

Week 3 S18

OLLI 3-5 Group Hypno. March 2 2018

Close your eyes and prepare to quickly settle 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 and 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 your own self hypnosis practice spot
In your house-In your car-wherever it can be for you,
your place
just as you've imagined it today before this session began
A place where you won't be disturbed for 15 to 30 minutes

Feel your eyes gently closed as you pay attention to your breathing
Breathing out a little bit longer than you breathe in, as your body settles
As you listen to the recording you have made
Enjoying the sanctity of your practice spot

You may feel a little excitement inside, a little bit of anticipation because you've prepared your self hypnosis
suggestion that will help you let go of an outdated belief or behavior in your life

And because you enlisted your subconscious as you created this suggestion you know that your subconscious is with
you and understands exactly what it is that you want.
Your subconscious is always excited to help!
And you evoked this help from your subconscious by reading and rewriting your suggestion- checking in with your
heart as you craft and reread each word
Feeling word by word
speaking to your subconscious
feeling that wonderful anticipation and excitement in your heart knowing that you and your subconscious created the
best suggestion for you at this time in your life to let go of this particular outdated belief or behavior
And knowing that soon you'll be free of that

Feel yourself in your practice spot
Listening to your recording as it coaxes you into a deeper and deeper state of relaxation and peace
Feeling your body settle more and more with each breath out
From your toes to your ankles (ahhhhhh... exhaling... Pause another breath)
From your ankles to your knees (ahhhhhh... exhaling... Pause another breath)
From your knees to your hips (ahhhhhh... exhaling... Pause another breath)
From your shoulders to your hips, releasing your torso, all your internal organs (ahhhhhh...exhaling...Pause another
breath)
down your arms into your fingertips exhaling (ahhhhhh... exhaling... Pause another breath)
And as your body settles so does your mind-thoughts like ripples on a pond-settling out
From the top of your head to your shoulders your scalp relaxes,
your neck and head poised and balanced,
all expression melts out of your face (ahhhhhh... exhaling... Pause another breath)
your entire body now relaxed and stable
Allowing an awareness of your thoughts and feelings to arise
Allowing yourself to become an observer, an inner witness if you will, to the thoughts and feelings that pass through
you.

The words and phrases from the recording come and go like the waves on a beach.

Your body becoming more and more poised, stable, comfortably relaxed with your loving words and phrases spoken directly to your wonderful subconscious mind.

You may feel love and gratitude for your subconscious partner that's been taking such good care of you all these years
Creating and establishing behaviors and patterns to protect you and to help you become all that you have told your subconscious you want to be

And your subconscious is very excited to be hearing all your loving words and guidance

-just what it needs to hear to update that inner model- what it believes you want to be at this time in your life

And your subconscious begins to work immediately...

every minute of every hour of every day working 24/7 to become this new updated model of who you truly want to be this time in your life

And notice how it becomes easier and easier to let go of those thoughts and feelings that tend to pull you out of this awareness,

Becoming easier and easier to return to this inner observer... to this awareness...just listening

Easier and easier every time you practice

Just listening...

As time passes unnoticed...

Before you know it your recording begins the return journey to ordinary awareness

Counting yourself up from 1 to 5

#1

instructing your subconscious to take all the time it needs to complete the acceptance and integration of your positive suggestions

Every minute of every hour of every day

Working for you 24/7 to become exactly who you want to be at this time in your life

#2

Breathing a little more deeply

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 life

#3

Concluding your practice in your practice spot

floating all the way back into this room

Feeling the expression of calm and peace on your face and throughout your being.

#4

as your energy increases

Feeling the chair supporting you

hearing more of the sounds in the room and outside

on the next number you'll come all the way back feeling like you just had a wonderful nap

remembering everything you wish to remember

ready to enjoy your evening

#5

open your eyes and welcome back!