

Olli 5th/ten 10/13/17

(4th class 10/7/2016 grp hypno as modified from 4th class 10/9/15 grp hypno)

Relax, relaxed poise in chair in class,

Allowing each breath to carry you deeper and deeper

And you may hear sounds of the world outside in the hallway, cars going by
and know that you're safe and you can leave the world outside to itself

as your breath carries you deeper and deeper and deeper

there's nothing to do and nothing not to do

focusing completely on the sound of my voice

the words to passing in one ear ... out the other carrying you deeper and deeper
and deeper

The words I say may sound optimistic but that is just the analytical mind with an
incomplete understanding of what we are truly capable of when we include our
subconscious as a more whole being

And allow your "conscious" "ordinary" mind to move off into the distance

Letting go of all those thoughts

trusting in ***your own*** deeper wisdom,

relax and go deeper, each breath taking you deeper and deeper,
closer and closer to where you want to be

Feel yourself in your home-your spot, your most relaxing spot –

Maybe a chair, the couch, wherever it is for you in your home

Quiet and peaceful, pleasant aromas, very calm, even the animals are calm and quiet

feel yourself going deeper,

letting go of your feet and legs,

your hips, torso, any stray thoughts drift off into the distance,

Expectations dissolve, spaciousness opens up inside you

nothing to do, nothing not to do

Feel how quickly you go into this relaxed trance,

Feel how this is happening easier and easier every time you practice –

thank you subconscious for all you do!

Keeping your heart beating, Expanding your lungs, Digesting your food

Running your immune system, moving energy through your being

Keeping your heart open
and your mind Active

Thank you subconscious

Feel how the benefits of your practice have enhanced your connection with your subconscious wisdom and abilities

Feel how you can easily and quickly go to sleep when you want– sleeping deeply and soundly, just like you want to

Ahhhhh so restful

Feel how wonderful you feel when you wake up relaxed, rejuvenated, remembering everything at the most appropriate time to take the most appropriate action for you at this time in your life

Feeling wonderfully better each time you awaken

Giving your subconscious the energy and joy it uses to accomplish all the goals you give it

And subconscious as you are aware, there are many untapped ways to perceive those things we call external stimuli

our wonderful sense organs– like the ears, that perceive acoustic vibrations and send them to our brain to decode into useful information

our sense organs are so sensitive that we forget sometimes that those acoustic vibrations are felt by our entire body and even though our ears may dim, subconscious, you can brighten those perceptions, through the bones of the skull for example, so that acoustic vibrations can be deciphered easily

Subconscious take a moment now to find a resonance in the body you can direct the brain to adapt and decode into recognizable sounds

Great!

Now subconscious, turn up the perceived volume, just enough to clearly help

Wonderful –every day, subconscious, you will refine this new awareness to augment other hearing functions so that in no time at all you're able to hear and understand easily.

Feel relaxed and at ease and comfortable
you are in that wonderful spot, your spot, in your home, calm and quiet
see how peaceful your face is
how relaxed your body is

Notice how easy it is to hear the faint sounds outside- the birds, the breeze in the trees...

How wonderful to hear these all clearly again...

In a moment subconscious I'll begin to count from 1-5

as I do subconscious, take all the time you need to complete the integration of all these positive suggestions in the most appropriate and ecological way for you as a human being.

The numbers will also be a signal to begin to move through space and time all the way back from your perfect spot in your home back to your chair in the classroom

#1

slowly and gently your energy can begin to increase
and your subconscious will complete the integration of all these positive suggestions more completely and permanently, all along the spine
these suggestions are so automatic you don't even have to think about them they just happen automatically

#2

see your self rising out of that perfect spot
Feeling now how every time you practice self hypnosis you go more deeply and more completely so that your practice is more and more effective everyday

sleeping deeply and soundly when you want to
healing rejuvenating throughout your sleep
waking up feeling happy and alert
knowing your memory is at your fingertips whenever you wish
remembering everything just as you want to
listening and hearing in a new way

#3

hearing more of the sounds in the room as you approach and begin to re-integrate with your body into that chair

#4

On the next number you'll come all the way back and awaken remembering everything feeling like you just had a wonderful two hour nap rested and invigorated
ready to finish your evening with energy and excitement

#5

All the way back and open your eyes and stretch
Welcome back