

Self-Hypnosis Script

BREATHE

Close your eyes. Begin to focus on your breathing - Think about the air going into your lungs feeling cool from the outside air. As it hits your lungs, it warms up so when you are exhaling you are feeling the warm air going out.

In cool air.....Out warm..... In cool.....Out warm..... (Repeat several times.)

DESENSITIZE

Desensitize yourself to sounds around you.

CENTER

Center yourself (deepener). In and out of your body, all six directions. You can do this quite quickly.

EYES: Induction

Focus on loosening your eyes and when you know you absolutely cannot open them, give them a try- stop trying and look down at your toes and feel the wave of deepening.

DEEPEN:

Count from 5 down to 1 saying “deeper down” slowly after each number and feeling the sensation of sinking down or moving deeper into the calmness.

DEEPEN:

Picture yourself at the top of a set of 10 stairs which lead down to a comfortable chair. Each step has a number on it, starting at 10, at the top, where you are standing. With each step down, feel the sensation of deepening, sinking into the calmness.

OR

(This takes a long time, use a very high tree) - Imagine yourself as a leaf at the top of a very tall tree, and a breeze comes along and gently blows you off of the tree. You float down, gently, back and forth, back and forth, all the way down, way down from the top of the tree- gently swaying back and forth, and coming to settle down on the ground gently.

Feeling or sensing the drop is important. When you get to the bottom of the stairs, and sit in your chair, or when you get down to the ground, find a comfortable place to settle in your mind. Then begin to see, sense, imagine, and pretend that you are in the visualization that you created.

Create Imagery- with feelings; utilize the senses, visuals, etc. Recognize in your imagery that everyone benefits. Be in this vision for 2-5 minutes. This will give directions to your subconscious mind to MANIFEST your desires, or change your mind, because the subconscious mind cannot tell the difference between what is real and what you imagine. FEEL GRATITUDE and send it out to the Universe.

EXIT SELF

Exit with walk back up the stairs intending to be emerged when you get to the top of the stairs or use the 1 up to 5 statements you would use for a client.

