

OLLI 2-5 Group Hypno February 23, 2018
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Close your eyes and prepare to quickly drop into a deep state of hypnotic relaxation
Feel your breath carry you deeper with each easy exhalation
let go of the moments of the day, the conversations, the feelings,
releasing them for now
as you do feel your body clearing, relaxing,
holding that wonderful relaxed posture, poised comfortably in your seat during our time together
And know that you are safe and there's nothing to do and nothing not to do.

Imagine seeing yourself in that chair or on the floor relaxing and going deeper with each breath,
deeper and deeper down

Every time you hear my voice say "deeper, relax" feel a wave of relaxation wash over you like a
wonderful exhalation allowing you to settle even deeper into hypnotic relaxation

Deeper relax

Hearing me clearly as your ability to hear seems to improve with each breath clear and easy
Deborah relax

background sounds fade further and further into the distance with each easy exhalation

Good

During this brief Hypno journey I may say things that seem "optimistic" to part of you
But that's the activity of your conscious mind and as you listen for a moment to all that it is
saying... It has many thoughts... we specifically invite that part with all its thoughts to move off
into the distance now, it may pay attention or not as we speak directly with the subconscious
deeper relax

Allowing your easy exhalation to carry you deeper and deeper and deeper down
deeper relax

As your body continues to let go, floating deeper and deeper,
your eyes relax even more,

All the little muscles around your eyes relax and let go
your eyes, deeper and deeper and completely relaxed,

so relaxed your eyes get very very heavy

all those little muscles around your eyes completely relaxed

So relaxed that even if you wanted to open them they'd be too relaxed, too heavy to open,
stuck shut

and when your eyes are so relaxed that even if you tried to open them you can't
then go ahead and try

the harder you try the more stuck they become

Good

and just let go of that effort and let that letting go take you even deeper

All your muscles relaxing even deeper and deeper down

Deeper relax

Imagine now that you're walking along a beautiful beach
walking barefoot in the wet sand

you can feel the sun shining and it's not too hot not too cool it's just right just the way you like it
as you walk along you can feel the sand beneath your feet

It feels smooth and granular at the same time

there's a slight breeze on your face carrying the aromas of the ocean
and it feels wonderful

you can hear the sound of the waves as they build, crest and crash down sending the surf up the beach up over your toes all the way up to your ankles
and it feels so good on your feet and then as the surf washes back out to sea it etches away the sand under your feet, as you sink deeper into your own footprints

And as you look behind you you notice your footsteps are gone
The surf has washed away your past
ahead of you there are no footprints
The future does not exist
the only footprints that matter are the ones that you're standing in
the present
and you can step in any direction it's completely up to you

As you look down at those imaginary feet settling into the sand
You may remember playing in the sand when you were very young what that sand feels like
That gritty wet sand that you could shape into anything

up ahead in the dry sand is a wonderful looking beach chair
And feel yourself moving towards that chair
And you can know that when you sit down and lean back in that chair you will relax completely-
all the way down
As you move through the dry sand pushing that sand behind you
feel the exertion in your legs
knowing that when you reach that chair, sit down and lean back you will let go completely
It feels good to feel that exertion and your legs feeling that capability
walking through that dry sand
As you reach that chair and sit down it's everything you imagined it would be
It's firm in the right places soft in the right places
And as you lean back it has just the right angle to look out over the ocean as you sink all the way down
all the way to where you want to be
where you need to be to accomplish everything that you want to accomplish in your mind and body
looking out over the ocean
hearing the sounds of the surf as it chases the sandpipers up the beach
feeling the breeze
watching the birds playing on the air currents
Sitting there so relaxed so comfortable in that wonderful chair
In your minds eye imagine you write the number 10 in the wet sand feeling the gritty wet sand with your finger
And a moment later as the surf washes up over that number and recedes
Washing away that number and as it does it carries away any remaining stray thoughts

Writing the number 9 in the sand and as the surf washes that number away allow it to carry warm comfort throughout your body, warm freshness throughout your being

writing the number 8 in the sand
The surf washing up the beach as you breathe in

Synchronizing with your relaxing breath
Exhaling as the surf washes back out
Washing away any stray tensions and carrying you even deeper, so relaxed
each number carrying you deeper and deeper as it's melted away
Deeper relax

Writing the number 7 in the sand
feeling so at peace, breathing, in harmony with the natural breath of the ocean as it draws back,
carrying that number with it

Writing the number 6 in the sand
Thoughts and feelings come and go
knowing that in this deep state of relaxation you can accomplish anything

Number 5 in the sand
Working in harmony with your subconscious mind

Number 4 in the sand
as the surf washes up over that number 4 allowing direct access to your deeper self, to your
subconscious
And thank your subconscious for taking such good care of you all these years
keeping you moving across the planet
Beating your heart
expanding your lungs
running your immune system
Remembering everything

Number 3 in the sand
And now speaking directly to your subconscious
whenever you sit down or lie down with the intention to sleep
You will let go of all those thoughts
clearing the mind completely and falling deeply and soundly to sleep.
And subconscious you can do this with confidence because you know when the sleep period is
over all the thoughts will return and be available to you at the most appropriate time and the
most appropriate way for you-nothing is lost.

Number 2 in the sand
And from this point forward subconscious when you awaken from your deep sound restful sleep
remembering everything you'll be energized and excited to live in each and every moment

Number 1 in the sand
As the surf washes away the number 1 in the sand
You can feel this re-connection with your subconscious mind and your subconscious has a gift
for you as well
Just as when you awaken from your sleep period remembering everything
You're a fine from now on that it is easier for you to recall memories whenever you wish
subconscious you understand exactly how memories are filed
and from now on subconscious you will serve them up to you as requested by the conscious
mind

When you want them as you need them as you desire them
even easier from now on

each time you go into hypnosis you go deeper and more completely
With improved access to your powerful subconscious mind and this will quickly and naturally
improve all aspects of your being

Sleeping deeply and soundly when you want to
recalling memories so easy so naturally
Enjoying an expanded communication with your subconscious

As you lie there in that wonderful beach chair
feeling the harmony of your breath and the waves
the clear sky reflecting the clarity in your own relaxed mind
so at peace, so easy, so relaxed
and you know that in this state you can accomplish and achieve anything within your body and
your mind
you and your subconscious- working together to produce all these wonderful benefits

Whenever you sit down or lie down with the intention to sleep, clear mind, falling deeply and
soundly to sleep

So relaxed watching the sea birds play in the air currents floating free
Able to remember anything you want to remember when you want to remember
memories come easily now with your subconscious
So relaxed now every second of clock time will be like a minute
every minute an hour
take 30 seconds of clock time now
While your subconscious completes the integration of these wonderful suggestions
As this voice remains silent

Great

In a moment I'll begin to count from 1 to 5 and as I do your subconscious will take all the time it
needs to completely accept and integrate all these positive suggestions in the most appropriate
way for you at this time in your life
sleeping deeply and soundly when you want, letting go of the thoughts of the day
Able to recall memories easily and quickly

Number one slowly and gently floating all the way back from that beach chair
allow your energy to begin to increase

Number two feeling the chair supporting you
hearing more of the sounds around you

Number three feeling wonderful in your body so relaxed and yet so vibrant and alive

number four

on the next number you'll come all the way back feeling like you just had a two hour nap
remembering everything
Wide Awake And alert ready to continue your day with energy and vitality and

number five
open you're eyes welcome back