

Week 4 S18

OLLI 4-5 Group Hypno. March 9 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
(Pause a breath)

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 or on the floor during our time here together
And know that you are safe and there's nothing to do and nothing not to do.
(Pause a breath)

Imagine seeing yourself in your own self hypnosis practice spot your place
Feel your eyes gently closed just as you've imagine it
And you may be surprised at just how comfortable you can be in that spot as you settle deeper and deeper into your spot...ahhh -Just like you like it, just the right temperature, the right sounds, light, just perfect for you
and you can really let go...

as you pay attention to your breathing
Breathing out a little bit longer than you breathe in,

I'll begin to count from 10 down to 1
and as I do each breath will carry you deeper and deeper and deeper down
all the way down to where you want to be- to where you need to be- to accomplish everything you want to accomplish
in your mind and in your heart

Number 10

As you breathe easily and naturally... inhaling and exhaling
As you exhale feel your body from your hips all the way down to your toes letting go completely completely relaxed
from your hips all the way to your toes – muscles drifting off into that dreamy sleepy state they go into when you're
sleeping soundly...
Relaxed and poised Exhaling...ahhhhhhhh stable in **your** spot (Pause a breath)

Number 9

From your chest down to your toes ... Exhaling ...ahhhhhh relaxing completely All your internal organs relaxing in
perfect harmony with each other
Letting go...
From your chest all the way down to your toes Exhaling... ahhhhhhh
(Pause a breath)

Number 8

From your shoulders down your arms all the way to your fingertips...elbows, wrists, knuckles....
Exhaling ...ahhhhhh
deeper and deeper and deeper (Pause of breath)

Number 7

From the top of your shoulders now all the way down to the tips of your toes completely relaxed Each easy exhalation
caring you deeper
So stable in your perfect spot just right for you
just the way you like it (Pause a breath)

Number 6

Exhaling from the top of your neck to the top of your shoulders all your throat and neck muscles

Cervical vertebrae relaxing so comfortable

so stable so poised

...Balanced...

All the muscles in your throat relax in youthful poise airways open and free

As your lungs expand the air moves easily through the open relaxed poise of your throat

...you can feel every molecule of air as you inhale and exhale...effortlessly...

The very sensation of air moving through your throat relaxes the throat muscles even more Ahhhhhh ... So relaxed

(Pause a breath)

Number 5

From the top of your scalp down to your jaw releasing all the muscles... Exhaling all facial expression...ahhhhhh

Allowing the all those muscles to join the rest of your body as you drift deeper and deeper and deeper with each easy breath

(Pause a breath)

Number 4

Releasing thoughts... Allowing them to move on as easily as they come

Each breath moving those thoughts across your mind like clouds on a gentle breeze Coming and going

...ahhhhhh (Pause a breath)

Number 3 Deeper ...ahhhh (Pause a breath)

Number 2

All the way down...ahhhhhh (Pause a breath)

And number 1 (Pause a breath)

Where are you want to be... (Pause a breath)

As I begin to speak directly to your subconscious ...

thank you so much subconscious for all that you do

Helping us to learn, to breathe, keeping our hearts open and free, our minds adaptable and always looking for new things to experience

and Subconscious there's a part within that longer serves

a part to let go of

you know this part, subconscious, and find it now, all of it, every little piece

and imagine it's there in your hands in front of you...now... holding it right there in front of you...

Feel it, see it, hear it, taste it, smell it

And subconscious although this part has served its purpose in the past it is no longer needed, no longer appropriate
And we can be truly thankful for all that this part has done for us
And now it's time to release it, to go on about its own way

feel how it begins to dissolve, into little sparkling lights like fireflies floating out of those hands, up into the sky...
And we want to be sure that we release all the parts and pieces

Imagine bringing in all your **little helpers** now
they're going to move through your body collecting, herding, sweeping, scooping, cajoling, laughing, giggling, wagging...your little helpers
Collecting all the little parts and pieces from throughout your being –moving them out into those hands...
Transforming into sparkling light, floating off into the sky...

Feel the open spaciousness inside of you expanding... (Pause a breath)

And allow now that open spaciousness to begin to fill with laughter, smiles and laughter, purring and wagging tails,
Quiet giggling laughter
Bellylaughs
The laughter of children
Your laughter the last time you laughed so hard you couldn't stop
Feel how even though this space fills with the lightness of laughter it remains open and free
(Pause a breath)

There in your perfect spot
Feel how your breathing is lighter
Your whole body and being feels lighter
Like there's more space in your body and in your life now More space to breathe in new experiences
(Pause a breath)

And now subconscious as I count for 3-->1
take all the time you need to integrate these positive suggestions in the most appropriate and ecological way

Number 3
Spaciousness, laughter

Number 2
Lighter...open and free inside

And number 1 Snap!

And thank you so much subconscious...
And as seconds of clock time become like minutes, minutes like hours ...
take 15 seconds of clock time to feel how your life is different now
Enjoying the freedom, the spaciousness, the laughter
(Pause 15 seconds of clock time) Enjoying your practice spot Feeling that a little laughter inside
Notice how your energy is increasing more and more as you enjoy that inner laughter
(Pause a breath)

In a moment I'll begin to count from 1 to 5
And the numbers will be a signal to your conscious mind to begin to come back more and more into this room

And subconscious, as a special treat for the conscious mind when you awaken this time you will recall everything you heard no matter how relaxed you're mind was during the session...

#1

subconscious taking all the time it needs to complete the installation of these positive suggestions Every minute of every hour of every day more and more

#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

Awake and alert

open your eye