

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 smoothes 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**

deeper 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**

deeper, 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**

deeper

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**

deeper 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