



TO AFFECT CHANGES AFTER TRANCE HAS BEEN INDUCED

TRAINING MANUAL 3

HYPNOTIC INSTRUCTIONS - SUGGESTIONS AND METAPHORS

Includes: Self Assessments & Final Examination

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The scripts in this training manual are a mixture of Metaphors and Direct Authoritative suggestion. Some are original and others are the work of renowned hypnotists and hypnotherapists. All have been time tested with thousands of subjects and they are extremely effective. However, they are only as effective as the ability of the hypnotist.

Adapt the scripts to your own comfortable style; they will work equally as well, as long as the content remains positive.



Metaphors

Metaphors are verbal similes, and/or stories that have a double meaning. Metaphors are more effective when the client has been induced into a deeper state of hypnosis. To introduce a metaphor it is helpful to say something along the following lines.

As I talk to you here and I can do so comfortably, I want you to simply remain comfortable, listening and not listening peacefully with every part of your mind.

To maintain a continuation of trance depth, pace your speech and slow it down. Sigh occasionally and adopt a sleepy delivery into your word structure. In effect, talk like you are very tired, when the client is in deep trance.

The Following Are a Series of Metaphors for Assisting With Various Emotional & Health Related Conditions

States of mind-emotion act as filtering devices and become what we call Meta-programs that determine what we perceive. Each state makes perceptual filters that perpetuate the status quo (Burton, 1998). Changing what we perceive may alter the state if the new perception possesses enough intensity or volume to out-weigh the current collection of evidence supporting the status quo. But changing the state of mind-emotion seems to always alter the information the individual perceives.

One crucial step in effective therapy involves helping the client move to and utilise more resourceful states of mind-emotion. Sometimes the client puts up various subtle or obvious objections to the more resourceful state, becoming reluctant to occupy or associate into the state. Other times the client finds it difficult or uncomfortable to remain in the more resourceful state.

Additionally, just helping the client expand awareness of other states to choose from may in itself lift the client out of a stuck spot. As an analogy, the driver remembers that second gear continues existing and is available, even though they may currently be using fourth gear in the manual transmission. With this reminder, a person remembers that options exist for use in various conditions.

With the above principles and purposes in mind, the following hypnotic language patterns present themselves as methods of change - making through the use of states of mind-emotion.



Dragons & Watermelons

Many years ago in the hills of Patagonia there was a tiny village. The inhabitants were starving. Because they lived in fear of a dragon that they believed they had seen in their fields, and so they wouldn't go to the fields to harvest their crops.

Then one day a traveller came to the village, and when he asked for food the villagers explained that they couldn't give him any because the dragon kept them from their fields. The traveller was extremely brave and offered to slay the dragon, but when he arrived at the fields he saw that there was no dragon, only a large watermelon. So he returned to the village and said, "You have nothing to fear; there is no dragon, only a large watermelon." The villagers were angry and so they hacked the traveller to pieces.

Some weeks later another traveller came to the village. When he asked for food he too was told about the dragon. He was also very brave and offered to kill the dragon. Once again the villagers were overjoyed. When the second traveller arrived at the fields he also saw the giant watermelon and so he returned to the village to tell the villagers that they were mistaken about the dragon. And they need have no fear of a giant watermelon. They also hacked him to pieces.

More time passed and the villagers were becoming desperate. One day, a third traveller appeared. He could see how desperate they were and so he asked what the problem was so they told him, and he promised he would slay the dragon so that they could go to the fields to harvest their crops. When he got to the fields he too saw the giant watermelon. But he was adaptive and very inventive, so he drew his sword, leaped into the field and hacked the watermelon to pieces. Then he returned to the villagers and told them that he had killed their dragon - they were delighted. The traveller stayed in the village for one more night, which was easily long enough to teach the villagers the difference between dragons and watermelons.

Deeper now deeper and deeper 10,9,8,7,6,5,4,3,2,1.

This is an excellent metaphor to help instigate or accept change at a subconscious level



Swimming to Japan

Once upon a time there was a man and wife. This couple had achieved many of their ambitions in life yet there was one main goal outstanding. They wanted to swim to Japan.

They thought about this and one day they set off. They were not used to swimming so initially they found it difficult. They soon became aware of how heavy their limbs felt, and how they ached with the constant effort, especially when the strong current was against them. Gradually, however, their bodies got used to swimming and they developed a style that became effortless and rhythmical.

Then they began to notice the water around them and how it changed colour as the days went by. In the early morning it would be clear and blue and in certain lights it sparkled emerald green. As the sun set, it developed the rich warm colours of the evening sky. And they became aware of the creatures in the water; the small friendly silver fish that swam with them in the day and the dark shadows that skimmed by them in the deep. They became aware of how the sound of the waves changed as it lapped their ears, and they felt the subtle changes of the weather as breezes turned into winds and died down again. They learned how to find food in the water, how to nourish themselves and how to use their bodies effortlessly. They also developed a refined sense of smell so that they could detect changes in the environment by the scent carried to them on the breeze.

And so they swam for days and weeks with no sight of land, until one day they eventually saw the dark profile of land on the horizon. They swam on and soon they recognised the shoreline of Japan. As they approached they became quiet and eventually they stopped momentarily to tread water. They looked at each other and they knew. Then at that very moment they turned back to the sea and swam on way beyond Japan.

Deeper now with each count much, much deeper, from: 10-9-8-7-6-5-4-3-2-1

This Metaphor is very helpful for flagging relationships and marriage



Self Worth Metaphor

A very well known speaker began his seminar by holding up a \$20 note. In the room of about 300 people, he asked, "Who would like this \$20 note?"

Immediately hands started going up all around the room.

The speaker said, "I'm going to give this \$20 note to one of you, but first, let me do this."

He pulled a small pair of scissors from his jacket pocket and cut the four corners off the \$20 note.

Then he crumpled it, and roughly screwed it up between his hands.

Then he asked, "Who still wants it?"

Even more hands went up in the air.

Well, he asked, "What if I do this?"

Then he dropped the \$20 on the ground and started to grind it into the floor with his shoe.

Soon he picked it up again, now it was all crumpled and dirty.

"Who still wants it?" He asked again.

Still many hands shot up into the air.

The speaker then stood silently, wearing a bemused smile for a little while, casting a slow gaze across the audience before he began to tell his audience the following story.

"My friends, you have all just learned a valuable lesson. No matter what I did to this \$20 note, you all still wanted it because it did not decrease in value. It constantly remained worth \$20. Many times in our lives, we are chopped, cut, dropped, crumpled, and ground into the dirt by the decisions we make and the resulting circumstances that come our way. Many times we feel as though we are worthless and useless. But no matter what has actually happened or will happen, you will never really lose your value. Dirty or clean, cut, crumpled, or finely creased, you are still priceless to those who do love you."

"The worth of our lives comes not from what we do or who we know, but from WHO WE ARE." "This reality can touch a life, it can heal a heart, and it can indeed bring hope." "Remember to often count your blessings, not your problems. "And also remind yourself often: Amateurs built the Arkso-called "Professionals" built the Titanic.

The Ark saved the world, but the Titanic was a careless disaster.

Let your mind drift deeper with me now, follow the count deeper and deeper and deeper, from 10, 9, 8, 7, 6, 5, 4, 3, 2, 1



Go Subconscious: Accessing Cooperation

You can now feel tired and barely even pay attention to what I am saying. You could even almost fall asleep. What this really means is that your subconscious mind is in complete control as you sit there feeling drowsy. And this is a good thing because your subconscious mind can more fully hear and pay attention to what I say so that you can more fully understand and use your deepest resources to make the kind of changes that you know you want to make.

By being so drowsy this permits more communication with your subconscious mind allowing your unconscious mind to more fully help you become how you most want to be. So I encourage you to remain sitting there with your conscious mind barely able to pay attention so that your unconscious mind can pay more attention. And then fully release any depression your conscious mind had replacing it with this deepest of relaxed and peaceful feeling that you can keep now and in the future noticing all the possibilities for feeling and using this deepest sense of relaxed and peaceful feelings.

The next pattern uses the current state (boredom - boring) and draws upon similarity again to access other, more resourceful uses of the same sounding word. Boring becomes a verb that invites the listener to bore more deeply into subject to find more interesting aspects. In addition to similarity dissonance gets created with the use of 'the idea held interest'. This phrase represents an example of syntactic ambiguity from the Milton model of language. The 'held interest' can mean the idea is interesting or the idea itself can actively hold on to interest. The reference to 'holding interest' subtly invites the listener access to their own state of interest, and allows them to hold on to it. And finally, the listener receives an invitation to fully experience, or associates into, and employs new resources with the ending tag question that seeks ecological agreement.

One of the client's goals stated at the beginning of therapy included making a decision about his academic future. He could not decide whether to drop out of the private high school he attended; get his high school equivalency degree; or enrol at a public high school after sitting out this semester. This client ended up choosing to return to the private school and complete his studies to receive his diploma. He expressed much relief about this decision to follow through on his academics to completion.



Boring: *Shifting Away from Boring into Choice*

How do you know when you feel bored? No doubt you started your endeavour with best intention and the idea held interest. And when you started the experience you found interesting things sort of like going into a mine except it is yours. You can notice how at first a few smaller gems become evident but these become dull shortly.

By boring down more deeply you can find the larger more evolved gems. These gems, minerals and resources spent more time developing and you can notice larger multi-faceted qualities, purer yet diverse, singularly and collectively. This is not boring, yet it bores the resources out of the depths as you feel them rise to your surface for your use, aren't they now?

The, previous, short pattern simply asks the listener to dissociate from an unwanted, limiting state and then to search through her unconscious awareness of all that is not this unwanted state. A reversal serves as the method of shifting awareness. Various dissociating techniques also get used and identified in the text. You can leave out the attempt at humour if you find it either not humorous for you or the client, or if it is not your style.

The next pattern aims to tune the listener into all other possibilities, restoring choice. The therapist can put at the end of the pattern whatever problem state the client is experiencing. I used depression in the case as an example. Anxiety, jealousy or any other state can be plugged in at the end. Once the client shifts out of the unwanted state, the therapist can assist her in choosing a more resourceful state.



Occasional Table: *Remembering States Not Being Used.*

You, no doubt, have heard of a piece of furniture known as a table, right? Four legs and a flat top, and yet that's now a band from the fifties. Any you may even visualise some of the tables you have seen from your past, recalling a variety. [Pause a few seconds to allow the client to do this visualising if they seem to be visualising.]

And as you do, you can probably remember the setting of these tables you see and even how you felt while you were there. And you probably have heard of a particular kind of table known as an occasional table, right?

Well, hear...what I wonder. What is the table when it is not a table? If it is an occasional table, what is it when it's not a table? And now you may ask yourself and answer now, what are you when you are not depressed?

Discouragement: *Converting Disappointment into Determination*

This simple, direct, and short pattern works on the dynamics of discouragement. The words present an alternative response to circumstances that often lead to a state of discouragement. Instead of producing discouragement, not reaching one's desired outcome can, as the pattern suggests, serve to fuel the fire of determination.

Disappointments can seem like trees, small or large, watched falling in the forest. Maybe you feel grief over this loss. But consider converting all disappointments into logs fuelling the purpose, making it grow stronger and brighter. As you imagine this, you can even feel the increasing warmth throughout your entire being and seeing more with his illuminating glow. You can use this now, can't you...see, feel and realize your strength increasing until...you know, don't you?

The next hypnotic pattern addresses the dynamics of doubting. In particular, doubt related to resource states that reside within a person. Doubt dilutes the purity and strength of any state, resource or belief. Doubt prevents a person from fully associating into any state. Essentially, doubt requires a particular perspective about some information. This perspective consists of the doubter shifting back and forth between belief and disbelief but never fully embracing either position.

But doubt exists about some information so the information's existence occurs first, followed by the state of doubt. Doubt in essence says one thing may be true but again it may not be true, for something else may be true. We alternate between at least two concepts by affirming one then disaffirming it and moving our focus to the other alternative and affirming it. In essence we say, "Maybe A is true but maybe not. Maybe B is true instead of A". In the process, we at least momentarily say that "A" maybe true and for that moment "A" exists in our awareness.

By just acknowledging that some general information exists, doubted or not, permits altering thoughts of doubt to acknowledging that some general information exists. Once this removal of doubt happens, the client has moved to state choice, which replaces doubt. The client can then choose how he wants to feel or think about the information. This altering of thoughts happens by reversing the time sequence of events, going back in time to before doubt. This process leaves just the information sensed. A reframe of sorts, in this pattern shifts the listener from doubt to belief that some general information exists.



The purpose of asking 'Are you confident about your doubt or do you doubt your confidence?' is to gain access to the state of confidence either way the listener answers. The state of confident becomes available for stepping into because the state is a part of either answer. Now he has checkmated himself. I use this sort of sleight of mouth pattern a lot on other states as well. Combine the limited state with a rough estimate of it's inverse and pair them together. Either way, you get access to the desired state.

Doubt: *Removing the Interference of Doubt*

You know, when you think about your doubt you find that in fact you must have something to doubt. This means you must first acknowledge something may be present in order to doubt. Because the only way to doubt is to first believe because you know you do not doubt when you know something is not there. And you do not doubt when you know something is present.

Two ways to not doubt, no doubt. And when you seek to prove something you doubt you only prove you doubt that which is already present. Consider the issue of trying to prove you can succeed. [The therapist can refer to any specific issue that the client wants to verify about himself such as being lovable or acceptable.]

Have you ever succeeded once? If the answer is yes, and you know it is, then you have proven your ability to succeed. Attempting to further prove what has already been proved only proves you doubt what you really know. So do you doubt your confidence or feel confidence in your doubt? Either way you can feel confidence, can't you?

And a general outranks a specific. Just what are you trying to prove? So doubt really means you know something is present. Since you do not doubt its presence what is it you actually feel? Perhaps just an increased desire to know more, deeply, about what you already know is present because the more deeply you feel the clearer and more secure is the root.

Doubt invites a closer look, informing you so you can better use your interest and curiosity to k-n-o-w more about what you know you already possess, don't you, feel this now and imagine the ways to use this already proven ability that you know?



As Good As Done: *Removing Pressure to Enhance Performance with Relief*

This simple pattern first invites the listener to associate into a pressure-filled situation from his past. The listener is then asked to shift states to one of relief that normally happens when one gets close to completing a tough project. The client is then asked to imagine replacing the limiting state of feeling pressure with the resources of the state of relief. This shift of states is then Future Paced as the listener imagines applying the state of relief to a future opportunity.

You know how it feels when you work on a project, especially one you know is very important? You may feel a sense of pressure or urgency along with some general mental and physical tightness and gradual loss of energy. Now remember how you feel when you know you are near completion, when you are as good as done? You may feel pressure lift, replaced by relief and a return of energy and flexibility. How will it feel when you start the same project with this feeling of being as good as done? I guess you won't know until you're as good as done. And what is it like where you are as good as done with implanting this as good as done feeling in any future event?

Depression or grief requires a specific and general component. The depression or loss involves general traits or states from the past experience or relationship. The specific portion of this recovery process involves specific opportunities available in the future to apply these formerly lost states that the client now understands as resources. They become resources because the person 'preserves' the fond memories and useful learning's gained from the former relationship. Thus, the former grief sufferer re-experiences what, in a depressed state, seemed losses but in the resourceful present and future are framed as resources. This re-experiencing, or associating into state, fills the 'loss gulf', allowing full recovery in every sense.



Good Gulf: *Depression and Loss*

You know a gulf is that space between two areas such as bodies, land, groups of people or even political stances and budding romances. And there is another kind of gulf, one with an 'O' in it instead of 'U'. You know, that golf also involves fowl such as birdies and eagles.

Well, anyway, returning to the gulf with 'U' in it. I was recently talking with a friend, who was going through quite a challenge, a tough decision with two clear sides to it, yes, a gulf. The more he talked, expressing his concern, the more I listened and the more I listened the more my face began looking like his. My look clearly registered with him so I said, I can tell you see I hear you feel unsure about this dilemma. It sort of brought him to his senses. Then it also dawned on me he is going through one of those approach-avoidance conflicts, kind of like a tug-of-war with relatives pulling on each side so you don't quite know whom to root for. Good is present on both sides.

The core of the matter occurred to me. One part is general and the other specific. I mean the part we want to avoid losing is the general and the part we want to approach is specific. One is past while the other is present and future. Take for instance a job you might consider leaving. Certainly unpleasant parts lead to wanting to leave. Yet when you think about what you like, you'd miss by leaving. Then you think about what you'd gain by leaving. You find yourself experiencing the gulf.

When you are not where you don't want to be you will be 'X'. This tells you to stay. But when you are there, staying, you will miss 'Y'. But there are several things that make staying unpleasant and these tell you to go. Further, you know of something better to go to. Reconciling comes from taking the general parts you would miss and placing them with the specific parts you will gain to make a full recovery.

This same process plays out when you try a bit, then recover back to failure without even realising it. Like some self fulfilling endeavour that began so long ago your conscious mind could never know exactly when it was it that it all began. You recover inside but you also recover or reclaim the best of the general traits you thought lost or departed incorporating them into your daily life for displays of living which is being. Keep the best general and apply specifically here and now. Then you won't be able to miss it because it will appear right before your eyes. You even do the same when you recover lost aspects of yourself from your past, lost parts of yourself from childhood, you know. Recover the general with up-to-date fabric and use it with joy today and tomorrow.

The next pattern addresses two separate states, impulsive and foresight. While at first glance these two states seem opposites, this pattern seeks to merge them into a useful team. Using the energising state of impulsive to corral energy, the pattern starts with impulsive and invites the listener to associate into the state.



Impulsively Foresighted: *Converting Impulsiveness into Foresight*

Just recently I was remembering an incident when I felt especially impulsive. You know the feeling, when you believe you just can't wait or do not want to wait and there is this pressing energising feeling in you. It comes from the desire to make something important happened now, not later.

Once I started thinking, really thinking about how this impulse feeling came to be, I was curious about my impulsiveness. Well, what I discovered, and you may find this true for you as well, was that my impulsiveness actually comes out of this speed of light foresight. My impulsiveness actually stems from its inverse, foresight. This is amazing to me.

I used to think all I felt was impulsive when actually I felt foresight first. Apparently I look ahead and realize time is limited for accomplishing important tasks. Even as I recall this awareness, I feel the return of the impulse. But what makes such a modifying difference is realizing how my foresight can interact with my impulsiveness. And in fact my impulsiveness follows my foresight, so these two can work together.

Foresight can go out as a scouting expedition searching for the proper time to act. Blending the urge to act with the awareness of timing, so that just the right time can be found for the best outcome. Naturally this is preceded by and depends on trusting your awareness and your foresight and impulsive parts. We might refer to this as fore pulse

As long as we are discussing pulses, allow yourself to consider the one known as compulsive that often marries obsessive to form one of those hyphenated names, obsessive-compulsive. From what I can tell, and I'm telling all that I know, this obsessive-compulsive routing stems from short-sighted persistence, like a headlight pointing down at the ground immediately in front instead of showing the way a way off in the distance to ingest and accommodate moving toward the lighted goal. It never reaches the conclusion because it misses the key ingredients.

But the belief that ingredients and desired outcome are all inclusive in the present causes pointless persistence in going over the same old ground driven by the same old belief. It is like cookie dough being made and the raw dough is arranged on a sheet over and over but not one is place din the oven for finishing. The hunger accumulates and only results in faster cookie forming but still no baking. What's missing?

The general process is a very good one in that it uses determination to pursue what it most desires. The only flaw in the system is where the work is being done which results in it never being done.

The o-c, if you will, mistakenly believes the solution is in the details at hand but the real solution and satisfying outcome involves a bigger picture with bigger parts stretching out over a longer span of time. A big picture trying to fit into a small frame and it's not accommodating. No wonder you feel tight.

This dogged persistence, like a hound on the trail, will serve the cause well and will cause the solution to be realized in the future over time, including the formerly missing, now found in the future. Do not open 'til...you know... the right time. Let the awareness of needed parts determine where to search not just time or location. The latter causes a repeating loop, loop that takes on dizzying proportions.

The former, raised and forward aiming, permits forward movement to the fulfilling goal. So when the couple, obsessive-compulsive, come to visit, and they're usually early, just look up and apply their eagerness in the present to the future. While not ill they will make for good patience, just wait and see for yourself.

Procrastinating is an incessant effort at making no effort. It only puts off relief. But you cannot persist. Persistence transforms the foreign into the familiar. Just how do you know? Choose what you want to become familiar with. And you know of course, you cannot choose either. Any way you go is with persistence, much like your shadow, it follows up your every move.



Quite a Flap: Accessing Assertiveness

This is a story about a bird. This bird's name is Hue. Hue grew up healthy and happy and knows how to fly very well. He can go fast, slow, coast or soar and even fly low to the ground. He is a very wise bird and really likes learning a lot.

Hue has this very interesting and unusual style about him. When he is scared his wings do not flap. But, whenever he gets mad his wings begin flapping. So you can just picture this, when he feels angry and starts talking about it, his wings flap. The more he feels angry, the more and faster his wings flap.

Also, Hue has another amazing way about him that makes his wings flap. Whenever he is learning something his wings start flapping. Whenever he is learning something his wings start flapping. The more he is learning and understanding the more his wings flap. When he is learning, his mind is just going a hundred miles-an-hour thinking about the new information and processing it deeply. His wings just reflect what his mind is doing.

Why one day he learned so much his wings moved like a humming bird's. Now these are not the only times Hue flaps his wings. He can also just decide to flap his wings and he does, then he flies.

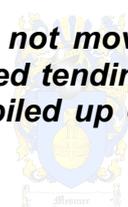
One day while out flying, and Hue was not angry or learning anything new in particular, a storm began building and it got very windy. Hue knew the rain would soon fall and flying would be more difficult. So Hue decided to fly home before the weather got too nasty. Well the storm moved in faster than expected. The wind blew and the rain came down very hard. Flapping furiously Hue tried steering himself toward his home. He was sort of scared and this made flapping more difficult but he kept trying hard to keep his wings flapping in the stiff breeze. Suddenly a gust of wind burst over him sending him crashing to the ground. Hue landed on one of his wings and let out a loud 'OUCH!' Now he was scared and hurt.

He could not move his wing that hurt and his fear made his wings still anyway. What would he do? Well fortunately, another bird living nearby saw the whole thing and hopped over the where Hue was huddled. This bird lived in a house in the bushes near the ground level as some birds do. This bird's name is Harper.

Well Harper offered Hue a place to come in from the storm. Hue was in no place to refuse so he hopped along behind Harper to his nest in the thick bushes. No doubt this nest was warmer and drier and it sure felt safer. There was plenty of room for each to rest comfortably. Harper thought it was best for Hue to stay for a while until he got to feeling better. After all, Hue couldn't move his injured wing and how could he possibly fly?

Harper helped Hue and provided a safe place from the storm and for Hue to mend his injured wing. Hue felt very grateful and settled in for recovery. The storm clouds gradually gave way to thinner and thinner, lighter and lighter clouds until the sunshine pushed through. This certainly felt welcome as they prepared for the coming evening.

The new day followed nightfall but Hue's wing still felt painful and could not move comfortably so he stayed on. Several days came and went. Harper continued tending Hue. Harper insisted Hue not even lift his wing, let alone try to fly. Days piled up of limited movement and restriction with the intention of healing.



Harper continued instructing Hue to be still and not move or use his injured wing. Hue felt growing curiosity about the progress of his wing's healing. Restless, Hue began shifting back and forth within the nest but just could no longer find a comfortable spot. He longed to fly again. All the while Harper continued caretaking. Harper simply would not permit Hue to use his injured wing and insisted on providing for Hue.

Now friction began between the two, as Hue grew increasingly curious and even eager to test out his wing. After all, several weeks have passed. A sort of tug-of-war developed, slowly and gently at first but more and more the two disagreed out in the open. Harper felt sure that Hue's wing was still not ready for flight while Hue felt he needed to know this for sure. The only way to really know is to do it, thought Hue.

Things we do not do that we know we need to do have a way of reminding us they are not done. This is the case with Hue. He knew he simply must use his wing and fly. Yet this still had not happened. One day, Hue reached the limit waiting. He and Harper had it out. All the stored energy Hue kept suddenly spilled out. Hue got angry while telling Harper it was time to fly.

While Harper and Hue got more and more angry, Hue's wings just started flapping as they do when he gets mad. At first Hue did not notice, habits you know, but then Hue could tell he was flapping and then began realising, learning you know, which only made his wings flap faster and harder until Hue lifted off the ground. No longer angry, Hue continued realising and learning, now rising above Harper.

The more Hue had sense of the situation the more it fuelled his flapping. Soon Hue rose higher and higher to realize he knew he could now fly just fine. He left his anger behind and flew off knowing. Home is a great place to be, thought Hue, as he made himself comfortable in his favourite place, just the way he chooses.

The hypnotic language pattern here specifically addresses anxiety, but generally addresses the principle involved when the brain envisions and / or pursues an outcome. Much dissonance (repeated reference 'to think' and 'to see' in differing orders) and similarity ('piece-peace', 'there as well') as well as continuation play throughout the pattern.

The successive use of the phrases 'you know' as well as the successive use of 'you see' create dissociation in the listener. Once dissociated from an old, limiting state, the client can then associate into a more resourceful state. The finishing ambiguous reference to 'right, now' refers to the described strategy being the right choice 'now' and putting the strategy into use 'right now'.



See What You Think: *Shifting from Anxiety Back to Choice*

So you say you feel anxious in this certain situation. [The therapist can specify the situation.] Well take a moment and think about the circumstance leading to your anxiety... See what you think... and then think what you see. In fact, this is the real problem you know, thinking what you see, you see, the pieces you fear and then think of the fear that causes no peace. When there is piece, p-i-e-c-e, you experience only the void or, deeper, place of pure potentiality and we always see what we think and think what we see so decide what you most want to see n-o-w, because you know it is there as well.

Allow yourself to think what you want to, see? So now you see what you know you want and think what you know you want, you know this... will naturally cause you to be and act the way you think you want to be n-o-w, isn't it? I dare not say this will transform into a most useful universal strategy for you, so see what you think and think what you see deciding what you want, n-o-w including how this feels, right, now.

The following story involves needs – meeting of needs and how a person can balance needs with effectively satisfying the needs. Overcoming impulsiveness to develop foresight and other ingredients necessary to satisfy needs is a recurrent theme throughout the story. The story plays to most of the five senses to enrich the awareness and deepen the trance-involvement of the listener. Since states drive behaviour, the story attempts to shift the client from states that lead to undesirable outcomes to states that lead to desirable outcomes.

If a state can become associated with the desired outcome (whenever I trust myself I end up with good results and then I feel good) then the goal becomes maintaining or attaining the state (trust of self) because it brings the person what he wants. The consequences of using the state simply reinforce further use. And, any outcome not consistent with the resource state will be avoided. For example, the thought, 'I got in trouble because I said "yes" to someone when my gut told me to say "no". Next time I will trust my gut instinct' will be avoided in favour of outcomes consistent with the positive state. The result is first associating into the resource-state and then deciding what behaviour is best.



Serve it Up: Developing Foresight, Patience and Flexibility

This story concerns three cooks. They feel concerned because each is hungry and wants to eat. They feel that stirring hunger in the stomach. You know the one that makes your stomach growl. May it's angry over impatience over eager, almost like eggs over easy or hard but different.

These three cooks live in different homes in different parts of the same town and are all related. Coming from the same family and being raised together results in their being pretty similar in preference and taste. This particular day each feels hungry at about the same time and decides to take care of this need by cooking their favourite dish. It so happens that each of them have the same favourite dish.

They know the dish requires certain ingredients in order turn it into what they most like. Each cook gathers the ingredients and prepares them the same, in just the right manner. This particular favourite is a casserole. Once the ingredients get combined in the proper amount, the whole collection gets placed in the oven at a certain temperature for a certain amount of time. But on this day the hunger of the three is quite strong and compelling. How will they negotiate the time between want and fulfilment to end up with what they desire?

Three strategies take action. The first cook, knowing the dish needs one hour to cook sully at a certain temperature, decides to try intervening in the natural course of events by turning up the temperature. If the casserole needs one hour at this temperature then if the temperature is turned up to almost twice as high it will be done in about half the time. This seemed to make logical sense just based on simple math, ignoring other elements.....

So the first cook turned up the temperature as high as the oven would go and set the timer for just a half-hour. At precisely one half-hour later the cook removed the dish from the oven placing it on the top of the stove for examination.

Whew, what a sight! Having never checked on the cooking process at any point during the half-hour, no adjustments could be made because there was no progress to consider. Looking at the casserole, it sort of evolved in a layered fashion in thirds. The top layer was burned to a brittle crispiness. Digging down a little further, a lay of 'done just right' was found but it only took up about one-third of the whole casserole. The bottom third was still raw. Not being much of an archaeology fan this dig held little appeal. The most this cook could do was pick around and eat parts of the middle layer after peeling away the other layers. At best this became an appetizer leaving the cook dissatisfied and still hungry.

The second cook was equally hungry and equally wondering how to take care of the hunger faster. Once the dish was prepared and placed in the oven, the watching and waiting began. During this period the overriding driving force and focus was tuning into the hunger and letting it call the shots. It was a one-track sensation bent on filling its need with nothing else considered. Tuning in to the hunger and considering only its need left little awareness of other options. This let to manipulating the only variable noticed – time. It was time to eat.



Figuring the casserole would be alright if only half cooked, how much did it really need of the whole hour, the cook pulled it from the oven when the hunger just would not wait any longer. Pulling the rather loose, soupy concoction from the oven led to a deep sinking feeling. But this feeling could be ignored in the name of need. It's odd how we can ignore what we fully know when all we know is our need. It's even more interesting how you can forget how useful more information can be for more fully satisfying your need for more information to satisfy your need in whole, provided what you really most deeply want is really the most deeply satisfying feeling that you know how this feels when you more fully and deeply meet this need. How else does it work best?

So this began consuming the half-cooked casserole as fast as could be. It was not long before stomach pain began to override the hunger and shut off the formerly all-consuming need. Now the interest in eating totally stopped, taken over by the need to stop the pain in the pit of his stomach. No more could be eaten. While hunger was not satisfied eating more would only increase the pain. Deeply frustrated the cook paused and simply sat down, too late to wait now.

The third cook took the same ingredients and preparations combining them into the same casserole. The oven was for baking. And the timer was set as the cook remembered what proper timing brings. You know the correct temperature lessens the possibility of burning, actually preventing it. Sufficient cooking time permits all the parts of the casserole to fully mature, so to speak, cooking all the way from the top down to the bottom and all points in between, consistent consistency.

The best cooks also uses all sense. They know when the smell means it's getting close to being done. Also they know when and what to look for when peeking at the dish while it's in progress. It even sounds a certain way as it gets closer to being done. And perhaps most importantly the best cooks know when to use a probe, going deep into the casserole and get a feel for how closely it matched the eventual finished product.

It is almost like converting just an idea into action. It starts raw but evolves into something that takes form and substance that satisfies needs, well done. The cook remained determined to produce a dish resembling the picture in cookbook that was full of recipes for satisfying meals. Just pull up the one that most appeals and follow the know instructions. They have already been tried and tested true. That is what produced the picture, it is already ready.

It's sort of like planting a tree. Before you plant you need to imagine the tree fully mature. Then choose the place best accommodating its eventual size. This is slightly different than choosing shoes while we are growing. Then we need to fit our foot for how it is, not how it will be, because then the shoe would not fit now.

Each cook determines his or her favourite recipe for satisfying hunger at the time. Maybe the one appealing is a particular ingredient or perhaps it is a collection of ingredients and their interacting that brings most satisfaction. Maybe it's a sauce or a spice or perhaps the blending of that fits like the dovetail. This particular cook just pictures what is most desired and then follows the recipe to produce.

The message within the next story relates to how people live by old familiar and familial ways. We each tend to repeat patterns that were present in our home during our childhood, unless we consciously intervene. The tendency often results in utilising outdated or unsuitable resources for present day challenges.

Another level of dynamics within this story involves an internal relationship within the individual and the 'parts' of self. Often the outward display of emotion, behaviour or voiced thoughts results from a power behind the scene that orchestrates the surface display. You may call this his belief and a person's belief shapes his reality. If the power behind the throne (beliefs), so to speak, is not amended then the surface collection thoughts, emotion and behaviours is unlikely to change.

This tale then addresses the relationship between beliefs and behaviour. The story focuses on the practical aspect of desired outcomes. If a chosen strategy brings undesired results then it becomes time to change the strategy. Perhaps the belief systems in place create the undesired outcome? In this case it becomes time to alter the beliefs. By reaching the belief's foundation is updated, and then new behaviour come sin to being.

Vanishing: *Leaving Outdated States to Use New Ones*

This story is about a man from the northern European country of Van. This makes him Vanish. It also makes the language he speaks Vanish. His lifestyle is vanishing. He carries a name common to his home country. He is known as E'ven. Others in his home country could understand him and communicate effectively. However, problems appear when he leaves his home country of Van to find a better life.

Since nobody else he encounters is Vanish he experiences much confusion and frustration in his efforts to communicate with those who are not Vanish. Others could not make sense of his Vanishing ways. Numerous varied attempts are made but to no avail. This Vanishing man and his Vanish words fall on blind eyes and deaf ears. All the formerly highly effective ways of the Vanish lifestyle only compound the problems. These ways all work so well in his homeland. Now these ways leave him confused and doubtful. Vanishing seems to work well back home but – come to think of it – he really just learned how to negotiate with the circumstances. He left Van because he was not happy and wants to be. But he is not happy now either. How perplexing all this all is to E'ven.

Compounding the problem is his sense of guilt for even questioning his Vanishing ways. The country has standing orders for anyone leaving Van to continue speaking Vanish and living the Vanish ways. It is supposed to reflect well on the small, tightly knit country to uphold their customs and display them to outsiders. All E'ven ever experiences from living his home customs is indifference from others, if not, downright rejection.

On one particular day, E'ven meets a man who could tell he is quite distressed. This stranger quickly becomes a compassionate friend. He takes the time to understand and decode E'ven's communication. The compassionate stranger even learns to speak Vanish. The purpose in doing so is to travel to Van.

This is done in order to explain to the leader of the Vanish life outside Van and ask the leader to permit changing the lifestyle for those travelling outside Van. It only makes good sense. Alter behaviour to fit the circumstance. This need is easily confirmed by the response that is received by E'ven. The compassionate one goes on to explain that for effective living outside Van, changes must come. Conditions in other lands differ and adjustments permit achieving the outcomes desired. New situations call for new and different choices and responses. This will lead to people from Van really making favourable impressions on others because of their effective adapting to the circumstances.

Thoroughly impressed by the reasoning of the compassionate one, the leader of the Vanish decides to change the rules of behaviour. The Vanish no longer have to speak Vanish or live Vanishing ways outside the country. They are free to adapt to the environment and conditions of wherever they live. Vanish living outside Van now seek what works to create desired outcomes and lead them to satisfaction and fulfilment.

It turns out that E'ven settles in a country known as Fin. Do not confuse this with the fine, industrious, determined and fun-loving people of Finland. However, the people of Fin are also known as Finish. Now E'ven lives the life of the Finish, speaks Finish and he believes he is Finish. E'ven certainly feels very Finish now.

The next metaphor below addresses the dynamics of guilt. By guilt, I mean self attacks in which the person devalues herself. Regret and remorse exist as states about a behaviour or lack thereof. But guilt takes this a step further to include an attack on self. It seems that for guilt to exist a person must disconnect from a sense of self-worth. Because the supposed offender feels guilt over an action or lack of action, she disconnects from positive worth. She does this believing she does not deserve the resources that positive self-worth bring. Yet, worth awareness contains the necessary resources for resolving the concern.

Guilt locks us out of the house without a key. All of our resources, however, reside within the house. Once returning to awareness of inherent worth, a person finds an absence of guilt and a natural response set aimed at rectifying the undesirable act. Within this pattern the listener receives an invitation to experience a deeper and more spiritual awareness of eternal worth and the resources this provides. The title itself contains the double message that conveys this principle.

It's Not Worth Feeling Guilty: Moving past Guilt to Positive Action

So you believe you offended someone or didn't defend someone? And now how will you fend off guilt? What will allow you to send guilt away and feel good about this putting an end to, saying amen to? Do you find guilt revolves around a belief that you did not live up to your values? Beneath this, is it that you then question your worth for not doing so?

As best I can tell, and you know asbestos is a known health hazard, guilt is the last link in a chain preceded by doubting self-worth. You cannot experience guilt without first doubting. This doubt applied to self-worth allows guilt to creep in through the crack in the door that is ajar. Doubt seems a wedge driven between our self and our awareness of worth. It separates us from our worth and may then results in some separation anxiety you know.

But looking back don't you have to have experienced something in order to doubt it? Otherwise you have nothing to doubt but what you imagine. Now don't you imagine this is true? Then isn't it true that you already have worth but just doubt your right to regain it? Perhaps then, you feel guilty about your worth. But I ask you, is worth based on what you do, your actions only? Do not your actions spring from some source or reservoir? From where does the wherewithal to act come? This place of action origin, is this truly your worth?

So then actions do not make your worth but they come from this constant pool of worth within. Do you only feel worth when displaying this pool or can the consistent awareness of this pool provide the source that is the source? Does the vehicle constantly have to go full speed, to verify it is worthy? This only verifies doubt, not trust.

Doubt only proves we doubt what already exists. Continuing from here, what is the source of your source? Your reservoir results from actions of another just as your actions spring from your sources. Trace this back to know your worth originates from the great spring of all waters and infinitely emits to remove limits freeing the fountain to flow out naturally. This is worth...knowing...this...now what will you choose to d-o.

[Note: The hypnotherapist may choose to add the following conclusion designed to move the client from 'all-or-nothing' style of thinking to a higher level of thinking, which provides for more choice and flexibility].

Now there is such a thing as o-d, but this is different than d-o. You can o-d on d-o ing. And I sure would recommend against d-o ing o-d ing. So where is the balance between o-d ing d-o ing and d-o ing o-d ing? It may seem o-d-d.

This next collection of words concerns utilising various states that proved useful in the past but may now lie in forgotten places within the individual. The early portion of the pattern moves the listener to dissociate from a particular state and then associate him to an awareness of 'vacancy', which theoretically will make any state available.

Making use of similarity (hear-here, 'innocence in a sense' and new-knew-phonological ambiguity) and continuation allows shifting states and future orientation for use of the states. The second half of the pattern essentially takes the listener through the process of associating into a recovered state that first provides examples and then points the user towards the future for a continuation of the skill.

What Will You Wear it With? Freedom to Choose Any Desired State

What if one of your five, primary senses was not functional? What if you could not hear here or anywhere for that matter? All the words in the English language and every other language would just pass by your ears, unnoticed like a tape recorder without a tape. Yet all of those words continue existing and even new ones come into existence.

And imagine that all of a sudden you became able to hear here and everywhere. Each and every word would be totally new to your ears, innocence in a sense. Yet they had long existed before you heard. It is quite exciting when you discover something new and even exciting when you discover something just new to you or something you just knew.

This is like looking into walking more deeply into your closet of clothes and suddenly noticing an article you remember being there. Maybe you forgot for a long time and finding the once new, formerly forgotten article sort of makes it renew. You may remember where you bought it and when, suddenly feeling transported back to the store again right there in your own closet.

Usually when you find this piece you become eager to wear it and show your self and others. You try it on and notice how it feels and fits. Perhaps you already have other articles going with it and when you wear it you wear it with pride or joy or eagerness. I and you can always wonder what pieces you forgo... what you possess...reclaiming...renewing...what will you wear them with?



The following extended story involves several principles. The general theme relates to recognising choice and foresight applied to states, behaviours and desired outcomes. Shifting the state of the listener in the process of the story also happens early through reference to removing the underlying obstacles that can impede the natural flow of water, or self in this symbolic case.

States and suggestions to implement them come in the form of the general use of flexibility, foresight, and clarity of purpose through the story in a big picture perspective. Due to naturally existing egocentricity the listener will apply these traits to himself. The details simply deepen the trance by composing a fuller, rich story within which the listener can more deeply emerge.

The following story emphasises the waste of energy that harbouring resentment causes and offers an alternative – to get on with life as desired resources and experiences are readily available. Once this client heard the story and the various embedded suggestions about her strategies for living, she began shifting her style. She made significant progress in disconnecting from the influence of her mother and began feeling satisfaction at determining her own thoughts, emotions, and behaviours more inline with what she truly desired.

The story also provided a quick reference point which served as a gently but clear reminder if she reverted back to her old ways. I would simply state to the client that she was barking while another bowl of food remained available or that she need to stop barking and satisfy her hunger. She always responded with a smile that let me know the message from the original story became refreshed and applied.

Camping Dogs: *Getting Unstuck from Resentment*

This is a true story that takes place far off in the wilderness at a campground. A public camping ground with the campsites widely spread through the bush across many acres. The only way to reach the campsites is to park your car in the car park and then walk for a mile or more to a campsite. Many of the campsites nestle themselves along the banks of a wide and long flowing river.

This story involves several people and several dogs. Three different campers with three separate tents camp together at the same site. One camper brings his two dogs. Another camper brings his dog. These three dogs all come from the same litter, two males and a female. One of the males is totally deaf. His name is Harpo and he belongs to one of the campers. The other male's name is Foster, which the female's name is Jillaroo.

These two dogs belong to one of the other campers. The dogs are of a breed known as Australian Cattle Dogs or Blue Heelers. They are referred to as Blue Heelers not because they can head the blues but because their fur gives off a blue hue, if you can picture this. The heeler part comes from their style of herding cattle. They nip at the heels of the cattle to steer them. The latter two dog's names, Foster and Jillaroo, borrow terms related to Australian life, a beer and slang for a female ranch hand.

The three campers and three dogs set up camp along the banks of this well-known river that spans two states. The river possesses much character and contains several sections of rapids. You know rapids, the sections of the water that move very fast and make fairly loud noise that you can even hear off from the distance. Did you know these rapids, and any rapids, actually result from large collections of stones or boulders that lay beneath the surface of the water? This makes for more shallow and faster flowing water.

Funny how when something significant sits below the surface you can always tell where, just because it causes so much noise and forces faster movement as the water works around and over the obstacle. It impedes the flow you know?

This contrasts greatly with the slow moving and quiet stretches of water where nothing but smooth terrain rests deeply below. Imagine in the rapids section, after removing the large obstructions, freeing space to make it much deeper, how the water will feel and flow, smooth, serene, quiet and much deeper. In fact, the bigger the chunk removed, the deeper the water, you know? And just how do you imagine the riverbed feels when such a big load is lifted?

Now, after setting up camp it becomes time for the dogs to eat. The one dog, Harpo and its owner brought a bowl and food for Harpo. The other owner and his two dogs, Foster and Jillaroo, brought one bowl. These two dogs were used to eating out of the same bowl since they were brought home together at six weeks of age.

For the sake of organisation, the two bowls for the three dogs are placed side-by-side and filled with dry food. Foster naturally moves to begin eating from his familiar bowl. As Foster begins eating, Harpo walks over and also begins eating from the same bowl. This new team arrangement completely throws Jillaroo off her routine.

Foster and Harpo are eating from the same bowl, her of all things, while the second full bowl of food remains untouched. Jillaroo is a creature of habit and wants what she believes is her rightful place eating along side Foster. In order to make room for herself she begins barking at Harpo. Her request falls on deaf ears, literally. Jillaroo keeps on barking, increasing the intensity now. Foster happily continues filling his stomach from his bowl. Harpo, totally oblivious to Jillaroo, just keeps on munching in what must be to him, absolute silence. Jillaroo jockeys for different positions, closer, beside and across from but to no avail.

The two diners are nearly finished now with the whole bowl of food, while the other one remains untouched and full. Jillaroo barks incessantly and makes all kinds of motions, back and forth, kicking up dirt and aiming her snout, as if a gun, at Harpo. Nothing distracts the pair.

By now Foster and Harpo finish the entire bowl of food to the background sounds of incessant barking. And what do dogs do after they eat? They find a comfortable place to stretch out and nap. This is just what Foster and Harpo do, with Jillaroo following close behind maintaining a most amazing stream of dog cuss words, aka, barking to us humans. The two dogs that have full stomachs lay down and arrange themselves just so, closing their eyes. Jillaroo must be wondering why Harpo never pays any attention to her threats. But nonetheless, Harpo easily slips off to sleep in his silent world. Jillaroo, persistent as ever, just keeps on barking with her stomach empty. An you may wonder just how Foster managed to drift off to sleep so easily. Well, he maintained sole focus on his deeply satisfying full feeling.



Suggestions for Positive Change

Starting right now you can and indeed you will start a new life, with a new and better, much, much better.....attitude.....about yourself.....about your life..... About your family.....your friends.....and your own many talents and special abilities, and because you are going to live your life in this newer.....much better way.....you will quickly begin to enjoy every aspect of everything around you.

And you will become very aware of how much goodness is all around you, you will become so aware of the goodness in your life.....that you will feel it inside.....as a very, very pleasant feeling of well being, of knowing that you are conscious.....very alive.....listening to and flowing with the rhythm of your life, able to think and to feel good, and to love and experience your life. To be fully alive more and more, every day, more calm, more relaxed, and more at peace.

Starting from now you will simply be able to flow with everything around you all of the time.....just flowing, experiencing.....Not hung up Not bothered facing your life in a responsiblehappy.....relaxed way.....flowing easily along, solving calmly all of your life's challenges.



Change Enhancement

You are of this world are you not? Limitless timeless Entitled to the abundance all around you Equal reward for equal effort an hour can sometimes stretch a year A year can go by in the twinkling of an eye Remember. Now you can decide Decide for yourself Decide to move ahead More positive now more calmly understanding now..... more flowing with the rhythm of your life Calm Focused clearly fine to feel happy for you, yes you are. Go deeper now. 10, 9, 8, 7, 6...5...4...3...2...1 completely relaxed The subconscious mind now listens to hears understands knows And believes..... my every safe and sensible suggestion. Your life is your world Your world is your life. Your life is your perception Your perception creates your circumstances. Now for you, you choose clear, calm Thoughts..... Attitudes. You choose how you feel. You choose to feel great. More relaxed More focussed More realistic self-confident thoughts Beliefs Behaviours and life. Nothing in your life bad negative No such thing as addiction just habits Don't need them Any more or any longer Gone now Better thoughts, better life clearer thoughts, and clearer future. Life past Present Future, only what you perceive, easy to think better, happier, You in control of your life flowing calm Patient Content. Nothing never ever as bad as it seems..... Expect good Get good nothing for nothing, you are what you think. Your mind is a collection of memories and perceptions created by your experiences.

You get what you think; better thoughts, better life, better future have you not. ***Now you understand that what could have been is what never was, and that what should have been is what wasn't.*** But that doesn't matter any more or any longer because you will choose a newer, better, much, much better future.

With your newer and permanently better thoughts and perception, the past is gone, it can never be changed, and it doesn't really matter, and tomorrow comes regardless. Choose your tomorrow with today's thoughts. Your thoughts are the seedlings of your circumstances.

You choose. Tomorrow, today will be yesterday, you choose Next month, this month will be last month, you choose. Your life is what you think, what you think is your life. Choose a better one for you. Yes you have.



Reframing Suggestions

And often during our lives our conscious mind can miss the point completely, and think perhaps that a shaggy dog joke is serious business, maybe to some people it may be, but the subconscious always knows, it knows everything that ever happened to you, and you want to know aBIG UNIMPORTANT SECRET..... the subconscious mind doesn't care if it cares or doesn't care.

So if I say to you, that one day you went out for a ride on a horse in a place far off in your deepest memories, and for some soon to be realised reason, you came upon a very..... very tall..... mountain, a mountain so high that you had to take three looks to see to the top. One look upwards as far as you could then, then a second look upwards from where the first look finished. And finally a long third look, up from where the second look ended.

If I say all this to you, your conscious mind can only wonder, but your subconscious mind understands perfectly, it simply understands everything and it knows how to help you completely change/stop All your life have you, you have been learning things easily. You know everything is easy once you've learned it then its..... automatic for you That's how you learned to walk. It took a little time to discover that "dink a wa-wa" was a drink of water and also a long time to discover that "dink a wa-wa" is not a drink of water.

The subconscious will help as much as you like but it doesn't have any emotional opinions, it can unlearn the conscious mind and it can teach the conscious mind better ways to find a way to stop/change The quickest and best way it knows how to and the subconscious mind can do this NOW!



Anchor for Suggestions

I Would If I Could

And all of your life you have had dreams in your mind, some things that you wanted to make happen in your life. And with that dream you would have attached a motto, the same motto most people learn when they're very young, the motto most people carry all their lives, a motto that has become a restriction, and holds you back. A simple five word motto that has allowed you to cop out of anything that may require an extra effort, and that motto, what is it?

Five small easy words, I would if I could. Well, I would if I could is finished for you now. I would if I could have an ending for you now, cut it loose, let it go. I would if I could is finished, completely and permanently finished. Replaced now deep in your being with a new and better motto.

A more simple, more powerful, two word motto and those two simple words that will go through your mind, sensibly, responsibly, and comfortably, many times a day. Those two words, your new motto, those two simple words are, **I can**, and now you will know that you can, can you not, yes you can.

And you are going to begin to feel very comfortable and have much more self-understanding about your past. Because your past has been a very valuable piece of learning for you, a very important span of experience, and now your subconscious mind can understand that the past is gone, it can never be changed, the past is gone and gone forever.

Now you are going to keep the pieces of your past that you like and agree with, but any issues, or any fears and anything that you don't like about your past emotional attitudes or self-defeating programs. Those things are no longer yours, and now you will understand and remember those things, but your conscious and subconscious minds are going to reject and accept those issues as over and done and finished and gone.

Those things are not yours any more or any longer. And that old, outworn, unwanted, unnecessary motto, I would if I could is finished and gone now, and you are going to make each day happen your way, with your new and better, more simple, more powerful motto and belief. I can, can you not, yes you can.

I would if I could is finished for you now and I can begins. You can believe that, and you can use it to make your life happen, as you want it too. Failure does not have any power over you any more or any longer, only success, only I can.



Suggestion for Change

And I'd like to suggest to your subconscious mind that you are simply learning You are learning how to control involuntary responses, voluntarily, by making that special connection with your subconscious mind. Now I know, and you know too that there are matters that you have consciously wanted to deal with

That's right.....and I'd like to suggest that through just this hypnotic experience you would continue to make significant and beneficial inroads deep into your subconscious mind Realising that you can communicate with it And that I have given to you the kind of suggestions so that your subconscious mind realises when it's appropriate to do what it does And when it's inappropriate

That's right And your conscious mind doesn't have to necessarily**understand fully** **my instructions** But it can allow your subconscious mind to continue to work with those particular issues. Not even necessarily right now, but perhaps as you sleep deeply tonight.....even then you could have a number of pleasant and significant dreams that will allow you, at a subconscious level, to bring together all those resources that you would like, so that you can really begin to notice that change will very easily happen in a clearly spontaneous way to your surprise

That's right and I'd like in a moment for your subconscious mind to just let me know once it has completed making those arrangements for later a finger signal will do. and many things can easily come back to balance for you, have they not.

Use at the end of trance to anchor previous suggestions.



To Find Present Life Memories (Age Regression)

- 1. Define the client's limits in Pre-Hypnotic full conscious state.**
- 2. Induce Trance.**
- 3. Send subject searching, via travelling on a long road or flipping back the pages of a calendar.**
- 4. Invoke a very pleasant - long forgotten memory.**
- 5. Give client touch stones, mention childhood holidays, pets, the clothing they are wearing etc.**
- 6. Give client plenty of time to re - orientate into the past.**
- 7. Lead subject slowly out of trance.**

***Note – Uncovered memories are only the client's opinion and the client's truth, nothing more.**



Creating Amnesia

Set up Yes/No ideo-motor (finger signal) response.

Induce the trance.

Tell the subject's subconscious mind – to do whatever is necessary for it to do to consciously forget.....To do it the best way it knows how, and do it now.

And to give a yes signal when this is done.

Allow client to drift for a while 4-5 minutes.

Ask the subconscious mind to re-affirm that the amnesia suggestion is now embedded in the conscious mind and then wait for a finger signal to affirm this. This must be done at least three times in succession, ask for a finger signal each time.

Awaken – wait 2-3 minutes.

Test for amnesia.



Amnesia Metaphors

Metaphors can be used for most issues and they are very powerful when used in combination with hypnosis. Metaphors are stories with hidden messages, they are used in combination with, or instead of direct suggestion. You can create any sensible and relative story you want, take plenty of time. Use metaphor after trance has been induced, keep your voice slow and monotonous

Having a meal - feeling satisfied - forgetting what you ate.

Driving down the road - forgetting everything that you pass.

Making lots of phone calls - forgetting everything that you pass.

Making lots of phone calls - forgetting whom you rang and why you rang.

Forgetting where you put your car keys.

Forgetting to put out the rubbish.

Walking into a room then forgetting what you went into the room to do.

Forgetting the name of someone who you know well.

Forgetting an appointment time and what the appointment was for.



Creating Metaphors

The following places are scenes you can take a hypnotised subject to, or things you can get them to do in their mind to deepen the trance.

Island. Palm trees, white beach, blue peaceful lagoon, total peace and tranquillity cliff to the right very, very high, and up in the sky above the cliff a warm sun is shining and perhaps some clouds drift slowly by.

Red door at bottom of cliff face.

Forest. Pathway, bear, pond, key, house, go into house walk around, find blue door.

Mountain. Very, very, high, very, very peaceful, a feeling like you can see forever and ever.

Cave. Take 20 steps down, step by step, and find a cave with warm light glowing inside.

Road. Paddocks, trees, animals, fences, long and straight, no traffic, wander down the road, feeling better and more relaxed with each step.

Car. Any car driving in total safety, driving to nowhere in particular, feeling so good.

Corridor. Long and straight brightly lit corridor, with many pictures hanging in frames on the walls, and door at the end.

Lake. Standing on a large flat rock in the middle of a huge calm, shimmering lake walk to the edge of the rock and look into the water, see the reflections of pictures of good pleasant and happy past memories.

Colours. Floating in a sea of swirling bright vivid colour, relaxing colour, that helps you go deeper and deeper and feel better and better.





Pain Control & Pain Management





The Treatment of Pain with Hypnosis

In many cases the perception of pain is directly and/or physically enhanced by a conscious awareness of that pain, or even an action that is consciously perceived as likely to cause pain.

In all cases pain is dramatically intensified by consciously focusing upon it, as the mind-body connection kicks in and reacts according to thought.

Having said that: Pain is a warning system, an automatic alarm that something within or on the body is damaged or diseased. Because of this natural and necessary alarm system:

It Is Absolutely Imperative That No Pain Is Ever Treated With Hypnosis Without That Pain First Being Diagnosed By A Medical Doctor

The following strategies can be used for pain reduction with either chronic or acute pain:

1. **Numbness:** Suggest that a painful part of the body is numb and insensitive – as if it were made of rubber – as if it had been injected with local anaesthetic and feels swollen, numb, and insensitive.
2. **Distraction:** The client's attention is deflected away from the pain and refocused on another part of the body, his or her breathing, innocuous environmental stimuli, pleasant fantasies, and so on, with additional suggestions for enhanced comfort in the future.
3. **Transformation of the pain sensation:** Use suggestions designed to reduce the area of where the pain is felt, to move it to another part of the body where it is more benign, or to alter the quality of the pain sensation.
4. **Use direct suggestions** that the pain will not be felt any more.
5. **Perform an analysis** of the pain with the client whilst they are in hypnosis: Use suggestions designed to analyse the pain sensations into more benign components, such as heat, pressure, cold, tingling, throbbing, etc.
6. **Simple distraction:** Facilitating absorption in a pattern of thought leaves less attention available to be focused on the pain.
7. **Time distortion:** Suggest that any future episodes of pain will be subjectively brief but that pain free periods will seem to last forever.
8. **Dissociation:** Have the client mentally amputate a body part, have an out of body experience, or to think about the body in a detached mechanistic way, whenever any pain becomes apparent.
9. **Age regression-progression:** These suggestions are designed to promote absorption in thoughts, ideas, and feelings that were enjoyable prior to the onset of the pain, or that will be enjoyable in the future.
10. **Transformation** of the painful stimulus into a benign one: Have the patient visualise that an injection is about to be given through a foam rubber needle, at anytime that the pain may resurface in the future.



11. **Pain acknowledging:** Use suggestions designed to acknowledge the pain, reduce catastrophising, and emphasise the ability to cope with pain and still remain comfortable.
12. **Thermal imagery:** This is often used for migraine sufferers, usually with suggestions for peripheral (hand or foot) warming and central (head) cooling. The rationale of this strategy is that suggestions for warming or for cooling produce alterations in the patterns of peripheral and cerebral blood flow that, in turn, are thought to be critical in controlling the neurovascular instability that is that is believed to be the basis for the underlying patho-physiology of migraine headaches. Suggestions for cooling can also be used with clients suffering from causal syndromes, and some types of central pain, for similar reasons.

When using hypnosis for pain control, or to lessen the perception of pain, there are some necessary protocols to follow.

1. Because pain is the bodies' way of alerting the inhabitant consciousness that something is wrong with the physical organism. So unless it is an absolute emergency, never treat any pain for which the cause (aetiology) is not obvious, or any pain, which has not been diagnosed by a qualified Medical Doctor.
2. To obtain significant and lasting results for your client, it is necessary to hypnotise them to at least a medium depth of trance, the deeper the better.
3. There are various positive strategies that can be used and offered to the client whilst they are ***In Hypnosis***. Some are, direct suggestion that the pain will simply continue to become less and less with each passing day: It will become much harder for the conscious mind to think about or sense any pain that may appear in the body: The use of Metaphor, such as using the imagination to flood a soothing coloured light, or feeling, into the painful area: Suggestion that if any pain should be sensed in the body at any time, then for the conscious mind, time itself will appear to speed up, and therefore the clients perception of pain will be much less for a much shorter period of time:
4. Whilst the client is in hypnosis you can have them go to a very safe, pleasant, and crystal clear pool of water, or high on a mountain in a warm breeze, and whilst they are at either of these two places you can have them watch the water (flush) or the breeze (blow) a very strange and unpleasant colour from their body and mind. Whilst you carry out this protocol with your client in trance, tell the subconscious mind that this colour represents the causes of the specific pain and any other unhelpful un-necessary pain.
5. You can hypnotise the subject into deep trance and simply suggest that the offending pain is totally, absolutely, and permanently gone. Remember all suggestions should be re-enforced at least 3 times whilst the subject is in trance.
6. Regardless of what approach you take, or what strategy you use, always affirm your suggestions with lots of positive and motivational suggestions.
7. Pain is always intensified by conscious focus. Find away to avert your clients focus away from pain more and more, even when they are not in therapy.



Child Birth Script

To be used once the client has been induced into hypnosis.

Now, you can just continue to relax and drift deeper and deeper with each breath you take, or each word that I say.

So you're going to have a baby? Your body is doing what it does, automatically, with its superior knowing. Your body is right now and indeed continually, even as I talk to you here, there, your body is finding its own way to grow and to form that perfectly healthy strong baby now growing happily inside. You know that you don't have to consciously worry about how your body is growing that baby, because the subconscious mind knows exactly what its doing, what's really necessary, and because the subconscious mind knows then the conscious mind doesn't really need to know, so it can simply continue to think about whatever else it needs to think about so that the subconscious mind can easily get on with the job at hand.

Now, as you know, there are many different aspects involved with having a baby. From the very moment of conception things begin to change, so very slowly at first as all of the correct nutrients are sent to that tiny developing foetus, so that it can simply continue to grow. Then the times comes for the mother, for all mothers I'm sure, when they develop a knowing that something is changing, or that something is indeed beginning to grow, and the only difference at that time is a feeling, a strange and deeply powerful knowing that something quite extraordinary is taking place, even without conscious awareness.

Then other things begin to happen, little signs like feeling a little different. Until soon one day comes the knowing, from a Doctor, from a test kit, it makes no difference. Quite pleasant to find out about a miracle is it not? Naturally as can sometimes happen, the conscious mind can spend some time wondering whether all will be OK, although like most things, it usually is regardless of the incorrect negative speculative fears of the conscious mind. A baby is very special to its mother, even to the point where although many years may have passed since that child was born, an 80 year old mother will still carry those mothering baby feelings for a son or a daughter who is now themselves 60 years old or so.

Then into the future while that baby continues to develop, it can be quite common to speculate about, or be told about the apparent pain of childbirth. Well you know as well as I do that speculation is usually completely incorrect, assumptions arrived at by ignorance or fear, usually both. And as for other peoples stories and opinions, they are just that, usually exaggerated half-truths. As you well know, if a body, your body, contains within itself all of the unseen forces necessary to create a healthy baby, then also it easily contains all of the mechanisms to allow that body of yours to expand and contract and also to do what ever else is positively needed for you to experience a fast, pleasant, and perfect delivery of that little baby growing within.

Your body is an incredible self-perpetuating organism, an amazing collection of different forces and energies that regulate cells and promote health. The body has an intelligence all of its own. This intelligence knows how to perform every function required within the body at any time for any reason, like an automatic functioning super intelligence. This same intelligence, walks you, talks you, sleeps you, awakens you, feeds you, dresses you, daydreams you, scares you, excites you, happies you, makes you tired or energetic, and does indeed do so many more things, performs so many more acts than your conscious mind could or will ever be aware of.



This same part of your mind, this subconscious part, it is automatically growing this baby for you, from you, and it knows exactly what to do, just as it knows how to ensure that you constantly remember to breathe, even in your sleep. A billion things every second this amazing power, has the body to do. Turn a pain into a dull numbness it can do that easily.

Now listen very carefully with the subconscious part of your mind. I'm going to give the subconscious part of your mind some very positive and helpful instructions, and your subconscious mind can listen, hear, understand, and believe my every safe and sensible child birthing instruction, and what it means, then transfer those newer better instructions to every part of your mind and body that need to know these things to ensure that when the time is right. Well to ensure that when the time is right, then you will have a quick and pleasant, childbirth. You will feel minimal pain, and you will deliver the baby into the world and remain conscious and calm, free from excessive pain and discomfort for you during that birth time.

You are going to find that from now on, from this time on as that little baby inside you continues to grow, you are going to find that all of your focus and attention is going to be about how excited and happy you are at the prospect of bringing this new child into this old world. Therefore you will know automatically within every part of your being, that the negative opinions of others have no place in the plan of your baby's birth. There is too much positive excitement happening here to possibly ever be overshadowed by other people opinions.

More helpfully than this, you can know that as the days go by and your baby continues to grow, then eventually the day will arrive when it is time for your baby to enter into the world. Now for whatever reason, however difficult that child birth and giving birth may have seemed to you in the past,. Well on the due day, as soon as you are aware that baby is coming, you will notice to your pleasant surprise that you are rather relaxed. You will be relaxed both mentally and physically. Your primary focus will be on how happy you are to be having this baby, to be performing this miracle of life.

As you already know, and as your subconscious mind always knew, your own body can grow and accommodate a baby, so therefore it can easily and comfortably stretch to allow that baby, your baby, into this world. You are also going to find that as soon as you know that this baby is ready to arrive, as soon as it is time for you to give birth, then every muscle in your body that needs to stretch, will stretch. The muscles in your groin and pelvic area will stretch easily and comfortably. And another thing you will notice, with a little amusement to yourself, is that when the baby is ready to arrive, when you are in labour. Then every breath that you take will act like anaesthetic upon any muscles in your body that may need a little extra comfort, regardless of what muscles need that comfort or where they may be located in your body. And because you are so comfortable giving birth to that little miracle, you will also find that as you continue to relax with your breath inspired muscular anaesthetic, then your perception of time will speed up. So much so that an hour then will go by like ten comfortable minutes, and the thought of any possible pain will be so far from your mind that it won't reflect there, then.

This for you is going to be an easy and comfortable birth, no point to see or feel it any other way. Now listen very carefully with your subconscious mind and absorb every positive and helpful thing that I continue to tell you about the birth of your child.

This birth will be easy safe and comfortable for you

Your perception of time will speed up as your baby is being born

The birth will be fast and comfortable an incredible experience for you



Pain will be a far thing from your mind as your baby is being born

When you are giving birth, every breath that you take will act like a pleasant physical relaxant and anaesthetic

When you are giving birth, all of the pain sensing nerves in your pelvic area will go to sleep, and so you will feel no pain

This will be easy for you and you will do it easily, pain free and excited for the future

As well as this you can also know that your own body will recover quickly and correctly from the birth, leaving you to more effectively get on with the most important job in the world, the job of being a mother.

Now every night, or every day, I want you to spend some time, at least 10 minutes, and focus relaxation down into the muscles of your lower stomach, your womb, and into your entire pelvic region, into all those muscles. You will then know, and your body will quickly learn to completely relax. And as you focus your attention down into those muscles, I want you to breathe in relaxation and hear the words “relax now” in your mind. This you are to do every day or every night, you will, until that baby arrives. Focus your attention into your pelvic muscles, breathe in relaxation, breathe out tension and discomfort, breathe in relaxation, and breathe out discomfort. Over and over and over.

And this breathing, that rhythmical flow of air will become as an anaesthetic to you at the time of birth and also any other time you happen to feel any general discomfort



Quit Smoking Scripts





Cigarette Smoking Statistics

The average success rate for a first attempt to cease using tobacco and other physically and psychologically addictive substances is 6% (Source: The American Cancer Society). Combined with hypnosis it is about 40%.

The use of nicotine treated trans dermal patches provides an 18% success rate (source: The Journal of the American Medical Association's 1994 survey of 250,000 patch users).

Nicotine impregnated gum provided a 6% success rate of 10,000 users surveyed in a CNN poll (source: CNN News broadcast, 1997).

The success rate for prescribed pharmaceuticals such as Zyban is unknown. Pharmaceutical companies that produce anti-smoking drugs will not publish a success rate. Furthermore, these drugs have serious side effects. *Zyban's literature states that its use (as directed) has proven to cause mild seizures in 1 out of every 25,000 users.*

24% of Australia's adult population and 14% of Australia's teenagers use tobacco. The use of tobacco causes numerous diseases, some of which are fatal. It is estimated by the U.S. government that use of tobacco in the United States is responsible for the deaths of over 55,000 people per year and afflicts millions of people with serious and life threatening diseases.

Helpful Hints

Smoking cessation is one of the most common uses of hypnosis and hypnosis is probably one of the most effective treatments available to help a committed quitter stay off cigarettes. There are many different programs offered in smoking cessation using hypnosis.

Some hypnotherapists will claim a 90% success rate after just one session; experience says they are having themselves and their clients on. If a smoker does completely quit after just one session, which does occasionally happen, then that smoker was probably a somnambulist who had decided before the hypnosis that they were fully committed to quitting. Most other who quit after just one session will probably be inclined to light up again the first time they drink alcohol or face an emotional or stressful situation. Therefore to be honest with both yourself and your client you should tell them that even if they leave your clinic and don't feel like a cigarette it will take at least three consecutive sessions to ensure that there is a genuine permanent change.

The scripts included in this manual are designed for someone who is going to quit smoking immediately in one session, or who wants to taper off.

Smoking cessation with hypnosis has a higher success ratio than any of the physical means available on the market today, such as the gums, pills and patches. The reason for this is that you are dealing with the strong subconscious mind using hypnosis, where all the physical means you are just dealing with the conscious mind, which as we know is a much smaller percentage.

Here are a few things that will help your client to remain a non smoker. You should discuss the following with them on the phone prior to the session or in person:

1. They have to get rid of any cigarettes or cigarette related paraphernalia that they might have before they come to their first session. If they are already at the session then you should have them give you whatever they have on their person and to immediately remove anything left at home upon arriving there. If they can call home and have someone else remove it before they return that would be even better so they do not have to have the added

negative triggers upon arriving home. It's also important that they don't give their leftover smoke related materials to friends or relatives. They must throw them out. By seeing these items (*fancy ashtrays etc.*) at someone else's house, it will send a very strong trigger (*craving*) to the subconscious mind. Even in the case of cigarette lighters or matches, if they used them at all for smoking, they must throw them out and can get new ones if they desire for lighting candles or other things around the house.

Sometimes a client will complain that they had just bought two or three packets of cigarettes and they don't want to throw them out because of the cost, and they want to give them to friends. Respond to this by reminding them that they are here to stop smoking because they realize the dangers of smoking and how it is harming them and how much it is costing them. Ask them if they really want to hurt their friends or relatives by giving them something that they know is bad for them? Usually they will agree and throw even the new packets away.

Another important thing is that when they throw them away, make sure it's not in a place where they can go and get them again if they have a craving. It's best to have someone else throw them away so they do not know where they are or to bring them to your office and give them to you so you can discard them. It is not beyond the average person to go digging in the trash can to get their cigarettes back if they are nearby.

2. The second thing they should do is, every place in the house where they had an ashtray, for the next week, they are to replace it with a glass of water. When they return home, any time they walk past the area where the ashtray used to be, if there's a strong craving, they are to take two deep breaths, take a sip of water, and just go about their business.

By doing this they are replacing the negative habit of smoking with a positive habit of drinking water. You'll notice in the script that there are suggestions made for drinking water. The purpose of this is to be a replacement for smoking, since the mind prefers to replace habits rather than to eliminate them, and also it's so the client doesn't gain weight as a result of quitting. Most people, once they quit smoking, whenever they have a craving, usually replace it with food which is why they gain so much weight. By replacing any cravings with water, they will not gain weight and the water will help them to be healthier, and even helps with their complexion, which is a nice added benefit.

3. It is important to have them clean out the ashtray in their car if they used that for smoking. They should not just empty it but it should also be cleaned out well so the car doesn't have the smell of cigarettes in it.

If at any time they do have a craving, they should give it at least two minutes before acting on it as they take their deep breaths and some water then the craving will go away. The deep breathing is essential to do as it increases the oxygen throughout the bloodstream which will in turn relax and relieve them of the stress that they may be feeling at that time.

Also ensure the client doesn't confuse the extra energy they will have from an increase in blood oxygen levels as nervous tension and the need for a cigarette.



Smoking Cessation Single Session

So you have decided to quit smoking ... and the way that you are going to quit smoking today, is simply to relax ... that's right you're going to slow down, relax, and just let everything go ... and take this time ... that you've chosen for yourself ... to feel comfortable, relax, and totally at ease ... you have no place else to be right now ... and nothing else to do ... you have selected this time to be here ... so just let everything go ... leave all bothersome thoughts behind ... and take this time that you've chosen to be here ... to be completely relaxed ... the more you allow yourself to relax ... the closer you are to becoming a non smoker ...

You have come here today because you have a strong desire to stop smoking ... No one else has forced you to come here ... You have come here because you have decided that today is the day ... Today is the day that you have decided to be a non smoker once and for all ... No little piece of white paper wrapped around tobacco is going to control you any more ... because you are now in control ... and you have taken the first step ... here ... now ... and today ... To become a non smoker ... and by the end of this session ... in just a few moments ... your goal will be reached ... and you will leave this session a non smoker ... you will have stopped smoking ... once and for all ... that nasty habit of the past will be gone ... you'll begin your new life as a non smoker ... and you'll never smoke again ...

So as time passes by ... right now ... think of yourself in the following way ... I am a non smoker ... I have stopped smoking ... and I will never smoke again ... and as a non smoker I have the ability to be around other people who smoke ... I have the ability to enjoy life as a non smoker ... everything I do ... from this moment on ... is better as a non smoker ... it doesn't matter whether I'm at home ... at work ... alone or with others ... I am in control ... anywhere I go ... and no matter what I am doing ... whether I am having dinner ... relaxing ... driving ... working ... or having a break ... everything is so much more enjoyable ... so much better as a non-smoker.

You feel so much better ... As a non smoker ... so much healthier ... so much happier ... you'll find that each and every day you'll be able to breathe easier ... enjoy life more ... of confidence to move through you right now ... at this very moment ... realizing that you are a non smoker ... feel the confidence that you now have ... you have overcome that negative habit ... you have reached your goal and become a non smoker ... here and now ... you can feel that confidence moving through you ... just filling you up.

It is important to realize that to accomplish anything worthwhile in your life ... you must give it 100% effort ... and to remain a non smoker is no different ... you must give it 100% effort ... 100% to win ... by giving it 100% you have made a commitment to win ... you have made this commitment to yourself ... that you will always move forward ... and always give it 100% ... 100% to win ... You have stopped smoking ... you are a non smoker ... and you will never smoke again ... from this moment on ... your desire ... your commitment to your health ... is stronger than ever before.

In addition to being a non smoker ... you are also beginning a new positive habit ... one that will help you in every part of your life ... you'll find that from this moment forward ... that water will taste better to you than ever before ... that wonderful crisp, refreshing water will quench your thirst like it never has ... that life giving water will help you in every step of the way to become healthier ... you have overcome a negative habit and are replacing it with this new positive habit, of drinking water ... that wonderful refreshing water ... in fact you might even be noticing right now ... that by just thinking about water ... your mouth is beginning to become dry and parched ... This is your body's natural reaction to thirst ... you have more of a desire than ever before to drink that wonderful crisp refreshing water.



Every part of your mind and body, at all levels, can know now that you have stopped smoking. You'll find that you have more energy, energy that will be needed to be put to good use ... You'll find yourself being able to move easier ... feeling better about yourself ... There are many things you can do that will help you to be healthier ... maybe going for a short walk in the morning ... maybe parking your car a little further away at work or at the grocery store to get in a little more exercise ... you may even find yourself eating a little healthier ... all of these things ... are a natural by-product ... of becoming healthier as you have just done.

Congratulate yourself right there right now. You did this and are doing this, not me. You are now a non smoker now! ... You have stopped smoking ... and you'll never smoke again.



Stop Smoking Instructions

Soon I'm going to count backwards from **5** to **1** and when I get to one you will be five times deeper, and more relaxed, and listening closely, very closely, to what I am saying. **5, 4, 3, 2, 1.**

Now I am going to give some suggestions to your subconscious mind, and your subconscious mind will believe these suggestions and act upon them immediately in a strong happy and positive way. Your subconscious mind will believe all I say and it will transfer these new beliefs very quickly to your conscious mind, your emotional mind, and your body mind. Now listen very carefully with your subconscious mind.

You are now a permanent stopped smoker.
You don't need or want that habit any more or any longer.
And this time you will make it stick easily.

You are now a permanent stopped smoker.
You don't need or want that habit any more or any longer.
And this time you will make it stick easily.

You are now a permanent stopped smoker.
You don't need or want that habit any more or any longer.
And this time you will make it stick easily.

Stopped smoking
You want this to happen
You expect this to happen
You allow and deserve to have this happen

Stopped smoking
You want this to happen
You expect this to happen
You allow and deserve to have this happen

Stopped smoking
You want this to happen
You expect this to happen
You allow and deserve to have this happen

Your subconscious mind will allow this to happen easily.
Your subconscious mind will allow this to happen comfortably.
Your subconscious mind will allow this to happen completely.

Now see yourself at a table with other people, feeling happy and satisfied and very comfortable without a cigarette, and as you watch others lighting up you realise that those cigarettes are not a symbol of friendship or relaxation. Cigarettes are nothing more than expensive poison. Someone now offers you a cigarette from a packet, the brand you used to smoke, and you say, no thanks I quit smoking permanently. You see them accept this and move the pack away. **Deeper now with each backward count, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.**



Now find yourself at a party, imagine it's been a whole year since you stopped smoking. You've never felt better, you've never looked better and many people are smoking around you. As you watch them your thinking about how pleased you are to be rid of that killing habit. Someone comes up to you and offers you a cigarette, the kind you used to smoke. You smile inside and say no thanks I stopped smoking a year ago. Then you feel very proud of your achievement as they walk away from you.

You are a permanent stopped smoker
You don't need that habit anymore or any longer
This time you will make it stick

You are a permanent stopped smoker
You don't need that habit anymore or any longer
This time you will make it stick

You are a permanent stopped smoker
You don't need that habit anymore or any longer
This time you will make it stick

This time you will make it stick
This time you will make it stick
This time you will make it stick

This time you will make it stick
This time you will make it stick
This time you will make it stick

You have only one life one body
You need your body to live
Smoking is poison to your body

You have only one life one body
You need your body to live
Smoking is poison to your body

You have only one life one body
You need your body to live
Smoking is poison to your body

You were not born smoking
You chose to smoke
Now you choose to stop smoking

You were not born smoking
You chose to smoke
Now you choose to stop smoking permanently



Stop Smoking Affirmation

Now as you sink deeper and deeper, relaxed, peaceful, all your attention is focused on the sound of my voice. You pay attention only to that sound. Every person who has smoked a cigarette has connected smoking with other activities. Some people feel that they have to smoke when they first open their eyes in the morning or when they go to bed at night or while watching TV or in some other situations.

Many people associate cigarette smoking with some activity and that triggers a mechanism, which causes one to reach for a cigarette. We are breaking all of those mechanisms now. We will destroy every last one of them *right now*. From this moment on, whatever your trigger activities were, smoking now seems out of place for you in connection with them - yes with all of your past smoking trigger activities. The idea of smoking becomes more and more revolting to you. You can't imagine doing it. Smoking to you, is not only undesirable, it's stupid. And you don't like it.

Whatever special situations are connected with cigarettes in your past are now completely revised. There is no situation that calls for a cigarette. When you are working, cigarettes get in your way and take time and concentration from your work. When you are relaxing, they keep you from relaxing. And you are now relaxed completely, going deeper and deeper down, letting these suggestions take complete and thorough effect. From this moment on, there is no activity in your life that goes with smoking.

All activities, whether it's walking, sleeping, work or play - all go better without smoking. They go better with lungs full of fresh air. They go better with a good blood supply. Everything goes better without cigarettes. All of those old connections are broken and new connections are made. And it is going to be very easy for you. Now you go deeper and deeper. Relaxed.

Deeper, and deeper, and deeper. All of the external sounds temporarily fade away into the distance. You listen only to the sound of my voice.....and you sink further and further down inside yourself. Deeper and deeper relaxed Listening to the sound of my voice and going way, way down to that special place inside where beneficial change happens so easily. Now each and every suggestion that I have given you is reinforced ten times over as I count you deeper and deeper.

Deeper now from 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.



Stop Smoking

Now listen very attentively with your conscious and your subconscious minds because in a moment I'm going to give you some positive affirmations, self statements, and I want you to repeat them to yourself in your mind.

When I say now, I want you to close one of your fists as tight as you can and take a deep breath while you close your chosen fist tightly and hold the breath until I ask you to let go. And when I ask you to let go I want you to release your tight fist and breathe out while you say to yourself, smoking is body poison.

Take a deep deep breath and clench your fist tightly **now**, deep slow breath, and hold it, hold itrelease. Smoking is body poison.

Repeat above line 3 times

Now let the following suggestions I give to you, echo in your mind as I do give them to you, and as you repeat them silently to your self they will become deeply embedded into your subconscious, so that your conscious mind will from now on have a newer better more healthy and more relaxed, cigarette free, life from now on, will you not.

Now simply relax and repeat these suggestions to yourself.

1. ***Every day I feel more physically fit and more relaxed.***
2. ***Without cigarette body poison my body will quickly repair***
3. ***Every day as a stopped smoker it gets easier and easier better and better.***
4. ***I will remain calm relaxed and cheerful better and better.***
5. ***Everyday I will be, more calm, more clear, and more composed.***
6. ***I don't need or want body poison any more or any longer.***
7. ***Smoking was not an addiction just a suicidal habit.***
8. ***If I am offered a cigarette I will refuse it and hear the words smoking is body poison.***
9. ***Smoking is finished and stopped for me now.***
10. ***I am a permanent stopped smoker.***
11. ***No anger, no emptiness, no stress, no smoking.***
12. ***No hunger, no anger, no stress, no smoking***
13. ***No smoking, no smoking, no anger, no stress***
14. ***Smoking is finished and gone forever for me now***
15. ***Better breathing, better health, no smoking***
16. ***Smoking is body poison, no more smoking***



17. ***No more body poison, no more smoking***
18. ***I have stopped smoking never to start again***
19. ***No more need, no more desire to smoke anymore***
20. ***Never turning back to that body poison***
21. ***It is easy to stop smoking and I will do it easily.***
22. ***No stress, no anger, no turning back, no more smoking***

And now you can simply relax and let your subconscious listen to my voice, any outside sounds mean nothing except deeper relaxation. You ignore them completely. **Go deeper now, following the backward count. From; 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.**



Stop Smoking

And you must know and understand that it is very important beginning now and over the next few days that you begin to care for yourself in other ways. It is very important that you begin to drink more water and maintain a healthy diet.

Drink more water. Eat healthy food.

Relax and go deeper now from 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

You will not crave for a habit, which is negatively affecting your health,.....not crave, not crave, not crave.

Your mind can and will easily block any conscious perception of craving discomfort. From now on your sub-conscious and your conscious minds and your body will function in a manner so that you will easily no longer crave for or desire a habit that has poisoned you little by little and more and more with every puff of cigarette smoke that you have taken into your lungs.

Your sub-conscious mind will block any cravings for tobacco or nicotine or anything else to do with that smoking habit, that has until now caused your heart, your lungs and all of your other vital organs to work much harder than is necessary. But now because of the great power and control of your sub-conscious mind any craving for that viscous and lethal habit will grow steadily and markedly less and less until it rapidly reaches a permanent sub-zero level...you will simply not desire or crave for cigarettes ever again.....you will be and you will remain relaxed and at ease, pleased with yourself at how easily you stopped a habit that had such a negative effect upon your life and your well being.....you are vastly improving your life by stopping smoking cigarettes and you will continue to do so.....you will not smoke cigarettes ever again.....you will not be hungry or eat excessively.....any cravings will very quickly reach a sub-zero level due to the extremely potent power of your sub-conscious mind. You can and you will easily be able to resist any desire or cravings for any substance that is harmful to your body.....you will treat your body with kindness and consideration.....your body that serves you so unselfishly.....you will no longer consciously or sub-consciously choose to impose that undeserved burden of smoking on your heart, your lungs or any other part of your body or mind. You will begin to treat your body like your closest friend, you will find that through the immense power of your sub-conscious mind that you will easily overcome that old outworn, outgrown, cigarette habit, which we now know robs you of two minutes of your life with each cigarette you smoke, you will easily be able to give up this dirty, unnecessary unhealthy habit.

You are now a permanently stopped smoker. You are using the immense power of free will of your sub-conscious mind.....you will not be excessively nervous or tense.....you will not eat excessively or gain excess weight.....you will sleep very well and any craving for tobacco or nicotine will be minimal and will rapidly decline to a sub-zero level at a very rapid pace.

Relax and go deeper now from 5, 4, 3, 2, 1.



You are confident, completely confident, so confident that in fact you know you have easily overcome that old cigarette smoking habit.....you have let go of that habit so easily that you will wonder why indeed you ever bothered to smoke.....from this moment on, if you think of having a cigarette, if you accidentally automatically reach for a cigarette or if somebody offers you a cigarette you will immediately say no. Then a voice will echo through your mind, no no no smoking is a foolish stupid habit.....it hurts me physically.....it damages my health.....I am never going to smoke again. It costs much too much money.

You have now completely and easily overcome that cigarette smoking habit.....you will find you are able to do this very easily.....know in your own mind that it is easy and you will do it easily. Your mind can and does control your body, so now that you are a stopped smoker you will feel physically better and much healthier, your breathing will be easier and your senses much sharper.

Go much deeper now from 5,4 deeper 3, 2, 1.

You must remember that you did it, not me, its your triumph your victory, and when you see others smoking around you from now on, you'll feel delighted that you don't smoke, ecstatic you'll feel and you'll know to yourself, how foolish they look, you'll never smoke again, because the sight and the smell of cigarettes is unpleasant to you.....and when you see others smoking from now on your conscious mind will continually remind you.

That you have no desire to smoke cigarettes

That you have no need, nor any reason to smoke cigarettes

That smoking cigarettes doesn't help you in any way.

You have now made a permanent conscious and sub-conscious decision, now that you are a permanent stopped smoker.

You have completely overcome your cigarette smoking desires and you won't ever smoke again.

It will be very easy for you and you will stop smoking effortlessly and permanently.

You will feel no sense of loss or unhappiness, instead you'll feel good happy and healthy.

Now that you have made this decision to stop smoking easily, no power and no force within or outside of you can ever change this decision.

You will stop smoking easily, and you will stop smoking permanently.





Eating Control and Weight Loss Scripts





Eating Control Positive Suggestions

And now as you continue to relax more and more with every breath you take. Your subconscious mind can begin to listen, to believe and to understand that eating and eating habits, the way you eat, when you eat, why you eat, and what you eat are simply learned processes and responses to certain times of the day and certain emotional or ritualistic events and happening.

Much the same as you have learned to tie your shoelaces exactly the same way and in the same fashion every time you lace your shoes. Or the way you wash yourself in the shower, exact same ritual every time, starting perhaps under the arms with the soap, then the chest and legs perhaps next, exactly the same way every time. Then to dry yourself, start with your arms perhaps, then your back and chest and legs exactly the same way every time, learned habits, automatic responses, just like eating, you know what I mean yes you do.

Time to break that cycle for you now. Time for you to take control, time to take positive action for positive results, time to break that old negative pattern now, you don't eat when your bored, instead you find something to do. You don't eat when you're lonely, or simply for the sake of it. You will now develop newer better eating habits, you have to do you not, newer and better eating habits, so you can be slimmer, look slimmer, feel slimmer, more healthy, more feel better, more knowing you are in complete control.

Emotion has nothing to do with food; you don't eat for emotional reasons. You eat for health reasons. Good quality fresh healthy food, no more too much sugary fattening soft drinks, fresh juice, water, pure healthy drinks, no more sugar and chemical drinks. A newer and better much better eating pattern for you now, and your subconscious mind is now listening believing and remembering, absorbing every single word that I say, and what it means, transferring it to the conscious mind as you now resolve to break that old pattern. That unwanted, unnecessary cycle of eat worry, eat stress, eat guilty, and eat lonely.

You don't do that anymore, you can't, not if you want that body that you have in your minds eye that body you wish to feel yourself living in, that body you can easily have, that body you will have. You control what you eat easily. No more of those chemical package convenient poisonous foods for you, no more fat, no more sugary chocolate and too much sweets, no more too much eating, no more of any of that for you. You can do it, you will do it easily, and it will be easy for you to do. You can and you will break your old unwanted eating pattern. You can change your eating habits, to newer and better, healthier, eating habits. Your newer better, healthier, eating habits.

Time for you to take control. ***Time to do it now, not tomorrow, tomorrow never comes***, eat right, lose weight, eat healthy, feel healthy, moderate portions of fresh healthy food, only you can do it and you will do it because you must do it, must you not, yes you will.



Eating Control – Direct Suggestions

Starting right now you can and indeed you will start a new life, with a new and better, much, much better.....attitude,.....about yourself.....about your life.....about your family.....about your friends.....And because you are going to live your life in a newer.....much better.....way.....you will simply begin to flow with every aspect of everything around you.

You will become very aware of how much goodness is all around you, you will become so aware of the goodness in your life that you will feel it inside.....as a very, very.....pleasant feeling of well being, of knowing that you are conscious.....very alive.....listening to and flowing with the rhythm of your life, able to think and feel, to smell, taste love and.....experience your life. To become fully alive more and more, every day more calm, more relaxed, and more at peace.

Starting from now you will be able to flow with everything around you all of the time.....just flowing, experiencing Not hung up.....Not bothered.....Facing your life in a responsible.....happy.....relaxed way.....flowing easily along, solving easily your life's challenges.

In the same way.....starting now.....if you feel any feeling of hunger you will simply flow with it, you will feel good about it, because your subconscious mind knows that a hungry feeling means that energy is being produced by burning up body fat.....so you will know its ok to flow with the hunger between sensible healthy meals while your body uses up all the food inside. Your body has an over abundance.....of fats and sugars.....too much rich food.....chocolates.....ice-cream.....cakes and sugary soft-drinks all stored up.....creating a certain imbalance and anxiety.....but that doesn't matter from now on.....because now your body is going to use all that excess up.....because you are going to eat sensibly.....and healthily.....moderate portions of fresh food.....

No food in excess
No excess in eating

No food in excess
No excess in eating

No food in excess
No excess in eating

You will easily flow with any hunger as your body uses all that stored food.
You will flow easily and you will enjoy any hunger feeling between meals.

You will become very conscious of what, when, where, and how much you eat

When you eat for eating's sake there is no pleasure.
When you eat for the sake of eating there is no pleasure.
There is no pleasure in eating for eating's sake.

Your subconscious mind will now continually remind you that there is a difference between hunger.....and an appetite.

Your subconscious mind will always remind you that you are to only eat moderate portions of fresh healthy food, and only when you are genuinely hungry. Only breakfast, only lunch..... and only dinner sensible portions of fresh healthy food.



And from now on your subconscious mind will use its enormous and ever strong power to remind you that when you do eat, then you will eat slowly in a relaxed way.....You'll feel that there's lots of time, and you will enjoy your food and you will remain always conscious of what you eat when you eat and how much you eat.

If you ever have any feelings that you want to eat any of those high calorie, rich, fatty foods in the next few days, the next few weeks, the next few months, and indeed totally and permanently, this feeling will immediately disappear, and whenever you may think about lollies.....cakes.....chocolate.....ice creams.....and any other high calorie.....rich.....fatty foods.....unnecessary.....unhealthy foods. If you think about them you will immediately hear my voice say.....**STOP**.....

STOP it will say. You're free now, you're no longer an addict. You don't need that stuff inside your body. You're free now, you eat healthy food, you moderately eat food. You only eat to satisfy genuine hunger, you don't eat to appease an appetite. You'll hear your own voice say **STOP** and you'll smile inside and feel good, very good, you'll be in complete control. You'll know that you're no longer an addict. You'll know you're free.

You can and you will always control what you eat.

You can and you will always easily control how much you eat.

You can and you will easily control where and when you eat.

Exercise is important for your body. Your body is important to you. Now you know you are motivated to exercise. Motivated to exercise. Motivated to exercise. Walking.....jogging.....something sensible moderate exercise, a sensible moderate diet is a healthy moderate body.

So from now onwards you will simply not be hungry.....a limited and healthy food intake will easily satisfy any and all feelings of hunger you may experience.....you will eat slowly.....chew slowly.....and you enjoy every mouthful.....and you will have a full and satisfied feeling in your stomach much, much earlier than you used to.....much less food will make you feel much more, full.....and as soon as you feel that full feeling you will stop eating. You will be and you will remain.....relaxed and at ease.....free from tension.....tightness.....stress and strain.

Free from excessive physical or emotional hunger. Because of the power of your subconscious mind you will want to lose excess weight and this will happen easily for you. You can and will easily tolerate a new diet of less but more healthy food. You will now immediately stop eating too much food. You will do this easily. It will be easy for you and you will enjoy doing it and your weight loss will be consistent and permanent.



Weight Loss - Authoritative

And you know you need to identify to yourself, why you eat too much: boredom, loneliness, emptiness, or anger? a lack of satisfaction, or just a learned habit? But actually that doesn't even really matter any more or any longer, because those things have nothing to do with eating. No they don't, and you know this now. Now you will remember it, yes you will. Eating is for physical sustenance and mental balance. Eating sweet artificial things makes you fat and irritable. Eating fatty and rich foods makes you fat and lazy.

You control; what you eat, why you eat, where you eat and when you eat, easily now, because you know it's the only true way to lose unwanted, unnecessary, unhealthy fat, do you not. No more sugary soft drinks for you. When you feel hungry between sensible healthy meals you drink water, it fills you up, and water flushes your body, cleans your system. When you're hungry you drink water, and all of those fatty, sweet, unhealthy things you used to eat, you ***DON'T*** do that anymore, because if you want to lose weight, you can't. So you won't. Fruit, fruit is fat free, healthy, an easy diet, easy to learn how to eat fruit again.

Forget all that rich fatty food, forget about it, you have to, you know you do so you will, will you not, yes you will. Time for a new, slimmer, healthier you. Easy to do, slim and healthy, fresh moderate food. Drink more water, eat more fruit. You don't eat when you're bored, no sense in that. You don't eat if you're lonely no point in that, you don't eat from habit anymore, no reason for that, time to make a commitment to yourself. You're the only one who can do it. And eat you will do it can you not, yes you can.

And inside you now is excess accumulated energy, all that sugar, and all those fatty foods, all stored up, suspended in liquid, three parts liquid, and one part solid. Fuel, all stored up, and burned by creating energy, the more energy you create, the more fuel you burn, and because when you eat that sugary fatty food you get lazy, you'll have more energy now from your new and better diet. Energy you can use to exercise, sensible, easy, enjoyable exercise, walking to clear the mind, use the body, sit ups, the gym, many ways to exercise, important to exercise, easy to exercise, no excuses. You have to exercise to lose the weight, no miracle cures, you ate it on, and you have to exercise it off. Your life, your body, your choice, easy to exercise, sensible, healthy diet, sensible moderate exercise, healthy moderate body.

Eat right lose weight, exercise right lose weight, it's up to you. No need to eat all that fatty unwanted unnecessary unhealthy food. Too much food equals too much weight. Water fills you up, water flushes the system, and fruit is good. No more too much fatty food, no more craving sweet things to eat unnecessarily, no more of that for you. Now you eat slim, now you eat less, now you eat fresh healthy food. Now you eat to be healthy, you know better now.



Eating Less - Direct Suggestions

Now I am going to give some very positive and helpful suggestions to your subconscious mind and your subconscious mind will believe these suggestions and act upon them immediately in a strong happy and positive way. Your subconscious mind will believe all I say and it will transfer these new beliefs very quickly to your conscious mind.

You are now a moderate healthy eater.
You don't need or want that food habit any more or any longer.
And this time you will make it stick easily.

You are now a permanently healthy eater.
You don't need or want that food habit any more or any longer.
And this time you will make it stick easily.

You are now a permanently healthy eater.
You don't need or want that food habit any more or any longer.
And this time you will make it stick easily.

Stopped over eating
You want this to happen
You expect this to happen
You allow and deserve to have this happen

Stopped unhealthy eating
You want this to happen
You expect this to happen
You allow and deserve to have this happen

Stopped emotional eating
You want this to happen
You expect this to happen
You allow and deserve to have this happen

Your subconscious mind will allow this to happen easily
Your subconscious mind will allow this to happen comfortably
Your subconscious mind will allow this to happen happily

You are a permanent healthy eater
You don't need that over eating habit anymore or longer
This time you will make it stick

You are a permanent healthy eater
You don't need that unhealthy eating habit anymore or longer
This time you will make it stick easily

You are a permanent healthy eater
You don't need or want that habit anymore or longer
This time you will make it stick easily
This time you will make it stick easily
This time you will make it stick easily



You have only one life one body
You need your body to live
Wrong food is poison to your body

You have only one life one body
You need your body to live
Wrong food is poison to your body

You have only one life one body
You need your body to live
Wrong food is poison to your body

You were not born eating unhealthily
You chose to eat unhealthily
Now you choose to eat fresh quality healthy food





Stress, Self-Esteem Depression & Motivation Scripts





Curative Suggestion

This is a copy of the original translation of the script as written by Emile Coue in the 1920s, including all grammar and punctuation.

When you have hypnotised your subject, then whatever ailment they suffer from, whether it is physical, emotional, or psychological, it is important to always proceed in the same way using these exact words with each client when using this script. Begin Here *

Tell the subject to close their eyes

* Now tell yourself that every helpful word I say is going to fix itself deep in your mind, and be printed, engraved, and encrusted in it. Tell yourself that there it is going to stay fixed, imprinted and encrusted, and that without your knowledge or will, in fact perfectly subconsciously on your part, you yourself, and your whole entire organism are going to listen and to obey.

In the first place I say that every day, three times a day, in the morning, at midday, and in the evening, at the usual meal times you will feel hungry, that is to say, you will experience the agreeable sensation which makes you think: "How nice it will be to have something to eat!" You will then eat and enjoy your food, without of course overeating. You will also be very careful to chew your food properly so as to transform it into a sort of soft paste before swallowing it. In these conditions you will digest your food properly, and so feel no discomfort, inconvenience, or pain of any kind either in your stomach or your intestines. You will assimilate what you eat and your organism will make use of it to make blood, muscle, strength and energy, in a word: Life.

Since you have digested your food properly, the function of excretion will be normal, and every morning, upon rising, you will feel the need to evacuate your bowels, and without ever being obliged to take medicine or to use any device, you will obtain a normal and satisfactory result.

Furthermore, every night from the time you wish to go to sleep, until the time that you wish to awaken the next morning, you will sleep deeply, calmly, and quietly, having pleasant dreams, and upon waking you will feel perfectly well, cheerful, and active.

From this day forwards you will be more naturally happy and more contented, full of zest and energy, and always looking at the bright side of things, and as a matter of fact, you are going to feel perfectly contented, possibly without any particular reason for it.

If you are also subject to occasional fits of impatience or ill-temper you will cease to have them: On the contrary, you will always be very patient and you will become a master of yourself, and the things that worried, annoyed, or irritated you, all of those things will henceforth leave you absolutely indifferent and perfectly calm.

From now on if you are sometimes attacked, pursued, haunted by bad and unwholesome ideas, by apprehensions, fears, aversions, temptations, or grudges against other people, all that will be gradually lost sight of by your imagination, and will melt away and lose itself as though in a distant cloud, where it will finally disappear completely. As a dream vanishes when we awaken, so to will all of these vain images disappear.



To this I add that all of your organs are performing their functions properly. The heart beats in a normal way and the circulation of your blood happens as it should. The lungs are carrying out their functions, as also are the stomach, the intestines, the liver, the biliary duct, the kidneys and the bladder.

If at the present moment any of them is acting abnormally, that abnormality is becoming less and less every day, so that quite soon it will have vanished completely, and the organ will have recovered its normal function. Further, if there should be any lesions in any of these organs, they will get better from day to day and so will soon be entirely healed. With regards to this I also say that it is not necessary to know which organ is affected for it to be cured. Under the influence of all this suggestion, the subconscious acts upon the organ, which it can pick out itself.

I must also add – and it is extremely important – that if up to the present you have lacked confidence in yourself. I tell you now that this self-distrust will disappear little by little and give way to self-confidence, based on the knowledge of this force of incalculable power, which is in each and every one of us. It is absolutely necessary for every human being to have this confidence. Without this confidence one can accomplish nothing. With this confidence one can accomplish whatever one likes, within reason of course. You are going to have this confidence in yourself, and this confidence gives you the assurance that you are capable of accomplishing perfectly well whatever you wish to do – on condition that it is reasonable – and also whatever it is your duty to do.

So when you wish to do something reasonable, or when you have a duty to perform, you will always think that it is easy, and so now the words **difficult, impossible, I cannot, it is stronger than me, I cannot prevent myself from**, all of these dis-empowering negatives disappear from your vocabulary; they are not English. What is English is: **It is easy and, I can.** By considering the thing easy, it becomes so for you, although it might seem difficult to others. You will do things quickly and well, and without fatigue, because you will do things without effort, whereas if you had considered it as difficult or impossible, it would have become so for you, simply because you would have thought it so.

In short, I mean that from every point of view, physical as well as mentally and emotionally, you are going to enjoy excellent health, better health than you have been able to enjoy up to this present point in time. Now I'm going to count from 1 to 10, and when I say 10, you will open your eyes and come back here to full alert consciousness. You will come back quite naturally, without feeling in the least drowsy or tired; on the contrary, you will feel strong, vigorous, alert, active, and full of life. Further still you will feel cheerful in every way.

Ready now from; 1, 2, 3, 4, 5, 6, 7, 8, 9, 10.



Stress

And you know that when you were younger, then that time was before you were older, but what is older compared with younger. You're as young as you feel and as old as your age and so older people may look younger while younger people may feel older. Going somewhere while we go nowhere everybody went somewhere once or twice perhaps thousands of times, trillions of things going on in a billionth of a second. So much happens while nothing happens when a day feels like a million years long. What did you want then if you wanted anything did you not?

Like driving down an endless highway, going nowhere listening to a favourite tune and the rumble of the engine above the cabin noise, but hearing nothing really, seeing nothing much. driving.... automatically and eventually getting where you thought you were going only to forget how and why you got there. then what's next always waiting for what's next, that won't bother you anymore or any longer that won't, go deeper now, deeper and deeper and deeper, more and more relaxed, comfortable, floating, listening. And now the subconscious mind should listen very closely and very carefully while the conscious mind drifts where it will, and now its easy, easy to realise and remember and understand that what could have been never was and what should have been is what wasn't, you can let all those negatives go now, gently, safely, peacefully, new and better understandings now for you, clearer, happier, more patient, more calm, and you see things clearly and responsibly and you let go.

Let go of all those destructive negative thoughts and beliefs that have confused the conscious mind for too long and too often. The subconscious mind can let all of those unwanted, unnecessary, destructive behaviours and beliefs go right now and the subconscious mind can let all that go now, and you can calmly and comfortably feel it all leaving your mind and body now. And you can know that you will now have a new, better, clearer, more understanding mind from this moment on, yes you will, will you not and from this moment on you will feel clearer more patient, understanding that you have plenty of time, relaxed, flowing with the rhythm of your life, easy for you, and this will happen more and more each day it will, even more so when you have left here, more and more even when you are no longer here anymore, more and more and more.

And you can know that the past is gone it can never be changed, what was, is, what was, past negatives gone now, let go, relax, deeper and deeper and deeper. The power of the moment, all power is in the moment, live in the power of the moment, right here right now, that is where you always are, living in the power of the moment, now you choose to use every moment to its fullest, motivated, happy, thinking positive constructive thoughts, flowing relaxed, no matter how difficult or trying some things may appear to be, it's all only an opinion, change your thoughts to change how you feel, you now always feel good from your happy positive, constructive thoughts, do you not, yes you do. You now understand that negative, trivial, destructive thoughts are a waste of time and create nothing of value for you, deeper and deeper, go much deeper now from **10,9** relaxed **8,7,6**, listening **5,4**, deeper and deeper **3,2,1** floating - drifting deeper and deeper.

And as you feel your new and better thoughts from your new and better thought pattern, as you feel them improve you more and more each day, more confident, more happy, you will easily dispel any negative thoughts that may pop into your mind, because they will simply pop out of your mind, so quickly in fact that you will be able to easily and completely..... more and more each day, and if you ever get the feeling that you want or need..... you will immediately release that feeling and forget about it, that feeling will have no place or acceptance or belief in your conscious or your subconscious mind because it is gone now, you control it easily, and you didn't want them..... You don't need them and now those old destructive negative thoughts are gone now, gone and gone forever.

Self Worth Enhancement

And now in this deeply relaxed trance state, as your subconscious mind now hears, listens to understands and remembers my every word. Now, I would like you to remember a time in your life A time in the past A time when you got the flu and you felt really bad remember? Remember how your stomach feels when you're sick like that, and how your head feels And there's the nausea, and the weakness. And when you're so sick like that, it drags on does it not. Seemingly endless, and you wonder if it will ever be over.

And so you feel so exhausted So tired So worn out and depressed and you may recall how horrible..... a high temperature can make you feel, how hot you feel. And with high temperatures sometimes our perceptions can become altered and distorted. You lie around and don't do much and the time..... passes sometimes so slowly. Then sometimes our sleep is so fitful that we have nightmares, or confused mixed up dreams and we can't seem to think too clearly.

Then sometimes you can get the cold sweats, perhaps in part, because it can get worrying when you start having vague fears that you won't ever get over it, or that maybe it's more serious than you'd imagined. And yes, at those times you can easily feel so alone, so cut off from the world, but most of the time we are the ones who cut ourselves off when we are sick, because we feel so rotten and probably also because we're afraid we'll make others sick and miserable. We can't imagine anyone wanting to be with us. So we have little illusions as to what we imagine that we might be missing out on and then it is easy to wrongly believe that the world can seem so hard and uncaring and not understand how sick you really feel, and yet this is now the time when you really want and need..... attention love and caring.

But you know as really miserable and horrible as that was..... You got over it..... Rather easily when you think about it And it really wasn't very long at all before you quickly began forgetting how miserable it all was, was it not and because you were so completely miserable, it seemed endless then..... like some undeserved torture. But you lived through it and you lived through it a lot easier and quicker than what you thought at the time did you not?..... Then a little while later, well then a little while later, you vaguely even remembered that it had even happened..... Did you not. It felt like such a long..... long..... time ago, that very quickly it hardly even continued to even influence you in any way..... So soon after that you very rarely even thought about it anymore, because there was no need. It was simply just something that happened long ago and so many good and happy things happened later that they just sort of obscure and outweigh any brief periods of pain and unhappiness. And so now with this pain that you've been through, even though it was much worse than the misery of the flu it also will now seem this way to you and so very, very soon it will be hard to even remember how bad it was.

And you know that when we're miserable or hurting, we usually don't realise any hidden benefits that will soon arise from our suffering. Because through the process of suffering, and almost always without having any conscious awareness of it..... Yes through the process of suffering we change inwardly..... We become stronger..... No pain no gain. So as we go through the many turmoils of life The pain The fears The hurt..... and the loneliness, we grow stronger much stronger. Stronger internally we grow. It's as though; because of our adversity and suffering, we've been made stronger inside, more immune to some things because we've been through them now. So we begin to change..... Often without even realising it, and we develop a greater sense of compassion and empathy for others who suffer and we quickly learn to appreciate, that without unpleasant experiences in life that we wouldn't be able to so fully enjoy and truly appreciate how wonderful the good and happy times really are.

Now your subconscious mind can use its tremendous and immense power to let it all go now..... That's right..... And you will begin to feel an inward strength developing deep in your being as you continue daily to realise just how easy all that past suffering is to get over and leave behind you. As they say..... A smooth sea never made a skilful sailor And you know this to be true. And how easy indeed it will be for you to truly realise and come to believe that your pains and struggles have actually made you stronger have they not, like a tree, strengthened by the winds, painful experiences for a foundation of strength. So therefore deep inside, you now have an inner knowing, an inner strength, because knowing as you do that you have survived what you have survived you now have the strength to easily cope with anything that may come along. And because you will now have a new bettermore relaxed consciousand subconscious..... attitude and beliefs..... You will soon be very happy to notice how much more positive and motivated you have quickly become, and also you will enjoy new and better attitudes towards yourself and others..... Because your subconscious mind will use its immense and powerful influence and enable you to easily let go of all those, outworn..... Unnecessary Unwanted habits and beliefs..... The subconscious mind will now let go of all that unwanted..... unnecessary, clutter that has confused the conscious mind too often and too easily, The subconscious mind can let it all go..... And the subconscious mind can do this now, and you will feel all that inside as a wonderful pleasant sensation of release..... And relief..... Know now that from now on you will have a much much more calm..... More positive confident and understanding mind. You will easily and quite happily be able to tolerate the people..... the placesand things that used to disturb or annoy you. No they will not bother you anymore, will they not, no they won't bother or disturb you any more or any longer those things won't. Because from now on you will be able to easily and happily adjust to your environment, you will easily, because you now know most things are too hard to change and you know the easiest way to change anything is to change your own attitude. You know..... Inner feelings..... from outside reflections..... It's obvious is it not that the only way to change for the better is to think better, by having better thinking Relaxed..... confident..... happy..... non-opinionated thoughts..... The kind of thoughts that..... you..... will think from now on..... The kind of new and better thoughts..... from your new thought pattern..... New and better thoughts..... mean..... A new and better life.....for you..... Do they not.

Relax and go deeper now 10,9,8,7,6,5,4,3,2,1.

And as you feel your new and better thoughts from your new and better thought pattern improve you more and more each day, then every day you will find yourself better able to feel happyand in complete control..... And to easily achieve for yourself..... that picture of yourself..... that you have in your minds eye. As you want to be..... As you can easily be..... as you will be from now on. You will be able to easily control all of your emotions.....

And all of that unnecessary..... unwanted destructive anger is now totally and completely gone. You didn't need it You didn't want it..... And now it is completely..... totally and absolutely gone, because now your subconscious mind has released that anger and it is now gone. So now the opinions of other people will not bother or affect you they won't. And you will confidently stand up.....strong on your own two feet.....always creating a better.....more motivated.....more relaxed..... And much happier life for yourself..... You will



Your anxiety is now all completely gone

Your belief in yourself is strong and confident

You do not and you will not worry about things

Your self confidence is high and strong

You feel very secure happy and motivated

Other people's opinions never bother or effect you

You don't worry about things you understand them instead

You have strong faith and belief in yourself

You relax easily and it is easy for you to relax

You don't get angry instead you smile and walk away

You think happy, sensible, strong and rational thoughts

You easily control your emotions easily

Your future is bright happy and confident you are bright happy and confident

You look for and you find the good and positive aspects of all things

You can, you will, and now you always do, easily control how you feel, control how you think, and control yourself, your emotions and your very positive thoughts, always and easily.



Self Confidence - Self Esteem

(Can be used as a continuation of self worth enhancement)

And you have now become so deeply relaxedthat your subconscious mind has become extremely receptive to every word I say. So extremely receptive that indeed everything every single word I say and what it means will sink very very deeply into your subconscious mind and will cause such a deep and lasting impression that no conscious thought..... deed.....action..... anybody or any influence or change..... can ever eradicate the positive and helpful things that I'm telling your subconscious mind.

Consequently these things these very positive things that I put into your subconscious mind will begin to exercise a greater and greater influence over the way you think and also over the way you behave.And..... because these things I tell you will remain firmly embedded in the subconscious part of your mind, then after you have left here when you are no longer with me here..... then these helpful things that I am telling your subconscious mind these things will continue to exercise the same great power and influence over your conscious awake thoughts and all your actions ... just as strongly just as surely just as powerfully after you have left this office when ever and where ever you may be, regardless of what you are doing.

Your subconscious mind is now so very attentive..... that everything I tell you that is going to happen to and for you, for your own good and general well being it will happen exactly as I tell you. And every feeling that I tell you to experience then experience that feeling you will ... just exactly as I tell you. And this will continue to happen to you every day just as strongly..... just as surely just as powerfully where ever and when ever you may go or be.

And now you can begin to notice during this deep and very relaxing trance..... you can now begin to notice how you are beginning to feel much physically stronger and fitter more motivated in every way. You feel much more alert your mind is much clearer and you feel receptive and more wide-awake more alert more energetic and you always feel better about yourself. Your mind will be much clearer and more ordered from now on you will become much less easily tired much less easily fatigued much less easily depressed much less easily discouraged. Every day you will become so deeply interested in whatever you are doing in whatever is going on around you that your mind will become completely distracted away from yourself. You will no longer think nearly so much about yourself You will no longer dwell nearly so much upon yourself and you're imagined troubles or difficulties and you will become much less pre-occupied with yourself and with your own feelings.

Every day you're nerves will become calmer strongerand much steadier..... Your mind will quickly become calmer and much clearer more self composed..... more placid more tranquil.....and you will feel much, much better about yourself. You will become much less easily worried..... much less easily agitated..... much less easily fearful and apprehensive.....much less easily upset. You will be able to think more clearly..... you will be able to concentrate more easily. You will be able to give your complete and total undivided attention to whatever you are doing and consequently your memory will rapidly and vastly improve and you will be able to see things in their true perspective. You will lose all desire to drink alcohol to excess and you will not drink alcohol to excess as you now realise that alcohol robs you of your real and true abilities, dulls the

mind and blocks any real or true thoughts from getting through So now you will immediately and permanently severely restrict and limit how much alcohol you drink from now on.

You will be able to see things easily in their true perspective..... without ever allowing things in your mind to get out of proportion. Everyday you will become emotionally much calmer..... much more settled.....much less easily disturbed. Everyday you will becomeand you will remain more and more confident in your own abilities and you will relax mentally and physically less tense and less bothered each day even when you are no longer with me.

And as you become and as you remain more relaxed and less tense each day so you will develop much much more self confidence in yourself much more self worth much more self confidence in yourself more self confidence in your ability to do not only what you have to do each day but also more confidence in your ability to do whatever you ought to be able to do without any fear or failure without feelings of inferiority or low self worth without anxiety without uneasiness. So because of this every day you will feel more and more independent more and more in complete self control more able to stand confidently on your own two feet to hold on easily no matter how difficult or trying some things may appear to be.

Every-day you will feel a greater feeling of personal well being a greater feeling of self-control and security than what you have felt for a long long time. And because these things will begin to happen exactly as I tell you they will happen from this moment on more and more rapidly powerfully and completely you will from this moment on feel you will feel much happier much more contented much more optimistic in every way. You will consequently become much more able to rely upon more able to depend upon yourself your own efforts your own judgements your own opinions. You will feel much less need to have to rely upon less need to have to depend upon any other people. You will have a strong and sensible knowing of your own self worth self confidence and self love you will do things easily because you will know that you can, can you not, yes you will.



Motivation

Thoughts, your thoughts are the seedlings of your circumstances, are they not, yes they are. Unwanted, un-needed, petty, selfish, lazy, un-empowering thoughts give you nothing. No you don't do that thinking any longer. It leads to nothing. Strong powerful thoughts, like your positive new thoughts lead to action the kind of new and better self empowering action you will now have from your new and better thoughts. You now allow your mind to clear and you feel your subconscious mind release all of that negative lazy un-necessary confusing clutter. You will begin to quickly decide what you want, and then plan how to get it.

Thought, action, manifestation; or thought, effort, result. Nothing for nothing, dreams and idle wishes bring more dreams and idle wishes. All creation results from thought. Every action creates a reaction. There are two forces in the universe consciousness and matter. Consciousness controls matter. You get and you create what you think, by how you think, do you not. And you now choose to think positive strong controlled thoughts, no more wasted thoughts. Strong positive powerful thoughts mean a strong positive powerful life, do they not, yes they do. You now choose to focus your positive thoughts clearly and use your abundant energy and inner resources to create what you want for yourself. To create for yourself, that dream for yourself that you have in your minds eye. As you want to be, as you can easily be, as you will be.

You choose to use your energy and to focus your thoughts and create for yourself exactly what you want. Thought, action, manifestation. Deep down you know and your sub conscious mind knows you have many talents, some have been dormant for a long, long time, others exist as yet only as potentials, which is proof of an endless options of potentials for you, for anybody. Thought, action, manifestation. Dreams are empty without reality your reality is created by how you think. You don't do that negative self- defeating thinking anymore. Powerful, strong, positive, self-empowering thoughts for you from now on. Endless, unlimited opportunities. You now look for and use every opportunity to its fullest. More motivated, happier, more positive, more in control, and you know you can, do you not.

And now you can know, you can understand and you can remember that if you always do what you've always done, then you always get what you've got. You now choose to do positive sensible, self-empowering things and you know that you have to do what ever is necessary in a safe and responsible way to get what you want. Try does not have a meaning for you anymore or any longer, to say I'll try is to say I'll fail. You don't try anymore, you do, and you do to the best of your ability, and you do have the ability. You utilise your time and use every moment to its fullest in a positive happy abundant way as you take control of your thoughts and your actions always creating a newer, better, clearer more positive understanding of yourself and your life.

There is no more I would if I could for you. I would if I could ends for you now, a complete permanent ending, replaced deep in your mind by a much better belief, a new motto for you now, a powerful new motto that you will remember and use often. A new simple, two words, self-empowering motto that you will use to strengthen your better thought patterns. The two words that now will go through you mind many times whenever you are faced with a challenge are **I can**, your new motto is **I can**, and now you will know that you can, will you not, yes you can. No excuses, no laziness, no giving up.

Always going forward, aware, alert and ready to act. You don't put things off until tomorrow anymore, that's wasting your life, and you now live your life. You do things now, not tomorrow because tomorrow never comes. You choose what you create and you create what you choose. Now you know that you have only one commodity on this earth, you realise and understand that. That one commodity is energy. Your energy, and the more you empower it, the stronger and more real your life becomes. No effort, no reward. Big effort is big reward.

No such thing as something for nothing. Something for something, nothing for nothing. You now give it your all. You focus, you concentrate, and you give it your all to get what you want. I'll try has no place in your thoughts or beliefs any more. I'll try is finished for you. The new belief, your new belief that enhances your energy is, **I will**.

I will empowers you, I will focuses you and brings you want you want quickly and effortlessly. You now realise that you don't simply try anymore. To say I'll try, is to say I'll fail. You don't try to do anything anymore. You just do, and from now on you don't just do your best, you do whatever it takes, because when you do whatever it takes you get what you want, you do get what you want, do you not? Yes you do.

Doing whatever it takes, gets you whatever you want

Doing whatever it takes, gets you whatever you want

Doing whatever it takes, gets you whatever you want

And you can do that easily can you not, yes you can. Will you not, yes you will.



Insomnia

Induce trance and say the following

So you have been having difficulty getting to sleep, staying asleep, or being asleep? Well we are going to fix that for you right now in a way that will enable you to go into a deep and restful sleep any time that you wish to sleep or need to sleep.

Now imagine that you are in a very long well lit hallway or at the door of your bedroom, also notice that there is a bed there and somebody is asleep in that bed. When you can find that go a little deeper and give me a finger signal. (Wait for finger signal and say "Good that's right").

Now move closer to that bed and that sleeping figure and notice that it is you in that bed, asleep deeply, resting peacefully. Notice the way your breathing is rhythmically lifting the image up and down, as the lungs expand and contract in pace with the breathing rate. Now when you're ready I want you to imagine that you are going to slip into your sleeping image, flow into it on an in-breath and go deeper into trance, right there, right then, when I click my fingers. Ready now? (Click Fingers and say). Go in there now and go deeper and deeper Good that's right.

Now listen very carefully with you're subconscious mind. In the past you have been having trouble going to sleep, or perhaps you have been having trouble getting to sleep, or maybe once you have gone to sleep, you wake up much too early then can't get back to sleep.

From now on and permanently into the future you are simply going to find that whenever you wish to sleep, or need to sleep, you will simply go asleep. You will find that every night from this moment on you will be sleeping deeply and that when you are asleep you will remain asleep until it is the correct time for you to awaken. Of course should you need to awaken for any necessary reason such as an emergency or to use the bathroom, then you will do so and return then back to bed and go into an even deeper sleep there, than what you were then.

From now on, whenever you want to sleep, you will quite automatically and naturally quickly drift into a deep and beneficial sleep. This will happen for you automatically, you will comfortably expect it to happen and happen it will, just exactly as I have told your subconscious mind now that it will.



Nail Biting

And you know don't you, that I don't think for even one second that you really like those stubby little fingernails of yours, and yet you have been biting them most likely since before you could consciously remember. And to tell you the truth I can't understand why anybody would gnaw at their fingernails for all those years and never get anything more than a teensy, teensy little piece of fingernail to chew up or spit out. All those years of frustration and never ever even just one decent sized piece of fingernail to chew on. I can't really see any sense in all this, can't you? All that frustration, all that pain in the tops of your fingers, all for what, all for nothing except stubby bitten fingernails. Well you have come here for my help. My help to rid you of this silly unwanted habit and yes I will help you.

So now I'm going to give some suggestions to your subconscious mind and because your subconscious mind also wishes to help you improve yourself, through the immense power of the subconscious mind it can quickly decide now that indeed your conscious mind will simply forget about bothering to bite those fingernails, because you will always be so determined not to bite or nibble at the end of your fingers or your fingernails. In fact your subconscious mind will now no longer allow you to put your fingers near or on your mouth except to eat, drink or for any other sensible or necessary reason. You will not bite your fingernails any longer. You will just stop biting or nibbling your nails as from now and not bite them any more or ever again. You will allow your nails to grow long and strong, well-presented, attractive natural fingernails will become very important to you. Your fingernails, you will be proud of them. You will never bite your fingernails again. You can't see any sense in it and you actually will soon find yourself wondering why you had such a senseless useless habit.

Nail biting is very unpleasant to you and now you just don't do it. So from now on, instead of biting your fingernails you will instead simply, easily and automatically close your hand, close your hand you will and immediately think of something else, something pleasant, and no, no. No you will not ever bite your fingernails again. You will let your fingernails grow and grow they will. You will enjoy watching them grow, and you will never bite them again, no need to eat your own flesh. You can know you have stopped so easily you'll be surprised, and happy and you won't start again, not ever, because you will enjoy your longer nails immensely, and you also know that there is not one single valid reason, there never has been and there will never be. So now you have permanently stopped biting your nails for your nails to be grown, as they should be.



Nail Biting script two

I want you to see a picture now of your hands with your fingernails showing very clearly. Bitten, jagged fingernails and the sight of these bitten jagged fingernails will fill you with resolve to never bite those fingernails again. And as you look at the picture the resolve to never bite your fingernails again grows stronger and stronger. And now you can see your fingernails in the picture begin to grow, more and more until they are perfectly formed and well manicured, that's right. And when you see them perfectly formed and well manicured, you can give me a finger signal.

Goodthat's right

Now as you hold the image of these perfect fingernails in the picture, I would like the subconscious mind to do whatever is necessary to transfer the feeling of resolve to never bite your fingernails again, over to the conscious mind in the best and quickest way it know how and the sub conscious mind does know how. Now I would like the subconscious mind to do this now, and to give a finger signal when this is done.



Past Life Regression

Although nobody has ever brought back any “solid evidence” that human consciousness is an endless continuum, there is now much, scientific, evidence available to strongly suggest that this is in fact the case, (refer “Its All In The Mind”, training manual one).

Past life regressions are an interesting experience to say the least, and they do indeed appear to be extremely effective in regards to the healing of many so-called psychosomatic conditions.

Because clients usually desire to have the experience written down or recorded on tape, it is essential (once hypnosis is induced) that you tell the subject that; **“The Muscles Of Your Voice Will Work Quite Fine”** and that there is no need for them to struggle to speak. If you forget to do this, it can become a struggle for the person to talk, and there is every chance that they will come out of trance.

IMPORTANT NOTE:

When the regression is over and ready to be terminated, re-orientate the subject back to the present environment, date, and time, before you terminate the trance, or they may remain in a vacant state of mild confusion for some time.

To terminate a past life regression correctly; Say the following;

In a moment, I am going to begin to slowly bring you back to the same day in the same year as where you were before you went into that very deep pleasant relaxing trance. And you will consciously remember of this trance what you need to remember, memories that can help you in a positive and beneficial way, on many levels.

Now to bring you back I'm going to count slowly from 1 to 10, and with each forward count you will simply come a little more awake, then when I get to 10, I will click my fingers and you will come absolutely wide awake feeling very refreshed, calm, happy and relaxed. And perhaps as I do bring you back the subconscious mind could use its immense power to transfer any helpful and beneficial, new learning's, to the conscious mind, the emotional mind and the body mind. Now I'm going to begin to count forwards, and when I get to 10 and click my fingers you will be awake here **in**, (place), **on** (day and date, including the month and year).

Ready now, from; **1)** Coming back now, **2)** Feeling fine and pleasant, **3)** Comfortable, more awake, **4)** Happy, remembering, **5)** The physical body comes back to full and wonderful sensation, **6)** More and more alert, **7)** The conscious mind comes clear and alert now, **8)** Almost fully aware now, **9)** Feeling clear and bright minded, **10)** Eyes open, fully alert and aware now, feeling fine (click fingers).

The following two past life induction scripts can be utilised once the subject has been induced into trance, and will assist subjects to find a way into the realm of hypnotic timelessness, they are both very effective hypnotic keys to activate deep subconscious memory processes. Without being suggestive or coercive, recite the scripts slowly and quietly, always allowing your subject plenty of time to familiarise themselves with the experience before you request a response. You will notice after the induction, that the further into your questioning you go, then the clearer and more rapid their responses will come.



Script 1.) In your imagination, I want you now to find yourself in a long well lit corridor, very safe and very pleasant. In that long well lit corridor, you'll notice that there are many different paintings hanging along both sides of the walls.

Now when you're ready I want you to walk along that corridor, taking all the time that you need, until you find a painting with a scene that seems familiar to you, and when you find that painting of a familiar scene I want you to give me a finger signal or just say "yes", (wait for the affirmative response, then say).

Good, now when you're ready you can simply easily and safely walk straight into that painting. You will feel no emotion and nothing physical, this is just one of your past lives and you are simply and clearly observing it. When you are inside that painting, you can let me know.

Once the client has acknowledged that they are inside the painting then you can begin to ask the required questions; e.g. Where they are, do they recognise anything or any other person, what is the year, are they male or female, etc, etc.

It is common practice to lead a subject to the last day of, and observe their death in the "life they are reviewing during the regression" before you bring them back to the present time. (This is done by suggesting that the client goes to the very last day of that life, at that time)

Note; Not too many people have been Cleopatra or Julius Caesar, in fact many people seem to experience a rather violent or tragic death during these regressions. This is why it is so important to tell them that they can feel no emotion and no physical pain.

Script 2.) Now I am going to count back from 10 to 1. As I count back you can simply go deeper and deeper into trance and before I get to one I want you to find yourself on a beach on a warm pleasant day. Note the crystal clear water, and hear the waves rolling in, notice the cloudless blue sky. When you find yourself there a finger signal will do (wait for finger signal, then say.)

Now, look to your left and notice a long strip of pure white sand stretching endlessly into the distance, when you can see that, just let me know (wait for acknowledgement then say.)

Good that's right, now I want you to turn to your right and to notice a strange but pleasant mist is floating all over the beach. Now when you're ready I want you to walk into that mist, you will find that you can easily walk through to the other side, and when you do get to the other side then you'll notice that you're in another place, a place that is strangely familiar to you. Take all the time that you need. Let your imagination work to help you, then when you find yourself in that other place you can simply let me know.



Past Life Regression Script

(Taken from Past Life Regression Training Manual: Dr. Brian Weiss)

Begin here when the subject is in trance.

Now visualise, imagine, or feel a warm light completely surrounding your entire body and being, as if you are in a cocoon or a halo of pure light. This protects you and relaxes your skin and all of your muscles ... letting you feel even more peaceful, even more calm, and more relaxed.

Now in a moment I'm going to count back from five to one. With each backward count, you will feel more and more peaceful and calm, and the level of your relaxed state will deepen and deepen, until by the time I reach one, you will be in an incredibly deep state, your mind will be freed beyond the normal limits of time and space. You are then able to remember anything from any time that has a particular relevance to you.

5. Deeply relaxed.
4. Going even deeper now.
3. Nothing bothers you now, nothing disturbs you.
2. Nearly there now.
1. Deeper and deeper. Let your mind wander now.

You are in this deeply relaxed state, but if you feel any discomfort for any reason, now or later, you are in complete control, and you could open your eyes and come back to complete calm awake awareness at any time that you wanted to. So you could now end this session and not proceed with the regression merely by opening your eyes, then you will immediately return to your normal awake state, with full control of all of your psychological and physical functions, feeling wonderful, relaxed, and refreshed.

If you choose to continue on and go further, visualise, imagine, or feel yourself descending slowly down a long and glowing staircase, step by step. **(Pause)**

At the bottom there is a doorway with a bright light on the other side.

You are feeling completely relaxed, at ease, and very much at peace.

Descend down the stairs, walking towards the door, knowing that your mind is no longer presently limited by space, or time, or normal conscious logic, and that you can remember everything that has ever happened to you.

When you pass through the door, into the light, you will be in another time.

Now, allow your subconscious mind to choose the time, whether from this life or from any other.

You may be going back to a time from which a symptom of yours, a feeling, or a troubling relationship first arose, the root cause (long pause).

Emerging into the light, now look down at your feet. See what kind of footwear you are wearing, whether shoes or sandals or cloth, or perhaps none at all.



Now begin to look up your body...

Look at your clothes...

Look at your hands...

See what you looked like then...

Is it daytime or night time?

Are you inside or outside?

See if you can find out the date (pause)

Look around, observe the environment, the architecture, the plants and trees, and whether any other people are around you. If there are other people, you can talk to them and they might answer your questions.

Find the answers to your questions, to your recent life symptoms or problems (long pause).

Spend time exploring that period. You can even go backwards and forwards in that time if you needed or wanted to.

If you feel any anxiety, just float above your body, observing rather actively feeling and participating. Or simply open your eyes and end the entire procedure if you prefer.

Explore any significant events and understand, from your greater prospective, why they happened and what they really mean.

You can understand now (long pause).

See if any people from that lifetime are with you in your current life (long pause)

If you wish, go to the end of that lifetime and experience your death (long pause)

Float above your body and review that entire life. Whatever lessons you had to learn will seem very clear to you now (long pause)

Now it is time to come back. ***(Refer to appropriate PLR termination on page 44)***



The Hall of Regression Present Life

Pre-Talk

Now just remain completely and deeply relaxed, that's right. Now I want you to find yourself in whatever picture, image, sensations or pleasant feeling presents itself to you, in a pleasant, light safe and comfortable hallway. You feel welcome here, comfortable and free from any and all anxiety and fear.

As you look down the hallway ahead of you, you can see that on your left is a plain blank wall all the way to the end of the hallway. On your right, there are doors evenly spaced..... all the way to the end. Each of these doors is numbered And each number represents a year of your life your age in each succeeding year. You can now look to your right and find that you are standing in front of a door marked with the number of your present age, right now. The next door is marked one year younger, the next, one year younger, and it goes like that a door with a number for every year of your life, all the way down to the other end of the hallway.

At the count of one, I want you to imagine that you are walking rather slowly down that hallway, looking at every door as you go by, aware that on each door is number that represents that year of your life and that behind the door is a room representing that particular year of your life. It contains all of the stored memories good and badfrom that year, all filed away so that they will only be seen when we choose to see them. When you come to a numbered door at which you feel some need, some desire, or inclination to stop, then stop, stop and signal me.

Wait For Finger Signal

Good, that's right. At the count of one begin walking slowly down the hallway in your imagination (count on clients' exhalation). Ready now? Three, Two, One, (Sit patiently and watch for the finger signal. Each client will move at his or her own speed, so wait). (If you find yourself waiting more than five minutes, ask): Where are you now? (Wait for client to respond, verbally).

All right, continue on down the hallway. Check out the rest of the doors. If you reach the end of the hall before finding the appropriate door, use the same signal that you would when you found a door. Wait again, when the client gives you a signal, ask. Where are you now?

Hypnotist. Good, that's right, now *"At the count of One, open that door and step into that room, closing the door behind you."* You will find yourself in a fairly large, square room, with bare white walls. The only thing you will see is that right in the middle of the floor there is a pedestal, about waist high. It has two buttons on top of it, one green, and one red. Walk over to the pedestal and stop, then give me a finger signal just as you did when you were back in the hallway. Ready now? Three, two, one! Go in, shut the door behind you, and walk over to the pedestal. Signal me again when you are there. (Wait for the client's finger signal and then say)

"Now in a moment I'm going to count back from three to one, but before I do I'm going to lift your (left or right) hand then as I count back from three to one, when I get to one I'm going to drop your hand into your lap, and as I drop your hand into your lap at the count of "one", at the same time I want you to reach out and push that green button. When you do, some event or incident of importance from that year, that age numbered on the door of the room you are in, in your mind, will appear on the wall opposite the door where you came in, or perhaps it will appear as a memory in your mind. Either way is OK. If at anytime you feel that you need to stop this event, you can just push the red button, and that event will immediately stop and disappear very quickly.

So, now at the count of “one”, push the green button; then speak comfortably and tell me exactly what comes to you, either on the wall or in your memory. Don’t think about it. Don’t question it. Whatever comes to you, just tell me. Ready now? Three, two, one! Push the green button. *(Again, be patient and wait for the clients’ response, up to a full minute if necessary)*

(At this point, be ready. When the client mentally pushes the green button, almost anything from no perceptible reaction to an abreaction can occur. The subconscious “feels” why you’re here, and its earlier attempts to reveal and vent what it has stored here are often largely responsible for your clients presenting issues or complaints. When the client reveals to you whatever comes at this time, it may be all or part of what you are looking for. In every case it will be relevant and important. It might be a rape, incest, rejection, death of a loved one, separation, some accident, an illness, a childhood quarrel: almost any emotional event. But whatever it is, when it is revealed in this manner, it is important for the client)







Scripts for Children





Children are very easy to hypnotise, especially before the age of twelve or thirteen because at that stage of development the mind is still absorbing information at a tremendous rate and the child still cannot completely divorce fantasy from reality. The younger the child is, down to around three, the easier hypnosis becomes. Younger children can close their eyes and pretend extremely well, if you get a child to do this, they will quickly forget that they are pretending and become totally involved in the journey you take them on. With children it is effectively just getting them to close their eyes and pretend, or imagine they are watching a TV with a remote control, and tell them it's their TV and there remote control.

Before you begin, ask the child if they would like to play a game; a game in which they are the boss. Explain that to make the game work properly, they have to close their eyes and keep them closed no matter what, but that every now and then, at any during the game time, you will ask them to open their eyes, and when you do ask them to open their eyes they might notice that their eyes are a bit heavier to open than the last time and that that's one of the most fun things about the game. Once you have agreement from the child get them to close their eyes and then begin, every few minutes interrupt yourself and tell the child to open their eyes and notice how heavy they are, then close them and go back to the game. (*This is child fractionation*)

Use a lot of praise and positivism when performing hypnosis with children, they are excellent subjects and they respond very well to positive hypnosis. A point to strongly consider when working with children is that their greatest terror is abandonment, and their greatest desires are love and security. Sometimes there may be better ways than treating children's disorders with Dexamphetamine or Ritalin, but you are only the humble allied therapist and not the doctor who prescribed the medication; In the therapist situation keep your medication opinions to yourself.



Magic TV Induction

(Ages 3 to 9 years)

Would you like to watch my magic TV? *(As soon as child nods agreements say,)* Close your eyes and make yourself as loose as a rag doll.... That's fine. Now let's make believe we are going to your house.

We walk up the walk, open the door, and walk into the room where the TV is. I'll turn on the set as you lie down on the floor and get ready to look at the picture. First we can hear the sound. Now, here comes the picture.

The cartoons are on and all your favourite cartoon characters are mixed up together. How many different cartoon characters are there? Which one do you like the best?

If you open your eyes, the cartoon characters will go away. As you look up at the cartoons, isn't it funny, you can't open your eyes. You don't want to open your eyes because you want to watch the cartoon show.

Now, you continue watching this cartoon show and you don't have to pay any attention to me unless I tap you on the shoulder like this. *(Press shoulder)* I will be talking to you but you won't pay any attention to me unless I press your shoulder. Now just watch this funny cartoon show because the longer you watch it the funnier it gets and the more relaxed you become.

(Proceed with direct suggestion programming)



Egg Timer Induction **(Age 3 to 9)**

The sand in the glass comes from the bag that the sandman carries. If you watch the sand closely, it may make you very sleepy. When all the sand has trickled through to the bottom of the glass, or even before, your eyes will close and you will be fast asleep. Although you will be deep asleep, you will be able to continue to hear everything I say. Now watch the sand fall and notice how sleepy your eyes have become.. *(If the eyes haven't closed by the time the sand ends say softly, "Now just close your eyes.")*

Deepen the trance with a backwards 5 to 1 count with gentle shoulder presses. Talk to the child in a lulling voice telling him/her that she/he is a very special and important child. Include some general self-confidence suggestions.

(Start the suggestions)



Bucket of Water Induction

(Ages 5 – 10)

Have child sit in a very comfortable position then ask him/her if they would like to play a game of imagination. When the child says yes say;

Now just close your eyes and keep them closed until I ask you to open them. I want you to imagine that, on the floor of the right side of your chair, is a large bucket of warm water. It is not easily in reach with your right hand. *(Establish that the child knows left from right, if not, indicate which hand by touching the appropriate hand.)*

I want you to imagine that floating on top of the water in the bucket is a large rubber ball. What colour is the ball? *(Have child indicate the colour of the ball.)* Now put your hand on top of the ball and push the ball down to the bottom of the bucket.

Now release the ball and notice how it floats right back up to the surface. Now, I want you to keep pressing the ball up and down in the bucket. Notice that each time you press the ball down into the bucket you grow more relaxed. More and more sleepy...

That's right just keeping pushing the rubber ball up and down in the bucket and notice how you are growing sleepier and sleepier. No matter how sleepy you become, you will always be able to hear my voice and the sound of, my voice will help you to relax even more... That's right, just keep pressing that *(colour)* ball up and down, and notice how you can sleep deeper and deeper.

(At this point you may either do a 5 down to one deepening technique or allow the child to continue deepening his/her own trance and begin programming portion of the session.)



Face on Thumb Induction (Ages 5 – 10)

Ask the child if he/she wants to play a neat game? When the child says yes, on the child's thumb closest to you draw a picture of a happy face. **(Put a happy face on thumb so it shows when palms of hands are facing downward.)** Then place his/her hands on his/her lap with the palms facing down. Tell the child to fix his/her gaze on the thumb and not to take his/her eyes off of it.

Next place your hand over the child's hand being careful not to cover the happy face. Start to exert a gentle pressure down on the hand while at the same time giving the suggestion that his/her hand is becoming heavier and heavier.

Gradually lift the pressure off the hand and as the pressure slackens tell the child that his/her hand feels light and airy and floats gently upward into the air, toward his/her face. Have the child continue to watch the face in his/her thumb as it comes as it closer and closer to his his/her face.

When the hand touches his/her face, he/she is told his/her eyes will close and he/she will go deeply to sleep. Be sure to tell the child that he/she will be able to hear everything that is said.

Say, "As your eyes close, your hand descends or falls slowly to your lap, and you feel relaxed all over and become soft and limber as a rag doll."

After the child is in hypnosis tell him/her to slowly, but silently begin to count backward from 100 to zero. Tell the child that as he/she is doing this he/she will continue to hear your voice, but not to pay any attention to it. Tell him that when he reaches zero to raise a finger on the hand closest to you to let you know that he is finished.



Child Health and Happiness

You can open your eyes now and look up at the ceiling... You don't need to look at anything special, just whatever you find interesting.

I'm going to count from ten down to one. Close your eyes a little more with each number I say. I want you to have them stuck shut by the time I reach the number one.. Let your eyelids close tighter. You can test your eyes after I reach the number one to be sure you have them shut...

Ten...nine...Feel your eyes closing shut...eight...seven. Feel your eyelids closing together...six...five...they feel like they are growing together now...four...they feel like they are glued tightly shut...three...two. After I say the next number you can test your eyelids to be sure they are stuck shut...one. Test your eyelids now and be sure you have them stuck shut.

Now, let the muscles around your eyes relax and keep them closed until I tell you to open them. You are following my suggestions very well... Now you may begin feeling like you are drifting into a state much like a state of sleep and you'll still be able to hear what I say.

I want you to pretend that you are going to play near a swimming pool or a lake, or right by the ocean. It's a nice warm day. If you are by the ocean, just imagine that you are digging in the sand. It keeps getting cooler as you keep digging down deeper and deeper. The air smells nice and fresh. You are feeling so good and happy that you are really enjoying yourself.

Some of your friends are coming to play with you now. You can have fun splashing and playing in the water. Notice how good the warm sand feels on your feet. You have really been enjoying yourself.

Some of your friends are coming to play with you now. You can have fun splashing and playing in the water. Notice how good the warm sand feels on your feet. You have really been enjoying yourself and now you feel like you want to find a shady place and lie down and rest.

Now you are lying down. Take a deep breath now and feel your self really relaxing... and now you are holding a very special flashlight. That flashlight can shine any place you imagine. Imagine that light shining inside of you now. It's shining all around the inside of you, making sure that every part of your body is healthy. You can see the inside of your body and notice that it is a good, healthy condition. That flashlight shows that your body is getting healthier and stronger each day.

And now see that flashlight shining inside your head, showing you that you are very intelligent. It shows that you have a good mind and that you learn very fast. It also shows that your grades in school will keep improving more and more.

And now shine that flashlight all over your body. That light is helping you to continue growing happier and stronger enabling you to keep enjoying life more and more each day.

You are feeling happiness and joy all around you now ... And you are feeling thankful just say to yourself, "I am thankful."

Being thankful helps you to feel good. Feeling good enables you to sleep really well at night and you wake you each morning feeling strong and healthy and happy. Everyday you keep having more confidence in yourself and you continue improving in all areas of your life. You can realise that you are loved and your happiness keeps increasing more each day.

Positive Suggestions for Children While they are Asleep

You are a wonderful person.

I (we) love you very, very much.

You are loved and respected.

You continue to feel more and more self-confident each day.

You are a very good friend.

You make friends easily because people naturally like you.

You are healthy and happy.

You are very intelligent.

You are very loving and kind to yourself and to others.

You are wonderful.

It's easy for people to like you.

You learn school subjects very easily and enjoy learning what your teacher teaches you.

You enjoy school more each day.

You feel very self confident about yourself

You love yourself and respect yourself so you take good care of your self

I (we) love you more and more each day.

You are a wonderful person.

You are a wonderful and loving person.

It's easy for you to learn and remember good things.

You are healthy and happy.

You have pleasant, enjoyable dreams each night.

These suggestions should be spoken while the child is sleeping. Parents should read the suggestions just as they are. The suggestions have been carefully designed for maximum effectiveness. Parents should speak in a whisper, loudly enough to be heard, but softly enough to allow the child to continue sleeping. Suggestions can be given every night if desired and then, once or twice a week whenever needed.



