

Close your eyes and prepare to quickly settle into a deep state of hypnotic relaxation
Feel your breath carry you deeper with each easy exhalation
let go of the moments of the day, the conversations, the feelings,
releasing them for now and as you do feel your body clearing, relaxing,
holding that wonderful relaxed posture, poised comfortably in your seat during our time together
And know that you are safe and there's nothing to do and nothing not to do.

Imagine being in your own self hypnosis practice spot now
In your house-In your car-wherever it is best for you...
your place

Feel your eyes gently closed as you direct your awareness to your breathing
Breathing out a little bit longer than you breathe in,
Lungs expanding and filling... Relaxing as you exhale...
Your neck and throat relaxed and comfortable.. just the right amount of moisture in your throat... completely relaxed
as your body settles even more
Enjoying the sanctity of your practice spot

You may feel a little excitement inside, a little bit of anticipation because you know how good you always feel when
you give your self some of your own time – and you know you deserve some of your own time...

And your subconscious is always excited to communicate and help in any way it can

There in your practice spot
Aware of your breathing as it coaxes you into a deeper and deeper state of relaxation and peace

Feeling your body settle more and more with each breath out
From your toes to your ankles (ahhhhhh... exhaling... Pause another breath)
From your ankles to your knees (ahhhhhh... exhaling... Pause another breath)
From your knees to your hips (ahhhhhh... exhaling... Pause another breath)
From your shoulders to your hips, releasing your torso, all your internal organs (ahhhhhh...exhaling...Pause another
breath)
down your arms into your fingertips exhaling (ahhhhhh... exhaling... Pause another breath)

And as your body settles so does your mind-

From the top of your head to your shoulders your scalp relaxes,
your neck and head poised and balanced,
all expression melts out of your face (ahhhhhh... exhaling... Pause another breath)
your entire body now relaxed and stable
Allowing an awareness of your thoughts and feelings to arise
Allowing yourself to become that awareness, that inner witness if you will, that inner witness to the thoughts and
feelings that pass through you.
Allowing now that space between your thoughtstream and the observer to broaden as those thoughts move off into the
distance
Distant, like a conversation from across the room... fading into the background...

Your body and mind becoming more and more poised, stable, and comfortably relaxed with each breath...

Stable and poised... Like a mountain...

Imagine a beautiful healing and loving liquid light pouring down from an unseen source above...
Pouring down on the top of your head...
It may feel tingly or warm...

And just allow it now to soak into your scalp, in through your skull, and in and around your brain...

And as this healing and loving liquid light soaks into your brain tracing out all the neural pathways lighting them up with comfort and relaxation... Warming your mind...

Neural pathways and thought patterns warming, becoming more flexible... Easier to let go of outdated patterns... easier to recycle them into new more appropriate ways of being for you at this time in your life...

Healing and loving light soaking in and through each and every cell, one at a time, picking them up, dusting them off, polishing them, and putting them right back where they came from to do their job even better from now on...loved and supported...

Pouring down your brain stem...

The base of your skull, the top of your spine, beautiful healing and loving liquid light pouring down through your vertebrae...

One vertebrae at a time... Flowing between the vertebrae, the disks, washing through them...

Healthful fluids washing through each joint, smoothing out the surfaces, carrying away any debris to be recycled... melting any inflammation into nice pink comfort... Relaxed and stable...

Pouring all the way down your spine, healing and rejuvenating everywhere it goes,
warm

comfortable

relaxed

stable

spine of liquid light...

Healing and loving light filling your abdominal cavity... Surrounding all of your internal organs...

Your lungs, stomach, kidneys, liver, heart ... all your internal organs...

Soaking in and through them... Healing and rejuvenating all the tissues...

Filling the spaces between the organs... Bringing harmony and balance... Working together...

And as this healing and loving light soaks into your heart, your heart pumps this beautiful light out through the large arteries and veins all the way out to the tiniest capillaries at the surface of your skin... Rejuvenating and healing everywhere it goes

Loving and healing liquid light now pouring down to through your shoulder joints, relaxing, smoothing the surfaces, washing away any debris, melting any inflammation into nice pink comfort...

Through your elbows, down into your wrists, all the little bones of your hands, all the way out to your fingertips...

Healing and loving liquid light.... Washing through them, flowing out of your hands

Leaving pink comfort...

From your abdominal cavity continuing down through your pelvis, hip joints, and down into your legs...

Healing and loving liquid light...

Hip joints relax with this wonderful liquid light pouring through them... smooth surfaces, healthful fluids...

Pink comfort

Soaking into your knee joints, rejuvenating, smoothing, washing away any debris, ahhhhhh... pink comfort...

Into your ankles and all the little joints in your ankles, your feet, all the way out to the tips of your toes...

Washing, rejuvenating, healing, smoothing, loving and supporting... Pink comfort...

Healing and loving liquid light pouring all the way through you, out of your hands, and out your feet, washing and cleansing... loving and supporting... Everywhere it goes...

Tendons and ligaments supporting your joints healing and rejuvenating, reacquiring their youthful elasticity and poise...

Soaking into your bones, into the marrow... Loving and supporting all the baby cells... Healing and rejuvenating everywhere it goes...

Beautiful healing and loving liquid light pouring through you and now, like a waterfall, pouring over you, over your head and scalp over your shoulders down over your entire body healing and rejuvenating everywhere it goes, soaking into your skin...

Your muscles...

And feel how your lymphatic system is energized... Supercharging your immune system... healing and loving light...

And now subconscious with this beautiful healing and loving light pouring through your body healing and rejuvenating everywhere he goes...find any places of "specific concern" by the limited ordinary conscious mind, "Specific concern" where healing is limited merely by limiting beliefs-outdated beliefs about what is actually possible within your being...

Feel these limiting beliefs as shadows surrounding the area that needs healing,

Notice how those shadows limit the healing and loving energy from flowing into those areas.

Subconscious I am going to count from 3->1 and at the count of one, subconscious just for a moment allow that loving and healing light to flow into the shadowy areas -

3-

trusting, just for a moment, your bodies ability to heal itself beyond limiting beliefs -

2-

trusting that your body knows how to heal and can heal itself...

1-

Feel how the shadows dissipate, allowing now the full power and flow of this loving and healing light to pour into those areas...

trusting your body,

letting go of any desire to worry or any specific concerns about healing that can only slow the natural process-

trusting your body...

And now subconscious allow seconds of clock time to be as minutes and minutes as hours and take 15 seconds of clock time now to allow this healing rejuvenation to soak even further throughout your being...

healing even thoughts and feelings...

(15 seconds)

Thank you subconscious for always being there for us

For all that you do that we are not even aware of

And we know subconscious that you know exactly what to do with everything we put into our bodies...

Food, supplements, medications, anything we put into our bodies...

Regardless of the amount we take in, you know exactly what we need and what benefits we want...

From now on subconscious you will only use the amount you need of whatever we put into our bodies, just the amount we need no more no less to get the exact benefit we need... allowing the rest to pass harmlessly out of our bodies...

Eliminating all undesirable side effects... So efficient and effective...

There in your practice spot... bathed in healing and loving light...

notice how it becomes easier and easier to let go of those thoughts and feelings that tend to pull you out of this awareness,

Becoming easier and easier to return to this inner observer... to this awareness...just listening

Easier and easier every time you practice. As time passes unnoticed...

Trusting your bodies ability to heal...

Using only the appropriate amount of anything that enters the body, food liquid's prescriptions supplements anything you put into your body just the right amount... letting the rest pass for mostly out of your body...

Eliminating all undesirable side effects

now it's time to begin to return to ordinary awareness...

As I begin to count from 1 to 5

#1

your subconscious can now take all the time it needs to complete the acceptance and integration of these positive suggestions

Pink comfort... Bathed in healing and loving light... trusting your body...

#2

Breathing a little more deeply

each time you go into hypnosis you go deeper and more completely

Supercharged immune system... Using exactly what you need from your environment- no more- no less- exactly the amount you need in your body...

#3

Leaving your practice spot... floating all the way back into this room

#4

as your energy increases, into your body

Feeling the chair supporting you

hearing more of the sounds in the room and outside

on the next number you'll come all the way back feeling like you just had a wonderful nap

remembering everything you wish to remember

ready to enjoy your evening

#5

open your eyes and welcome back!