Practice script

close your eyes and
**Take a deep breath** filling up your lungs fully
Hold for a few seconds
And Exhale completely, relax now
Breath naturally and easily
Ignore any stray thoughts or sounds
Focus your attention on the sound of my voice
**take another deep breath**
filling up your lungs fully
Hold for a few seconds
And Exhale completely, relax now And allow that sensation of letting go wash over your entire body
While your muscles and nerves are relaxing,
Let your mind relax also.
Let it drift away, carefree
Continue to Breath naturally and easily as your mind calms and prepares to go into a trance in a few minutes
**take a third deep breath**
filling up your lungs fully
Holding for a few seconds
And Exhale completely, relax now
And Continue to Breath naturally and easily

melting away any remaining tensions down into the earth where the planet knows just what to do with those tensions

go inside and imagine a scene where you can be at peace and really let go. It could be a place you have been before or an imaginary scene. Perhaps in nature, a beach, a mountain meadow, or in a comfortable bed or chair, or perhaps in a dimension not yet discovered.

I am going to count from 10 → 1 and with each number you may feel a strong downward sensation as if you just started down in an elevator
And this downward sensation can take into deeper hypnotic relaxation
And with each number you will also get closer and closer to that special spot of yours.

**On number 10**
Feeling a downward sensation as you exhale
And feel your facial muscles beginning to relax
Feel the relaxation spreading from the eyes to the forehead
As your forehead smooths out
To your nose, each nerve gives way
And down into your mouth and jaw
The muscles relax
your teeth to separate slightly so they are not quite touching
and the scene around you becomes more vivid
as your face and entire body is carried even deeper into hypnotic relaxation

**number nine**
dereeper relax
sinking downward even stronger now
as if you are moving in slow motion
moving closer to your special place
a beautiful scene and you are feeling good
feel the muscles in your scalp relaxing
from the top of your head, back around your ears, back to the base of your skull
perhaps there is a gentle breeze tugging slightly on your hair, letting go, relaxing your scalp completely
or flowing colors relaxing your mind
or music soothing your spirit

**number eight**
and feel your muscles as you move downward
feel each muscle relaxing and especially now those muscles around your neck
the neck muscles and the throat, all those muscles becoming limp, loose, and lazy
Sensing the moisture in the air
Keeping just the right amount of saliva in your mouth and moisture in your throat
Throat muscles relaxed

**number seven**
dereeper, downward
as your body relaxes,
let your mind relax also
let your mind relax just as you would relax if you were on a nice vacation
having all the time you want to do whatever you want to do
as beauty of the scene around you washes any stray thoughts or cares away
this is a time that is just for you
and nothing to do but just let yourself relax and enjoy your pleasant tranquil peace of mind

**six the next step down**
going deeper
it’s a beautiful scene
and you feel good

**five**
dereeper
and feel the relaxation spreading down your back
from the back of your shoulders all the way down to the small of your back
all the deep muscles that reach up from your legs into your back
as you move closer and closer to your favorite place it’s as if you are the first person to enjoy this place
and allow this sense of newness and pristine quality
to enjoy the pleasant sensations as you go deeper and deeper and deeper into hypnotic relaxation

**four**
dereeper relax
and from your shoulders down your arms all the way to your fingertips
the muscles relax and let go
both arms, elbows, wrists, relax
hands and fingers relax
even your fingernails relax, relax, relax
three
closer now to where you can really let go
going deeper with every sound you hear
with each easy beat of your heart
as the relaxation spreads across your chest
across your ribs
your stomach, each muscle, each internal organ is relaxing
as you would relax each night when you are deep in sound sleep
two
across your pelvis and into your hips
the muscles relax
and down your thigh muscles
each tendon and muscle is letting go
your knees and down your calf muscles
all your leg muscles are relaxing
your ankles and your feet letting go
from your heels to your toes
each muscle, tendon, cell is turning loose and letting go
so relaxed as if your toes could float right off your feet
number one
imagine now you are there,
letting go,
sinking deeper and deeper
allowing yourself to just be in this place

and while you are so relaxed and peaceful
Go inside to where you keep your feelings, values, memories and goals
Deep inside
Where your creative imagination is
Creative imagination, your intuition and wisdom, memories and all experiences

Remember a time and place where you were at peace
a happy, carefree time
With easy, happy feelings
Be in that time and place and Feel those feelings deeply now
allow those feelings to just takeover your mind and body
so easy
so free
so happy

imagine a tiny point of white light
imagine now this light coming closer and closer
becoming brighter and brighter
and even though the light is intensely brilliant your eyes don’t mind and you can see perfectly

as this light envelopes you
you may notice a comfortable warmth
throughout your body and mind and spirit
generating energy
the energy to heal
to transform ideas and old habits
the energy to create

imagine yourself just as you want to be
imagine yourself in every detail

how you look, how you feel, how you think, how you sound, where you are
seeing yourself in your mind’s eye
use your creative imagination now and ask your SC what you can do to become that person
and listen for an answer
it may come as a picture, or words, or a feeling that will let you know
listen for 1 minute of clock time now while this voice remains silent

good

every moment of every day is a new beginning
every day you can start a new life, feeling wonderful about yourself,
keeping your heart open and free
enjoying everything around you.
Enjoying being alive, with a calm, peaceful mind.
Relaxed, at ease, living with reverence of being alive, and enjoying every aspect of it.
Determining today that you can make your life as good as you possibly can, in every way.

You begin to enjoy everything more, starting now, as if you’ve just come to the earth, and everything is new and fresh and sparkling clean.
You look around you and see the colors and the beauty of the earth.
You hear the music of the earth and everything that’s around you, and everything that’s alive.

You enjoy people more and every aspect of your life more as you flow with life.

as you flow with life.
Let these thoughts now go deep, deep into your mind.

Let yourself love yourself more and more everyday
As you love yourself you will become exactly what you want
Feel the calm in your mind  
And the peace in your heart  

Alternate endings  

Allow yourself to just drift off to sleep now  
Enjoy a wonderful nights sleep  

Allowing your SC to more fully accept and integrate all the positive suggestions you have heard  
trusting your body’s intelligence,  
knowing just what to do and when to do it  
and when you awake in the morning  
you will Feel wonderfully rested,  
ready for a new beginning  

wake up  

in a few moments I will begin to count from 1 → 5 and as I do your SC will take the time to more fully accept  
and integrate all the positive suggestions you have heard today  
bringing you pleasantly surprising results over the next hours, days and weeks  

and each number will also be a signal to your conscious mind to begin to come more and more back  
one  
slowly, gently energy increasing  
two  
and as things begin to move, readjust, and rewire in your body  
your body will react with feelings and sensations of wonder and vibrant vitality  
feeling more whole and integrated in every way more and more every day  
three  
hearing more of the sounds in the room  
four  
breathing more deeply, feeling the chair supporting you  
on the next number come all the way back in this room  
feeling like you just had a wonderful nap and are feeling great  
five  
awake and alert,  
welcome back