For tomorrow's group hypnosis script I want them to see them selves crafting their own auto suggestions successfully.

**Talk** about using the internal search process for self hypnosis.

Close eyes  
Deep letting go breath's  
Relax the body in your chair or on the floor  
Allow a carefree easiness to fill your whole body your heart your mind  
The dreamy carefree easiness  
Nothing to do nothing not to do  
Breathing ... without a care in the world

Imagine yourself sitting by a window looking out at the sky  
Thinking about your own autosuggestion -what is it that one little thing you would want to change in this way...  
And as you ask yourself what that one little thing would be  
Setting your mind on an internal search  
Your open eyes seem to glaze over as your mind turns inward  
The edginess of your thought process softens and expands into a more open accepting process  
allowing it to meander...to feel around...  
An internal walkabout...  
In the background -the intention of finding that one little thing-  
That one thing you can tell yourself  
that you need to hear  
that you want to hear  
And subconscious as you enjoy the freedom of this internal exploration  
Searching for that one thing

Pause...

Imagine now sometime later  
Your deeper intuitive self has given you thoughts and feelings about a few simple things that you may want to change this way

Seeing that imaginary self gazing out of the window  
Now with those thoughts and feelings about a few simple things  
The gazing self begins to think about just the right way to present wanted changes to those simple things that your subconscious would like to hear

And as that imaginary self begins to create sentences and thoughts that surround your suggestion Reading and rereading over and over again the phrases checking in with the subconscious getting them just right so they feel just right to the subconscious and that wonderful feeling heart inside you

Noticing how easily your subconscious responds to the words and phrases and  
Noticing the manner in which it responds ...  

Notice how your subconscious is actually beginning to get excited in anticipation of receiving the suggestions from you

Growing a positive expectancy in your mind  
and how, in that imaginary person,
You feel these positive changes as if they've already taken place... seeing your life with this new positive change -this new behavior -this new pattern in place and operating Feeling how your life is changed in wonderful ways because of this positive change you've made so your behaviors and activities are even more appropriate for you and who you want to be at this time in your life

Having discovered a simple technique that brings the conscious mind and the subconscious mind together, working together, through a simple process of and internal search

A simple technique and yet feel the excitement of recovering some control over the small automatic thoughts and feelings within you feel the excitement of knowing that you can change things

Pause...

And feel how this imaginary self this new you is more empowered moving through life and imagine another little thing to change comes up in this imaginary self And you may think Maybe that'll be my next little suggestion, knowing that all it takes is spending a little time daydreaming with the subconscious to find out exactly what needs to be said to it to adjust this new thing as well

And subconscious allow yourself now to re-integrate into the daydreamer looking out the window Feel the empowerment as you come back together being able to change your mind and keep the change

And the now as I count from 1 to 5 subconscious you'll take all the time you need to to bring the dreamer back into their bodies

Number one your energy can begin to increase slowly Feeling that excitement and empowerment having rediscovered this powerful tool to bring your conscious and subconscious minds together a powerful team

Number two feeling your breathing a little more deeply

Number three feeling the chair or floor supporting you Hearing more of the sounds in the room and outside

Number four on the next number you come all the way back feeling completely rested and ready to finish your Friday with excitement and energy

Number five from all the way back open your eyes