxing more than ever before ...
7 ... All outside sounds ... seem to help you to let go even more ...
6 ... as you allow yourself ... to be there completely ...
5 ... totally relaxed ... ....
4 ... .... Totally safe ... ...
3 ... and completely at ease ... You fall into a wonderful dreaming state
2 ... until finally you see the last cloud form into the number
1 ... and as it dissolves ... you allow yourself to let go completely ...
dee... deep ... deep ... so very relaxed ...
**Comfortable Slide**

See yourself at the top of a very long slide. This slide is padded and soft. Visualise the slide in your favourite colour. It has a very warm and inviting feeling. You are looking forward to begin your journey down on this slide, into total relaxation. At the bottom of the slide, you notice there is a big, white fluffy bed. It looks so very comfortable and cushiony. You are looking forward to this descent and landing softly and comfortably on the bed below.

I will begin to count from 20, down to 1. As I do this, you will descend farther and farther into relaxation and peace. Remember, you are completely safe on this slide. It is cushiony and soft. It feels like smooth silk across your body as you slowly slide down closer and closer to the bed below. This is a peaceful ride down, as if you are quietly slipping into a wonderful dream state where your mind remains alert but your body is totally and completely relaxed.

Let’s begin the descent...

20...You begin to gently drift down this comfortable silky smooth slide.
19...
18...Sliding down, down, towards complete relaxation and peace.
17...
16...
15...You are so comfortable and relaxed
14...
13...
12...Deeper and deeper. Completely relaxed and safe.
11...
10...Half way down the slide now. More and more relaxed.
9...
8...
7...
6...Just feel all your cares melting away, letting go completely. Just very, very relaxed.
5...
4...
3...Deeper and deeper. Almost at the bottom to that billowy bed below.
2...And...
1...You have now landed onto that wonderful, soft bed. Feel it hug your body.

Feel yourself completely and deeply relaxed.

Deeper and deeper ...
**Crystal Funnel**

Now, I’d like your imagine that you are sitting in a chair outside on a sunny day. The temperature is perfect for you, and you feel really comfortable just being where you are on this beautiful day. Visualize in front of you a spiralling, crystal funnel standing up on it’s tip, like a gleaming, shimmering, sculpture where you can see through all of the levels of it, as they funnel down to the smallest that meets the ground. This crystal funnel is sparkling and shining in the sun.

It is so beautiful to look at. You see that there are 18 levels to the crystal funnel, and a small silver ball at the top level ready to roll slowly down all the levels to the bottom tip where it fits perfectly. In a moment, the shiny silver ball will be released and I will count all the levels as you watch it descend.

At every level you will feel yourself becoming more and more relaxed. When the ball reaches the bottom, you will be completely and totally relaxed.

Now imagine the silver ball releasing and I will count as we go.

10 . . . more and more relaxed

9... relaxing more with every count
8... deeper and deeper
7 . . . completely letting go
6... relaxing and drifting
5... deeper relaxation
4... letting go of everything
3... Relaxing more and more
2... Relaxing and going deeper and deeper
1... Drifting deeper still

So relaxed, all the way into deep, deep relaxation
The Escalator Relaxation

As you sit there, very comfortable and relaxed - I want you to visualise that you are on the top floor of a large department store.

I want you to visualise an escalator that is moving people down to the lower floors.

The escalator is moving very slowly and the people are holding on to a hand rail that is moving at the same speed as the escalator.

It is very safe.

You watch as the people are moving down, down, down. Very comfortably, you step forward holding onto the hand rail, and you start moving slowly down, down, down.

Riding down this escalator will take you deep into relaxation.. and as I begin to count you will find that the lower you go, the more comfortable and the more relaxed you will become.

10 - Deeply relaxed as you pass the men’s department
9 - Let yourself go more and more
8 - Relaxing and drifting
7 - Deep, Deep, More relaxed

6 - You become more and more relaxed
5 - Deeply relaxed, sooo comfortable

4 - Deeper and deeper
3 - More and more relaxed

2 - one more floor to go, now
1. There, deep, deep relaxation

Now that you have reached the bottom floor, and you are totally relaxed... just let yourself go completely as you do deeper and deeper.

Deeper and deeper ...
**Falling Leaves**

Now that you are sitting back comfortably in your chair, I want you to imagine that it is a beautiful autumn day.

The outside temperature is just right, not too warm, and not too cold.

You are now imagining that you are sitting in a park outside and noticing the trees.

You see some oak trees and some maple trees and chestnut trees that are near where you are sitting.

Many of the leaves on the trees have now changed to their fall spectacular colours. You see the reds and oranges and yellow colours of the leaves.

You are also noticing that the leaves, being autumn, are falling to the ground. As each leaf from the trees falls to the ground, you are feeling more and more peaceful, more and more comfortable and are going deeper and deeper into a relaxed state.

You notice that the tree just in front of you has lost most of its leaves. In fact there are only 20 leaves left on the tree.

A wind is starting to blow.

This is making the leaves to lose their attachment to the limbs and these leaves start to fall. As each leaf fall to the ground, you feel yourself going deeper into relaxation, now there are only 19, 18 leaves left...you are going deeper and deeper.

17, 16, 15 leaves remaining and you continue to go deeper and deeper and more relaxed as each leaf falls.

14, 13, 12, 11 leaves are now remaining.

You are falling deeper and deeper into relaxation.

The wind is picking up and the leaves continue to fall to the ground.

10, 9, 8, 7, 6 leaves are remaining now. You are allowing yourself to fall even deeper into relaxation than you felt before.

As the last leaves fall, from 5, to 4, to 3, to 2, to the last leaf, you feel yourself going even deeper than you have felt all day.
Falling Leaves II Deepener

Imagine that it is Fall in the mountains. It is twilight and a bit cool. Visualise your warm cosy cabin.

See the heavy, solid log walls and the substantial grey stone fireplace inviting you with its beautiful, orange blaze burning brightly.

Hear the reassuring crackle as moisture heats and expands in the logs. You are warm, safe and happy.

You look out through an expansive window and notice a large maple tree quietly dropping leaves as winter approaches. You watch each leaf on its journey downward.

Focus now on the leaves as they drift to the ground. One leaf at a time; you watch them fall, concentrating on only one leaf... following its descent... breathing deeply and relaxing more and more.

The next leaf begins to drop... you too are dropping deeper and deeper into a wonderful, relaxed state.

Each leaf that falls, one by one, allows you to become more relaxed than the previous one until you are more at ease than you ever thought possible.

Still concentrating on the leaves, begin to count downward, one falling leaf at a time.

Ten ... Breathe deeply
Nine ... Watch how gracefully the leaf falls
Eight ... Another breathe, more relaxed
Seven ... Down and down
Six ... All tension is gone as the leaves continue to fall
Five ... Completely relaxed
Four ... and three ...
Two ... and as the last leaf falls you are so warm, so safe and so, so relaxed ...

One ...
**Floating Deepener**

Close your eyes.

You are about to experience the state of total relaxation. Place your feet flat on the floor and your hands on the arms of the chair.

Listen to my voice carefully as I take you into the wonderful world of tranquillity.

I want you to use your imagination.

Imagine that your body is beginning to feel weightless. As I count from 1 to 5 your feeling of serenity will deepen.

1 . . . your mind is beginning to quiet down

2 . . . all of your muscles are becoming limp . . . you feel no discomfort or pressure

3 . . . although you are aware of the music playing in the background, your mind is focused on the sound of my voice

4 . . . your body and mind are now totally relaxed . . . you feel wonderful.

5 . . . your body feels like it has no weight whatever . . . in fact, you can’t even feel the muscles of your body . . .

Your body feels like it is floating in the air on a beautiful, warm, sunny day.

Feel yourself drifting effortlessly in the air as your body rises out of the chair.

As you look straight ahead you see a radiant blue sky and feel the warmth of the air as you rise higher and higher into the air, completely relaxed.

Although you may hear other sounds around you, the only thing that you will pay attention to is the sound of my voice.

Listen to my voice carefully as I guide you through this beautiful, warm, floating experience. You are completely at peace . . .
**Fountain**

I want you to imagine you’re in beautiful garden. The scent of flowers drifts past... You are safe, comfortable, relaxed and content... There’s a fountain in front of you with twenty bowls of dripping water from one level to the next...

Think about the fountain. Envision it’s height, width and colour. Imagine it’s material: is it cement, cats iron, fiberglass, or stone? Does it have elaborate figurines of people, animals or flowers or does it have a simple decorative borders? Does the water flow evenly over each bowl or does the water funnel into one opening per level?

You’re in such a comfortable place and so happy to be in the garden, you feel a great sense of peace. Hearing the water trickle from bowl to bowl in the fountain is so soothing.

A petal drops from the wind into the top bowl. In amusement, you’ll see it drop from the top of the fountain to the twentieth bowl at the bottom, carried by the water and floating as it goes. As that petal enters each bowl, you’ll allow yourself to become even more relaxed... more comfortable... You’ll go deeper and deeper than ever before...

First, though, imagine the petal. Think about what kind of flower it came from, its colour, its size. Is it fragrant? You determine how it spins or calmly floats on top of the water. Now imagine looking up to the top bowl...

The petal drops from the top bowl into the nineteenth and you feel yourself more relaxed... It goes around that level with the flow of the water and then drops off the side into the eighteenth... You allow yourself to go deeper and deeper... Now the seventeenth... more and more relaxed... The sixteenth... more comfortable... the fifteenth and the fourteenth... safer and more serene... The petal drops to the thirteenth bowl, now the twelfth, now the eleventh... deeper and deeper...

It falls gently to the tenth, then the ninth and you’re more relaxed... down... down, down to the eighth and the seventh... You allow yourself to go deeper and deeper...

The petal goes down to the fourth... As it goes down, down, down you are more comfortable, happier, more content... It’s dropping to the third and now to the second and you give yourself permission to be fully relaxed... It drops to the bottom, first bowl and you are fully at ease- more comfortable and relaxed than you’ve ever been.

So deep and serene.
Garden Adventure

Imagine that you are at the top of a stair-case. There are seven stairs, and with each stair you descend you find yourself becoming more and more relaxed. Going down...

7 ... Relaxing,
6 .... more at peace,
5 ... going deeper,
4 ... feeling very relaxed,
3 ... feeling serene,
2 ... deeper now,
1...

At the bottom of the stair-case you notice a door. You are drawn to this door, for it is illuminated. It beckons you to open it.

As you begin walking you notice a wooden archway that is white ahead of you. You walk toward it and as you get closer to it you notice a pathway that extends beyond the white archway.

You are drawn to it and walk through it and as you walk along the path you notice a beautiful garden. The garden is filled with flowers of every kind and colour. There are red roses, pink tulips, white lilies, purple geraniums, yellow daffodils. The flowers are so vibrant and fragrant. You stop and pause allowing yourself to take in this beauty. You take a deep breath. Take a breath now.

In the centre of the garden you notice a magnificently large fountain. You move toward it. You even have the strong urge to stand under it. You feel so safe and free.

You decide to stand under it. As you stand under it. The water is warm yet refreshing. You allow the water to cleanse you from habit and fears that prevent you from living a fulfilling life. You are feeling even lighter and more. Anything is possible for you now. You notice a grand castle at the edge of the garden. You walk toward the castle. It is the castle of empowerment.

You enter the castle and walk down a long hallway that leads to the room of empowerment. You enter this room. In this room there is a magical mirror that grants you with your desire to be confident. You close your eyes and allow the energy vibrations of this mirror to fill you from the top of your head to the tips of your toes.

You open your eyes, and when you look in the mirror...
**Garden Scenery**

Close your eyes and take a deep breath.... and another deep breath.... and a third deep breath holding it for about 3 seconds.... now exhale slowly feeling more relaxed as the air leaves your chest... getting yourself comfortable to enter a quiet and peaceful place... a place where you can relax ... slow down... experience your inner mind.

You feel very comfortable as you begin to feel your muscles relax from the top of your head to the bottom of your feet. Feel your whole body go limp as you sink into your chair... be aware of the chair as it touches the back of your shoulders as they become more and more relaxed ... down through your spine... now notice the relaxation of your hips and thighs ... your calves ... feel the bottoms of your feet as they rest gently on the floor beneath them.

Outside your window you see a beautiful patio lined with yellow... purple... and bright red flowers. You step outside and feel the warm sun beating down on your face. You can smell the sweet fragrance from the flowers in the gardens... A light gentle breeze is blowing through your hair.

Off in the distance you see a colourful butterfly sitting on top of a yellow daisy... as you move closer to the flower you see the butterfly gliding down into a meadow full of dandelions.

You follow the butterfly down a staircase made of stone that leads to the open field. With each step down you find yourself becoming more and more relaxed...

10 feeling relaxed.... 9 even more relaxed...

8 feeling tired and drowsy.... 7 just letting go

6...5....4...very comfortable....

3 ....2...1 feeling completely and totally relaxed...

You are doing good... now continue to relax deeper and deeper so that you can be absorbed in your own thoughts...allow your mind to drift...

Allow your mind to enjoy not having anything to do right now...

Allow your conscious mind to take a break.... relax and allow your mind to drift into a way that is useful... enter script...
Gazing at the Stars

Now that your body is in a state of complete relaxation I would like for you to imagine that it is a warm beautiful summer night... You are lying outside on the most comfortable bed you can imagine. Visualise yourself lying on this comfortable bed with the most comfortable pillow underneath your head...

There are no bugs around you or outside tonight... There are no outside noises to distract you from experiencing complete relaxation and peace.

You are feeling even more relaxed than before... A refreshing breeze hits your face as you inhale a breath of clean crisp fresh air... And as you exhale you can feel your whole body relax twice as much as you were relaxed before.

You are even more at peace as you let go of any tension in your body... As you let go of all your worries and stress your mind becomes crystal clear...

As you gaze up into the sky you notice the many beautiful shining stars gleaming down on you as you lay so comfortably and peacefully on this beautiful summer night.

You feel compelled to look at and count each bright and shining star...and you notice that when you gaze at each star... the star immediately turns into a shooting star... as you watch it descend... until it fades into the distance... leaving nothing but star dust... You begin counting the stars... starting at 10 and continuing until you get down to 1... and as you count each star you are watching each one fall, descending... fading into the distance... you feel yourself becoming more and more relaxed ... and going deeper and deeper into relaxation ...

10 – feeling peaceful and relaxed
9 – sooo...sooo very relaxed
8 – feeling more and more relaxed with each falling star
7 – deeper
6 – deeper still and extremely relaxed
5 – becoming more relaxed with each descending star
4 – deeply relaxed
3 – totally safe and at peace
2 – deeper
1 – totally and completely relaxed

The last star has fallen and all of the star dust has dissolved leaving the beautiful summer night sky clear and beautiful. You feel completely relaxed.
The Hill

I want you to close your eyes and use your imagination.

Imagine yourself at the top of a beautiful hill... the grass is green... the sky is a beautiful shade of blue... the sun is shining... you can see for miles... you can see above the trees... you are looking out upon lovely green fields. There is a lake at the bottom... deep, blue, water. The lake is so beautiful... the water sparkles in the sunlight... you would like to see this beautiful lake.

As you take steps down to the lake, I am going to count to 20. And as I count, you will relax even more... you notice a path... it leads to this pretty lake...

Now you take a step downward, towards the lake...

1 2... You continue to walk down...

3... you are noticing the treetops... 4, so relaxed... so comfortable,

5... everything is sooo pretty...

6... you are walking down this lovely hill... 7... to the lake at the bottom... more relaxed...

8, 9... walking down the path, relaxing, relaxing...

10, 11... it is so peaceful and tranquil...

12, 13... and so beautiful... you feel one with the universe... 14, 15 relaxed and comfortable...

16, 17... happy and peaceful... down the path...

18, 19 and now you are at the lake... notice how relaxed and comfortable you feel...

20...
**Indirect Deepener**

(This is something you can do at any time during the session.)

Anytime you hear this sound during the session (*snap your fingers - or tap table with a pen etc.*) you will immediately relax twice as deep.

Or, listen to the sound of the clock ticking.

 Twice as deep into hypnosis...

*(It works best if repeated at 4 - 6 different times during the session. You only need to give the instructions once and the snapping of your fingers should be done anytime you want the client to relax more. Snapping can be done while talking so it will be responded to subliminally.)*
Journey From the Meadow Deepener

It is a beautiful day and you have just stepped off of an old path through the forest into a meadow. The meadow stretches so far into the distance.

A soft breeze caresses your cheek and you catch the scent of the sweetest flowers that are in bloom.

A smile plays at the edge of your lips as you look across the meadow ... you see a bounty of flowers strewn across the tall grass ... You can’t help but to place the last of the days burdens at your feet like a heavy pack and begin to spring across the meadow ... The sun is warm against your back and as you run ... you begin to hear the sound of a tinkling spring filled with cool clean water.

The long stems of grass brushes against your legs as you continue to run smiling through the meadow just like you would as a small child ... Your eyes catch what looks like an old chimney in the distance ... It is not very tall and it looks like it is red ... Maybe it is made of bricks.

You are overcome with curiosity as your feel your feet begin to slowly glide across the soft grass of the meadow ... A butterfly catches your attention and you feel yourself gliding ... closer and closer ...

Your fingers graze the top of a tall flower stems ... and for a moment your eyes catch a glimpse of the most delicate flower you have ever seen ... You stop as you look upon this small jewel and you wonder how such a frail thing could even exist ...

You can’t seem to stop yourself and you pick the tiny flower ... You bring the flower to your nose and the scent is sweet and dark with an intoxicating essence .... You breath deeply and a smile again kisses your lips ... and you realise that as you breath in the scent of the flower you begin to go deeper and deeper into a calm and happy state ...

You continue to walk toward the red brick chimney and as you get close you realise that you have found a very ancient house ... You are surprised and excited and you look across the ground at what had been a most wonderful place ...

You see a well and you begin to walk towards it ... You step closer and closer to the edge ... This is not a wishing well, nor does it have walls ... It is a 6 foot circle that leads into the ground ... As you kneel to look down you feel a soft coolness emanating from the bottom, and it smells as clean and sweet a the stream running through the meadow.
You smell the flower and smile, flowing deeper into a state of relaxation ... you realise there are stairs running along the inside edge of the well.

You are again struck with curiosity, why would a well have steps? ... You decide you will find out where they lead ...

You place your foot on the first step, and as you look down you can see that there are 20 steps, each step taking you deeper, and into a calm, relaxed and safe place.

You step down....20....19 you place your hand against the cool rocks along the side of the well.

The stones are soft and velvety from the moss that climbs along the walls of the ancient well ... 18... the granite steps are wide and they are not slippery, you feel safe and excited about what you will find at the end of the staircase ... 17...16... you look down the centre of the well and you see a faint light glimmering ...

15....14....a drop of water lands in the gentle waters that lay at the bottom of the wall. Each drop echoes and is enveloped by the sweet cool waters below ... 13 ... 12 ...The dim light grows stronger, but it is very hard to see in the light cast down the well from the sun ...

11...you still can not seem to make out the glowing at the bottom of the well ...10...The sun is fading and you walk know with your hand on the rock that encircles the wall. It is smooth, worn soft by clinging moss and the countless hands that have brushed along these walls ...

9....8... Each step brings you closer to the depths, and each breath brings you into a deeper state of relaxation. You begin to feel a very clear minded Euphoria that spreads energy and light inside your body.

7... 6...You want to go faster as this sense of finally understanding all you have sought grows within your heart and mind. For the first time you feel truly at ease, nothing to long for, nothing you haven’t achieved, you are a complete being. Each step brings you closer to this realization ...

5...You begin to see that the light is very bright ... but small ... it is why you could barely see it from above ... 4 ... 3...You see that there is a landing. On the landing there is a door that opens into the side of the well ...

2... As you get deeper you see that the light is coming from behind the closed door ... 1...
You are now on the landing ...

You realise that you have a choice ... You may enter this door or you may continue down the well. You will encounter the same door after the next twenty steps ... It will be the same door. You will simply be more deeply relaxed if you choose to go down to the next door ...

You may choose ... If you choose the door you will, in a totally relaxed state simply say the word door ... This will not in anyway change how relaxed you are feeling ...

It will simply allow you to make a choice ... Tell me now which choice you prefer ... Say door or stairs

(stairs)

You are so curious about what is behind the next door that you move quickly down the next set of stairs, anticipating the first glimmer of light from under your door.

20 ... 19... your feet feel as if they have walked this set of stairs a thousand times ...

18 ... 17... 16 ...The faintest glimmer of light catches your vision.

15 ... 14 ... 13 ... 12 ... The light is growing brighter now ...

11 ... 10 ... 9 ... 8 ... 7 ... You realize that as you go deeper it is growing more and more cold and damp. You are ready for it to be brighter and warmer when you open the door ...

6 ... 5 ... 4 ... 3 ... 2

You are excited now and you can see a gleam from the brass door knob. You reach out as your foot reaches down ...

1 ...You are in a deep state of relaxation and enter this room.

You step inside with an open mind and an open heart.
Lake Visualisation

I would like you to imagine you’re by a beautiful blue lake at the top of a wild mountain ... the water of the lake is warm blue and clean ... many beautiful exotic plants and wild flowers around it ... There are also so many huge rocks standing between those plants and flowers ... The sun is shining and there is a cool breeze ... The temperature is just as you would like it ... As the air here is pure and fresh ... and as you marvel at the vivid colours all around you ... you hear the relaxing sound of birds singing overhead ... I would like you to take a deep breath ... and as you breathe out ... you relax deeper and deeper... deeper and deeper...

As you stroll around the lake ... feeling the little rocks underfoot ... you wander towards a huge rock ... huge but flat ... You climb up upon it and lie down ... You feel more relaxed than you have ever experienced before ... The clouds in the sky are richer shapes and softer than you ever seen ... Take a deep breath again ... and inhale the soft, warm, sweet smelling air ... And as you exhale relax deeper and deeper ... As you continue on enjoy the blue sky ... your mind begins to wander ... relaxing deeper and deeper with every different shape of the cloud ... You gaze out into the distance ... and see the vastness of the sky ... You watch how the clouds change their shapes ... in a never ending sequence ... One after another ... And you see the leaves falling down from an old oak tree ... One after another ... falling down slowly and quietly ... as you relax deeper and deeper ... the more leaves falling the deeper you relax ... You feel a growing feeling of peace and calm ... as the leaves lightly brush your skin ... you feel more and more relax ... the leaves fall all around you ... on your face ... more and more relax ... your chest ... deeper and deeper ... your legs ... even on your toes ... your whole body is covered by leaves ... everywhere from your head to your toes ... You fall into a deep, deep state of relaxation ... Every single muscle ... limp and floppy ... a wonderful state of relaxation ... You relax deeper and deeper than ever before ...

In a few moments time ... You will hear me say the word ... Nowwww ... and when you hear me say the word ... Nowwww ... your body ... Will continue to sink down ... becoming more and more limp ... more and more relaxed ... and comfortable too ... Just feel yourself sinking down into the chair ... Your head sinking down ... as if into the pillow ... becoming even more comfortable ... feeling completely at peace ... and calm and contented ... As you continue to drift down ... really enjoying this wonderful feeling of complete relaxation ... as you continue to go deeper and deeper relaxed ... Deeper and deeper relaxed...

(Throughout your future session, occasionally repeat the word Nowwww do allow your subject to go deeper)


**Leaves Falling Deepener**

Imagine it is a beautiful autumn day.

The leaves are turning a wonderful array of bright oranges, reds, and golden browns.

As you sit in your hammock and watch the trees, you feel the wind begin to pick up.

As the wind blows the leaves begin to fall from the trees.

As you watch the leaves fall, you feel yourself going into a deeper state of relaxation.

As each leaf falls to the ground, you watch it with your eyes and you feel yourself going deeper and deeper.
Magic Rainbow Deepener

And now you're so beautifully relaxed... nobody wanting anything, nobody expecting anything, and absolutely nothing whatsoever for you to do except to relax.

I want you just to let your mind and your imagination drift... feeling lazy, easy, and comfortable... and I want you to imagine that you're standing on the terrace of a lovely old house... a house like a stately home or country mansion... you can feel the sun on your head and shoulders... not too hot, just comfortable.

There's a gentle breeze playing against your skin... as you look around you, you notice an elegant marble flight of steps... ten broad steps leading down into a beautiful sunken garden... a garden where you sense peace, well-being and comfort...

Make it really vivid in your mind... In a moment I'm going to count down from ten down to zero and as I count all the way down from ten, down to zero, I want you to imagine that each number is a step down on this beautiful staircase... a step down towards this beautiful garden... and each step you take... is another step down into deeper and even deeper levels of relaxation... so that by the time I get to zero, you will be as deeply relaxed as you can ever imagine...

Whilst still being able to hear and respond to the sound of my voice...

10.. take the first step down now, relaxing and letting go...

9... feeling more and more relaxed... no need to hurry... plenty of time...

8... moving down easily now... 7... deeper and deeper... 6... deeper still, your breathing becoming slower and steadier... 5... really relaxing now... just... let go. 4... becoming calmer and calmer... 3... calmer still now... 2... more and more relaxed. 1... all the way down now to... 0...

And now you find yourself in this wonderful garden... you can feel the softness of the newly cut grass beneath your feet... as the scent of masses upon masses of brightly coloured flowers seems to envelope you... and there's the gentle sound of birds singing... echoing faintly in the stillness of the air...

It's almost a magical place, stretching into the distance as far as the eye can see in all directions, with beautiful shrubs, tall elegant trees... and an ornamental fountain which seems to feed in to a gently trickling stream... this fascinates you and you wander to the edge of the stream and gently lower yourself down onto the soft, grassy bank...and just sit for a while, gazing into the cool clear water.
Marveling at the sense of tranquility that sweeps over you... and listening to the faint sound of the fountain splashing into the pool that feeds this gentle stream... after a little while you lay back on the grass and gaze up at the clearest of blue skies... and as you relax more and more, your eyes begin to close and you just drift off into a deep and relaxing sleep... and as you sleep, you have a dream...

You dream that your whole body is becoming lighter... lighter and lighter... so light that you feel you must surely begin to float on air at any moment... and then you feel yourself just floating and drifting.

Gently borne aloft and supported by the softest of warm breezes... and you can somehow see, through your closed eyelids that you're floating in a sea of colour... a warm sea of colour that relaxes and comforts you as you just drift... suspended in warmth and colour that seems somehow unreal and yet, at the same time, has a comfortingly familiar feel to it... you're aware of misty reds and orange.. soft, muted yellow tones, gentle greens and blues that seem somehow like clouds... and the deepest, softest indigos and violets that you could ever have imagined...

It begins to dawn on you that you're floating in a rainbow, a magical rainbow... because in this rainbow, time and space doesn't exist in the same way that we usually know it... you might have floated there for just a moment... or for a hundred years... maybe for a lifetime... or just perhaps for the blinking of an eye.

You could have floated forwards in time, to a time that could be far beyond our future... or maybe back in time, back before your own lifetime... it gradually begins to seem to you that you might even be able to float here for just as long as you wish... with this wonderful relaxed feeling... just floating and drifting through this magical sea of gentle flowing colours where time seems to be suddenly of so little importance...

You are still pondering on these thoughts, when you feel yourself beginning to float gently downwards...lower and lower, softly sinking down, down through this beautiful rainbow.

Becoming even more relaxed, even more lazy... until, eventually, you realise that you've stopped floating downwards.

You find yourself on the shore of a tranquil lake... a large tranquil lake, surrounded by softly rolling hills that are shrouded in a gentle, silver mist... there are trees and sweetly scented flowering shrubs, and grasses growing at the water's edge...

Everything is bathed in a beautiful golden light... a golden light that seems to bathe everything in its warmth.
You find yourself marveling at the sense of deep calmness and comfort that seems to fill your entire being, as you stroll lazily along the sandy shore of this wonderful lake.

Noticing with a sort of lazy curiosity that it seems to be constantly changing colour... subtle changes blending so smoothly... that it’s difficult for you to know exactly when limpid blue has become a deep, soft violet... or when that deep violet became a relaxing, translucent green... the changes of colour fascinate you, and you settle yourself down onto a small smooth rock and just gaze out across the crystal clear waters...

Every so often, something, a fish maybe... just something... just breaks the surface, creating ripples that seem to flow gently and endlessly in all directions...ripples that eventually lap against the edges of the rock that you're sitting on... you smile and lean forward to dabble your hand amongst them.

As you do so, you create yet more ripples, ripples that shimmer in a kaleidoscope of different colours across the lake... interacting with the others and making new, ever changing patterns

You realise that this tranquil place is the pool of all knowledge... that while you are here, you are part of everything and everything a part of you...and you find it easy, so very easy to open your mind... to let go of any barriers to memory or learning...

And now your mind is prepared and receptive to everything I am going to say to you.

Everything I say, if it is for your benefit, will be accepted and acted upon by the subconscious.

It will have a steadily increasing effect upon the way you think, the way you feel, and the way you behave, and the influence of these suggestions, as they are for your benefit, will continue to increase over the coming days, and weeks, and months...
**Moving Sidewalk**

I’d like you to visualise being in a long hallway with a moving sidewalk continuously moving down the lane of the hallway.

Down at the end of the moving sidewalk is a big overstuffed, soft, luxurious chair just for you, where you become so comfortable and relaxed.

Along the moving sidewalk are five signs with messages just for you.

Visualise stepping onto the moving sidewalk and approaching sign five, it reads ... you are more and more relaxed.

Sign number 4 reads ... you are deeply relaxed.

Sign number 3 reads ... let yourself go more and more.

Sign number 2 reads ... you’re almost at the end of the hallway.
Moving, moving down towards

Sign number 1 reads ... relax all the way ... as you are seated in your luxurious, overstuffed, soft chair ...

Soooooo comfortable and relaxed.
Imagine yourself walking on a forest path on a perfectly warm Spring day. On either side of the path are beautiful trees, some tall and slender, others wide and burly, all kinds of trees, laden with new Spring growth.

As you walk along enjoying the clean crisp air and the sun on your shoulders and back, streaming down through the trees creating lovely shadows on the path you notice not too far off in the distance, an opening in the thick trees.

A bright, wide stream of sunlight illumines this opening. You walk up to it. There is a glowing warmth surrounding you and you are hardly surprised to see in the clearing before you, a luminous spiral stairwell circling down into a grove below.

There are fabulous clouds beneath you, beckoning you. A banister appears and you take hold of it. You notice a step directly in front of your feet and are ready to descend. As I count down, you will walk easily down the 12 steps going deeper and deeper into relaxation.

You seem to float down the steps beginning with....

12 – calm and relaxed
11 – your feet carry you into deeper and deeper relaxation
10 – more and more relaxed
9 – deeper still
8 – you are floating from one step to the next to
7 – greater and greater relaxation and
6 – deeply relaxed
5, 4, 3 – almost at the bottom... relaxed, safe, calm... floating down into 2 – deeper and deeper relaxation
1 – totally and fully relaxed

You have now reached the bottom and feel as though you are floating in a sea of clouds, completely, deeply relaxed.
Outdoor Happy Day with Friends

I want you to imagine a time and place when you were happy. A time when you were surrounded by your best friends, by your family.

A time when you laughed spontaneously.

A time when everyone that was with you was happy.

I want you to imagine a camping trip, you and your family are hiking along a trail. The day is warm and comfortable. There is a light cool breeze blowing across your face. The trees are tall and green. The smell of pine crosses your nostrils. You hear the birds chirp their love songs. You see the squirrels scamper up and down the trees. You hear the thunder of a waterfall up ahead.

As you round the bend you see the waterfall. The mist carries a beautiful and vivid rainbow that brings a smile to your face, and the face of your friends and family. There is a large green meadow with many colourful flowers. You see the butterflies dance around the red, purple, and yellow flowers.

You roll out a red and white chequered blanket. Your friends bring out the food that you have prepared. The smell of good food fills your nostrils. As you sit down to eat, you feel the cushion of soft grass. As you sit there you enjoy your meal with your friends. The food tastes good. The conversation is light and joyful.

You enjoy the companionship and time together. The sun warms you gently as you laugh and joke with your family. After your meal you and your friends go down to the nearby stream.

You jump in the cool water, it is refreshing. You splash your friends playfully. You frolic in the water splashing and playing like little kids. This is a peaceful and happy time for you.

You are carefree.

After such a joyous time in the mountains, you and your friends prepare for the evening. You watch the sun set over the valley.

The sky is filled with various hues of light oranges, reds and purples. The scene brings a feeling of satisfaction, a feeling of happiness, a feeling of joy.

Your life is goodness and happiness.
**Pool of Clarity Deepener**

Now that you have allowed your breathing and your body to become SO deeply relaxed, I’d like you to imagine your mind as a deep pool of clear, refreshing water. Just see your thoughts floating along the surface of this pool. And notice that they, too, begin to settle, just as sediment settles to the lowest point.

Each and every thought becomes just TOO heavy to stay afloat, and so it slowly and gently begins to sink ever deeper and deeper, gently drifting down, and down, and as these thoughts begin to drift from the surface, the pool is returning to it’s natural state of crystalline clarity. Drifting and drifting, just too heavy to remain on the surface... All these thoughts, which have obscured the beauty and purity of this elixir, are now just settling to the bottom ... they are no longer needed ... so just imagine yourself as you calmly see these thoughts drift away, drift to the bottom and settle ... Settle ... Look deeply now into this inviting pool, see the beauty and clarity and life within it.

Give yourself a moment to appreciate the gift that it offers you, and recognize that when you enter it, all the tensions and stresses of everyday life will be washed away, and you will be bathed in a feeling of peace and comfort.

Take a deep breath now, hold it for a moment and release it and now gently and easily allow yourself to enter...

In just a moment I am going to ask you to do something which you have done many times in the past, but in a very different way.

I’d like you to count to thirty, but this time as you do that, I’d like you to say the word quietly in your mind, and then spell it ... first forward, then in reverse. For example: **ONE** ... o...n...e... then **ONE** ... e...n...o... Then proceed to the next number: **TWO** ... t...w...o... then **TWO** ... o...w...t...

And so on, until you reach the number thirty. I’d like for you to try that right now ...

See the word **ONE** in your mind’s eye, perhaps writing it out, or perhaps just seeing it appear before you. Then as you see it, I’d like you to spell it, first forward, then backward. **O...N...E** and **E...N...O**... Very good. When I tell you to begin, you may proceed until you have reached the number thirty, taking your time to see each number in your mind and spell it carefully and correctly first forward and then in reverse.

As you are doing this, please pay no attention to the words I am saying.
Continue until you reach the number **thirty** knowing that as you do so, your subconscious mind is receiving and understanding every word that I am speaking.

You will find that it is easy and effortless to allow my suggestions to become a part of you, although you make no effort to hear or understand me.

Once I have instructed you to begin, simply go ahead with your task, paying no attention to me until I ask you to listen again. Once I have asked you to do so, you will be in a deep state of relaxation, and you will easily and effortlessly be receptive to all my suggestions, making them a part of you, from this day forward, for as long as they are of use to you.

Very good.

Now, I’d like you to begin.

Start with the number **ONE**... See it, then spell it, first forward, then in reverse. (pause, allowing client to follow instruction.) Excellent! Now **TWO**... (pause) ... Great!

Now just continue, counting and spelling, allowing my voice to fade away, until you have arrived at the number **THIRTY** ...

As you go along, you will relax more and more deeply, becoming more and more relaxed as you count, and paying no further attention to me until I ask you to ...

Good ... Counting and spelling, and relaxing more and more.
Relaxing by the Stream

You can continue to breathe easily and freely, as you feel yourself becoming more calm and peaceful ...

Allow yourself to move into a very deep, peaceful state of relaxation ... as I continue talking to you, you can keep relaxing more and more... not caring how deeply you relax, just happy to continue becoming more calm, more peaceful, and more at ease ... continuing to breathe easily and freely ...

Your subconscious mind will always be aware of what I’m saying to you, so it is not important for you to consciously listen to my voice ...

Your subconscious mind can hear and understand everything I tell you, whether you are listening to me consciously or not and your conscious mind can relax completely ... You are continuing to experience perfect peace of mind, and can feel yourself moving into the situation I describe to you ... it’s going to happen automatically, and you don’t even need to think about it ...

Now I want you to imagine yourself lying in a comfortably near a stream of clean, crisp water, in a beautiful forest on a perfect summer day ...
There is a warm, gentle breeze, and the air is fresh and clean, the sound of the stream is very relaxing ...

It keeps becoming less important for you to consciously listen to my voice because whether you listen to me or not consciously or not your inner mind accepts everything I say ...

In your mind, you are enjoying the beauty of nature, as the sunlight shines through the trees and you listen to the gentle flow of water and the birds singing cheerfully ... You are lying there, comfortably relaxing ... it is so peaceful that you continue feeling more relaxed than ever before in your entire life ...

As you continue enjoying this peaceful, pleasant experience, a soothing drowsiness is coming over your whole body, from the top of your head to the bottom of your feet ... You continue feeling calmer, more relaxed and more secure ...

And now, as you lie there with your eyes closed, you are so relaxed and comfortable and happy that you continue moving into a more peaceful, more detached state ... It may seem like you are drifting into a state of sleep ...

And that’s okay...From now on you will be influenced only by positive thoughts, ideas and feelings ...
The following thoughts come to you ... I feel calm ... I feel secure... I feel in control... and as you continue to relax... listening to all the sounds around you and taking in the beauty of this perfect location ... I am going to count from 20... down to one..

And on each count I want you to allow yourself to let go and relax yourself more and more ... the more I count down, the more relaxed you allow yourself to become, releasing all anxiety, stress, and tension, until I finally reach the number one and you are in a deeper state of relaxation than you have ever imagined possible...

So now lets begin with 20 ... deeper and deeper ...

19 ... just allow yourself to relax all the way down ...

18 ... 17 .... just let yourself go ...

16 ... 15 ... enjoying this wonderful day relaxing by the stream ...

14 ... 13 ... all the way down deep ...

12 ... 11 .... allowing yourself to let go completely ...

10 ... 9 ... deeper and deeper ...

8 ... 7 ... so very relaxed ...

6 ... 5 ... you have no place else to be but right here ...

4 ... no worries, no concerns ...

3 ... totally relaxed ...

2 ... and when I reach the number one you will have let go completely ...

... and finally ...

1 ... totally relaxed and completely at ease.
Sand Castles Deepner

Imagine yourself on a beach. The sand is nice and warm to the touch. It’s a beautiful day with the sun shining in a clear blue sky.

The beach you are on has no one else except for the person you would like to have there beside you. Give yourself permission to play in the sand for the day with the one person you have chosen. This person will be your friend for the day.

Perhaps it is a child, grandchild, best friend, a parent, anyone you would like, just the two of you playing in the sand. In a moment I am going to ask you to teach your friend how to build a sand castle. While you are building your castle you will explain to your friend why you are doing it, what the function is.

As you are doing this you will be teaching your friend how to build sand castles. I will give you step by step instructions on how to build your sand castle so even if you have not built one before, you will be able to now and at the same time teach your friend how too as well. You are the boss of your own creation.

Use your imagination. We will begin.

On the warm soft beach you are constructing a sand castle with a friend that you have chosen for the day and you are teaching your friend how to build it.

You start by finding a comfortable place to build your sand castle, somewhere close to the water but not so close that the waves are going to topple it over. Now get some water from the ocean with pails, both of you going back and forth several times.

You pass each other in doing so and smile at one another knowing this will be fun (give them a minute to do this). Now you are kneeling on the sand, you and your friend, and making hills with the sand. Now you take turns filling up your buckets with damp sand and dumping them upside down onto the beach, forming pail shaped cones. First you do it then your friend does it, then again and again until you have formed several pail shaped cones, all close together to form a circle.

Keep count of how many pail shaped cones you make. (Give them a little time). While you are doing this you are explaining what you are doing, and why you are building your castle this way. You may even be telling a story woven into your plans, talking about the days you were in this castle or a story you once read about. It’s your story so use your imagination, be creative. (Give some time, just a little.)
Just have fun, you and your friend and keep track of how many you are building.

Now you are making a deep, deep circle in the sand around your castle so that you can make a moat.

Tell your friend to start at one end and you start at the other and then meet in the middle.

When you meet you smile at each other because this is fun. Now you go for water, again and again, several times, you and your friend, and each pail of water gets emptied into the moat.

You’re almost finished now.

All you need to do now is to add a twig into one of the pail shaped cones to represent your flag.

You look around the beach and there by the water are some pieces of drift wood. Some are small and some are large.

Chose a piece of this wood that would best fit for your flag. Take the flag and add it to your sand castle. If you are still telling a story you can finish with it now.

You and your friend are feeling happy and good, positive, and relaxed. You have enjoyed your time together.

Now it’s time to say goodbye to your friend. Both of you feel good about spending time together and having fun.

Now you are completely relaxed.
I want you to think real hard right now.... Using your imagination, I want you to think about being on a beautiful tropical island. I’d like you to imagine you lying on the beach in a comfortable hammock.

You’re listening to the soft rumble of the waves as the palm trees sway above you, keeping you shaded from the sun. Imagine you relaxing there in your hammock....

Relaxing... Having no worries... It’s a beautiful day.

The temperature is perfect, you couldn’t ask for anything better.

Best of all, there’s nothing there to disturb you. Go ahead and imagine that there’s no loud music, crying children.... there’s nothing there to distract you. You find yourself completely safe, comfortable and relaxed.

See yourself, as you sway in the gentle breeze. Now, you notice 20 beautiful sailboats across the horizon. You can’t help but notice all the wonderful colours of their sails. Look at the multi shades of blue... red’s... Even purple. They’re floating ever so effortlessly across the sea foam green coloured ocean water.

The sailboats are softly bouncing in a slow rhythmic movement.

As you look more closely at the sailboats, you notice each sail is numbered. The first one you see is number 20.

Notice that it bobs over the horizon out of sight. But as the wind blows... the next sailboat is in sight and in the folds of the sail is the number 19.

You are just taking it easy in your hammock, deeply breathing in the aroma of the ocean air.

As sailboat number 19 disappears... sailboat number 18 appears.

Your imagination has you mesmerized in a deep trance... Relaxing you to the point that you feel you may go to sleep. But you can’t take your eyes off the sailboats...

Number 17... Number 16, moving smoothly across the water... Almost dissolving into the waves... Number 15, continues on its way.... Number 14 blows on by and you are becoming very .... Very tired.
Sailboat number 13 arrives and you find yourself sooo relaxed and you can’t help but enjoy this... so completely... you allow yourself to let go. Number 12... You consent to fall into the wonderful dream.

Number 11.....Number 10... you continue to see the sailboats sail by with the numbers displayed adamantly on their sails.... Number 9... passes by.

Number 8, you become twice as relaxed as before. Number 7, as you observe the sails...6, you are sooo comfortable.....5, you’re open and totally safe.....

Number 4, soooo relaxed. Number 3, and as you watch, you swing back and forth....Number 2, you’re going to a dreamland.

As you see the last boat go by, ... Number 1, You finally arrive... Let yourself go....Completely....relaxed.

10 9 8 7 6 5 4 3 2 1

Standing in the water, your feet sink into the soft wet sand...feeling the soothing, cool, blue-ness lapping around your ankles...

You begin to feel relief from the heat... stepping slowly... going deeper and deeper into the water... relaxing...

With each step you go deeper... feeling your body become lighter and lighter...

You continue moving forward, going deeper into relaxation...

The blue silky blanket embraces you... feeling calm... Your arms begin to float... weightless... so peaceful...

Completely comfortable...so serene...

Weightless, worry-less...

Deeper into the calmness... Completely relaxed...
Sinking in the Sand Deepener

I'd like you to use your imagination now. Just imagine you are on the beach... relaxed... peaceful... content.

It is a very warm day...no clouds in the sky...a faint breeze. Just a few feet from where you sit, the cool, clear, refreshing water is inviting you to come closer.

In just a moment, you will rise from your chair and walk slowly to the water’s edge.

Ten steps forward will lead you to a more relaxed, comfortable, deep peacefulness.

Now that you are completely bathed in relaxation, calmness, serenity...just allow yourself to let go... deeper...
Snow Falling Deepener

Imagine it is the first snowfall of the winter ...

It’s a beautiful winter day ...

It is just beginning to snow ...

You take notice of each snowflake and realize that each one is unique.

One by one the snow flakes slowly fall ...

With the falling of each flake you feel yourself going deeper and deeper into relaxation ...

Deeper and deeper...
Spelling Number Countdown Deepener

In just a moment I’m going to count from 20 down to 1 ... And as I say each number I’d like you to imagine the number, think about it and quietly spell the number to yourself which will help you to deepen your own relaxation allowing you to relax at your own pace.

So lets begin with 20 as you spell it... t-w-e-n-t-y ...

19 ... n-i-n-e-t-e-e-n ...

18... all the way down deep...

17... 16... deeper and deeper ...

15 ... keep on spelling the numbers to yourself quietly ...

14... just let yourself go...

13... 12 ... give yourself the permission that this is what you want to do ...11 ...

10... allow yourself to just to let go...

9... 8... deeper and deeper ...

7... 6 ... all the way down deep...

5 ... 4 ... tired and drowsy...

3 ... 2 ... so very relaxed ... and finally...

1 ... deep...deep... relaxation.
The Spiral Staircase Deepener

While you sit comfortably and relaxed, I want you to visualize, deep inside your mind, a gorgeous wooden spiral staircase.

This stunning spiral staircase has shiny dark cherry wood railings. As you gaze down the staircase, the steps have an exquisite thick burgundy wine coloured carpet.

As your eyes follow the steps down, you notice there are 15 steps leading to the ground level. These steps are cascading gently downward.

Down... Down... Down... Sending you into a deep relaxation state.

In a second, as I begin to count, you will descend this spiral staircase. And as you go down each step, you will find that you will feel more comfortable and more relaxed.

The further you descend, the deeper your relaxation. Now visualise walking over to the staircase and slowly starting your descent. You step down on the first leading step,

10 - Let yourself relax
9 - Soooo comfortable
8 - Deeply relaxed
7 - Let yourself go
6 - More and more relaxed
5 - Relaxing deeper
4 - Down...Down...Down
3 - Deep, deep relaxation
2 - Only one more step to the landing
1- All the way down, You're in your deepest relaxation

Now that you’ve arrived at the bottom landing, you are completely relaxed.

Permit yourself to relax freely and completely.

Go deeper... Deeper.
**Staircase**

As you sit there, very comfortable and relaxed - I want you to visualise a staircase in front of you ...

A beautiful staircase with a beautiful banister running down alongside and a deep, rich carpet underneath your feet. As you look down the stairs you notice that there are ten steps leading gently down ... Ten steps leading down, down, down ...

These are the steps that will lead you deep into relaxation - and in a moment, as I begin to count you will walk down those steps and you will find that the deeper down you go, the more comfortable and the more relaxed will you become.

So as grab hold of the banister and begin to slowly descend the stairs starting with the top step ...

10 - deeply relaxed...
9 - let yourself go more and more...
8 - more and more relaxed...
7 - deep, deep relaxation...
6 - 5 more and more and more relaxed...
4 - deeply relaxed, soooo comfortable...
3 - more and more relaxed...
2 - almost at the bottom now, just one more step to go... and
1 - deep, deep relaxation, all the way down...

Now that you have reached the bottom step and you are totally relaxed ... just allow yourself to let go completely as you go deeper and deeper ...

13 . .
12 . .
11 . .
10 . .
9 . .
8 . .
7 . .
6 . .
5 . . so relaxed now 4 . .

Relaxed, Letting go completely.
Deeper and deeper

More and more relaxed
Stairway to Beach

I’d like you to imagine that it is a warm summer day and that you are standing on a grassy cliff overlooking the ocean.

The waves meet a beautiful pink sandy beach below the cliff. You want to go to this beach and feel the warm sand on your feet.

The only way down is a stone stairway that descends back and forth across the cliff. You know that the stones that create the stairway will be smooth and warm when your feet touch them.

There 20 steps to reach the beach. In a moment, I will count these steps for you and as I do you will walk down each one becoming more and more relaxed as you go.

On the last step, when your feet finally sink into the warm sand, you will be in a deep state of relaxation.

Okay, now, we’re going to begin. The stone stairway is welcoming as you peacefully descend onto the first step.

20 . . . You are deeply relaxed
19 . . . You feel yourself completely letting go 18 . . .
17 . . .
16 . . . Deeper and deeper into relaxation.
15 . . . This step takes you even deeper.
14 . . .
3 . . . Almost to the bottom now
2 . . . Deep, deep relaxation
1 . . . All the way down now into deep, deep relaxation.
**Submarine Deeper**

Now that you are in that pleasant and relaxed state, I want you to imagine that you are going on a submarine.

As you board the submarine you feel confident and relaxed about the journey you are about to take... Your purpose for boarding this submarine is purely for relaxation... there is no danger...

As you descend the ladder leading to the main level of the submarine you feel yourself relax deeper and deeper with each rung of the ladder... deeper and deeper until you reach the main level...

Here you find a relaxing chair by a window which will allow you to see all the beautiful life of the sea... you feel the hum of the submarine as it starts and feel the swaying motion as the submarine begins to descend into the beautiful ocean...

As you go deeper, the sway of the submarine rocks you into a deeper state of hypnosis...

As you look out the window you can see the sunlight shimmering on the water's surface... this light slowly fades away, as you descend deeper and deeper into the ocean...

As I count down from 10 you will see the light slowly fade and beautiful scenes of sea life will over take you....

10, just a glimmer of light...

9,..8...7...6, so deep just the deep blue of the ocean...

5...4...3, deeper and deeper you are relaxed safe and unafraid...

2...1... feeling totally relaxed.
**Tropical Island Deepener**

In a moment I'm going to ask you to imagine certain things... but it doesn't matter if you find you can't imagine all the things I'm asking you to.

You might even find your mind wandering quite a bit, so that my voice just fades into the background, but that doesn't matter either.

The sound of my voice is going to continue to relax you and it really doesn't matter if you don't hear a word I say, because very soon now, you are going to be more relaxed than you have ever known... imagine yourself standing on the very top of a green hill on a tropical island... you can feel the warmth of the sun on your head and shoulders and can see the long grasses around you moving slightly in the gentlest of breezes... when you look down the hill you can see a narrow, winding path that disappears into a small forest.

Beyond the forest you can see the ocean... with sunlight from the clearest of blue skies glancing off the tops of the waves in the bay... so that the whole ocean seems to shimmer and sparkle.

You begin to move lazily and easily down the path, with the ferns and grasses brushing gently against your legs as you pass.

You become aware of the distant sound of the ocean on the shore... maybe hear seabirds calling faintly, from a long way off... you marvel at the deep sense of calmness and tranquility that sweeps over you, as you move on down and down towards the forest.

Moving so easily, so effortlessly, you feel almost as though you're floating on air... and in no time at all you find yourself drifting through the trees, their leaves closing overhead to form a canopy... their branches making an irregular pattern against the clear blue of the sky.

It's pleasantly cool in the forest and the gentle sound of birds singing, echoing faintly, and the scent of the trees and undergrowth relaxes you still further... as you move easily into the inviting depths, becoming lazier and lazier with each step you take.

You can hear a stream somewhere, its gurgling sound gradually mingling with the sound of the ocean.

As you follow the winding path down and down towards the beach that you know is in front of you, weaving through the trees and brushing aside the occasional piece of foliage... until, quite suddenly... you feel the warmth of the sun on your head and shoulders again and you find yourself on a beautiful deserted beach.
A beautiful golden shore line sweeping away in a gentle curve in front of you, to a distant point where the trees seem to come right down to the shoreline, so that their branches actually seem to overhang the ocean itself.

You can feel the sand warm between your toes as you stroll lazily across the broad beach to the water’s edge.

The sand becomes a darker golden colour when you get there and you enjoy the change to a moist, firm coolness beneath your feet as you wander along the shore, leaving a lazy trail of footprints in the sand behind you... every so often a larger than usual wave sends rivulets of water foaming around your feet.

As the waves recede, you notice how the sand is washed away from tiny coloured pebbles, glinting like jewels in the sun... the smell of the ocean, the sunlight on the waves, the sound of the water hissing over the sand... all these things seem to create a sense of timelessness for some unknown reason... and you find yourself a comfortable position, a grassy hollow maybe, to just sit and gaze out across the rolling depths to the horizon... trickling warm, golden sand idly through your fingers.

There’s a faint haze which makes it difficult for you to see exactly where the sky stops and the ocean starts... and as you try to fathom it out, you see a small white cloud appear from somewhere near the horizon... it comes towards the island quite quickly, growing larger as it approaches, until it’s immediately overhead... the largest, fluffiest, whitest cloud you can ever remember...

And you somehow know, just by instinct, that you can let all your worries, all your cares, all your fears, just drift up towards this large white cloud... you can actually see them drifting away from you in a long slow spiral... maybe like smoke from a bonfire... just spiraling away from you towards this large white cloud... the cloud absorbs all your worries into itself, swallowing up all your fears and anxieties and becoming steadily darker all the time, until, just as it reaches its darkest, just as the last part of that spiral of your worries and cares disappears inside it... the sun bursts through... dispelling every one of your worries, every one of your fears and anxieties, to the edges of the universe... leaving you totally relaxed and perfectly at ease with yourself, without a single care in the World

Now, all your troubles and cares having floated away from you, you settle yourself down into a comfortable position and just drift off into a deep and relaxing sleep... and while you sleep, you have a dream...

You dream you’re walking down a long corridor, stretching away in front of you in a long gentle curve... so long that you can’t actually see the end of it.
You know that this corridor is in the very depths of your subconscious mind...

In the part of your mind that knows just what to do and just how to do it... and as you begin to move along this beautiful corridor, becoming even more relaxed, even more lazy, you realise that time and space are beginning to lose their meaning.

Slowly the walls of the corridor seem to dissolve, leaving you in a large room.

The room is full of a gentle golden light that relaxes you still further and you suddenly realise, with a surge of inspiration and pleasure... that what you once saw as limits are merely stepping stones to greater success... it suddenly dawns on you, with a surge of joy and anticipation, that what once seemed to you to be the limits of your personality, of your skills and abilities, are nothing more than stepping stones to even greater success.

One wall of this room is like a huge television screen with words and images flashing across it too fast for you to see... and you realise that this is information being transmitted to different parts of your mind and body... and you use your mind to will it to stop and as you do so, the screen clears and the word 'READY' appears in large flashing letters...

And now your mind is prepared and receptive to everything I am going to say to you... and everything I say will be accepted and acted upon by your subconscious.

It will have a steadily increasing effect upon the way you think, the way you feel, and the way you behave over the coming days, and weeks, and months...
Vacation Packing Deepener

Imagine yourself getting ready to take a long awaited trip.

You are very excited about your vacation and can hardly wait to begin packing.

Imagine taking out your big empty suitcase and unzipping it. I now want you to start to fill it up with all your essential belongings and clothes that are needed for the trip.

Make sure you remember all your personal toiletries and jewellery as well.

When I tell you to go ahead and start, you will continue with the task paying no further attention to me until you have completed your packing.

You will hear my voice speaking to you however pay no attention to it because I am speaking directly to your subconscious and it will hear exactly what it needs to hear.

Stay focused on your packing task and when your suitcase is full you can listen to my instructions once again.
Winters Day

I’d like you to use your imagination for a few moments. Imagine a crisp Wintry day. The sky is blue and there are no clouds in the sky.

You are warm and cosy dressed with the softest cosiest jacket you have ever felt. The warm cosy jacket is so soft it feels like cotton.

You realise a light snow begins to fall. You gaze up into the sky and see a large fluffy snowflake begin to descend from the sky. The snowflake is falling extremely slow. This allows you to get a good look. The detail of each snowflake is amazingly intricate and beautiful. Each snowflake that you notice falling is more and more beautiful and detailed then the previous one.

You decide to catch the next snowflake coming out of the sky. You suddenly notice the most gorgeous uniquely formed snowflake you have ever seen. It is 20 feet above you and is falling down, down, down. The snowflake 20 feet above you will lead you deep into relaxation, and in a moment, as I begin to count you will watch the snowflake fall down. You will find that the deeper the snowflake falls, the more comfortable and relaxed you will become. So begin to notice the snowflake descending the sky from above.

20- Deeply relaxed
19
18 Let yourself go more and more
17 More and More relaxed
16 Deep, deep relaxation
15
14
13 More and more and more relaxed
12
11
10 Deeply relaxed, soooo comfortable
9 More and more relaxed
8
7
6 Almost at the bottom now, just a few more feet
5
4
3 Almost at the bottom now, just two more feet to go

2 Deeper and deeper
1 Deep, deep relaxation, all the way down

Now that the snowflake has reached the bottom, and you are totally relaxed just allow yourself to let go completely as you go deeper and deeper.
Wishing Well Deepener

It is a beautiful day and you have just stepped off of an old path through the forest into a meadow. The meadow stretches so far into the distant.

A soft breeze caresses your cheek and you catch the scent of the sweetest flowers that bloom on the Earth.

A smile plays at the edge of your lips as you look across the meadow you see a riot of flowers strewn across the tall grass. You can’t help but to place the last of the days burdens at your feet like a heavy pack and begin to spring across the meadow.

The sun is warm against your back and as you run you begin to hear the sound of a tinkling spring filled with cool clean water.

The long stems of grass brush against your legs as you continue to run smiling through the meadow just like you would as a small child. Your eyes catch what looks like an old chimney in the distance. It is not very tall and it looks like it is red. Maybe it is made of bricks.

You are overcome with curiosity as your feet begin to slowly glide across the soft grass of the meadow. A butterfly catches your attention and you feel yourself gliding closer and closer across the tall grasses of the meadow.

Your fingers graze the top of a tall flower stem and for a moment your eyes catch the most delicate flower you have ever seen.

You stop as you look upon this small jewel and you wonder how such a frail thing could even exist. You cannot seem to stop yourself and you pick the tiny flower. You bring the flower to your nose and the scent is sweet and dark with an intoxicating essence.

You breath deeply and a smile again kisses your lips and you realize that as you breath in the scent of the flower you begin to go deeper and deeper into a calm and happy state.

You continue to walk toward the red brick chimney and as you get close you realise that you have found a very ancient house. You are surprised and excited and you look across the ground at what had been a most wonderful place.

You see a well and you begin to walk forward. You step closer and closer to the edge. This is not a wishing well, nor does it have walls. It is a 6’ circle that leads into the ground.
As you kneel to look down you feel a soft coolness emanating from the bottom, and it smells as clean and sweet as the stream running through the meadow.

You smell the flower and smile, flowing deeper into a state of relaxation, you realise there are stairs running along the inside edge of the well. You are again struck with curiosity, why would a well have steps? You decide you will find out where they lead.

You place your foot on the first step, and as you look down you can see that there are 20 steps, each step taking you deeper, and into a calm, relaxed and safe place.

Your step down... 20... 19 you place your hand against the cool rocks along the side of the well. The stones are soft and velvety from the moss that climbs along the walls of the ancient well. 18... the granite steps are wide and they are not slippery, you feel safe and excited about what you will find at the end of the staircase. 17...16... you look down the centre of the well and you see a faint light glimmering.

15....14....a drop of water lands in the gentle waters that lay at the bottom of the wall. Each drop echoes and is enveloped by the sweet cool waters below. 13...You raise the sweet flower to your lips, feeling the velvet smoothness.

Breathing in very deeply you take another step... 12...The dim light grows stronger, but it is very hard to see in the light cast down the well from the sun. 11...you still cannot seem to make out the glowing at the bottom of the well.

10...The sun is fading and you walk know with your hand on the rock that encircles the wall. It is smooth, worn soft by clinging moss and the countless hands that have brushed along these walls. 9....8...The scent of the flower begins to grow stronger laying heavily upon the sweet air.

You breathe in deeply becoming more and more relaxed. Each step brings you closer to the depths, and each breath brings you into a deeper state of relaxation. You begin to feel a very clear minded Euphoria that spreads energy and light inside your body. 7....6...You begin to want to go faster as this sense of finally understanding all you have sought grows within your heart and mind.

For the first time you feel truly at ease, nothing to long for, nothing you haven’t achieved, you are a complete being. Each step brings you closer to this realization. 5...You begin to see that the light is very bright...but small it is why you could barely see it from above 4...breathing deeply you again take in a fresh sweet breath of your fragile flower mixed with the sweet air of the well.
3... You see that there is a landing. On the landing there is a door that opens into the side of the well.

2... As you get deeper you see that the light is coming from behind the closed door.

1... You are now on the landing. You realise that you have a choice.

You may enter this door or you may continue down the well. You will encounter the same door after the next twenty steps.

It will be the same door. You will simply be more deeply relaxed if you choose to go down to the next door. You may choose.

If you choose the door you will, in a totally relaxed state simply say the word door.

This will not in anyway change how relaxed you are feeling. It will simply allow you to make a choice.

Tell me now which choice you prefer. Say door or stairs

(stairs)

You are so curious about what is behind the next door that you move quickly down the next set of stairs, anticipating the first glimmer of light from under your door.

20.... 19... Your feet feel as if they have walked this set of stairs a thousand times.

18...17....16... The faintest glimmer of light catches your vision.

15...14...13....12.... The light is growing brighter now...

11...10...9...8...7.... You realise that as you grow deeper it is growing more and more cold and damp. You are ready for it to be brighter and warmer when you open the door.

6...5...4...3...2... You are excited now and you can see a gleam from the brass door knob.

You reach out as your foot reaches down...

1... You are very ready in a deep state of relaxation to enter this room and recognize the truth and value you will learn within the room. You step inside with an open mind and an open heart.