

Group hypno 6th class Oct 21 2016 [from Nov 13 2015 8th class]
~27 minutes

Close your eyes
Take three nice slow easy deep breaths
inhaling,
holding for few seconds,
and as you exhale relax all over

relaxing deeper and deeper
Deep wonderful breathes

And as you breathe normally
feel your whole body begin to relax more and more
every muscle every nerve feeling poised and relaxed
settling deeper into your seat
stable and comfortable
your skin smooth and relaxed
the back of your knees relaxed

as you take your next breath allow your subconscious to carry you into a
deep state of hypnotic relaxation...
as you now know how to do so well

Relax relax relax

Let your mind relax even further
Releasing any stray thoughts
Releasing analysis

Focus completely on the sound of my voice
You may hear other sounds of the world outside and know that you're safe
Those sounds will carry you deeper and deeper into hypnotic relaxation
This is your time and there's nothing to do and nothing not to do
As we go on this internal journey during our time together this voice will go
with you
And no matter how softly I speak you'll be able to hear me easily and clearly
listening in a new way, hearing beyond your ears

Relax relax relax

Now Imagine seeing yourself in your bed beginning to drift off to sleep
just the way you *want to want to* go sleep

See your mind clear as the thoughts are joyfully released like balloons in the
wind

confident that your subconscious will recall them as needed after you are
finished sleeping, dreaming, and rejuvenating

Your brain frequencies can relax into a deeper, slower rhythm
Into your deeper mind

Pause - still water runs deep

Notice how comfortable your body becomes
Your mind let's go more and more

as you sit there in your seat so relaxed watching your imaginary self float
deeper and deeper enter REM sleep – beginning to touch even deeper states
Your body so relaxed and comfortable and especially your eyes

-all the little muscles around your eyes

your eyelids are soooo relaxed and happy

all those little muscles are so relaxed that even if you wanted to open them,
theyre so relaxed they wouldn't be able to

when your eyes are so relaxed that no matter how hard you try they will not
open,

go ahead and try, the harder you try the more stuck they become
stuck shut

good-let go of that effort now

and as you watch your imaginary self in a comfortable bed
drifting deeper and deeper all the way down to the deeper states of your
mind

where you really want to be

where you need to be to accomplish everything you truly want for yourself

for your own good health, sound mind and body.

Watching yourself sleep...

imagine a beautiful healing and loving light shining down from above onto the top of your head

it may feel warm or tingly on the top of your head

allow that light to pass through your scalp, your skull

and all around your brain

and as this light moves all around your brain it traces out every neural pathway lighting them up with warmth, comfort and relaxation

relaxing the mind

warming all the neural pathways

making it easier to let go of old outdated pathways

to recycle them - to create new patterns, new ways of being

And It's also a healing light and as it moves past and through each and every cell it picks them up, dusts them off, polishes them, loves and supports them, and puts right back where they came from to do their job even better from now on – loved and supported

Healing and rejuvenating each cell

making them more resilient

enhancing neural plasticity

allowing cells to change

to adapt to become what is needed now

evolving into the present

the needs of the present

enhancing the dexterity of your mind's ability to move around any outdated obstacles

finding memories

re-organizing the mind

creating space

Space for love and connections and memory to flow into

To blend

to be the whole being you truly want to be

your mind is rejuvenating
so free and at ease

beautiful healing and loving light
dispelling any shadowy obstacles that no longer serve

pouring into the top of that dreamy sleepy head

and this healing loving light moves down that dreamy brainstem
down the spine beautiful liquid light pours through and around each
vertebrae

one at a time

spreading relaxation and comfort

healing and rejuvenating all the tissues it passes through

releasing any inflammation into pink comfort

creating space for healthful fluids and nutrients to flow

smoothing out the joints to move easily and comfortably

rejuvenating spinal fluid, nerves, tissues, discs, cartilage

all the way down the spine

a beautiful loving liquid spine of light

connected to the brain stem and that wonderful flexible mind

see that healing taking place now

And this loving light spreads out through the nerve plexi

To the skin, relaxing the skin and all the organs,

healing and loving light pouring down into the abdominal cavity

surrounding all the internal organs—heart, liver, lungs, stomach, kidneys...

all the internal organs

healing and loving light soaks into them rejuvenating and healing each and

every cell as they move through these wonderful organs.

your heart fills with this beautiful healing and loving light and pumps this
light out through the large arteries and veins all the way out to the tiniest
capillaries at the surface of the skin healing and rejuvenating everywhere it
goes

down through the arms out the fingertips

filling the whole body
moving down through your pelvis
thighs and legs
see your entire body filled with this healing and loving light

recycling to produce new tissues

that sleepy being so at peace--dreams beginning to appear in this relaxed
mind

light moving in through the top of the head and out the fingertips and toes
carrying out any shadows or darkness

all joints relaxing, open, allowing healthful fluids and nutrients to flow in and
out of those joints

see that body filled with a sleepy dreamy light
relaxation-a natural anesthesia flowing through all of those joints

Allow those dreams now to be about when you were very very young, a
newborn perhaps--
everything is new
mind wide open
so healthy

so perfect
so complete
so pure

Recall how you felt to feel the love in the face of those holding you so close

In this moment now that baby deserves that love
Just feel that love and allow it to soak in

As that perfect little baby grows they will always be worthy of love
Ready to love and to be loved
Born to be love
Born to be loved

Born to be

See now how that wonderful healing and loving light fills that little baby
Only one job to do - to be

Pause

feel the space now, all around you, that baby, the space to do anything, be anything

Pause-

Now subconscious as I count from **10 down to 1**

Take the time you need to install all of these new positive suggestions deeply and permanently so that they're useful every moment of every day to these wonderful loving beings

and with each number feel how deeply And profoundly these wonderful aspirations of wanting to want to recall memories easier, to sleep easier and dream more, to feel healthy and flexible, finding the space to be a loving happy being

Number 10

Feeling so relaxed as the subconscious installs all these positive suggestions deeply and permanently within your being in the best way for you

Number nine

Feeling the joy and the perfection of that Little baby
Full of loving and healing light
And allow your love and compassion to bath this little baby with your wisdom
the wisdom that'll help this little being to grow with grace and love

Number eight

your body feels more and more rejuvenated with this healing and loving light
joints loose and smooth

skin smooth and relaxed

Number seven

Feel the space in your mind grow that allows you to generate space outside of yourself
to be who you want to be at this time in your life

Number six

Subconscious- taking it deeper-more permanent-automatic-don't even have to think about it
Sleeping easily and deeply when you sit down or lie down with the intention to go to sleep
Falling quickly into deep sound sleep
Dreaming wonderful dreams
Sleeping deeply whenever you choose

Number five

Relaxed and at peace Healing and rejuvenating throughout your sleep time
So that when you awaken your body feels wonderful

Number four

Subconscious-deeper-more permanent-automatic-don't even have to think about it
And every hour, every day your body feels better and better

Number three

Mind clear
thoughts coming easier
body moves easier
the heart of your mind open
as it is easier to let go of unnecessary thoughts and feelings

Number two

Subconscious, On the next number **I will snap my fingers** to signal you to bring that beautiful baby full of light into that sleeping, dreaming you in your imagination, integrating that perfect little being from the dream in to the dreamer.

Number one –SNAP!

subconscious complete integration now-

Dream and dreamer together

you will always have the strength of that beautiful perfect baby to remind you of who you really are.

And very soon, perhaps days, or at most two weeks you find you have more space in your life

more space for you and your own self discovery

more space for you and your friends to be connected

more space for your dreams to be more fun, easier to remember and understand

you'll find that those thoughts and ideas that you found most useful from our time together will be easy to recall and use in your life when you need or want them.

Remembering what a wonderful partner your subconscious is and just how to listen to the wisdom that comes from this sacred part of you.

Thank you subconscious!

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Every time you practice you get better and better communicating with your subconscious

And as you continue Your subconscious will become a better and better partner to you

As partners you and your subconscious working together can accomplish anything within your body and your mind

You'll find that you'll be thinking about how do express yourself and the words will just pop into your conscious mind

Your subconscious partner offering up suggestions for you

And this will happen when you are trying to write your Auto suggestions

When you get into the feeling of your autosuggestion

To the intention of your autosuggestion

Your subconscious will start to offer you thoughts - visions - feelings it may actually guide you to the way it wants to go into hypnosis watching the kinds of things your subconscious offered you

Maybe music or colors

Maybe your subconscious likes doing something active like running or hiking or walking

Maybe it's something creative like painting or drawing where you can have the hypnosis going in the background while you allow yourself to be completely absorbed into your painting

Every time you practice you get better and better communicating with your subconscious

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Pause

In a moment I will begin to count from **one to five** and subconscious you can complete any unfinished processes as suggested...
reintegrating the imaginary dreamer back into the being in this room
Feeling the depths of the benefits of a wonderful sleep-
healed and rejuvenated
light and energetic like a fresh mountain spring

Number one slowly and gently your energy can begin to increase

Number two hearing more of the sounds outside
feeling the chair supporting you,
feeling your breathing a little more deeply

Number three

Keeping just the level of relaxation that's appropriate as you move more and more into the wholeness and clarity of this moment

Number four

on the next number you'll come all the way back feeling wonderful, alert, and with a solid "whole being" and clarity that you haven't experienced in a long long time, ready to continue the day with excitement and fun

Number five

all the way back open your eyes and stretch
welcome back

Okay so I'm just here talking with Palo that's probably when I can just keep on talking and if I want to I can ask him to go into a trance and relax and just drop write down on the floor