

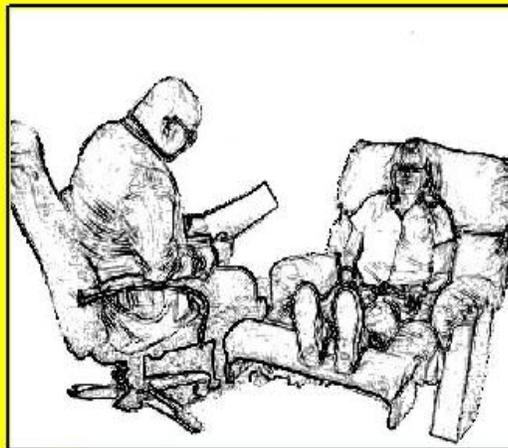
Hypnotherapy Scripts III

100+ Scripts

ORIGINAL SCRIPTS

**Created by instructors and graduates of the
American School of Hypnosis**

Includes Scripts for:
Smoking Cessation
Weight Loss
Past Life Regression
Childbirth
Confidence
Restless Leg Syn
& much more . . .



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HYPNOTHERAPY SCRIPTS III

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HYPNOTHERAPY SCRIPTS III

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A Safe Place in Nature (*Grounding*)

By Suzanne Shapiro, CHP

Now, I'd like you to sit comfortably. It is easy to notice that as you take a breath in, the muscles in your abdomen expand. Then as you breathe out, those same muscles soften and relax naturally. Stay with this awareness now as you feel yourself relaxing with those muscles down to a space that is at the bottom of the breath, inhaling again naturally. Repeat this cycle allowing yourself to let go of other agenda in your mind as you feel the movement of the breath in your body ...sinking down a little bit deeper with each exhale, being in the space at the bottom for a moment. Repeat to yourself "I need do nothing, I need do nothing" as you find yourself relaxing deeper and deeper and deeper ...

Imagine that you are a child of four able to use all your senses while present in the NOW of your subconscious mind. As you allow yourself to let go and feel free to explore the vastness of nature, pretend you are skipping down a path of circular stones into a magical forest. You find yourself sitting in a huge hollowed out tree ...Hear the owl hoot as the full moon appears in the sky. The sounds of other animals can be heard, along with a soft cawing. Believe that your enchanted tree is part of this immense forest ... It goes on and on as far as you can see into the distance. Only you know about this spot. ...here you are safe ...no one can find you or harm you in any way.

As you look around your safe place, you notice the smooth wood inside the tree forms thick protective walls. You see all the ancient tree's innumerable rings and as you gaze up, you see Heaven above you. Then a small fire bursts open in front of you to keep you warm. You feel the soft dirt beneath your bare feet, tunneling down to the molten center of the earth. The dank, musty smell of the earth reaches your nostrils as you breathe in peace and stillness. It is quiet now in your safe haven away from the rest of the world. Now you feel just Oneness ...a part of each atom of nature in this place. Let it all flow gently and serenely around you as the branches of the tree embrace you securely. You are safe in your womb-like tree. There is no beginning, no end, just foreverness ...United with the ALL and The Divine. So safe, so secure.

Accepting non-sexual nudity

ASH

Notice: This script is designed for people that have a strong discomfort with basic nudity, such as in a locker room at a gym, or with a spouse when they are alone in their bedroom changing. They must be willing to change how they see themselves and how they see others when nude.

This script is written for non-analytical people.

When you are relaxed and in the comfortable place, I want you to use your imagination. Picture yourself standing in front of a tall mirror, the kind of mirror used in dressing rooms at stores. Picture this mirror in a room that is very private and you are the only one in the room.

As you see yourself in the mirror, imagine yourself there without any clothes on. As you look at your body in the mirror you realize that you have a wonderful body, a beautiful body that was made just for you. You enjoy the feeling of the air on your skin, the feeling of being relaxed and enjoying being nude. Your body gives you great comfort and pride, even if it's not the shape you want it to be. You understand being nude is better for your body, it is more comfortable and enjoyable.

Everyone's body is beautiful in its own way. Knowing that is true, you are comfortable seeing other people nude and with other people seeing you nude.

You are comfortable with your spouse or significant other seeing you nude, and you are comfortable seeing them nude. In any situation where nudity is normal, such as in a locker room at a gym, you are comfortable being nude and seeing others nude. When you are in places where wearing clothes is expected, you do so. When you are in a place where being nude is normal, you are comfortable being nude and seeing others nude. Being comfortable being nude and seeing others nude brings you a great deal of peace and joy.

You are proud of your body and ignore rude comments made about you or others. You are strong and proud of whom you are.

Anger Management

By Joshua Kurtenbach, CHP

Now, I want you to remember how you feel right now, this very second... So relaxed, so calm, so peaceful. Remember how wonderful you feel right now, how right it feels to be so relaxed, so calm, and so peaceful. Hold on to this feeling... Good... Now relax even deeper becoming calmer and more peaceful.

You find that you enjoy being relaxed, calm, and peaceful, and know that in the past when you were angry you were not relaxed, but stressed; not calm, but angry; not peaceful but warlike. This is not how you want to feel any more isn't that right? That's right; you want to feel so very relaxed, calm, and peaceful. You find that the little things that used to make you angry no longer anger you anymore. In fact, when someone does something such as cut you off on the street you merely smile and think, "Have a nice day," not sarcastically, but genuinely. Because saying nice genuine things to people who have done things that in the past would have angered you causes you to become relaxed, calm, and peaceful. And you like how that feels, don't you? Yes, that's right. It feels wonderful to be calm and at peace. *(Insert any other specific anger triggers the client gave to you before the session and replace them with reacting to them by being genuine, relaxed, calm, and peaceful.)*

However there are other situations that may come up in the future that are out of our control. Some of these situations used to make you angry. Now if you ever feel yourself getting angry, instead of getting angry you will simply say to yourself STOP! And you will take three deep, calm, relaxing breaths, holding them for 3 seconds each. When you take these deep, calm, relaxing breaths you will remember and recall this wonderful feeling of relaxation, calmness, and peacefulness. So instead of being angry you will feel relaxed, calm, and peaceful... Now if you ever feel yourself getting angry, instead of getting angry you will simply say to yourself STOP! And you will take three deep, calm, relaxing breaths, holding them for 3 seconds each. When you take these deep, calm, relaxing breaths you will remember and recall this wonderful feeling of relaxation, calmness, and peacefulness. So instead of being angry you will feel relaxed, calm, and peaceful... So now, you will no longer be angry but relaxed, calm, and at

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peace. You love to feel this way and want to feel this way. Instead of getting angry and acting hastily you say to yourself stop, take three deep breaths, holding them for 3 seconds, and calm down. Able to respond to the person in a calm, confident, and peaceful manner.

Because that is what you want isn't it? To be free from anger, yes. And know that with these tools you are now free from anger. No longer a slave but in charge and control of your emotions, especially anger. You are free, and will now be able to be relaxed, calm, and peaceful in place of being angry. And you like that don't you? Yes you do, and it feels good to be in control of yourself, and it feels good to be relaxed, calm, and peaceful. And that is what you are... Relaxed, calm, and peaceful.

Anxiety

ASH

You know that your mind has all the resources, the capacities and abilities from now and farther to be a quiet person and relaxed.

Sometimes during our lives, we learn to be stressed, nervous, anxious as an indirect answer, of our insecurities, maybe it is because we have problems with our self esteem, dedication problems, the poorest of our experience, feelings of inferiority, momentary fears or maybe because we have traumas from the past.

But now your subconscious mind knows and has the answers, it has the means of auto healing to live a quiet life, your mind is healing right now, your deepest, and biggest emotional injures will be located and your mind is able to cure any problem, any conflict, any pain, or any injure, that is why right now you are feeling calm and quiet and that feeling is increasing, your mind is finding and solving one by one each problem, conflict every minute, now little by little our character defects, our fears, and anxieties are being modified to become ourselves better, stronger, more secure and with more integrity persons that is why you feel how your body is being building inside tranquility, calm, and relaxed, and strength outside, you will notice it as soon as you open your eyes, you will feel how you are in a very deep calm and tranquility, and it will increase every single day, because this experience is showing it that way.

You will control your feelings, emotions and there will be not anything that disturbs you, you will not be worried about anything, there will be only calm, serenity, and tranquility.

You will be calm, while things are happening, they will not affect you, you will be strong, and firm to solve these situations, but with wisdom, strength and tranquility.

Now you know your life is quiet and relaxed, now you know how to shake the anxiety and everything you worry about, you know it doesn't work at all. They are obstacles and hindrances that you can take them out. You know how to do the right things, you transform them into wisdom, relax, and

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tranquility.

Your mind and your feelings are calm because they have learned and used to be this way, healthier and more adapted to a quiet and prosperity life, and you will go on, everyone will be amazed with this new person full of tranquility, and the deepest inner peace.

Assertiveness

ASH

You realize how important you are. Think about it. Accept it. You are empowered. People like you because you always know what is going on.

You know how to get things done and although you were taught to be quiet and respectful, you know you have something to say. You know how to talk to people, how to teach people, how to look in their eyes and understand where they are coming from. You can tell them things . . . You take your life experiences, learned knowledge and listening skills to effectively communicate your thoughts to people.

Remember some people are unable to understand rational thoughts and explanations and they may not be able to understand everything you suggest to them. So, move on to people who are open to your input. Don't get caught up in negativity. There is love in you and all around you. Embrace it, be happy and move on each and every day.

Bad Mood (release)

By Ami Shah, CHP

As you breathe deeply you are inhaling all the positive energy and exhaling negative feelings. And with every breath you are becoming more relaxed, confident and happy....

You are no longer feeling stressful because of the office work and people who works in the office. You are a very strong person and no one can bother you emotionally. From now onwards you are in charge of your own feelings. From now when ever you leave from office you will leave all the tensions stress and emotions back in office.

As soon as you step out of your work place, you will see the sky and take a deep breath. With that deep breath you would feel same positivity and happiness as you are feeling right now and you would let go everything, which has happened at the work that day. And you would reach home in a good mood and smile on your face. Your family is happy to see you in this good mood.

Just visualize a beautiful garden.... Where you are spending a quality time with your kids after coming back from work.... They are playing and enjoying. You are happy when you see them happy. There are no thoughts in your mind regarding your work or work people. You are feeling just wonderful. You are feeling proud to spend time with your family and they are even closer to you than before.

Whenever you start thinking about your work again when you are not in your office just take a moment and look at the sky and take a deep breath and imagine you are inhaling the positive energy and exhaling all the negative thoughts from your mind and body.... Or just close your eyes and imagine the garden where you spend time with your kids.... All your thought would disappear in no time and you would be again a happy going person.

Back Handspring

By Nick Iles, CHP

You can do a back handspring. Imagine yourself doing the back handspring. Where are you? What does the facility look like, and what are the colors of the mats? What surface are you on? Is it a soft mat, or a hard tumbling mat?

Now imagine yourself bending your knees and starting to lean back. As you swing your arms up aggressively, you jump as fast and as powerfully as you can. What does this feel like to you, and where do you feel it? What muscles are creating this power?

As your feet come off the ground, you reach back as far as you can with open shoulders until your hands start to approach the floor. Right before your hands contact the floor, you extent through your shoulders creating an aggressive pushing action with your arms to bounce off the floor.

What does this feel like to you and where do you feel it? As you push you body off the ground you use your stomach muscles to pull you legs over your head and you continue pulling them until they land on the floor.

Imagine yourself completing a perfect back handspring. What does it feel like to make the back handspring? Where did you feel it in your body? What did it feel like to jump aggressively and push off your hands powerfully? Now imagine you are telling your family, your friends, and your coach that you made a perfect back handspring. What emotions are you feeling right now? And let those feelings run through you body.

What is different now that you have completed you goal. Are you more confident? Are you more relaxed? Whatever it is, let it fill your body.

Becoming Romantic / Charming

By Khoury Johnson, CHP

Close your eyes. Now take a deep breath and exhale, now I want you to relax and imagine yourself being prince charming. And while you are relaxing I want you to stay focus on my voice. Each breath that you exhale the visual of you becoming romantic is going to get stronger and stronger.

See yourself holding flowers giving them to someone. Now take a deep breath and exhale and relax deeper and while relaxing deeper know that it's ok to be romantic at any time, it's ok to ask someone to the show or out to dinner, it's ok to be romantic.

As of today romance is going to become a part of your lifestyle. Take a deep breath a just relax continue to stay focus on my voice. As romance becomes part of your lifestyle, you will feel good about doing romantic things. When speaking, complements will just flow off your tongue. You will become the center of attention; everyone will wish you were a part of their life. As you take a deep and exhale your charm will become natural, it will become a part of you. Every time someone speaks to you, you feel the eager to be charming and so you will be very charming.

I want you to now imagine how excited everyone will be seeing the new you. The new and improved Prince Charming!

Blood Pressure

By Lynne Ann Habel-Murphy, CHP

You are a healthy person. Your blood pressure runs perfectly smooth through your body. The vessels of your body are rejuvenated by the flow of blood streaming through its veins calmly, steadfastly. Your blood pressure is perfect. Your blood runs like music through your veins. You can feel it feeding your organs. You feel healthy. It is steady. There is no rush just a perfect steadfast flow. You are a young, strong, vital being.

You don't ever think of ill health. You know you are healthy. You are strong. When you get upset you take a deep breath then exhale. Your body can do all it wants to because it is healthy. Your blood keeps your organs healthy cleansing your liver, your kidneys, your brain and your heart. All systems are on because your blood flows at a perfect tempo.

When stressful situations come about, you don't clench or tense up. There is no more high pressure. You know your body is in balance. Your blood's flow is a constant, flowing through you in perfect harmony. Your heart is happy. Its beat is strong and steady. It feels no pressure. You feel great. You don't have to worry anymore. You are rested. You're at peace. You never have to think of your past health situations. You are perfectly healthy. You have no more worries. Your mind has healed your body. You have told it to do so.

You have taken control of your actions. You eat healthy. You choose to not include added salt in your diet. Your good diet feeds your blood and heart keeping you healthy. You will not allow your habits to interfere with your health. You have only good habits. You have perfect balanced health.

Body Image

ASH

You are learning more and more how to love your body. You are appreciating more and more how much your body does for you. In the past you didn't feel all the benefits your body was giving you. But now, you are intimately aware of the beauty of how your body works. You can experience your body as a temple of the divine.

You feel so honored and grateful that you are still alive. You allow and enjoy all the feelings in your body and you become attuned with the information your body is giving you. From now on you allow more joy, more love, more peace, to radiate from you. You are a strong.

Imagine that you are walking in a beautiful garden, with the sun shining on you. Imagine that every step you take is a celebration of life. You can feel all the trees, flowers and plants around you. There is a great communion between you and every living thing. You can feel your heart beat, love is radiating throughout your body and every living thing. You are radiating this love even while you are making positive changes to your body with exercise and healthy food.

This is easy for you now, because you have learned to love the person in your body. You now have the power to love, accept and cherish all of who you are. In the future you even cherish your flaws because you see yourself as a unique individual dancing in the divine play of this world. From this point forward you are continuously perfecting your self-care. Sleep, relaxation, showers, cloths, work is getting better and better.

Breast Reduction and Lean Bodybuilding

By Janus Carson, CHP

The way you see your body is very important because whatever body image you hold in your mind your body must become. Your mind controls everything your body does, easily and effortlessly. Your mind will reshape your body the same way, easily and effortlessly. This is all going to be so very easy.

Now I want you to imagine your body is producing all the hormones and chemicals that are needed to change your body the exact way that you desire. Feel the sensations as these hormones and chemicals double and then double again in strength. Feel the fat turning to lean muscle tissue. It is very exciting to feel the wonderful way your body reacts to your mind so easily and effortlessly. Imagine your body is right in front of you, just as it is right now. Form the body until it looks exactly like you and raise your right index finger as soon as you see it clearly and perfectly.

Good, Now I would like for you to watch with amazement and extreme happiness as the breasts on your body shrink rapidly to the exact size and shape you desire. They are the perfect breasts you have always wanted and you are filled with joy.

You watch with excitement as your arms reshape themselves quickly to the precise form you wish them to have, lean strong arms perfect for you in every way. Feel the happiness growing in you as you see the arms you have always wanted before you, it feels so very wonderful.

See all the fat disappear from your torso as it changes to lean muscle quickly before your eyes, your tummy drawing in until you can see a hint of a six pack just as you desire. How good does that feel? Most of your body looks perfect for you that must make you extremely happy.

Now feel that happiness at least triple as you watch your thighs and legs become leaner and stronger and any remaining unwanted fat turns to muscle quickly and easily. Standing in front of you is now your perfect body you have always wanted in every detail. Look at how very wonderful that body is and tell me how you feel.

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Good, now I want you to step into that perfect body. It feels so very good to have the body you have always wanted. Feel the energy level of your new body, so strong, so agile and so wonderful. Now I want you to imagine that you are in the forest in your new body, Take a deep breath and notice how good the forest smells and listen to the birds singing. The weather is perfect and you begin to run. Easily and effortlessly you glide over the ground completely relaxed. You are running faster than you ever have yet, you are relaxed and breathing easily. Hear the leaves crunching under your feet and feel how good your body feels. Jumping over brush and darting around trees is easy and effortless. This is the most amazing run you have ever taken, you feel ecstatic as you realize you have run two miles and you are still breathing easily and effortlessly.

I want you to go to the place in your mind where you keep yourself image, when you get there raise your right index finger. Good, now step out of your new body and put it where your elf image is as you put it there your self-image will dissolve and this new image will seal itself in place so tightly that no matter how hard you try you won't be able to move it. Go ahead and try as hard as you can to move it. OK, you can stop trying now. This is now your strongly rooted self image. Anytime you think of yourself it is the image you will see. No matter how hard you try you cannot change this self-image. The more you focus on this self-image the faster your body will conform to it.

You now have a strong self-image and you know how your new body will feel so even if you were to try to fail you would still attain the body you have always wanted. You have total faith that this will work perfectly now don't you? Yes that's right and you are in full control of your body.

Chi Kung Enhancer

ASH

This induction is designed to develop the correct Tai Chi mind/body principles fundamental for success in any type of energetic (Chi) bodywork.

Stand with your feet together. Eyes are slightly closed and directed downwards. Breathe in through the nose. Follow the stream of cool air down to the lower belly (Tan tien).

I am able to relax at will.
My head is suspended from an Invisible Thread.
My Shoulders Hang and are Relaxed.
My Joints are Slightly Bent and Relaxed.
I continue to relax & allow my lower back to drop.

My Spine is Pulled Straight and my weight sinks with gravity below my feet. I am able to feel and sink my awareness. My hands fill with energy as I continue to relax

As I breathe in, my awareness sinks deeply into the ground. As I breathe out my awareness sinks further into the ground. My arms flow with energy as I continue to relax.

As I breathe in, my awareness sinks deeper into the ground. As I breathe out my awareness continues to pour into the ground. My shoulders fill with streaming energy as I continue to relax.

As I breathe in, my awareness sinks deeper into the ground. As I breathe out my awareness sinks deeper and deeper into the ground. My chest expands with energy as I relax.

As I breathe in, my awareness sinks deeper into the ground. As I breathe out my awareness sinks deeper and deeper into the ground. My legs fill with heavy energy as I continue to relax.

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As I breathe in, my awareness sinks deeper into the ground . As I breathe out my awareness sinks deeper and deeper into the ground. My whole body pulsates with flowing energy. I am totally relaxed.

I am calm. I am comfortable. I feel the pulse of this streaming energy throughout my body.

Childbirth

By Doreen Marchetti, CHP

As you feel the first twinges of your abdomen tightening, you are so excited to be in labor, experiencing contractions. Each time you feel your abdomen start to tighten, you feel the rest of your body totally relax... You are more and more relaxed, as your abdomen gets tighter and harder... your face... your lips... become more and more relaxed... From your face to your toes is so relaxed ... you feel as though you are floating in a hot tub.

With the start of each contraction you feel such joy and peace... knowing that each tightening of your abdomen brings your baby even closer to being in your arms... snuggling against you as you breath in that new baby smell.

As your contractions become closer, and closer, you happily remember they can only last up to one minute... as you get close to the minute mark you feel so relaxed... and so proud that you are allowing your body to do just what it was designed to do. Your body is so relaxed... and filled with love... peace... and joy... as it brings your baby closer... and closer... to being born.

Each tightening and loosening of your abdomen is relaxing you more than you thought possible. You allow your body to ride the wave of each contraction... breathing comfortably... tight... tight... tight... to the crest... then loose... loose... loose... breathing comfortably... to the end....

Each tightening and loosening of your abdomen... is reminding you to allow your body... to do its job. Your body is perfect.... Your body is giving birth... it is totally relaxed and at ease... moving your baby closer to being held in your arms.

When the doctor, midwife, or nurse examines you... you feel your body relaxing even more than ever. You feel so joyful experiencing the miracle of birth.

When you hear the doctor, midwife, or nurse tell you to push... you do what comes naturally... with joy and excitement. You are fully in the moment, bringing your precious child into the world. Each time you hear the

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word push... you go deeper and deeper... more and more relaxed as you help your body gently pushes your little angel out of the birth canal.

Your body is so relaxed...your mind is full of peace...your heart is full of joy. You feel so relaxed and at ease... looking forward to getting to know and care for your precious new baby.

Confidence I

By Cara Jepsen, CHP

It is evening and I'd like you to imagine yourself outside at the park. Although it is night, you look up and the sky is full of stars, and the night sky is beautiful and radiant from the moon. An overwhelming sense of joy and feeling of excitement overcome you, as you know anything is possible. You look down, and in front of you is a warm and friendly camp fire...

This camp-fire is keeping you warm under the night sky. This is a magical camp-fire, as it will erase the obstacles that are getting in your way. Just rest here for a moment, as you feel the crisp evening air on your cheeks, and listen to the fire crackle, and the flames dance merrily...

Reach down under your chair...you will find a poster that says the word, "Fear."...Go ahead and pull it out from under you....and look at these large letters that say fear....in a moment, you will be tossing this poster into the fire... and releasing all fear that you have.....but first I want you to look at these big letters, and know that you have no fear; that you made it up....the universe is only designed to support you for your highest good....know you are safe, and loved....go ahead, and do that now....toss, and release.....there, good job.....reach under your chair....and pull out the second poster that says the word, "Uncertainty"....look at these large letters and sit with uncertainty for a moment....soon, you will be tossing this poster into the fire, and releasing all uncertainty to this magical fire....but first, you understand that you can allow yourself to fall in love with mystery and awe....from this moment on, you will not allow yourself to be stopped by uncertainty....you will make your decisions based on what is best for you, in this moment, and begin to trust your higher self.....so go ahead, and do that now....toss the poster Uncertainty into the fire, and watch it dissolve....as the poster dissolves, so does uncertainty out of your body....great job....

You are feeling more and more sure of yourself, and confident, and excited...go ahead and reach for your last poster under your chair, labeled, "Judgment."... Do that now.... as you look at these words in front of you, you will be releasing your judgment about others, and yourself, into the fire....you realize the moment you judge, you are restricting yourself expression in the world....so go ahead, and throw the poster, Judgment, into

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the fire.....and as you watch judgment dissolve in front of you, you notice how light your shoulders feel. You are open, and confident.... you know that there is nothing in the way between you, and success.... you should be proud of yourself as you just released, and let go.... and as you awaken, you Will be instilled with a new sense of confidence, and living in excitement a now, anything is possible for you.

Confidence II

By Baskar Davin Ramsubhag, CHP

You are here because you want to feel confident about yourself and way you are going to do that is just by relaxing.... Yes, that's right just sit back... relax.... and allow yourself to accept all the suggestions that I am about to give you.... Just unwind, that's right ... unwind. I see you wearing something nice and complement you well.... And you are at your Ideal weight.... That is good you are on the right path and you have become more confident about yourself.... Everyone is saying look how great you are looking.... Yes hear it.... Believe it and all the guys are coming up to you asking for dance.... What do you do? Say yes.... That's right you have said yes.... How do you feel about it? Good... right, see your confidence level became stronger now.

Visualize yourself at work.... and your boss comes into the conference room where you are giving a presentation... And your boss is impressed with your presentation.... The hours and efforts you have put in to it. Your boss has announced that you are currently being considered for promotion.... Yes a promotion ...Now see yourself getting this promotion... yes you got it how does it feels?... how is your confidence level now.... You are feeling so great, because you getting your own office.... and an assistant, increase in salary and it feels so good....

Your boss invites you to a party and you are not feeling inferior to other people.... You are now the centre of attention everyone is clinging to your every word.... they are so fascinated by you that you attained such a good position at a tender age.... Yes believe it. It feels so good now that you are pick up such good energy and receiving positive energy. They are acknowledging how down to earth you are.... your boss is saying to everyone you are a great asset to his company and your confidence level is at your peak... yes feel it How does it feel?... that you are climbing up the ladder to success and obstacles are away from you And now that your confident level is at your peak, you have accomplish everything that you set out for. Congratulations!

Confidence III

By Joshua Kurtenbach, CHP

I'd like you to visualize, picture, or imagine, that you are at the top of a staircase with 20 stairs. Now this staircase can be any way you want it, as long as it is well lit and has a nice sturdy handrail. It can go straight down, or it can curve to the left or to the right. As long as it has 20 stairs and a nice handrail... Now I'd like you to notice the beautiful full-length mirror just to the right of the staircase... And I'd like you to picture seeing yourself in that mirror. Notice how you look, how tall you are, and your posture, just how you normally would stand...

Now I'd like you to remember a moment, any moment, when you felt confident. What did you look like? How did you stand? What did your voice sound like? Remember the feelings of confidence you felt, along with any other additional positive feelings... Pride... Happiness... Pure confidence... Feel those feelings now; just notice how easy it is to feel them... How easy it is to feel confident...

Now I'd like for you to look in that mirror again, but this time I'd like you to see yourself standing confident in front of this mirror. Feel those feelings of confidence, pride, contentment, and any other you associate with being confident. Notice how they intensify with each slow, relaxing breath you take in... See yourself standing tall and confident in this mirror. Notice your newly found good posture, how you make eye contact, and how you smile... I'd like you to get a good picture of yourself standing confident, more confident than you have ever felt before... Once you have a good picture I'd like you to raise a finger of your choice on your right hand... Very good, it feels good to feel confident doesn't it? Doesn't it also feel good to stand confident? Yes it does.

Now I'd like you to walk down these stairs with me as I count down from 20 to 0. And with each step you are sealing in your mind what it feels like, looks like, and sounds like to be confident. Each step seals that within you making this your normal way of life, living life as a confident person. Let us begin... 20 feeling more and more confident... 19 more and more sure of yourself... 18 you begin to notice how natural it feels to be confident... 17... 16... 15 see how confident you are and KNOW that you are confident,

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because you can see yourself confident, can't you? 14 becoming more and more confident because you ARE confident... 13... 12... 11... 10 knowing full well in your heart and both conscious and subconscious mind that you are a confident being... 9 sealing this confidence within you... 8... 7... 6 you are confident here and in your everyday life... 5... 4... 3... 2 more and more confident, sealing this confident image of yourself in your mind on the next step... 1... 0 (SNAP) confidence! Feel how wonderful and amazing it feels to be confident and bask in the feeling of confidence and pride in you.

In the coming days you will begin to realize what has just happened here, you will notice how confident you are in your everyday life... Confident in your conversations, confident in your work, confident in yourself. This will happen, because we have planted a seed of confidence in your subconscious mind, and seeds grow, blossom, and flower. Realize that you are a confident person, and now that we have sealed that image of you, your confidence will grow, blossom, and flower. Everyday becoming more confident than before, because after all, you are a very confident person.

Notice how you become more comfortable with yourself and in your confident appearance. You are confident and proud of what you look like and who you are because there is only one you, and you are the best person at being you. Take confidence in knowing that no one else looks exactly like you, or behaves exactly like you. You are only you. And you are confident. You stand up straighter, taller, more proud and confident. You look people in the eyes when talking to them because it is the natural thing to do, and being confident comes naturally to you. You speak with confidence and when people see or hear you they automatically think, that is a confident person. And its true, you are confident. In every meaning of the word.

You also feel confident in all your skills and abilities, because they are yours, and you take pride in what you do. You are confident and proud of all you have accomplished and confident in what you will accomplish. Just look at all that you have done, and know that it all took skill... Skills that you have, and you are confident in those skills. In fact confidence radiates from you. People can tell by the work you do that you are a confident person. One who loves and takes care of themselves. But above all you are confident in each and everything you do.

HYPNOTHERAPY SCRIPTS III

Confidence IV *While performing*

ASH

You hear your name and you confidently get up and walk with your head held erect to the stage. See yourself making eye contact with the audience.

You are a very knowledgeable person and words of wisdom flow easily for you. You inspire the audience with your ideas. You walk around the stage with enthusiasm, inviting the audience to ask questions and easily respond with personal examples.... giving responses so they can see how easy it is to achieve their goals.

You tell yourself you are a powerful speaker in this present moment. Everyone is sitting on the edge of their seat, waiting to hear your next sentence. You can see all eyes on you, eagerly listening. Everyone is so interested in what you have to say; you can just go on and on. This feels so wonderful; you are so happy and contented. Your heart is so full of appreciation. You stand up tall with confidence written across your face. You hear the loud applause and smell the sweet fragrance of success. You have achieved your goal.

In your heart you can do this again and again with pride and confidence. The audience is so appreciative of you.

Cool Down Hot Flashes

By Michele Verhoosky, CHP

Menopause is a natural progression in the natural order of things. The hot flash (or flush) is infamous as a classic symptom of menopause. When estrogen drops because of menopause the brain gets the “wrong message” and thinks that the body is too hot, creating measures such as sweating and heat loss (through the skin) to try to cool down the inside of the body.

However, the mind also has a major influence over the body and can be hypnotically trained to *cool down hot flashes*. You have the ability to use your thoughts and imagination to literally reprogram your body’s responses. What the mind can conceive the body can achieve. Let me repeat that so it is perfectly clear: *your powerful, strong subconscious mind can be hypnotically trained to cool down hot flashes and night sweats. What the mind can conceive the body can achieve.*

I would like you to continue using your imagination now. I’d like you to picture yourself walking on a beautiful beach...the silky sand is soft and smooth beneath your feet, and a cool salt-tang breeze blows gently through your hair... The sky is a beautiful sun-washed blue...the sand sugary white...the water a beautiful jeweled blend of turquoise, emerald, and amethyst while golden sunlight sparkles like diamonds on the rippling waves as they gently lap the shore...You breathe in the fresh, clean air and feel your shoulders relax, your spirits soar, and all cares and burdens just fall away—it’s a picture perfect day on an absolutely beautiful beach, and there’s no place else you’d rather be...

Just up ahead you notice a striped beach chair close to the water’s edge, and realize that it’s a chair meant just for you...With a smile and a soft sigh of utmost contentment you let yourself sink down into that striped beach chair...and find that it’s the *most comfortable* chair you’ve ever sat it...perfectly molding itself to your body...letting you just sit back and completely relax...You feel the warm golden sunlight gently touch the crown of your head...a soft, loving touch...and you feel yourself starting to relax even more deeply, all your cares just melting away...You dip your feet into the *cool, clear ocean water*, letting the water lap gently over your toes,

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your instep, your ankles...like the most wonderful massage in the world...and you feel tension draining away, right through the soles of your feet...You feel so cool, relaxed, refreshed...so very comfortable... this is your perfect place...

You sit back and drink it all in...commit all the details of your perfect place to memory, fixing it clear in your mind...touching your right thumb to your right index finger as if to seal every detail of your perfect place into the very fiber of your being... For you intuitively sense that your perfect place is the place you know you will want to return to...to relax, to meditate, to heal, refresh and rejuvenate yourself...*You close your eyes and once again touch your right thumb to your right index finger...* and you find that by touching your right thumb and right index finger together, you are *instantly* transported to your perfect place ... You can see the beautiful bejeweled ocean...you can feel the cool, clear water lapping your feet...you can touch the soft, silky sand...you can hear the waves gently rolling in...you can smell the clean, fresh air—all the details of your perfect place are perfectly preserved, perfectly presented the moment you close your eyes and touch your right thumb to your right index finger...Touching your right thumb to your index finger instantly transports you back to your perfect place...And any time you find a need or desire to escape to someplace safe and enjoyable, anytime you would like to return here, all you need to do is take a deep breath and simply touch your right thumb to your right index finger and your mind will instantly take you back to this wonderful place, your perfect place.

So, sitting in your striped beach chair in your perfect place you welcome the warm light gently touching the crown of your head...because even though the light is warm, the water lapping over your feet is cool, clear, refreshing, and you feel totally refreshed and relaxed...And as you bask in your special beach chair, you realize that this is a very special light touching you, surrounding you. This is powerful healing light connected with the light above and all around you...Visualize this light entering your body at the top of your head and slowly moving down your body, glowing beautifully from within...You choose the color or colors... And it flows into your brain, your nervous system...gently calming and balancing...returning you to health... It flows down beneath the deep bones and muscles of your face...softening your forehead, the tiny muscles around your eyes, your tongue, teeth and jaw...everything relaxes...

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And the light flows over your neck and shoulders, warming and massaging all the muscles there... This area stores a great deal of anxiety, a great deal of tension. People with headaches from neck pain carry a great deal of tension in their necks... or people who walk around with the weight of their world on their shoulders have tightness and tension in these muscles... but you feel that wonderful, warm healing light relax these muscles completely... And you bask in the light, your feet resting in the COOL, CLEAR water... leaving you feeling so comfortable, so relaxed, so restored and refreshed...

You feel your arms, your wrists, your hands, even your fingers become so relaxed, the healing light gently massaging, leaving all your muscles warm and loose, while the beautiful clear water lapping your feet leaves you cool and refreshed... The light flows down your torso, and you find your breathing becoming deeper, freer, easier... down, down, relaxing the muscles of your stomach... your lower abdomen, cleansing and healing, balancing all your internal organs...

And finally, the light works its way over your hips... and you feel your lower back relax... And the light is flowing down your legs now... feel your knees soften and relax... your calves soften and relax... feel that warm, soothing light energy flow down to your feet now... Accept this healing light energy as it fills your body... healing it, protecting it, loving every inch of your being as it reclaims your body... restoring it to health, balance, well-being... Immerse yourself totally in this moment... in this sensation... You have allowed healing light to completely cleanse you from within... dispelling all dis-ease, all dis-stress, all dysfunction... And even though healing warmth is now suffusing you from the crown of your head to the soles of your feet, you *REMAIN COOL, RELAXED, TOTALLY CALM & COMFORTABLE*...

From now on, anytime you start to feel any symptoms of a hot-flash or night sweat... or any time you even start to *THINK* about a hot-flash or night sweat... you will immediately close your eyes, take a deep breath, and as you exhale touch your right thumb to your right index finger... and you will *instantly* be transported back to your perfect place. Any warmth you feel is *instantly* transformed into *healing light energy*. This healing light energy will *instantly* heal, cleanse, restore and balance you from within... while the

HYPNOTHERAPY SCRIPTS III

sensation of the cool, clear ocean water washing over your feet will *instantly* cool and refresh you. The moment you touch your right thumb and index finger together you *instantly* become cool, relaxed, utterly calm and comfortable. For what the mind can conceive the body can achieve. Let's take a moment right now and do just that... Take a deep breath... and as you exhale touch your right thumb to your index finger and you are *instantly* transported back to your perfect place ... Be there... Take a moment to just completely immerse yourself in all the wonderful details and sensations of your perfect place ... And once you have that image clear in your mind, nod your head "yes," and we will continue... Take a moment now and ...GOOD! From now on, starting this very moment, you feel good. You feel refreshed, relaxed, rebalanced. You are loved. You have reclaimed your life. You have reclaimed your mind, body, and spirit. From this point on you will make positive decisions that involve the well being of your mind, body and spirit. You live a life of health. You put that healthy outlook into practice every day of your long, healthy, happy life.

I am going to bring you out of hypnosis now by counting to 5, and as I say each number you will feel more and more healthy, cool, calm, relaxed and whole.

1. Beginning to come back now...
2. You are slowly coming back to the here and now, feeling relaxed, cool, calm, peaceful.
3. Feeling overjoyed with health and vitality
4. Your mind is clear and alert, your body balanced, restored
5. Your eyes are starting to open and you feel great...and...
6. Eyes wide open; alert and feeling wonderful...welcome back.

Create Your Own Paradise

ASH

Now that you have slowed down...have let go of everything...are completely calm and peaceful...you are in the perfect state of mind...to utilize the power of the subconscious part of your mind...in order to learn..use...and benefit... more fully... from its power...

Through what you are about to experience...you will come into...an increased understanding...of your subconscious mind...a part of your mind with amazing power...for creating change... and new experiences...You shall realize...that you can use it for manifesting... your deepest heart's desires...At the end of this adventure...you are going to know this part of you better...a lot better...Because...in this imaginary voyage... you are going to be using that subconscious part of your mind...perhaps in a way that you have never done before...simply because you were previously unconscious of the fantastic power it is...

As you follow the suggestions I give you...you will consciously watch the miracle of the power of this part of your mind...as that power unfolds itself before you...demonstrating its awesome ability which is ever available to you... for use in whatsoever way the conscious part of your mind directs...And here's why you have chosen to do this...It's something you desire but have yet to experience in the complete way you have wanted to...You desire to experience it right now...right here...And you shall...You may have previously lacked the feeling that you were worthy of Paradise... but here and now you reject that false idea... for the lie that it is...and you freely choose to accept for yourself... the absolute truth that you are deserving of such an experience...

You accept the scientific evidence now well establishing the fact...that your brain does not know any difference at all...between that which you vividly imagine...and that which you accept as real...Knowing all this in this present moment...you jubilantly step forward to claim for yourself... your absolute right...to create and experience a Paradise of your own design...You claim it because you desire it...and know that you deserve it... You create it because you can... and in its creation...you will know the power you have... to fulfill your heart's every desire...

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You are apt to view the part of your mind that delivers this experience to you...as liken to the mythical genie in the bottle...and perhaps that is a good metaphor...except that...the subconscious part of your mind will grant you an unlimited number...of fulfilled desires...rather than only three...In fact, this part of your mind is... even now... carrying out an amazingly astounding number of operations...on your behalf...and for your benefit...without your conscious awareness of all that it is doing for you...vital, essential activities and functions...in the absence of which you would not even be alive...such vital and essentials activities as breathing, circulating blood and providing life-sustaining nutrition to every single living cell in your body...These processes are absolute miracles... which you can confirm...by considering the complexity of their operations...And this incredible power has the potential to act...on any direction you consciously give it...and according to your confidence in it...it will deliver the target of your direction...into your experience.

So what we are going to do right now... is direct this part of your mind to deliver paradise to you...It will do this as you listen to my voice...and follow the suggestions given by my words...It is very important to follow my simple instructions...and use your imagination...as vividly as you can...

Nod your head to indicate you are ready...willing...and able to do that right now...Good...you're doing just fine...Nod your head if you can visualize?... Good...visualization will serve you well... in producing for you... an even profounder experience than you would otherwise have...Creating and visualizing a paradise of comfort, untold pleasure, opulence and abundance...Use your imagination to create this beautiful place...

Permit yourself to create a paradise of your wildest imaginings...Let it be a paradise of every possible good...you now or could ever desire...Every possible good thing and person is present...See them, hear them, feel them...You are enjoying all of this good...in any and every way that you desire...Besides seeing all the good present in your paradise...also allow yourself to hear all the sounds... Feel everything you touch and everything that touches you... Smell and taste all that you take in... as you swim in the ecstasy...of all the abundant and opulent sensations you are experiencing... here in your paradise that you are creating...

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Just allow yourself to savor... fully and completely...all the good...available for your enjoyment...That's it...you're doing just fine...And now... just allow yourself...the right and privilege...to enjoy all of this... to your heart's content...And when you are completely satiated...and you feel complete in this wonderful experience....nod your head...Okay, fine, you did good. Now, you are going to give yourself an extra gift...You are going to give yourself... the gift of knowing...that this Paradise is available to you...anywhere and anytime...you choose. You shall do this by merely remembering...that you have created this Paradise...which now and forever more...exists in the memory banks of your mind.

Merely by remembering this fact...you will return here whenever you so desire...and when you do...you will also remember you are free...and have the power to change and re-create this Paradise in whatsoever ways you may desire. This fact gives you a wonderful feeling...which yearns for expression...in the form of a knowing smile...upon your face. You allow for this expression...and this smile begins to form itself... on your lips and cheeks...as we now begin a count up from 1 to 5...to awaken from this delightful experience.

Daily Duty

By James T. Rust, CHT

Each day before your shift, you will affirm that you are a survivor, you are mentally sharp, and you are a highly trained professional. You will eat a nourishing meal to fuel your body and attend to proper hygiene. Before donning your duty gear and uniform, you will inspect each item for serviceability and cleanliness. As you don your uniform and duty gear, you will ensure each item is properly placed and accessible. When you have fully dressed you will inspect yourself to insure you present a professional appearance.

While attending roll call, you will focus your attention on the details of the briefing. While inspecting your patrol vehicle you will, check it for serviceability and cleanliness. Set up your equipment in an organized manner.

While patrolling your sector, you will be focused and vigilant in identifying violation of any laws you wish to enforce or needed service to the public. You will project a professional air. You will be authoritative but courteous. When approaching any vehicles or answering any calls you will maintain a heightened state of awareness, observing the rules of officer safety. If the need to react in a defensive manner, you will default to your training remaining calm and focused, **YOU WILL SURVIVE EVERY ENCOUNTER!!** You will accurately mentally record all details necessary to complete a report of any call, vehicle stop or incident.

At the end of your shift, you will safely return home. While doffing your equipment and uniform, you will feel the negative thoughts and tension leave your mind and body as each item is removed. Your mind and body will be stress free allowing you to get a very, very, restful sleep.

Detaching Oneself (*control issues*)

By Judy Dunn, CHP

You are here to relax and let go.....

You want to let go of other people's problems and issues.

You want to see your husband handle the bill pile.

You want to hear your daughter say "Mom, go relax, I will take care of dinner". You have done a great job of raising the family, guided your husband along the way. It is time to let go!

As you continue to drift deeper and deeper into relaxation, so calm and so peaceful, you will begin to feel the pressure is leaving you. Although, it has always felt somewhat good to be "in charge". You are feeling so at peace to be able to pass that off now. You will now be able to redirect those energies to your pleasures. Things you enjoy doing are going to take priority.

You will sip tea or a fine glass of wine out on the outdoor deck with your long lost friend.

You will feel the pleasure of picking out a new sundress to wear to the jewelry party on Sat. night. You have decided to let go and let people handle their own agendas. Today IS the day!

Other peoples issues are their own..... You will no longer guide everyone through their problems. Relax, take your body down to a beautiful relaxed place. Take a deep breath, enjoy where you are at. You are so comfortable and so at peace. Nobody's problems but your own and those are easy.

You are correct in feeling that you are wiser and quicker than most, but it is time you realize that you must trust and respect people enough to let them live their own lives.

Allow these people to learn, grow and unfold at their own pace. The way they handle things may appear dysfunctional to you, but you must honor

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their processes. Care but don't intrude. You can now spend your time and energies on YOUR pleasures. You may ask them which direction they are taking, and watch as they develop.

You will hold no expectations or judgments about how they develop or how long it will take.....trust that they will have divine guidance. Relax and breathe. You are now going to take a nice walk alongside the river, smelling the fresh air and feeling reenergized.

You have found patience along this journey. Patience to watch people grow. You are remembering how your growing process must have looked to others, and you will offer the compassion that you did not receive.

You now trust that people will make it without you making their decisions for them. It's a fabulous feeling to not have to be "in charge" or make all the decisions. It is a wonderful feeling to be wanted and not always just needed.....You are soooooooooo relaxed...

Eczema -Wonder Ointment

By J.H. Klynder Holm, CHP

Imagine that there in some place on earth is made an ointment, that when it is put on your skin, will heal and cure you once and for all... it rebuilds every single cell into its original state, so that everything is the way it was supposed to be...

Wouldn't that be nice?

I will reveal a secret to you...

This ointment **has** been made... and the best thing is, that it is ready inside you... you only need to search inside yourself and find the jar with the wonder ointment, which always has been right in front of you... so close but yet so near... (*OBS by purpose*)

Your subconscious mind, which knows everything about you, mixed and filled the ointment into a glass or a jar long time ago – so the only thing, you have to do, is to reach out for it – allow yourself to go into your inner and find the place where the ointment is located – and when you have found it, just nod your head, to show me, that you are ready for the next step...

“Wait until the client nods and proceed...”

Okay, tell me, what color the ointment has?

“The client answers...”

Okay, very well

Smell it... what does it smell like?... what is the consistency? It is perfect, right?!

Very nice, you are doing everything so well...

Now pour some of the ointment into your hands and rub it onto all the spots on your body, that are in need of it... massage it in, work it in very thoroughly – so that every cell extracts the effects in every way...

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Take your time and give every single spot in need this wonderful healing, lubricating ointment... into every pore... so far so good ... take all the time you require...

The more you need of the ointment – the more there will be in the jar - and the deeper you work it into your skin – the healthier your skin will get... please nod when you have completed the task...

“Wait until the client nods”

Very well...

I would like you to concentrate on your breathing – feel how nice it is, when you inhale the pure oxygen, feel how easily it flows through your system and how the blood transports it to the farthest extremities...

Through the fine hair receptacles the oxygen is led to every cell and enters the cells one by one – removes everything pertaining to the eczema... every thought, every emotion, every feeling, every reflex or habit/custom are gone forever – so it is all gone!

Every old memory that stored the eczema is flushed away at once... entirely... that is just how it is – completely flushed away...

It was never meant to be so, that the things, that turned into the eczema, got stuck in you, so now you exhale it every time you breathe out... piece by piece... thought by thought...

You let it go, just like you should have let it go back then... breathing it out... Release it... let it evaporate into the blue... let it dissolve... completely...

While you are laying and monitoring your breathing which cleanses you... piece by piece... cell by cell... Your skin will re-grow and rejuvenate cell by cell and regains its natural color, shape and function in all ways. It has a good temperature, is relaxed and feels natural on every account...

(You now continue with suiting positive suggestions about the skin...)

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E.D.

ASH

Close your eyes and relax. Take a deep breath... Take a second deep breath... And on the third deep breath, hold it for seconds... and exhale and relax.

Now you are going to relax your entire body starting from the top of your head all the way down to your feet and toes. I'd like you to use your imagination and to visualize... and feel each part of your body to relax and let go completely... Relax the top of your head... your scalp and forehead... your eyebrows and your eyelids... and feel that relaxation going down through your cheeks and nose... Relax your mouth, and muscles around your lips and mouth. Relax the jaw...do not clench any jaw or facial muscles. Relax the front and back neck muscles down to the shoulders... just feel the shoulders relax completely. Release any tension in the shoulder area. This should feel good. Relax your upper arms... going down to the elbows, wrists and hands... Feel the fingers relax and let go. Relax your breathing... your diaphragm and chest muscles all the way down to your stomach. Relax your abdominal muscles.

Now relax your larger muscles in the upper back... going down your spinal column... to the smaller muscles in the lower back... relax the hips and leg muscles... starting with your thighs... your knees and your calves.. Relax your ankles, feet and toes. Just feel good letting your mind and body become one. Visualize a beautiful white light entering through the top of your head and filling your body. Relaxing and healing all tissue, bones and organs in your body. Surround your body with a cocoon of white protective light. This light feels good and totally relaxes you... So when I begin counting down from 10 to 1 you will allow yourself to go deeper and deeper.

10. Just let yourself go completely and go deeper
9. Deeper and deeper
8. Allow yourself to let go
7. Deeper still
6. Very relaxed
5. Tired and drowsy
4. ...

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3. So very relaxed
2. Deeper still
1. and finally deep

You have come to this deeply relaxed state to eliminate the erectile dysfunction in your body. The fact that you are here shows the motivation to overcome “ED” symptoms in the physical body... and associated mental or emotional problems.

Take a deep breath and go deeper... it feels so good and calming. You are not a human having a spiritual experience you are a spiritual entity having a human experience. Your spirit (soul) controls your body and all it does through the unconscious mind. You must always think positive thoughts and eliminate conscious negative thoughts that affect the physical body. Positive thoughts such as “every day in every way I am getting better and better”... you alone are responsible for your physical functions and if you respect them you will be rewarded with happiness and love. You have made a commitment to honor your body and mind and you will follow through with it.

You will have firm erections and be able to perform beyond your expectations. You will feel the blood flowing into your penis resulting in a stiffer, harder erection than you have had in the past. Emotionally you will feel more confident, comfortable and excited with yourself. As a result of this new found energy you will have increased self-esteem, self-confidence and every time you practice this program it will go easier to be aroused and ready for a joyful performance.

Now I am going to count to five and at the end of five you will be fully awake. Your mind will be clear and alert and you will feel wonderful in every way.

1. You are starting to emerge from hypnosis
2. Feeling the energy move up your legs
3. Energy moving through your body with your mind clear and alert
4. Eyes starting to open
5. Eyes wide open, fully awake now, feeling wonderful in every way.

Exercise Motivation

ASH

You are relaxed, calm, and comfortable ... you are in control...

You have more feelings of well-being than you have ever experienced before...

Take a moment to imagine yourself, healthy and happy ... This is the person you want to become ... the person you are...

Imagine yourself ... right now ... as a, healthy and happy person ...

You need to pay attention to your body

Taking reasonable amounts of exercise on a regular basis ... you seem to know which ones are best for you.

You eat only the healthiest foods...

You have great motivation to exercise and eat correctly...

Exercising in small but increasing amounts ...

Exercise helps you to maintain perfect health ...

You know that exercise is good for you ...

You have the desire to exercise ...

The idea of exercise appeals to you ...

You set time aside to do your exercise each day ...

You make the time and you take the time ...

You carefully do just enough exercise ... knowing what is right for you.

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You are exercising sensibly and building your health more and more each day ...

You enjoy your exercising ...

When your exercise period is over you feel relaxed, confident and proud of your progress ...

Each day you notice improvements improve ...

You feel vital and healthy ... You are vital and healthy ...

HYPNOTHERAPY SCRIPTS III

Exercise

By Anne Heminway, CHP

You love being outdoors.... Your body feels strong and limber when you walk fast.... Every morning you wake up early, at 5:30. ... You have time to imagine, to plan your day.... Monday through Friday, you get out of bed at 5:45.....your feet touch the floor with energy....

You drink water....You go outside no matter what the weather,... and you walk ... You feel the air on your face... You smell the fresh air... You feel the muscles in your legs.....

You feel the deep breaths and your chest moving... You see your arms swinging.....You walk fast.....for 30 minutes,.....thinking positive thoughts about the day before you,....thankful ...thankful you have a strong body.....thankful you have the timeEvery morning to walk... Your body is strong and flexible.

Fear of Dentist

By Doreen Marchetti, CHP

You are feeling such pride in yourself as you pick up the telephone and call your dentist to make an appointment... You can already see the results as you imagine looking at yourself in a mirror... and seeing what your bright, healthy smile is going to look like, reflected back to you.

As you walk into the dentist's office and smell that dentist smell, you feel more relaxed than you have ever felt in any waiting room.... As you sit and wait your turn, you entertain yourself with magazines and thoughts of what wonders the rest of your day holds for you... The longer you wait the more relaxed and confident you become...

When your name is called you stand, and with each step you take, walking towards the dentist's chair, you feel more and more relaxed.... more and more confident.... more and more proud of yourself...

As you sit in the chair you feel such relaxation... you are reminded of sitting at the beach in a comfy lounge chair... watching the waves come in and go out... relaxing you more and more...

You are thrilled to discover only feelings of pride when you discuss your concerns with your dentist. How amazing you are to be taking charge of your oral health...

When you hear the dentist, or anyone there, say anything like, "you're going to feel a little pinch" for the Novocain injection, you only feel more relaxed... and feel more self pride... All you can think about is how good you feel... and how nice it is to have a beautiful smile full of healthy teeth... You are amazing!

Even the sound of the drill relaxes you so much... you happily realize the sound is very soothing and you actually enjoy hearing it... Any sounds and smells you experience while sitting in the chair cause to remain very relaxed... and extremely proud of yourself...

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When the dentist tells you to rinse your mouth, you still feel very relaxed... and are delighted to discover you feel rejuvenated, just like you would feel after a great massage or spa treatment... Feeling very relaxed and rejuvenated...

As you get up from the dentist chair, you are looking forward to making any future appointments with the receptionist before leaving the office. You are feeling an abundance of self pride, and now believe that each visit to your dentist is equal to having a beautiful smile, full of healthy teeth, for your entire lifetime. And is one of the most relaxing experiences you can have.

As you close the office door behind you, you are pleased to notice feelings of excited anticipation for your next dentist appointment.

Fear of Snakes

By Sasha Pustam, CHP

As you continue to relax deeper and deeper, I would like you to imagine a hibiscus tree ahead of you. There is a small, innocent friendly face smiling at you from within the tree. The face gives way gently to a long, slender green body that gracefully begins to make its way down the tree.

You hear the grass rustling as the happy, delicate body makes its way toward you. You cannot help but look in awe at this small yet beautiful creature... You know that you are completely safe... Now you feel its skin rub against your toes and it feels good to be so close to something so powerful. You feel safe in its company and you bend down to touch its neck.

The snake curls up beside you and you leave it there and stay with it for about a minute until you walk confidently away. You turn back to admire a true work of nature, which is still relaxing under the hibiscus tree. You remember this picture, smile to yourself and walk away, also relaxed.

You take another deep breath and imagine yourself holding this same snake around your arms. It feels good to be given such a privilege. You stroke it gently and it buries its head in your hand. You stroke that too, and very gently, you place it on the grass and it hurries away back into the tree.

Fear of Turbulence in Planes

By Sasha Pustam, CHP

As you continue to relax deeper and deeper, I would like you to imagine yourself at the entrance to a huge plane carrying about 200 persons, just leaving the bridge to the aircraft. You are directed to the front of the plane by a couple of smiling flight attendants. From this point, you can see the pilot in his cabin clearly. You feel a sense of safety as you sit in the presence of someone who is well-qualified and skilled in order to be entrusted with such a huge plane.

In a few moments, the plane alights. You feel the wheels run against the earthy runway and feel as it gives way to the air above it in a seamless, flowing motion. The plane moves swiftly in the air as it settles into a comfortable speed. You feel extremely confident in the abilities of the pilot.

You have a window seat and are able to look down at all the lovely mountains below and the clear, royal blue waters surrounding them. You see some clouds drape a mist over the plane, but the plane presses onwards still. At this stage, the plane starts to dart about a bit, and the red seatbelt signs above you lights up. The pilot announces that there is some turbulence ahead. His voice is very reassuring and you feel confident in his abilities to drive this plane safely through this rough patch of air.

The plane sways gently from side to side as you sit calmly in your seat, watching the clouds outside give way to a vast expanse of pure, serene blue below. You observe this breathtaking view as the pilot maneuvers the plane out of this rough patch with rhythmic, playful motions, moving as a butterfly would as it darts from flower to flower. You have full confidence in the pilot now and can easily see him getting the plane out of such a situation as the one you just experienced. You sit back now and enjoy this feeling of calm.

Feel your Body

By Miles R. Stover, PhD

Feel your body, let it go now. There is no place else you need to be, nothing else you need to do. So just close your eyes now and take a deep breath. As you exhale allow your mind to rest and relax down so deeply. And each and every word I say you will continue to rest even deeper. That's right, now going even deeper. Deeper relaxed. Relax. You're becoming so deeply relaxed that you will find your mind gently resting upon a place within your heart.

There is a place within you where you have the ability to listen. Listening with compassion and empathy. A place within you where you have an ever-growing capacity for love. To share only in ways that will heal you. That place in you where you have all the wisdom needed to help you through any challenge or struggle you may be having. Just relax and sink deeper into this place. Let go all of your outside cares and concerns of your day. Just let them all go now as they are unimportant to you right now. The most important thing for you to do right this moment is to relax into the now.

Allow yourself to open. Make it safe for you to listen and to hear the things that will help you along your path to growth. And to make it safe for you to be the person you really are. To become more and more willing to take the steps that are needed to create a stronger bond within this person that lives deep within you. To care for this person and love this person who sits inside you right now. No matter what hurt or frustration you have been carrying around with you, let it melt away for right now. And continue to relax deeper and deeper. You will notice how much more productive your thoughts are now that you are relaxed in this way. So now go ahead and set your mind on what it is that you would like to ultimately create here in this next little while. Just bring to mind an image of the end result you would like to create during this process.

Maybe you see yourself smiling and laughing again. Having good times and good feelings. Whatever it is for you, just put your attention there for a moment and focus on the outcome you would like to create. And just

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continue relaxing and breathing deeply and feel yourself letting go. Feeling so good. And thinking in more peaceful and beneficial ways.

Find Your Spirit Guide

By John Raven, CHP

I want you to imagine a shining, semi-transparent golden cord coming out of the top of your head. Now, imagine that you can float out of your physical body. Notice that you can see your physical body, but you can also see your energetic self now as well. Notice that as you will energetic self around, that you can see the physical world around you shifting, but that you pass right through the physical. Experience how that feels.

(Pause)

Now, bring yourself back to your physical body so you are hovering just over the top of your head. Now, look up and see that shining golden cord stretching up from the top of your physical body's head up, up, up into the sky. Allow your energetic self to begin floating up and following the shiny golden cord up into the sky.

As you soar further and further upward, notice the landscape below you getting smaller and smaller. Notice that as you continue to follow the golden cord up into the sky that eventually even the earth itself gets smaller and smaller and smaller. Notice that you pass through solar systems, stars, nebulae and even out of the galaxy.

Now imagine that up ahead is an enormous golden glowing sphere. Notice that the cord is connected to the glowing sphere. Imagine yourself continuing to follow the glowing golden cord all the way into the golden sphere. And as you pass into the golden sphere, imagine a warm flood of relaxing energy rolling from the top of your head, all the way through your body down to the tips of your toes leaving a warm, pleasantly tingling sensation.

Imagine that inside the golden sphere is gigantic collages of landscapes, like miniature islands of land of all sorts. Notice that some of the islands look like a forest setting, some look like mountains, some like the ocean and others like fields. Notice that there's a landscape island for every natural scene you can imagine.

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Now, imagine you floating towards one of the islands. It's the island whose landscape you love the most. It could be a lake, a beach, a desert, a forest... whichever landscape you love the most. See yourself floating closer... and closer... notice the landscape getting larger and larger until you touch down lightly on the floor of the floating island.

Look around and notice that the details of where you are. What sounds do you hear? (Pause) Notice the feel of the light breeze. (Pause) Notice the earth beneath your feet. (Pause) Notice the color of the vegetation. (Pause)

Imagine that you sit down now on the ground. As you sit there, allow your mind to drift to thoughts of a spiritual companion that watches and advises you - your spirit guide. Feel deep within the love your guide has for you.

Realize that your spirit guide wants what is best for you.

Accept that your guide wants to see you succeed.

Feel the love and compassion and wisdom that your spirit guide possesses.

Now, imagine yourself calling to your spirit guide in your mind. Imagine that your guide has already subconsciously let you know what name to call it. Allow that name to come to your conscious mind.

Imagine that you know what that name is. Call it out in your mind And as you sit there, imagine you see your spirit guide come forward and look at you with warm, intelligent eyes. You know immediately that it is possessed with the wisdom of the ages and that it is there to help you.

Imagine that it has a message for you. Something short, but important. Imagine that it speaks the message to you now.

(Pause)

What did it say? How does that affect you?

(Pause)

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Imagine that your spirit guide must leave now but that it lets you know that you can talk to it anytime, by relaxing and returning to this place and calling it's name. It tells you that it will return when you call it – that it is always near you, watching over you – protecting you.

Finding Love Script

By Francisco Estrada, CHP

As you continue you are relaxing, drifting and floating peacefully in your relaxed view, see and feel yourself becoming more and more confident, choosing to be and feel beautiful, desirable, passionate and irresistible. You find yourself connecting with everyone you meet easily and naturally. Because you are self confident, self-assured, and secure, you see yourself and know that you are irresistible. You like the way you look and you enjoy being around people.

Now, imagine the perfect mate. See the qualities you admire reflected in your perfect mate: face, body, character, laugh, voice, chemistry, interests and hobby. See your perfect mate now and feel how good it feels to be with your perfect mate. See yourself having fun with your mate. See yourself walking together with your mate holding hands smiling to the people that passes by and loving every moment and minute.

Know now that you are open to accepting your perfect mate into your life. You deserve love. You deserve happiness. You deserve to give and receive love now. And you understand that you are open to receiving your perfect mate into your life now. And you understand that you are open to receiving your perfect mate into your life now. And you understand that you are open to receiving your perfect mate into your life now. And you understand that you are open to receiving your perfect mate into your life now. It feels so good to feel this joy of happiness and love in your life.

Floating into the Past
Past Life Regression Transition Script

By Doreen Marchetti, CHP

I would like you to use your imagination right now. Imagine you are walking down a path. A calm, peaceful path, surrounded by the safety of trees. You can hear the gentle sound of water up ahead. As you continue on the path, feeling the ground under your feet, you are anticipating reaching the water. You know that this water will be taking you where you want to go. You are very happy when you see the path lead you onto a sandy beach where you can now see the clear, calm water.

To the right of you is a solid, well made dock with hand railings. Right now I'd like you to go to the dock and walk towards the end of it holding onto the railing, completely safe and excitedly anticipating what will be waiting for you there. When you reach the end of the dock you see three boats tied up, just waiting to take you into the life time you came here to visit. The boat on the left represents a journey into the past, the boat in the middle represents this present lifetime, and the boat on the right represents a journey into the future. For this journey you will be stepping into the boat on the left, the boat to a past life.

So now, step into the boat on the left. As you do that you notice how well made and solid the boat feels under your feet. As you sit down on the comfortable cushion, you notice that the boat stays very still with no rocking even as you lean over to untie the boat.

You are now floating on the water, moving away from the dock. As you float away you are moving back in time, away from this life towards a past life. You float past your teen years, your childhood years, your toddler years, past the day you were born.

As you float along towards the past life that holds the answers you seek, you will know you are there when you feel your boat gently beach itself. When that happens, step out of the boat, back on to solid ground, in the past life you've been guided to visit and nod your head so I know you are there.

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Football - Linebackers

By Brandon M. Howe, CHP

As you sink into a deeper - and more peaceful relaxation... You now imagine yourself – playing your position, in the game [or in practice]... You can see yourself in CLEAR, SHARP, VIVID, HD Color, like you were watching yourself on the highest quality movie screen...

You are now going to preview your performance – from your inner coach’s point of view... See yourself - and what your uniform looks like... See the field - and all your teammates... See your opponents...

Now watch yourself... How you run – and how you jump... Everything is crystal clear and you can now see your perfect footwork... You easily and readily shed blockers – and you always execute your assignments... Hear the thundering sound of shoulder pads and helmets, clashing, as you make the perfect tackle – sacking the quarter back, again and again...

You notice how smoothly you transition from your read step – into your back pedal - and how you cover your zone or your man... perfectly... flawlessly... intercepting the ball... You are flowing effortlessly...

You now see yourself jog off the field... You grab some ice cold water... You squirt your face and take a swig... You hear your inner coach exclaim “Great job! Way to play!” as he slaps you on the pads... You’ve played perfectly - and you feel fantastic...

Now as you visualize - and imagine yourself going back out on the ball field - you are going to see the game, through your own eyes... You can now experience all the sights, sounds, smells, and feelings of being in the game - firsthand...

You see the colors of the uniforms, the lines on the field, the football and the goal posts... You notice the blue sky and the green grass... You feel your increased body temperature - and you can feel the sweat pouring down your body from under your helmet, down your neck, and even dripping off

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your arms... You notice how your pads and your helmet make you look and feel as if you were a modern day gladiator... You are experiencing a feeling of great confidence – and you stride onto the field, now becoming aware of your deliberate, controlled breathing... Breathing deeply – and feeling the flow... You become aware of how great you feel physically... You feel fantastic... You feel strong and healthy... You feel unstoppable... You are ready to get down to business...

You hear the whistle blow signaling that the down is starting - and you now line up in your position... You notice a run formation and you bark out signals to your teammates - always making sure to pay attention to opponent's auditory and visual cues... You know your assignment – and you are able to execute it precisely, every time... Concentrate, visualize...

Imagine yourself defending the run – a sweep, a draw play, play action... See yourself defending against the pass – in your zone or man to man... You run with great speed... You jump high and far... You tackle with perfect form... You battle with incredible strength... You have outstanding stamina... You feel the flow and you perform at your peak...

You play at your absolute best - and you get even better as the game goes on... Football is fun -and it is fun to be better and play harder than your opponents... You find it extremely easy to feel the flow and perform at peak levels...

All of these beneficial visions and programs make a deep and lasting impression upon your subconscious mind... Never to be removed... To be recalled the moment you say “Feel the Flow”... Take a deep breath – place your hand on your chest and feel your lungs fill up... Breathe out – and say the words “Feel the Flow”... Breathe deep, relax and say the words “Feel the Flow”...

Anytime you say the words “Feel the Flow” – you relax, come to the here and now, and focus on your mind-body connection... You visualize what's going to happen before hand - based on patterns and clues you recognize... You are able to control every aspect of your play because you already saw yourself and felt yourself do it before... You've mastered your game – and your subconscious recalls the programs needed to perform at your best easily and readily...

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You are an athlete... You are competitive... You are strong physically and in your spirit... You are committed to hard work – to practice... You are committed to being a winner... You are a winner...

You maintain the drive to push forward -even in the most difficult situations – no matter what the scoreboard reads, what your teammates say about you, or even what you think of yourself...

You are passionate about your job as a team member... You are full of raw emotion... You are determined to do better than your best... You are a champion... You are a warrior... You see victory...

You have the courage to fight – and to stay in the battle... You have purpose – and your game plan is by design... You are powerful ... You perform with your peak level in mind – and yet – you know that there is always room for improvement... You chose to learn from your coaches, teammates, and even opponents... You are an athlete... You feel the flow...

All of these beneficial visions and programs, concepts and ideas make a deep and lasting impression upon your subconscious mind... Always to remain... To be recalled the moment you say the words “Feel the Flow”... Take a deep breath – place your hand on your chest and feel your lungs fill up... Breathe out – and say the words “Feel the Flow”... Breath deep, relax and say the words “Feel the Flow”...

Forgiveness

By, Cara Jepsen Chp

See yourself sitting outside, at your own special spot inside a beautiful garden....perhaps you are sitting on a comfortable bench....Just rest here for a moment....notice the smell of the freshly cut grass, and the aromatic smells of your favorite flowers....take notice of the sounds.....the birds chirping....the squirrels playing...what do you see.....just relax here, and feel safe and happy, as the sun gently warms you.... close your eyes and feel the gentle heat on your face.... take a deep breathe and inhale the fresh beautiful air.....

You are so relaxed, and so pure, on this perfect warm day....as you look next to you, look over to your right, and notice several new balloons sitting next to you on this bench....notice the array of different colors to choose from.....reach down, and pick up your favorite colored balloon....do so now....whatever color you picked is perfect for today....

Now, I want you to make a big colorful balloon by blowing up the balloon as big as you can, like when you were a child...the bigger this balloon, the better....so take a deep breath in....and the next deep breath out, pull the balloon up to your lips and blow out through tight lips, any anger you may have stored inside you.....do so now...breathe out all of it....and as you take the next breathe in, breathe in that sweet beautiful energy from the garden and glowing sunlight above.....

Now, for your second exhale into this balloon, I want you to breathe out any resentment you are carrying in your body.....take a deep breathe in, and through tight lips, breathe out resentment, now....and the next inhale, breath in that refreshing air.....good....now, for the last breath, I want you to breath out any fear or judgments you have been holding onto....go ahead now, take your last deep breathe....and let go....breathe through tight lips, any fear or judgments you have into the balloon.....that's it....very good.....

Now, I want you to take the balloon, and tie a very tight knot on the end. Take a deep breath....you should be very proud....your shoulders are relaxed, you feel lighter, and you feel safe and loved inside this special place....know that people are only in your life to help you elevate and grow....even if you

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can't see why, you know in your heart that you are safe and loved....now look down on the seat next to you, and you see a big magic marker....go ahead and pick it up....go ahead....write the words Forgiven and Released in big letters, on your special balloon.....go ahead and do that now....now, look up into the clear bright sky....

Notice the golden warm rays from the sun wrapping all around you....you will be releasing your balloon into the bright warm light where your balloon will be taken care of...go ahead....release now.....watch the balloon float up to the sun....drifting, drifting far Away....into the warm, bright light....be proud of who you are....for you have now forgiven and released.

Guilt and Forgiveness

By Tommy Penley, CHP

Visualize or imagine that you are walking down a lightly wooded path. There is a small brook flowing gently over small rocks to your right, along the path you are following. The sun is warm and soothing. You can hear a gentle breeze blowing through the trees. There are birds singing and flying between the trees. You can hear the bubbling of the stream as it flows onward.

See yourself reaching down and feeling the cool, clean water. The air smells so clean and fragrant with the wild flowers that are growing around the trees. The day is so perfect and peaceful as you continue to walk along the path. All the sounds and the feel of the warm breeze on your skin fill you with a sense of peace and calmness.

As you start to walk up a gentle hill and you can hear the crunch of the soil and grass under your feet. The birds are still softly singing and the sun is so warm and all is peaceful. When you get to the top of the hill you can see that the path you are on continues down into a small, gently sloped valley with the stream continuing into the valley off to your right. The sun is lower in the sky, but still comforting.

As you look down into the valley, you notice that there is a lone, large tree. As you get closer, you notice that there are a lot of people under the tree playing games and having picnics. You can just barely hear the sound of their laughter, but you cannot make out the people yet. You continue to walk along the path and notice that the tree has a golden hue to it, and that the air smells even cleaner and fresher as the breeze blows toward you from this tree.

Now you can make out the individual people under the tree and realize that you know most of them. They are people whom you knew in the past, who may have passed away or maybe you felt as if you had wronged them in some way. They are all smiling and very, very happy. As you move a little closer, they start to notice you, and begin to wave and smile. You can feel their happiness and their peace. They are sending you their feelings for a reason.

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Soon you begin to realize that there is no reason to hold onto the guilt and the feeling of loss any more. These feelings were never really needed. You begin to understand that you helped these people to get where they are and they are grateful. They are happier. They are healthier and much better off because of you. This fills you with new feelings of happiness and a sense of relief as you realize that you no longer have to hold on to these old feelings of guilt. That forgiveness is not needed, you did what was right at the time and all you can feel is the sense of peace and love that they are sending to you. This fills you with new love and understanding. It is OK to feel this way, they want you to know this.

As the sun sinks lower behind the tree, it becomes more golden. The breeze is fresher and the birds colors and singing is brighter and lighter. The brook is clean and fresh and crystal clear. The breeze blows through the tree and lifts a small amount of golden pollen from the branches and you can see it gently swirling toward you closer and closer, gently reflecting the sinking sunlight's rays and sparkling.

As this pollen settles on you and you breath it in deeply you feel a healing strength flowing into your body. Slightly tingling to your skin and very invigorating and refreshing. Relieving you of any lingering, unneeded emotions of guilt or worry. You know that you are healed and forgiven. You realize that it was you who needed to forgive yourself. Not them. As the sun continues to sink, you realize that it is time to go.

The new you walks home, leaving the valley behind and taking the feelings of love, gratefulness and peace that you felt from those people and continue to walk home. As you bring these feelings into the waking world, to keep with you and sustain you for as long as you need. I will count slowly from one to five and when I get to five, you will be fully awake, alert, full of forgiveness, free of any guilt and realizing how much you really mean to people.

(Count to five)

Gymnastics Champion

By Nick Iles, CHP

You are a champion. You make all of your routine. I want you to now visualize yourself doing your routine at a competition. You have saluted the judge and you are approaching the event... What do you see? How is the facility set up? Notice the color of the mats. Where are the spectators sitting? Can you hear your family and your teammates cheering for you? What are they saying?

As you jump onto the equipment notice the texture. What does it feel like to you? As you continue through your routine you feel your muscles squeezing tight. You have perfect form; everyone is watching you and is amazed about our ability. See yourself sticking your dismount after a perfect routine. How do you feel? What do you feel is different now that you have accomplished your goal? Are you more confident? Are you more motivated? Or are you more relaxed? Take a moment to figure out what is different, and let that feeling fill your body.

Now see yourself on the awards stand. You are in first place and are standing above everybody else. Imagine someone is placing the first place metal around your neck. What color is it? How heavy is it and what does it feel like around your neck? Now look up into the audience and notice your family smiling and cheering for your great success. How does it feel to be a champion? And let that feeling run through your body.

Happiness in Life

ASH

You have a desire to be happy, to be joyful, to be full of life. Take a look at yourself in the mirror. What do you see?...You see beauty looking back at you. Not just physical beauty but inner beauty. You are glowing from within. There is so much love, joy and happiness from within that it radiates outwards.

People who come in contact with you, feel your radiance for life. You light up lives with your smile. Your laughter is infectious. People want to know you because they want to possess what you have, inner joy, inner peace, inner contentment, inner-happiness.

Nothing upsets you, you take everything in life as a lesson. A lesson in learning, growing, becoming smarter and stronger. You are a role model to your family, your friends and co-workers. You are a star because everyone wants to be who you are. They want to possess that magical quality that you radiate...joy and happiness.

Happiness seems to bubble up from inside of you and flow through your words, your look, your thoughts, your intentions. You are a very special person because you want to share your happiness with everyone you come into contact with.

With every breath that you take let your happiness continue to flow for you and for all.

Headache

By David Martin, CHP

You are in a very calming place now; use your imagination to see the blue sky, green grass, and the warming yellow sun. You have no stress or tension, everything is peaceful.

From now on, when you feel the tension building and you can feel the start of a headache, you will take three slow deep breathes.... You will imagine a big red balloon in your hand. Slowly, you will blow this balloon up, and with the air, you will also be blowing this tension into the balloon...when the balloon is full, raise the balloon high above your head and let go....

As you watch the balloon fly away, it will be taking the tension with it. You will then take another deep breath... No more tension, no more headaches... You will find yourself back at your calming place, Ready to continue with your day... feeling calm and relaxed.

Healing

By Michele Verhoosky, CHP

Close your eyes and take a deep, full breath...Focus on drawing the breath up from way down deep in your belly...And as you draw this full, rich, breath from way down deep in your belly, notice how vibrant that breath is...Feel its energy fill you...lighting you up from inside...burning away all darkness and doubt...

And on your long, slow, smooth exhalation...feel the energy calm and soothe you...like warm, golden light melting all your cares away...Take another full, deep breath...That's right, just like that...And now breathe out...a long, slow, smooth exhalation... Good. You're doing beautifully...This is called "yoga breathing," an ancient technique...

Focus on my voice, letting other noises or distractions only deepen your level even more as they fade away...

As you to continue your yoga breathing...Full, rich, slow deep breaths while you listen to my instructions...From now on, when you inhale, I want you to silently count to 4 in your mind...Breathing through your nose, I want you to silently count from 1 to 4 in your mind, focusing on drawing in as much air, as much energy, as you can...Let's do that right now...1...Begin drawing a breath from deep down in your belly...2...Let the breath expand, expanding your diaphragm...3... lift your ribcage, fill your lungs... 4...the breath completely fills your torso...your head...And exhale...Good. You're doing beautifully.

Continue to breathe...drawing in as much air...as much energy as you can...breathing in to the count of 4... and exhaling...And while you are breathing in to the count of 4...and exhaling... I want you to concentrate now on your exhalation...I want you to focus on breathing through your nose as you exhale to the count of 8... That's right...a long, slow, smooth exhalation...savoring the long, slow, deep release of all tension as you slowly count in your mind from 1 to 8...

So let's go ahead and do that right now...Take a deep breathe, and 1...Feel how your exhalation softens and relaxes your face...2...your

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eyes...3...your jaw...4... the muscles in your neck...5...your shoulder...6... your arms...7... your back...and 8... all the muscles in your chest and belly are totally relaxed...Excellent.

Continue breathing in this fashion...Inhaling to the count of 4...and exhaling...a long, slow, smooth exhalation...to the count of 8...paying no further attention to me...Just focusing on breathing in to the count of 4...breathing in fresh air and energy...and exhaling all tension to the count of 8...feeling your knees...your ankles...the arches of your feet...even your toes...soften and relax...That's it...Just let yourself go... let your mind and body become one...just feeling so good...

You are here to reduce anxiety... become more confident of your abilities...and give yourself a chance to succeed...And the way you are going to reduce anxiety, become more confident of your abilities, and give yourself a chance to succeed...beginning right now...is just by relaxing...That's right...You are going to sit back...relax...and allow yourself to accept all the suggestions that I am about to give you...

If you can accept all the suggestions that are being given to you without being critical of them or without over examining them...and can follow my instructions **exactly** as I give them to you...you will be find yourself feeling less anxious and more confident in your abilities in any competitive situation...Let me repeat that again so it is perfectly clear...If you can accept all the suggestions that are being given to you without being critical of them or without over examining them...and can follow my instructions **exactly** as I give them to you...you will be find yourself feeling less anxious and more confident in your abilities in any competitive situation...

Yes, this is a very strong statement...However, in the relaxed state that you are now in your mind is more open to suggestions than at any other time...and suggestions given while in this state are very effective for the subconscious mind...

Being in this relaxed state you are now in you may be hearing every word I say...or you may only be hearing bits and pieces as your mind strays back and forth...here...there...It doesn't matter whether you are listening to me as I speak or not...all you need to do is relax...Your conscious mind may be floating all over...with many different thoughts going through it...But your

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subconscious mind hears everything...and always pays attention...And it is to the subconscious mind that I am speaking right now...

Your subconscious mind molded and formed all your organs...all that you are was formed from an invisible cell. Since your subconscious mind made your body it can also re-create it in health according to the perfect pattern within you. You were formed and created in health, without sickness. That blueprint that you were created by still exists in your subconscious mind. It is natural for you to be healthy; therefore it is natural for you to be restored to health.

Use your imagination for a moment and think about what I am saying. A watchmaker has to have the idea in his mind first before his watch is to become an object of reality. If the watch was out of order, the watchmaker could fix it. Just as a watchmaker knows how to fix his watch so is the subconscious intelligence which created your body like the watchmaker. It also knows exactly how to heal or restore you to your full, vital functioning according to the perfect pattern within it.

Repeat the following to yourself quietly in your mind and focus on these words: My body and all of its organs were created by the intelligence of my subconscious mind. It knows how to heal me. Through it all my organs, muscles, tissues and bones were formed. This wonderful healing ability within me is now transforming every atom within my body, making me whole and restored to perfect health. I give thanks for the healing and the wonderful transformation of the subconscious mind within me which is taking place right now.

One more time I want you to concentrate and repeat those words again: My body and all of its organs were created by the intelligence of my subconscious mind. It knows how to heal me. Through it all my organs, muscles, tissues and bones were formed. This wonderful healing ability within me is now transforming every atom within my body, making me whole and restored to perfect health. I give thanks for the healing and the wonderful transformation of the subconscious mind within me which is taking place right now.

Now take a deep breath and continue to relax as your healing is taking place. Realize that nothing happens to your body unless it has taken place

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first mentally within your mind—and this even goes for sickness. As you change your mind by flooding it with constant positive affirmations, you change your body—and this is the basis of all healing. Let me repeat that one more time so it is perfectly understood: Nothing happens to your body unless it has taken place first mentally within your mind, and this even goes for sickness. As you change your mind by flooding it with constant positive affirmations, you change your body and the basis of all healing.

Once this session is over and you have opened your eyes I will give you a list of positive affirmations on it that you must repeat to yourself out loud for about five minutes 2 – 3X a day. Make sure that one of those times is just before going to sleep at night. You will repeat this until you have become restored to health once again. The amount of time this takes will be according to your faith and desire. With the subconscious mind, time is irrelevant. If you continue with these positive affirmations, without slacking off, continuing to give thanks for this marvelous gift, you will become healed:

“My body and all of its organs were created by the intelligence of my subconscious mind. It knows how to heal me. Through it all my organs, muscles, tissues and bones were formed. This wonderful healing ability within me is now transforming every atom within my body, making me whole and restored to perfect health. I give thanks for the healing and the wonderful transformation of the subconscious mind within me which is taking place right now.”

“I choose to be healthy.”

“My immune system is strong.”

“My vitality is vibrant.”

“Any time I see the color blue, whether in nature, a painting, or clothing, I will heal 2X faster than I did before.”

Change the way that you think right now....From this moment on, starting right now...you will no longer have negative thoughts about your own abilities. When you find your mind filling with negative thoughts and doubts you will immediately stop and change that negative thought into a

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positive affirmation...Each negative thought or statement that you make is planting a negative seed...a weed...in your garden...in your mind...Pull those weeds out...right now! And replace them with a beautiful flower...by planting a positive thought...statement...or affirmation.

You can do this! Your subconscious mind is powerful...more powerful than the most technologically advanced computer on the market...Your subconscious mind hears everything you say...and it wants to please you...

The law of life is the law of belief...A belief is a thought in your mind...From now on, starting this very moment, you no longer have the desire to believe in negative self-criticism... You no longer allow self-doubt to pull you down...What the mind can conceive, the mind can achieve...From now on, starting at this very moment, you believe in the power of your subconscious mind to heal...strengthen...and cause you to succeed...

From now on you plant only positive thoughts in your subconscious mind. Any time anyone or your inner critic tries to fill you with self-doubt, you immediately STOP, draw a deep full breath and slowly exhale...releasing all anxiety...all doubt...You tell yourself only positive statements such as, "I can do this" or "I have everything I need to succeed."

No longer will you find yourself tensing up in competitive situations...From now on you seek out good, positive opportunities to practice, polish, and enjoy your skills...New opportunities easily and frequently come your way...You are on top of your game and recognize all opportunities as they occur... You always seem to be in the right place at the right time...

Change your thoughts and you change your destiny...See yourself the way you want to be... Visualize yourself right now, standing in front of yourself, as the confident, relaxed, happy, successful person you want to be...Notice what you are wearing...how you look...how you feel...Notice how happy and healthy you are...Notice the confidence that you have...Look at yourself...Get this clear in your mind, because this is the "goal" you...See yourself clearly, with as much detail as possible... This is you...this is your goal...this is what you will become if you follow all these instructions **exactly** as they are given to you...

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You will find that deep breathing becomes a way of life...Each day you'll be taking more slow, deep breaths, breathing in more life-giving energy than every before...And with each long, slow, smooth exhalation you will find yourself releasing all negativity...all tension...all doubt...Any time anyone...or even your own inner critic... tries to plant a negative seed of self-doubt in your mind...you will immediately take a slow, deep breath...breathing out all negativity as you breath in positive, life-giving energy...This energy will focus you...and you will immediately relax, and be calm, focused, and clear minded...

You no longer have any anxiety health...Anxiety is a part of the past, like a distant memory that doesn't affect you anymore...You realize the good health enables you to fully enjoy the gift of your life and the gift of all the people who come into your life.

No longer do you fear your disorder...Your disorder is easily changed into order and health through the power of your strong subconscious mind...No longer do you sabotage yourself with self-doubt...No longer do you let others plant seeds of self-doubt within you...Negative thinking is all part of the past...From now on you can immediately stop self-doubt in its tracks... Any time anyone...or your own inner critic...tries to fill you with self-doubt, you immediately STOP, draw a deep full breath and slowly exhale...releasing all anxiety...all doubt...You will tell yourself only positive statements...“I can do this...I have everything I need to succeed.”

You will notice that your health increases every day...Through relaxation and visualization you have the ability to utilize the power of your subconscious more than ever before, and as a result you will find yourself happier, healthier, more confident, more relaxed than ever before...

You are in control...You are planting only positive thoughts in your mind's garden...

Your mind's garden is flourishing with beautiful blooms of positive thoughts...These positive thoughts fill you with inner joy and self-confidence... You **know** you can do it... You **know** you have everything you need to succeed...Any time you feel that anxiety may be coming on you simply take a deep breath and picture that beautiful garden...and when you

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exhale, you will be relaxed completely... You will be focused, relaxed, and clear-minded... You are in control...

I'm going to count now. I'm going to count from one to five. And while I count, you'll find yourself coming back, to this space, this moment, able to remember everything. When I say five, you will open your eyes. You'll be awake and alert, in full control of your body and mind, feeling totally relaxed, refreshed and recharged. Brimming with joy and self-confidence. Feeling wonderful in every way.

One... You are beginning to emerge from hypnosis...

Two... Feeling wonderful in every way...

Three... Your mind is clear and alert... Your body refreshed and restored...

Four... Your eyes are starting to open... and...

Five... Eyes wide open, fully awake... feeling wonderful. ("Welcome back!")

Healing Affirmations

ASH

Instructions: Repeat these out loud 2 – 3X a day, making sure that the last time is just before bedtime so that your strong subconscious mind can utilize the power of these healing affirmations while you sleep.

“I choose to be healthy.”

“I breathe in healing white light energy with each inhalation, and release all negativity from my mind, heart, body and spirit with each exhalation.”

“The white light cleanses me from within, leaving me strong and radiant.”

“My immune system is strong.”

“My energy is glowing.”

“My heart is strong, steady, sure, and I feel relaxed and calm.”

“My vitality is vibrant.”

“I give thanks for the healing and transformation taking place within me right now.”

Healing Body Parts

By Laurie Mann, CHP

So I'd like you to take a journey now from the area just above your eye brow that is your mind's eye. Just imagine that your eyes can kind of gently roll up inside your forehead, and from your mind's eye imagine going back into your brain As if you can *travel inside your brain*.

There's a place in your brain that knows *exactly* how to *heal* and *affect* the condition you have. It knows EXACTLY what to do.....*miraculously* to *correct* the condition..... To *heal* or *balance* it - to *create the right conditions* in *your* immune system.

I want you to *imagine* that you can *actually locate* that part of your brain that can heal. *Perhaps* it has a color..... or a softness. It *has* an *amazing healing wisdom* and that part of your brain knows *everything* that is needed to *heal* or to *balance* this condition.

Now.... begin to take a journey down from your brain.....down into that part of your body where that condition exists. Go right there and imaginethat as you get closer to that part of your body.....that you're seeing it from the inside.

You're seeing the cells you're seeing the tissues you're seeing the nerve pathways that send information to your brain and back again. And now imagine that you're seeing it almost microscopically.....
You can zoom in on those exact cells. And you can see the ones that are irregular or harmful. Perhaps you see bacteria or viruses that are harmful that are *around* those cells

Find something that shows you the condition that is out of balance that's creating the difficulty or discomfort. If there's any swelling or inflammation --- or if there's any damage to this part of your body.... Right now.....go inMicroscopically and imagine that you can fill the spaces between the cells with a beautiful golden light... A pure, golden light which is your brain's wisdom bringing healing to that part of your body.

If there's inflammation ... imagine that you're reducing the swelling....

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You're healing the tissues..... You're sending the oxygen-rich blood flow to those cells and those tissues to repair them.....

Create all the conditions needed in those cells..... the nerves..... the tissues. So that they begin to look healthy to your inner mind. And know..... that you're doing something much greater than simply visualizing

You are setting in motion a process from your brain to your body along a pathway to remove harmful cells or harmful bacteria.... to remove anything that's irregular or damaged. To heal rapidly..... any condition caused by an immune imbalance or inflammation.....

Now - I want you to set in motion a timeline for how long it will be until this condition is cleared so in the part of your body that you're in right now - I want you to hear yourself silently say... This will feel better and better perhaps todaytomorrow next week whatever it will take for my body to correct this condition - This will begin to feel better.

I'll be healthier and stronger..... by tomorrow....next week.....next month - However long it will take to heal become well. Every day my body will get healthier and stronger and this condition will improve creating healthy strong tissues.

My brain will continue to send all of the information... All of the chemicals...the healing energy....the oxygen... the flow of blood to this part of my bodyto continue to feed it the nutrients that it needs to be healthy and strong

Take a slow deep breath and go right back up to that part of the brain that was responsible for creating this healing condition. Travel all the way back through your body to your brain. And notice the part of your brain that's responsible for this healing
Is it a different color?does it have a different energy??? Is it more active right now?

Just notice.... if it's changed in any way And in your brainWhat does it need? Just notice as an observer what is happening in your brain.....

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is it bringing in resources from other places?..Nutrients?healthy food?... fresh clean water?

What is itthat *that* part of your brain *wants* to create the most healthy and optimum condition - so it can heal your body in that way? Good.....take another deep breath. And now from your brain..... I want you to go right back down again to that part of your body that's in need of healing... take all of that information once again go down through your body to the location is of that area that needs healing

Now - I want you to give it even more of the healthy thought.....the biology..... the spiritual and energetic aspects..... *the emotion* that is created in those cells to create even more healing..... bring even more of that down into those cellsthe tissues ...the nerves. And just notice.....does it change ? is there energy?..... or movement?or life? Before your very eyes..... is that area transforming?.....

Notice what's happening right there do you feel it....is it warm or tingly or sparkly Is there a color that begins to form? Now bring that awareness right back up through your body ...back up to your brain. All the way upall the way to your brain.....

Take a deep breath.....and now silently ... let your mind ...your brain...your spirit accept..... fully, completely accept.....that you have the ability and the power. To create a wonderfully healthy body To correct any condition of imbalance and bring it into balance. To release any of the emotional conflicts that were contributing to the cause of the problem. To allow your brain to continue below your awareness - to create the healing and the awareness of that part of the body

I accept that I have this power and that I can do this.

Take another deep breath. I accept that I have this power and that I can do this

Go to Awakening.

Hoarding & Relational

ASH

You are calm and relaxed. I want you to imagine that you are in a field of sunflowers. Walking through a path in the center you come upon a cottage. Imagine the details of this cottage...it gives you a sense of comfort and peace...As you walk to the cottage you pass the mailbox...imagine seeing your name on this mailbox...this is your cottage...a sense of belonging and consistency envelope you...you know that this cottage will always be standing as a supportive structure to give you shelter and warmth...

As you walk up the front stairs...imagine taking out your key and unlocking and opening the front door...Walking through the front door into the front room, imagine there is a small table to your left for you to put your key down...it's sole purpose is to hold the key...and is free of other objects and clutter...You are doing wonderful...Now that you have put down your key, close the door behind you...

Imagine yourself walking into the living room...imagine there is a couch...and next to it there is a fireplace with a fire going...walk over to the couch and sit down...imagine the couch is very comfortable and it hugs your body...imagine as you sit on this comfortable couch you can feel the warmth of the fire...it feels good on your face and body...imagine the mantle...on it are pictures of only people who love, appreciate, and support the person you really are...Use your imagination to see the other items in the living room...there is a rug, an arm chair, and a book shelf with books you enjoy reading...each book on the shelf has a purpose and is used frequently...the living room is easy to get around in and is free of clutter and papers...Imagine yourself getting up from the couch...walk out of the living room and into the kitchen...

Use your imagination to picture the kitchen...it is decorated just the way you like...imagine looking into the cabinets...you see that there is enough food to nourish you and anyone you choose to feed...every item in the kitchen has a purpose and is used frequently...there is only one of every item and each is stored in either the cabinets or the drawers...the counter tops are clear and used for preparing meals...you have everything you need

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in this kitchen... and you will always attract anything you need... imagine a sense of calmness that comes with knowing you will always be plentiful...

Use your imagination to walk out of the kitchen and into the dining room... Imagine you see a long table with a bouquet of sunflowers and irises in the center... there are just enough chairs to seat everyone you saw in the pictures on the mantle... it is joyous and entertaining to share a meal with them because you love and support each other unconditionally...

Now imagine yourself walking from the dining room... through the kitchen... and into the front room... imagine a set of stairs... and start walking up... as you reach the top... walk across the hall into the bathroom... imagine the bathroom... it is bright, spacious, and painted just the way you like... picture the sink, the toilet, and shower... everything is clean and fresh... look into the medicine cabinet... imagine the items that are stored in here... they are used frequently, organized, and up to date... imagine the sink... it has a single bottle of soap sitting on the surface and is free of clutter...

Imagine the sense of clarity that comes with having only the items you use and need in the present... imagine turning around and seeing the shower... it has a clear shower curtain with pictures of sunflowers on it... walk over to the shower... pull the curtain back and look inside... imagine a single bottle of shampoo and a single bottle of conditioner... there is one kind of face soap... and one bottle of body wash... a calmness washes over you because you see that you have everything you need to cleanse your hair and body... you will always attract anything you need... imagine the sense of calmness that comes with knowing you will always be plentiful...

Imagine turning to your left and picture the toilet... it has a strong and clarifying presence... the white porcelain is graceful and powerful... the toilet draws great purpose from standing autonomously... it is free from clutter surrounding it... the bottles of cleaning supplies are stored under the bathroom sink... organized and free from clutter... each item bottle has a purpose and is used frequently... there is just enough space to house one of every item under the sink... each item in this bright, spacious, and elegant bathroom has a purpose and a place... because of this, each is an individual... occupying and being content with it self and space...

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Each item can make their space a manifestation of what they want to attract...imagine yourself standing in the middle of this bathroom...you realize that you have chosen every item that occupies this bathroom...and this house...because you have ownership of this cottage...yet, you respect how each item has embodied their space...and made it their own...you have a sense of fulfillment and wholeness that you have created a place for every item and every area...the bathroom and throughout the cottage are free of crowding and clutter...

Picture yourself walking through the bathroom doorway and back into the hallway...imagine yourself walking through the hallway...on each side of the hallway there is a room with a door...imagine yourself turning toward one of the doors...picture the door...it is closed...but you know that you can walk through it at any time...picture a placard on the door...it is inscribed with the name of someone in your life...this room houses your relationship with this person...

Imagine yourself continuing to walk down the hallway...there is a room with a door for each person in your life...each room is separate and cannot be accessed from another...the only common thread is that they share a hallway...some rooms make you happier than others...you walk into some of the rooms more frequently than others...some rooms you avoid...whether it is because they cause pain...or they are unknown...or because you are hesitant to walk through the door...some of these rooms are relationships with people you have related to a long time ago...but their room is still present due to unresolved conflict...

Imagine turning to one of these doors...picture the front of it...the door is covered in cobwebs and has not been opened in a long while...but if you still allow it to be present in your house...while looking at this door...you realize that you do not have to clear away the cobwebs...open this door...or walk into the room...for this door to disappear...your new sense of confidence and sense of self-worth allows your mind to let go of this door and room...imagine the door, cobwebs, and placard fading away...all the signs that this door was ever there have disappeared...you no longer need this room because there are many other rooms in this hallway...and new rooms can always be built in this house...

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This space on the wall opens up space for a new room to be built...one that includes happiness, fulfillment, and giving from both you and the person that the new room represents...you have the power to attract the rooms that you desire...as you continue walking down the hall rooms that are no longer represent hurt, anger, and conflict will fade away as you pass...be mindful...there may be some rooms that house some of these characteristics...but they will not fade away...these are the rooms that are salvageable...they may need a new coat of paint or changing around the furniture...eventually these rooms will become fulfilling and whole...you have the power to change these rooms into what you desire and receive positive energy from them...otherwise this room is no longer welcome in your house and will fade away...

Imagine that you have reached the end of the hallway...picture the doorway to your master bedroom...the door is open for you to walk through...as you enter your bedroom imagine a sense of balance, calmness, clarity, strength, and resolve embodying your whole self...the room is bright with large windows along the wall that let in lots of natural light...you can see the ocean and a lighthouse from these windows...the lighthouse represents always being able to find land...even in a storm...your bed is large and supportive...yet comfortable and exudes warmth...your bed is a wonderful place to rest...your room gives you the space to develop, ground, and restore yourself...it is decorated with light colors and beautiful fabrics...it has a fireplace to provide extra warmth, if needed...it is exactly what you want it to be...this space fosters awareness of who you are...that you choose who you want to be...nobody can tell you otherwise...and it takes two people to make a relationship what it is...you always have a choice about what goes on between you and another...this space enables you to draw upon your resources outside of this room...it is a great place to be...and you deserve it...

Your cottage and surrounding areas represent what you desire yourself and your life to be...this place is solely for you...you choose who can come to visit or inhabit your space...everything is calm and clear in your space...strength and happiness are fostered in your space...and pulsates in the outer world...negativity and conflict is blocked from entering...because it drains the energy from your space...organization and space replace clutter and disorganization...anything that represents emotional collecting or blocked energy will be released...into the atmosphere...to be

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consumed...your behaviors and relationships will reflect this...the hurt and suffering will immediately fall away...and be forgotten...feel proud of your creative, intelligent, and innovative personality...know that you have the resources within you to solve any problem or adversity that confronts you...your healthy and whole sense of self...will teach others to seek their highest self...you will be a happy and peaceful person...and attain everything that you attract and desire...because your value in this world is indefinite.

How to Overcome Love Loss

By John Altman, CHP

Imagine you are walking along a secluded beach with the water on your left side and the land on your right side.

As you are walking along you look off to your left. *Describe the scene in great detail using all 5 senses. Allow the client to make some choices. eg* “are there clouds?” “If so, are they moving?”

Describe what is off to their right side as you did above.

As you walk along you are very content and in a tranquil state of mind. The day is as beautiful as you can possibly imagine. It is a joy to be alive. You feel better than you can ever remember.

You realize that your walk is like a walk in time. Behind you is the past. In front of you is the future. You know that you can only go forward to the future and your past will always be behind you. You can't go back.

You stop & turn around and about 50 yards behind you is _____ your last lover. You recognize him/ her but he / she is too far away to converse. You still have feelings for him/her but you also know in your heart that your relationship with him/ her is in the past and you want and need to continue forward. You walk along farther and when you turn around again, he/ she is even farther away. Still recognizable yet too far to communicate with. You can also see another ex lover who is even much farther away and barely recognizable. In fact you can see all of your ex lovers who are standing on the shore. Some are so far away they are just dots.

You give thanks for them being in your life at one time but for now your journeys are all separate. You notice that you have no feelings for those distant lovers and you know that someday soon you will have no feelings for _____.

You are patient because you know that whatever feelings do come up they are temporary and will always float away in a matter

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of moments. Your vision backwards is clear. You have a good perspective of each relationship.

You now turn towards your future and you cannot see clearly. There is a mist that blocks your vision. You can feel the mist; it is very relaxing and comforting. You are excited about your journey into the future. You really can't see what lies ahead but you know deep down in your heart that what lies ahead is joy, peace, learning, healing and a partner who will be better suited than the previous ones. You know that you have learned much from every relationship you have been in. Your journey for now will not be alone for long and there are many paths you may take before it is over.

More than anything you feel a calm acceptance of what is to come and a curiosity about what lies ahead.

In the days to come, when you have thoughts about _____ you will take whatever view you have and condense it to the size of a small ball and imagine tossing it over your shoulder behind you where it belongs in the past. You will take all such thoughts and keep throwing them back behind you. Primarily your thoughts and attention are in the present. The past holds no interest for you. The past is over.

Should you actually see _____ you can say "hello" and keep on going. He/she is not right for you. You gave your relationship a try and it just is not going to work. You can have fond thoughts about _____ but they are quickly put behind you.

Hypertension (*Lowering High Blood Pressure*)

By Mary Catherine Miller, CHP

As you continue to relax, think about how wonderful it feels to know that you have a healthy heart and blood vessels. Blood pressure is the measurement of pressure within the arteries when the heart beats and is at rest. Any time that you desire, you may bring your blood pressure into the optimum range for wellness by simply closing your eyes, taking a deep breath, releasing it, and allowing your body to relax.

As you relax your body, you release any excessive constriction of your arteries, and your blood pressure gently lowers to a safe, healthy range. Imagine that you could see through your body with x-ray eyes. As you scan your chest, you see your heart pumping tirelessly, effortlessly, and efficiently as a healthy heart does. Notice the smooth flow of blood through your arteries. Hear your steady regular heartbeat as your heart carries through its choicest performance. It is easy to eat healthy foods prepared in a heart-healthy manner. It is refreshing to drink pure fresh water that cleanses and nourishes your body.

The well being of all the organs in your body is enhanced by the flow of the rich life-giving blood through your blood vessels. You are aware of the purity of your rich blood cells nourishing your body. You are able-bodied, strong, and healthy. You have a healthy heart and blood vessels that respond to your relaxed state of being. Be aware that at any time that you have the need, you will normalize your blood pressure with ease by simply closing your eyes and taking a deep breath.

You will exhale slowly and feel the tension leave your muscles and your blood vessels as your blood pressure eases into the normal, healthy range. You will feel the robust soundness of a body in optimal health as you recognize that your blood pressure has reached the range of wellness. See yourself in this state of holistic well being having achieved and maintained optimal blood pressure and homeostasis.

You have restored your body to sound health and well-being. You have brought your blood pressure to a healthy normal range. Your body has responded to your desire for wellness. Now be aware that any time in the

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future when you have concerns about hypertension, you can easily and effortlessly relax your mind and body to normalize your blood pressure. One deep breath will bring you to a peaceful state in which your optimum health can be restored. If you find yourself with a higher than normal blood pressure, you will take a long, slow, deep breath, and begin restoring your blood pressure and cardiovascular system to a safe, healthy, normal state.

You are in control of your well-being. You can choose a pleasant thought, a calm demeanor, and a relaxed state of being. You will simply breathe, and feel yourself in a greater state of well-being. As you feel your pulse, you will notice that it feels better and better. You will know that wellness is yours by simply choosing it and allowing it to flow through you.

Inferiority Complex

By Ami Shah, CHP

As you breathe in notice how relaxed you are. You feel calm and serene....There is just positive energy in and around you...You are feeling very confident about your self...I want you to just take a moment and experience this confident feeling which you have right now... From now when ever you look into mirror you will see yourself as a very good looking and charming person who has great personality and is very attractive.

You have decided to let go all your shyness and inferiority complex from this moment. Just imagine in your mind that all the negativity, shyness, hesitance and complex feelings which you have about yourself have turned into helium and you fill all this helium in a balloon.... Once you have finished just tie the balloon and let it go in sky. Along with the balloon all your problems would be disappeared.

Just visualize yourself in a party or in a group of people, no matter whether they are colleagues or friends or relatives. Just imagine yourself as center of attraction. Everyone is enjoying your company and so are you. You are full of enthusiasm, energy and confidence. From now you love to meet people and socialize. If ever you get a feeling of low confidence or negativity about yourself just blow a balloon in your mind as I suggested and when you let it go all those feelings would be gone.

Increase Reading Efficiency

By Lin Chien Chien, CHP

Sit in a comfortable chair with your feet flat on the floor. Find a spot above eye level upon which to rest your eyes.

Soft focus and take in the whole room. Try to keep your eyes open for a while anyway. At some point your eyes will naturally close. Just let it happen when it does.

Complete the sentence with observations in each of the three prime modalities, Visual, Auditory and Kinesthetic (tactile sensations. e.g.: air temperature, textures, etc.)

Note: While it's optimal to observe different things, in the audio realm it is OK to repeat items if necessary - like if you are in a very quiet room and all you hear is one or two things. Remember that silence can be heard too.

1. "I am now aware that I see _____."
(Repeat 3 times, 3 different visual observations)
 2. "I am now aware that I hear _____."
(Repeat with 3 different auditory observations)
 3. "I am now aware that I feel _____."
(Repeat with 3 different kinesthetic observations)
-
1. "I am now aware that I see _____." (2x's)
 2. "I am now aware that I hear _____." (2x's)
 3. "I am now aware that I feel _____." (2x's)
-
1. "I am now aware that I see _____." (1x's)
 2. "I am now aware that I hear _____." (1x's)
 3. "I am now aware that I feel _____." (1x's)

You are very relaxed ... imagine you are sitting in your office and there are some required paper work on your desk. You grab one document and read it. Your mind is as clear as floating river. You read each word and

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sentence through easily and efficiently. Going through those words are just like floating river. You enjoy the moment of reading since the words bring pleasure and calm. You keep reading, and key points are easily to be understood and memorized. Reading words are as easy as river floating, you enjoy it without difficulty. When you finish one document, you put it into your right hand side, and grab the 2nd document and open it and read it.

Again, you are reading it and that makes you feel like floating river. It is so clear and peace. You easily understand the paper meaning as it floating through your mind. You finish the 2nd paper, and go on the 3rd one, and you finish it then put it into your right hand side, put it above the 2nd one. You notice paper of your right hand side become more and higher. You are efficiency reader. You know how to keep your mind clear and calm when reading. You finish reading within reasonable time. Reading no longer troubles you and you enjoy reading a lot.

Letting go of the past

Close your eyes and relax. Take a deep breath ... and exhale ... and take a second deep breath ... and exhale and on you third deep breath, hold it for about three seconds ... and exhale and relax.

I'm going to have you relax, every part of your body starting from the top of your head all the way down to the bottom of your feet. And as you relax each part of your body, I'd like you to use your imagination to visualize ... and even feel ... each part of your body relax and let go completely ... starting with the top of your head ... your scalp and your forehead... your eyebrows and your eyelids ... and feel that relaxation going down through your cheeks and your nose... relax your mouth and especially all those muscles around your mouth and lips ... make sure your teeth are not clenched together ... and just relax ... relax your chin and your jaw ... and allow all of those muscles in your face to just let go ... and your neck relaxes ... starting with the front part of your neck ... and the back part of your neck ... all the way down to your shoulders ... just feel your shoulders relax completely ... get rid of any tension that might be in your shoulder area ... it should feel good to do that ... and your arms relax ... starting with your upper arms ... going down to your elbows ... relax your wrists ... your hands ... and even the fingers relax and let go ... And notice how deep and regular your breathing has become ... just so much more than just a few

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moments ago, when we began ... feel your breathing ... feel the rhythm of your breathing ... notice the contraction and expansion of your diaphragm and your chest ... and allow your chest muscles to relax completely ... all the way down to your stomach... just feel your stomach muscles relaxing and letting go ... get rid of any tension that might be in that area ... just allow everything to let go completely ...and your back muscles relax ... those larger muscles in the upper part of your back ... going down your spinal column ... and into your lower back ... and allow all those smaller muscles in the lower part of your back to relax as well ... and your hips relax ... and especially your legs ... starting with your thighs ... your knees ... and feel that relaxation going down into your calves ... and your ankles ... relax your feet ... and even your toes just relax completely ... as you begin to drift into a deep relaxed state ... just letting yourself go ... letting your mind and body become one ...just feeling so good ...

(Deepener)

In just a moment I'm going to count from 20 down to 1 ... And as I say each number I'd like you to imagine the number, think about it and quietly spell the number to yourself which will help you to deepen your own relaxation allowing you to relax at your own pace.

So lets begin with 20 as you spell it ... t-w-e-n-t-y ...19 ... n-i-n-e-t-e-e-n ... 18 ... All the way down deep... 17... 16... deeper and deeper ...15 ... keep on spelling the numbers to yourself quietly ... 14... just let yourself go... 13... 12 ... give yourself the permission that this is what you want to do ...11 ... 10... allow yourself to just to let go ... 9 ... 8 ... deeper and deeper ... 7 ... 6 ... all the way down deep ... 5 ... 4 ... tired and drowsy ... 3 ... 2 ... so very relaxed ... and finally ...1 ... Deep ... deep ... relaxation.

"And as you continue to become more relaxed with each relaxing breath, your desires allow change, and your desires are stronger than ever before. Change is constant and continual, with every passing moment there is change. Change in the length of your hair, the cells in your body, blood and tissue. muscle and thoughts. Change is good! Change is welcomed because change means progress. If you do what you have always done you will get what you always got. but you are now making the changes at a deep level of

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understanding and acceptance in order to become healthier in all ways as you let go of the past in any way that is needed for your progress.

You have learned and know that the greatest things are those we cannot see, all the wonders of life and life itself: feelings, thoughts, imagination, all of life, and all of this is energy. It is unseen energy that beats your heart, creates your most wonderful thoughts and is the love and happiness you feel. There have been lingering energies that you can now let go of, because even at a younger age, we let go of those things we don't need, unwanted, letting go of energy that has served it's purpose but is over now. Like the energy in your thoughts and behaviors once used to wear diapers, now gone, but the memory and all memory remain, without the emotional attachment or need for the old behavior... like leaving behind now and always, the behavior of excessive eating, or any unwanted bad habit, or negative thoughts, feelings and emotions, it's all old, over and done now.

(if you have a recording of a going, it is very beneficial to use at this time)

Imagine a large gong, a big gong, supported by a stand, with the center painted black, the area the mallet strikes. And like that gong, anytime there is an impact of energy, it is at the strike, the time something happened. But imagine now, the mallet striking the gong, the loud sound from the impact of the strike, at the center, the actual time of the event of the strike. As you watch the gong and hear the sound fade as the energy of the strike reaches the outer edges, you are very aware of how energy works. The only real impact is when the event happens, the striking of the center. The event is over but the energy from the strike continues on, toward the outer edge of the gong, BUT.....as the energy moves on, as time passes, the energy gets weaker and weaker, until it fades.

How easily and simply we can stop the impact of the strike as time passes. We could gently squeeze the gong with a hand and stop the energy, ending the sound, the result of the strike. As time has passed, the energy of any negative feeling, thought or behavior from your past has become weak, easy to stop, fading away now. Imagine how any time or event that was unpleasant and created an unwanted, illogical and irrational response, like any behavior, harmful or negative in any way, you now let end, fade and stop, because time has passed and that energy, slow and weak has no effect on you any longer, as you now strongly desire this to be.

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You have seen the same response of energy even as a child when tossing a pebble into a calm pond or lake, watching the ripples of the impact of the pebble breaking the surface, fading and becoming smaller and weaker, as time passed and the ripples ended, that's right, fading and ending. As the water's surface became calm again, easily and naturally, time allowed the impact of the event to pass. You now remain like calm water as all past negative energy, thoughts, feelings, actions and behaviors now change, the ripples fading and ending, to be more positive, calm, confident and supportive for you and your goal to be healthy in mind, body and spirit, now, and always.

Now it's time to wake up slowly. slowly... At the count of five you will come back to the here and now, feeling wonderful in every way . . .

One . . . Beginning to come all the way back
Two . . . Coming back feeling better and better
Three . . . Feeling totally relaxed and comfortable
Four . . . Eyes starting to open now . . And
Five . . . Eyes wide open, feeling wonderful in every way.

Learning to say No

By Judy Dunn, CHP

All your life you have given to others. You have always wanted to say NO., but you couldn't, you did not know how. Just imagine, today, all of that is changing. Relax and take a deep breathe..... All your cares and woes are outside of these walls.

Your needs are number ONE. You are going to be putting everyone else's needs second to yours. Your husband's needs will be second to yours. Your children's needs will be second to yours. Your pets need's will be second yours. You have worked very hard to keep it all together and NOW...it is your turn to be THE priority in YOUR life. Everyone WILL be fine with THAT, as long as you are. Everyone will be happy as long as you are.

Think about this ! You are becoming very comfortable with the word NO. When someone wants you to babysit and you already have plans. When someone asked you to housesit their pet for a week even though it bothers your allergies. When someone at work wants you to switch shifts with them so they can have the sunny 85 degree day off. NOW you are putting YOUR desires FIRST, you are not doing these things and resenting them the entire time. Now you are learning to politely decline. The people that love you, understand.

Today, on that 85 degree day you are not working, you are laying on a blanket in the sand at the ocean with a cool ocean breeze blowing across your backside. You are smelling the salt in the air, you are hearing the ebb tide of the water, you are watching people slowly strolling the shore bending down every now and then to pick up a seashell and put it in their pocket as a remembrance of a wonderful day, you are eating a small sandwich which tastes like the best meal you have ever eaten in your life. You are at peace. You quietly drift off with the sound of the waves in the background. You are so proud for the few little words you have learned to say. "No I am sorry, I cannot switch shifts with you as I already have made plans for myself ." You will awaken and be fulfilled with pleasure that you have had this time for yourself. You are sooooo at peace with the word NO. You are so proud of yourself after you have declined a request for something you did not want to

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do. You now know that you do not have to dread the upcoming event as you were honest and happy that you dealt with it upon request.

You have never felt better about having your actions be the way you enjoy spending your time. You are now so proud of all the ways you have learned to say NO to other people's needs and have so much more time of your own. No longer will everyone else's needs drain your time and energy. You will still do things for other people, but only what you choose to do that will make YOU happy.....You have been liberated by the word NO. Run thru the breeze, smell the breeze, feel the breeze,

It is now all about YOU and how using your time makes you happy.....

When you are happy everyone around you is happy.....

(Depending on the client, add in a few more aspects)

Letting Go of Bad Event in Life

ASH

You have just gone through an experience in life that has affected you. It's time to let go and get on with life.

Take a nice deep breath, and as you let it out, let the tension and feelings of concern leave your body. And take another deep breath. On the third breath, as you exhale, feel everything let go. Let go of all those negative feelings and experiences that are bothering you.

Feeling so calm, there is nothing you can do but relax, relax, relax. Imagine that there is a parallel world. A world that has someone that looks the same as you, the same surrounding but different experiences.

In the parallel world you grew up in a world with love, nurturing, inspiration and positive experiences. You were educated by the best people. Everyone in this world is supportive of you. Everyone wants you to experience the best things and live. They want you at your best. They want you succeed. They see you as confident, powerful, to become fully realized. There is no stress or bad experiences.

What if could visit this parallel world? Would you like to meet your parallel self?

Wonder for a moment as you are about to meet yourself in this new world. Travel with me to this parallel world. Imagine a white light between the two worlds. Step into the white light and enter your parallel world.

The person you are meeting wasn't put down, teased, abused, nor held back. They have always had positive support from their parents, teachers and friends. Every experience was always a positive influence of life. You in the parallel world has always been able to learn from a negative experience. You always find a way to turn a negative experience into a positive one.

You see the other you. The environment is warm, beautiful, and full of life. You feel the warmth and positive feelings. You see that the other

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person is happy, no stress and alive with life. You see you as you were meant to be.

I want you to experience what happened to you to bring you to such a positive feeling of tranquility.

Look the person in the eye. In a moment you are going to step into that body. The body that has all the positive feelings, talent, abilities, and strengths that you desire.

Take a step at a time and step into that body. Feel the positive warmth of that body. Let it take over your body. Take as much time you need to experience the positive environment.

Now you are going to see the the darkness of where you cam from. As you float back to your world let your body experience all the positive physical, emotional, and spiritual feelings integrate into back into your body.

You are now back home. It feels very good. You have left all the bad feeling and experiences behind. It feels so good. It's all integrated. There is no separation between the you here and the new you that you have discovered.

You come back into this world as one.

Light Heartedness

ASH

As you continue to relax deeper I want you to focus on the words that I am saying and allow them to echo in your mind as though you were in large cave.

Happy, Happy, Happy.

Cheerful, cheerful, cheerful.

Love, Love, Love.

I am happy. I am peaceful I am happy. I am peaceful.

I choose joy.

I choose joy.

Elation reverberates through your body and mind, because you feel safe and secure even as you handle the problems of your life. You see good, good, goooooood in everyone. From now on you focus on the good and happy things of life.

From now on you are cheerful in all that you do.

From now on joy rings deep inside your mind.

From this point forward any music you hear reminds you to release any heaviness and be free. In the future you embody this joy. Allowing every cell in your body to be light.

Maintaining Goal Weight Script

By Valerie Russier, CHP

Now that you have reached your goal weight, you are now able to maintain your healthy way of eating. You have discovered that you really enjoy the wonderful variety of foods you can eat whilst maintaining your perfect weight...you enjoy eating out with friends and family knowing you can choose good food...you no longer need to eat all those fattening deserts...or if you choose to, you know that you will eat them in moderation..

Leaving some on the plate because you are satisfied.....you are satisfied with the amount of food that you eat and you know if you eat more than you need you will feel uncomfortable.....and gain back the weight.....you are continuing to enjoy the admiring looks you get as you keep your weight off...you feel proud that you have stayed so slim and you feel good about being healthy and more energetic...

Get a real sense of what it means to you to be slim....really feel it.....see it in your mind's eye.....you look and feel great.....you will always feel good about your slimness and the freedom and confidence it brings you.....you know you will not overeat again....you know you will maintain this perfect weight now that you have reached your goal.....well done.

Memory Recall

By David Martin, CHp

You are relaxed and focused..... Everything you have read, seen, or heard in your lifetime is stored in your subconscious mind, waiting to be released... Imagine the information is behind a big red brick wall. The wall is high and wide. There is so much information behind the wall that you can see the wall starting to bulge.....

When you want to or need to recall some information, all you have to do is take a deep breath.... And imagine a big hammer breaking a hole in the brick wall, allowing the information to flow freely. You will no longer worry or struggle to remember things.

From now on, you know that all your information is with you and available at anytime. You now feel confident knowing that when you want to recall some information, you will have the ability to find it.

Migraine Headache Pain

By Suzanne Shapiro, CHP

I'd like you to sit comfortably and take a deep breath ... hold it for a few seconds, exhale and relax. Now take a second deep breath, letting the muscles in your abdomen expand... and as you exhale allow any stress you may be holding to let go. Once more take a third deep breath, hold it. .. as you exhale think to yourself "relax."

Now imagine a cloud of soft rose pink enveloping you. As the softness, peacefulness, and relaxation surrounds you, the pink light moves slowly inside your chest and heart center as you breathe in deeply. This light moves up through the muscles in your upper chest and shoulders, and the upper back, giving those muscles permission to let go of any tension that they might have been holding there. As you feel this tension falling away, your body drifts deeper into relaxation.

The soft rose pink light now moves up through the muscles in your neck, throat, and jaw as they relax and let go. Even the muscles in your cheeks and eyes are starting to sense the presence of this light and are feeling softer.

Focus now on the area of your head that is feeling the dis-ease and pain. Imagine a large magnifying glass bringing this part up bigger, increasing the intensity of the pain. Then quickly pull the magnifying glass away. Watch as the area becomes smaller and smaller.

Off to the left you see an angel of the white light moving gracefully towards you. She slowly wraps a mesh of golden white light around the painful area. As she pulls the bundle up towards the sky, you feel relief and are pain-free. There is a glow of green healing energy in the area where you now feel protection from any further dis-ease.

Remember if you sense any signs or auras of a headache visualize the green healing light and think of the angel of white light watching over your health.

Movie Theatre Guides
Past Life Transition Script

By Joe Marchetti CHP

I'd like you to imagine that in front of you is a door that will open up to the inside of a movie theatre... Imagine yourself opening the door... and stepping through it... You are now inside the movie theatre... As you look ahead you notice there is a person standing there in front of you... You recognize this person...and know that it is someone you trust and feel very safe with. This person is there to protect and guide you... the only thing you have to do is choose the movie that you wish to view...

There are three movies to choose from the movie showing your past..., one showing the movie of your present... and one showing the movie of your future... You have chosen the movie of your past... your guide now leads you through the door on the right... The guide reminds you that what you are about to experience are events from your past...Although they are true experiences that you have lived through...they are only movies for your viewing... you will be safe at all times...only good can come from this experience...you can choose any scene in this movie you wish...as it contains many different past lives you may have had... you can also choose a scene at random...and let your intuition guide you to one of these lives that can give you some valuable information that will help you on your quest for knowledge...

Your guide now hands you a very special remote control... this will allow you to stop, pause, rewind, fast forward, zoom in and out, and rotate the picture on the screen in any direction...as you now choose a scene from the movie of your past lives...your guide leads you to a very comfortable chair and you relax...and begin to see the events as they unfold...as the images begin to appear on the screen
GO TO QUESTIONING.

Nasogastric Tube Placement

By Tommy Penley, CHP

Imagine or visualize yourself walking in a desert. You can feel the very dry air and the sting of the sun on your face and skin. Hear the warm wind blowing. Hear the sounds of the desert. Feel the sand sliding under your feet, feel the heat of it through your shoes. Feel the sweat dripping down your skin, making you very thirsty, and as you begin to feel that tickle in the back of your throat, realizing how thirsty you are and how good a drink of water will be. Smell the hot, dry air and feel how this dries out your throat increasing your need of water and to swallow. See how the sands continue as far as the eyes can see, with waves of heat coming up off of the sand. Everything is dry and hot. This can be repeated several times, client will usually ask for water. (When client feels the tickle this is the NGT on the back of the throat and it is time to give them water to swallow the tube.) Have a glass of cold water ready to give....

After tube has been placed and verified:

Imagine walking slowly up a hill or sand dune, one that you can't see over. After a while you reach the top and there you see an oasis with a small pond with grass and a few trees for shelter. You can smell the water and when you reach the oasis the air seems to cool and the breeze is softer. As you wash your face in the cool water and then relax under the tree, your body begins to cool and draw in strength and energy from your surroundings. You feel stronger as the cool water circulates through your body healing and revitalizing you, all feelings of discomfort fade away as the cool winds blow across your body, taking the uncomfortable sensations with it, further and further away from you. As you relax and take in all this healing energy, after a moment I will count from zero to five and at five you will be fully awake and alert feeling much better in each and every way. Then count them out from zero to five..

New-Parent Fear of Inadequacy

ASH

Now you are relaxed, so relaxed, and as I speak you are becoming even more relaxed. I want you now to take three deep breaths: one, hold it . . . release; two, hold it . . . release; and three, hold for the count of three, one . . . two . . . and three . . . and release.

You are here because you are afraid that you do not have the knowledge or ability to be a good parent. I am here to remind you that you do have the knowledge, but it is new knowledge, so you are not yet aware that you have it. This new knowledge was given to you the second your baby arrived to you. You did not need this knowledge before the advent of your new responsibilities, so of course you did not have it. It is a gift, a gift to you from the universe, and all you have to do to be able to move in the fullness of this knowledge is receive it. So now, you are going to receive it.

I want you to imagine that you are walking down a forest path, and ahead, you see a break in the trees. Continuing your walk, you find yourself just inside a beautiful forest clearing. Can you see it? The sun is gentle on your skin, the temperature is exactly as you like it. The trees form a circle and you are standing just inside the opening, looking around, enjoying the soft breeze. Across the clearing, you notice movement in the trees, but you are not afraid. You know it is someone good, someone who is here to help you. A figure moves out of the trees, a figure wearing a long white robe . . . the figure moves toward you, and stops in the centre of the ring, beckoning you to come to them. You are happy to do so, as somehow you know that something special is about to happen. Gently excited, you move to meet them.

You still can't see whether this is a man or a woman, but you don't care: instinctively you know it is someone good, someone with something special for you. You stand in front of them, and they silently hold out their hands to offer you a gift wrapped in white with a gold bow. You take the gift, bowing slightly in thanks. No words are needed, you are communicating your thanks silently and you know they hear you. Still facing each other, you open the gift. It is a small golden crown. The figure in white silently reaches forward, takes the circlet, and places it on your head. It fits perfectly, gently

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encircling your head. You feel its weight on your brow, light, and comfortable. Suddenly, a voice speaks from the air above you, "

You are a parent. A child is a gift, and a responsibility. You have been chosen especially for your child because of who you are, and what you offer this child. This crown represents the gift of all knowledge you need for the raising of this specific child, which is now part of you by virtue of your becoming a parent. It can never be taken from you, and will grow as your child grows, always being more than enough. Do you receive this gift?" Joyfully, you speak aloud, "I receive the fullness of this gift, with thanks." The figure in front of you turns, and walks back the way they came. Still silent, they disappear among the tall trees. You turn, and retrace your steps . . . which bring you back here. Seamlessly you find yourself sitting in this chair, still relaxed and very comfortable.

Now, you understand, and you take from here the calm surety that you are in possession of everything you need to be the best parent possible to your child. You have received the gift, and it can never be taken from you nor can you ever lose it. Any time you have any questions about that, you stop, and feel the gentle weight of your own crown of knowledge resting on your brow. It is yours forever. It is more than enough.

The answers and information you need come, they always come, and you rest assured that they are the right answers for your child. You are completely confident as your child's parent, and in complete control. You are the perfect parent for your child. You have the answers you need within you, and they come for the asking. From now on, you move in the fullness of your perfect gift, and you see your child and your family joyfully reaping the benefit every day. Life is good.

Out of Body Experience

By Barbara Herz, CHP

(I chose this type of script from personal experience for those who may have experience this and would like to come back to the feeling within themselves or, perhaps, to bring them further away from the beta in their lives). Here the client would be in a recliner or lying down and would start with a distress/deepening script similar to the one above.

Your whole body now feels relaxed from your head all the way down to your toes. Now with your body feeling relaxed, comfortable imagine the ocean is warm and inviting.

The warm ocean in front of you is inviting you to float outside of your body amongst the waves. You can see clouds in the sky and you can imagine the waves lifting you out of your body up to reach those clouds. As you're floating upwards you rise into a deeper and peaceful feeling, filled with calm and serenity and light. Imagine floating out of your body with the help of the waves getting higher and higher lifting your spirit up into the clouds.

Continuing to float further up as the waves bring your spirit into the arms of the clouds. You now start to look down and you can see your body lying amongst the warm ocean, calm, relaxed and content. Know that your spirit is connected to the top of the wave. Imagine that your body, way down floating on the ocean surface is connected with you through the waves energy so that your spirit self is still connected to your physical body and that both are safe during this journey. You are very safe amongst the ocean and clouds. You can feel secure, comfortable and at peace.

Imagine that you are now above the clouds, further above where your physical body lies, feeling very calm, relaxed, still and at peace. Sooo relaxed and calm. As you gaze above into the heavens, imagine what lies within. Notice the spirits that are above, below and around you. What type of spirit awaits you there. What color is the sky as far as you can see. Is there a gate?

Know that at all times you remain secure, protected, and content.

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Observe that your spirit can move and play with the other spirits. Do you hear music? Can you hear the ocean below, do the sounds and colors of the heavens call to you? What do they say? Feel the relaxation of your spirit amongst the heavens, allow yourself to float as far up as you would like. When you have reached a peaceful height look down at the ocean below and notice how slight the ocean seems. As you are floating know that you are safe in the vastness of the heavens and continue to float higher and higher, up to the stars higher and higher. Relax and feel peace...and contentment...and love. You are in peace.

At this point there should be a few minutes of no speaking

Now it is time to return back down to your physical self. Start floating back down away from the stars towards the cloud cover. Become aware of your body as you come closer to the ocean, closer to where your physical self is peacefully lying. Remember that at all times you are safe, comfortable and secure. Always safe and secure.

You are now floating downwards below the cloud cover where the top of the waves are rising to meet you. Allow yourself to be held by the waves as they soften and lower towards the bed of the ocean. Notice your physical body coming closer and closer to your spirit, slowly lower and lower, notice your body inviting your spirit back.

Now allow yourself to slowly draw back into your physical self. Your body may feel heavy but willingly invites you back in.

Pause

I will now count to five where you will start feeling normal physical sensations as you are returning back into your physical self. Know that your spirit is still a part of you within your body.

- 1 - Slowly, as you begin to feel your body's sensations, you will start to wake
- 2 – feeling refreshed and relaxed
- 3 – as if you just went on the perfect vacation
- 4 – now, ready to get on with your life's journey
- 5 – wide, wide, awake

Overcoming Self Doubt

By Joanne Viechweg, CHP

Isn't it wonderful to be self assured? Feel how much in control you are....allow yourself to feel that relaxed confidence that now moves with you....in you....through you. Manifesting new light and direction in all your thoughts....words....and deeds.

You now know who you are and live your life fully.

You now have access to ALL of your mind to assist you in your life's work.

It IS all possible.

It IS all happening.

It IS all true....and you deserve it!

It is your heritage....it is your right....it is your joy; and all is well.

You now bring to the surface all that you have collected over time and use it to bless the lives of many....including your own life.

People come from all over the world just to be touched by you....wherever you are located....for they KNOW that you are genuine....for they KNOW that their matters remain confidential. They recognize the light that you are.

Your practice evolves and develops over time....as you continue to learn and remember new techniques to heal and strengthen others.

This is your life's work....this is who you were....this is who you are.....this is who you will always be.

Overly intelligent boy, (who works against the treatment)

By J.H. Klynder Holm, CHP

..... *Induction and deepening followed by this little “contract”:*

While you are laying here with your eyes closed, listening to the sound of your own slow and deep breathing and the sound of my voice, I would like to give you an once in a lifetime opportunity to help yourself...

It only requires that you really want it yourself... the easy and good life – and let it come to you. You do not have to do anything in particular – just allow that it gets closer to you all by itself...

Firstly I will ask you to – inside yourself – figure out if today is the day where you are willing and ready to do exactly as I say – and then do it as well as you can – cause that is the only way I or anyone else can teach you, how to repair yourself from the inside – now and later on.

Therefore my question to you is if you are 100% ready to help yourself – if that is the case, you just have to nod clearly – do you understand my instructions?

(“If he nods here, he is tricked to say yes to all of it! ☺”)

Then you continue with the script:

Very well – I am glad, that I am allowed to help you help yourself... Now imagine that you are strolling through the forest (*describe in details everything he could see, feel, smell and hear in this wood*) - get to an open area, where there is an odd glass dome with a gate..... A large light emitting round dome, which looks like a spaceship.

It is as if someone is telling you to enter the dome... There is a control room, a large instrument panel, very large, with many different buttons, knobs and handles inside the dome... You can see this because the dome is transparent... It is a mysterious futuristic machine – how did it possibly land inside the forest? ... It is as if you feel that the dome has something to do with you...

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You open the gate – and enter the machine... And as you sit by the instrument panel – the large, wide instrument panel - and look around... You feel safe and secure... It is as if you can feel, that this dome will do you well on any account... Some place on the instrument panel, you see your name.... and there are many numbers, from 0 and up.

I would now like you to move the handle/lever to the number 12 – and while doing this, it is, as if you move into the future... In a fluid motion the dome leads you through time and lands in the middle of a schoolyard..... I do not know which school it is... if it is the one you are in now or some other school – but you can see that for yourself.

If you look around you can see that” a 12 year old you” comes running towards you to greet you – in the middle of the schoolyard... He is happy to see you and presents you to his friends – one by one... Notice how well they like him – and how well he is doing... they admire him for what he can - and who he is.

See how relaxed he is. Nothing can rattle him... He is so comfortable, so calm, so relaxed, well-balanced and so happy... It is, as if he found happiness inside himself from the younger you...

When the bell sounds, he brings you inside by the shoulder... he introduces you to his teachers – and they greet you kindly – you are just sitting there and enjoying being in school with him for an entire day...

And you notice how the 12 year old you, laughs at his own mistakes, and laughs when there is something is not good at, for example writing something by hand...

He just does not care because he is well aware of the fact, that there are so many other things, he is good at – even really good at... and therefore it does not matter if there is something he is not so good at... It is meaningless – it is not important at all – it shrinks and disappears, because he wishes it to... and that’s it...

He is happy and calm and secure – he is satisfied with himself, the way he is... exactly how you are and always has been, before falling under the influence of “the wrong cards” in your sub conscience...

HYPNOTHERAPY SCRIPTS III

You are surprised – you think: How did he manage to do so? ... and it is, as if he can see, what you think... He approaches you, and looks at you and smiles... and without a word he puts his hand on your shoulder (*“put your hand on his shoulder”*)... and when he does so, you feel, maybe like it is now, that something flows into you...

I do not know, how fast you realize, that he just transferred all his knowledge, calmness, the good feelings and satisfaction into you... but just let the good feeling glide in to you, through your right shoulder (*“push/squeeze the shoulder for every word”*) – that’s it... He says nothing, but everything “the 12 year old you” has learned, flows into you, so day by day it gets easier and easier for you to do exactly, as he does – be calm, relaxed, happy and well - in every way... that’s it...

Your shoulder gets warm and it feels comfortable – the good feeling spreads to the rest of you – from your shoulder – and all you need to do is to let the happiness, calmness and security spread throughout your body... Now you know that the older you is doing well – and you are like him... you **are** him – and he **is** you... and **everything** is good! (*“Slowly remove your hand with one last squeeze”*)

And “the older you” turns away and runs to the others... They have class now and he is excited about it... maybe you catch a glimpse of him turning and waving, just before the automatism in the time machine brings you back to 2010.

It lands you in this chair/recliner – you feel your back against it and it against your back, while the good feeling in your shoulder and the rest of you spreads out autonomously – that is just how it is!

And the more you doubt it, the more it happens, because the good effect comes front inside of you. Everything come from inside of you – you **can**, and you **want to**, and you **dare** – in every case/situation, at any time and in every way – that is how it **is!** (*“Shoulder squeeze”*)

The best thing is – that every time someone touches your shoulder, or you just think about your shoulder... or hear the word “shoulder”, everything will be enforced by a factor of 7 in effect and speed compared to the normal rate and strength – that’s it...

Past life Regression Transition Script I
The Mirror Gallery

By Marion Moser- McGrath, CHP

You are absolutely at peace with yourself, deeply relaxed and ready to use all your imagination to embark on this great journey to the *Mirror Gallery*. Just imagine you enter this huge and fantastic ballroom with all these beautifully sparkling chandeliers entirely made of diamonds. The whole room is magically illuminated, bathing in soft golden light. You feel absolutely welcome and safe as this is the universal light of healing and protection.

I want you to look towards the walls which are lavishly decorated in old European Baroque design. Everywhere you look, there are golden framed mirrors, golden scones and golden drapery running along the walls. Now walk to the left side of this marvelous ballroom, and as you are walking, you are relaxing even more because you can feel that this adventure is getting better and better with every single step. Stop at the first mirror which is about your height, and take a close look at yourself. Then close your eyes and take a deep breath.

Feel embraced by all this warm and soothing golden light, and let go of all your thoughts.

You feel very comfortable and safe at all times. Now open your eyes and watch as your reflection is gradually vanishing and making room for the image of who you were in that past life. Slowly but surely, your face is becoming clearer and clearer as you keep focusing on it.

I want you to understand that you are safe no matter what, and that whatever you are going to experience is witnessed by you from a safe distance. Now zoom in on the person that is about to appear in front of you. Tell me what you see.

Past life Regression Transition Script II

By Olga Ritvin, CHT

(The purpose is to confuse client as much as possible. Ask him questions about people and places – exact names, numbers, colors, demand all kind of details. Make him tired, weary, unable to resist.)

I'd like you to use your imagination. You will only experience positive experiences.

Imagine yourself on a train. You are sitting in a spacious compartment in a most comfortable chair.

There is a big window, and as train goes, you can enjoy the beautiful scenery outside.

What do you see now?

Now the train stops at the station. This is the city of your youth.

What do you see outside?

Who came to meet you?

Do you recognize people? What are their names? Who are they to you?
(One person at a time)

You can talk to these people, if you want. You can wander on the streets of the city. Did it change a lot?

Now it is time to return to the train. As it moves, what do you see outside?

Next stop is a place of your childhood. Who came to meet you? Do you recognize people? What are their names? What do you remember about them?

Do you recognize your friends? Classmates? Games? Toys?

HYPNOTHERAPY SCRIPTS III

Now it is time to continue your journey. You can see beautiful places behind the window. Cities, flowers, birds, pretty houses, like a fairy tale.

Now the train goes thru the horizon. You can see nothing but wonderful magic light. It is a very soft palaceous intriguing light.

Little by little, this light is dissipating.
When everything clears out, you can see that the train stopped at the next station – your previous life.

Past life Regression Transition Script III

ASH

Now it's time to use your imagination, your wonderful imagination . . . I want you to imagine that you are walking through a beautiful apple orchard. It's the best time of year, when all the trees are in bloom, beautiful white blossoms, some drifting past you as you slowly stroll aimlessly through the trees, breathing in the intoxicating scent of apple trees in bloom. The sun is out, so the light is gently dappled on the ground. You feel the soft grass under your feet, you hear little whispers of leaves moving in the tiny breeze and you notice that the shadows are moving slightly from side to side on the ground all around you, as if the trees themselves are gently breathing.

As you meander, you notice in the distance a tree that is different from the rest. It is larger, much, much larger, and it seems to be in the very centre of the orchard, although it's hard to tell that because the trees stretch out as far as the eye can see in every direction. This big tree is somehow glowing, as though there is light coming out through its very bark from the inside, and you know that this is where you are supposed to go, and the reason why you are in this lovely orchard. Just looking at it makes you feel safe, and loved. You feel safe, so very safe, as you turn ... and oh look, how nice, something you hadn't noticed before . . . there is a wonderful old-fashioned boardwalk now right in front of you, not like anything you've ever seen before because it's just a bit wider than your body and with lovely sturdy handrails on either side . . . it's aimed straight toward the big tree so you step confidently on and oh, how wonderful, the boardwalk itself starts up slowly and gently and silently starts to carry you where you want to go, toward the big tree and now you notice something else . . . as you relax and are carried so delightfully and smoothly and more swiftly by the second through the trees you realize that you are also going back in time, first slowly . . . then faster, and faster, back through your recent adult years . . . then your young adulthood, now moving back through your teens . . . your childhood . . . your toddler years . . . you hold on to the handrails that are keeping you so safe as you enjoy the journey back, back, back through this life, right into your early babyhood . . .

HYPNOTHERAPY SCRIPTS III

Now you see that the big tree you are moving toward has an archway built right into the base of its huge trunk, and you know that when you get to that archway and are carried safely and comfortably through it, you will be going back through your birth into The Place Between . . . and you are taken smoothly and safely through the huge arch on your moving boardwalk which now slows down . . . and now gently stops without so much as a wobble and you step off, looking around in wonder. You know you are inside the big tree, and in the place between lives . . . and you know that you are safe, you will continue to be safe as you go on

There's a glow all around you just like the glow that was coming through the tree's skin, but it is brighter, warmer somehow, like molten gold and very welcoming. As you keep walking forward from where you stepped off the boardwalk, the chamber you are in suddenly opens up into a big airy reception hall. It is round, so large you can hardly see across to the other side, and the floor is beautiful, white marble, yet somehow soft under your feet as you come to a halt just inside the room. All around the chamber there are doorways set in the curving tall curving wall of gold, doorways arched like the entry to the tree, the doors made in beautiful polished wood in your favorite shade, and so big, nearly twice as tall and four times as wide as you are. Ohhhhheach one has your favorite jewel glowing in the centre of it at your eye level, and you instinctively know that to open any of the huge doors all you have to do is touch its jewel with the index finger of your right hand and the door will just swing open at your touch. You also know that each door leads to a previous life, a life you have lived before, and you start moving around the glowing chamber in a clockwise direction, knowing that you can pick any door you like and you will visit one of your previous lives. There are so many doors . . . You also know instinctively that no matter which door you choose to go through, you will be safe, safe and calm and happy.

You continue to walk slowly around the beautiful chamber, pausing in front of each door as you come to it, and then moving on. Is this the one? You will keep going until you feel it: the door which is The One. It's as if it is speaking to you, asking you to come in and experience what waits for you, you will just know . . . Have you found it yet? Keep moving around the chamber until you feel it, until you feel the right one, knowing that there is no wrong one . . . when you find it, stop there, and wait. Nod to let me know when you've found The One . . . good, good, perfect.

HYPNOTHERAPY SCRIPTS III

Now I want you to know that when you go through that door, anything and everything you experience, you will experience as if you are sitting in a movie theatre watching yourself on a huge screen. At no time will you experience anything negative, or stressful, or emotional, or harmful, or bad. You will simply be watching and seeing yourself as if you are an actor on a big movie screen. If you understand that, nod your head. Good, wonderful . . . now, I want you to reach out with your right index finger, and touch the glowing jewel. Watch the giant door swing open, soundlessly, smoothly. Look inside . . . you can't quite make out what is there as there is a beautiful silver mist just inside the door that obscures what is beyond for the moment. It is such a beautiful and safe place, so now is the time to move forward, through the arched door, and into that wonderful inviting mist . . .

You move confidently forward through the arched doorway and into the mist. Another step, one more - and you realize that the mist has disappeared and you are in a past life. Just stop for a minute, and take in all the sensations around you . . . breathe, listen, look, feel . . . are you ready to go on?

(Once the client nods, go to the questioning)

Past life Regression Transition Script IV

By Anne Korosec, CHP

As you stand at the bottom of the staircase...I want you to imagine a long, inviting hallway stretching out before you...There is a luxurious, thick carpet under your feet...The walls are painted a beautiful color...You are pleased to see that it is your favorite color...You notice many doors on the left and right leading down this inviting hallway...You even notice another door at the far end of the hallway...You instinctively know that that each door to the right will take you to a past life that you may have had... and...that each door to your left will take you to a future life that you may live...You see a door at the far end of the hallway that leads to your present life...You notice how very safe and comfortable that you feel at this moment...at this place...You understand...you know... that you will have only wonderful and positive experiences ahead of you.

Go ahead and allow yourself to start walking down this inviting corridor...you are in control and completely safe...you will decide which door to open and which room to enter...As you walk down this beautiful corridor...you find yourself drawn to one of the doors on your right...a door to a past life...You feel happy...almost euphoric...as your hand reaches for the doorknob...Go ahead and allow yourself to open the door...and step inside the room.

You are amazed at how beautiful this room is...There are so many interesting things to see...Allow yourself to take it all in...You may touch or pick up any objects that appeal to you...As you examine the room and the many objects in it...you notice a high back chair in the middle of the room...the back of the chair is in front of you...so, you cannot see who is sitting in the chair...Instinctively...you know...that the seated figure in the chair is waiting for someone...waiting, perhaps for you...You feel that you may already know who is waiting...You decide to walk around the chair to see who it may be...You notice that the figure is wearing a shimmering hooded robe...and this robe changes colors before your eyes...All the colors of the rainbow are revealed to you in this beautiful robe...As this figure pulls back the hood...you feel an immediate sense of knowing...and you are completely at ease...The figure stands up and quickly and completely places a sphere of white protective light all around you...above and below

HYPNOTHERAPY SCRIPTS III

you...You know that this pure white light will protect you...no matter where you choose to go...You know that you will be perfectly safe at all times...You instinctively know that you will not experience anything first hand...It will be as if you are viewing yourself on a movie screen...You will be completely safe at all times...

The figure motions for you to go to a door across from where you entered the room...you excitedly go to the door...turn the handle...and push the door open...You see a beautiful...inviting...white mist...Realizing that you will be completely safe...allow yourself to step through the door...into the comfortable white mist...You are excited to experience what is ahead...and you walk through the mist and find yourself in a past life...Take a few moments to just experience the sensations...the sounds...the smells...and the sights around you...nod if you can hear me.....

Past life Regression Transition Script V

ASH

You friend has just invited you to his house. He tells you he has just purchased a special movie theatre that can do time travel. Take a seat on the beautiful extremely comfortable leather reclining sofa chair. Take a deep breath and relax. Look at the TV screen in front of you. Your friend gives you the remote control.

You turn on the TV and you see a picture of yourself in the monitor. You ask where is the camera? He explains there is no camera. You are seeing yourself now, in the past or in the future. You can see everything that is happening but you do not feel or experience the emotions involved. You are in a safe environment where no harm can come to you. You are always safe.

You are instructed to press the “Rewind” button. You see yourself yesterday, the week before, the month before. As you keep pressing the Rewind button you are going back in time. Stop whenever you want or when you feel that this time period is an important part of your life. Learn from the past, use the knowledge to enhance and improve your life today.

You keep pressing the Rewind button and you see yourself being born. You tell you friend you cannot go back any further. He tells you that you can go back to past life.

You press the Rewind button and you see yourself in another life. Keep pressing the rewind button until you want to stop.

Ask yourself several questions

What time period is it?

What are you doing?

Why did you stop at this time?

What would you like to learn?

How is this going to help you in the present time?

If you feel uncomfortable you can always press the “Fast Forward” button or are instructed by me to return to the current time. Continue to

HYPNOTHERAPY SCRIPTS III

learn all that you can about yourself. Be able to discuss what you saw with me later today.

Pain Relief

By Jeanne Gaston, CHP

We're going to use the magic of your imagination to make the pain diminish. I want you to recall a time you got up and got ready to go to work only to discover that during the night there had been a severe ice storm. Recalling that memory, I want you to re-experience it now. Getting dressed, you bundle up and going out into the cold, you find the car's windshield covered in ice.

Breaking the ice off the door lock, you get the ice scraper from the glove box. Then scratching and scraping, you pry the ice off the windshield. It takes what seems like forever, and even though you have on gloves, your hands get so cold. Your hands feel so cold that they almost burn with the cold. You take your gloves off and looking at your fingers, they are so cold; the fingertips are blue and the fingers white with cold.

I want you to re-create that intense feeling of coldness in your fingers now...and now sense everyone know that cold relieves pain, I want you allow your hand to float over to the spot wherever you are feeling discomfort and placing your cold, cold fingers over that spot, allow the coldness in your fingers to spread, numbing all sense discomfort. And as the cold spreads from your fingers, all discomfort ceases and as the discomfort ceases, the fingers become comfortable and your whole body relaxes and feels at ease. And in the future, should the discomfort return, you can at any time, remember how cold your fingers felt, and by simply placing your fingers over the area of discomfort, allow the cold to work its magic.

Positive Mind

By Karen Prieto, CHP

Having set aside this special time for yourself, you begin to relax. You take three deep breaths...breathing in...each time slowly...and releasing each one gently...slowly and gently, slowly and gently...

As you feel the tension slip away, the body relaxes...your mind relaxes...you begin to take a look at your thoughts. You begin to pay attention to those thoughts. You are now paying attention to their ebb and flow...their quantity...their quality...

From your detached vantage point, you can see that as you think so you are. It all begins with a thought...all that ever was...all that is...all that will ever be...all is seeded in thought.

As this reality washes over you, you vow to move away from negativity. Negative influences no longer beckon you...you are free...

You now create a crystal clear picture of who you are...and who you are to become. Your ideas about yourself are born of all that is positive. You are in charge of your thoughts...you can manage your mind favorably...and so you begin to chart new thought patterns. You know that over a period of time...by nurturing these new and positive thoughts, they will become your reality...for you are in the process of re-creating your true personality...

From now on, you keep your mind cool...clear...clean...and calm. You know that your thoughts give birth to your feelings...your attitudes...and your actions...therefore, you make the choice to keep creating thoughts that are peaceful, healthy and in harmony with all that is positive and good.

Positive Thinking

By Anne Heminway, CHP

You feel relaxed and happily filled with peace. You see warm light coming into your body and filling you up.....giving you positive, loving energy.You are filled with joy ...You are powerful ...You understand your power and use it wisely...

You have the power to change negative thoughts into positive thoughts... You have the wisdom to replace negative thoughts with positive thoughts..... You think positive thoughts...

Whenever you hear yourself making a negative statement...in your head....or out loud in the world,. .whenever you hear yourself making a negative statement about your abilities, about your opportunities...about your potential for health, wealth and joy,.... you will stop the thought immediately ... You will say “cancel”... you will hear your brain replacing it with a positive thought...

You will speak positively about yourself andpositively about others... You can see yourself at work thinking good thoughts, speaking kind words about yourself... You can see yourself at home, every morning, ... stretching your body... and getting out of bed,.. touching the floor.. ..speaking to yourself .words of encouragement and empowerment.

You are a powerful, loving person, filled with joy. .. You think positive thoughts. .. You are proud of the positive changes you have made... You feel happiness all day long.

Progressive Relaxation

ASH

Make yourself comfortable... Place your feet flat on the floor... And rest your hands on your thighs...rest your hands down by your side... And gently allow your eyelids to close... And just begin to allow yourself to relax... Letting all your cares and worries go... And at this moment in time...

Nothing matters... As you switch off your thoughts... And just allow this time for yourself... So that you can unwind completely... And as you begin to feel more and more relaxed... Letting go of any worries or problems... That may have been on your mind lately... And there is no need to fight any unwanted negative thoughts... As they will soon drift out of your mind again... Just as easily as they came...

I would like you to take a couple of deep breaths ... Slowly filling your lungs with fresh air... And as you exhale ... You will relax more and more... With every outbreath... And as you gently slow your breathing down... You begin to feel more and more relaxed... More and more comfortable...

You will feel your whole body sinking into the couch/chair... And you will notice how relaxed your whole body has become... From the top of your head... To the tips of your toes... Your eyelids have become very heavy... (and may even twitch at this moment... As you let go of any tension in your body...) And all the muscles in your jaw have become limp and relaxed... As your jaw sinks down... And your tongue rests gently on the bottom of your mouth... And you are beginning to drift down deeper and deeper... Feeling more and more relaxed with every word I speak... And as this wave of relaxation spreads down your neck and shoulders... And all the way down your arms to your fingertips...

You may feel a tingling sensation in your fingertips... As your arms grow as heavy as lead... And you soon become aware of a growing peaceful feeling inside... A feeling of calmness and contentment... As you feel every muscle in your chest and abdomen... Become limp and relaxed... And all the muscles in your back are relaxing... Almost like a mental massage... And all the way down your spine... The muscles loosen and relax... And as you drift down deeper and deeper relaxed...

HYPNOTHERAPY SCRIPTS III

You let this wave of relaxation spread all the way down your legs... So that your legs become as heavy as lead... And every muscle in your legs becomes limp and relaxed... So that you are completely relaxed from the top of your head... To the tips of your toes...

And as the outside world... Fades more into the background... As you begin your journey into your own inner world... To that unique and special part of you... That only you can go to... You continue to let go... Of any negative thoughts or feelings... And any sounds around you... Or in the distance... Will fade into the background... The only sound that will matter to you... Will be the sound of my voice... Which will continue to take you deeper and deeper... Into a wonderful state of relaxation... And you may soon find that your mind begins to wander... And it doesn't matter where you drift... Where you go... My voice will travel with you at all times... So that you will continue... To respond to me on an unconscious level...

And in a few moments time... You will hear me say the word... Nowwww... And when you hear me say the word... Nowwww... All the unnecessary nervous tension is going out of your body... And your body... Will continue to sink down... Becoming more and more limp ... More and more relaxed... And comfortable too... Just feel yourself sinking down into the couch/chair...

Your head sinking down into the pillow... Becoming even more comfortable... Feeling completely at peace... And calm and contented... As you continue to drift down... Really enjoying this wonderful feeling of complete relaxation... And there may be times when... You will not be aware of your body... You won't be aware of your body at all... As you continue to go deeper and deeper relaxed... Deeper and deeper relaxed...

When I count to five... you will be wide awake...feeling good...One...you're beginning to come back...Two... feel the energy start flowing through your body...Three...moving your fingers and toes... more and more awake...feel the energy running through your body more now...Four... breathe in wakeful energy... that's right... breathe in wakeful energy... clearing your head... balancing your energies... feeling wonderful in every way...Five... open your eyes... fully coming back... fully back... wide awake... that's right...wide awake.

Racism

ASH

In this relaxed state you realize that all humans, all people are created equal.

Imagine that you are walking down the street in a city. People of all races are walking with you and around you. Imagine yourself feeling comfortable and relaxed, enjoying the harmony that you feel with these other people. You hear the voices of the others around you, you see the smiles on their faces. Imagine now that all of you change to the same color. Now imagine all of you change to beings of pure energy. You see only the souls of the people that have been around you.

You realize that you have no way of knowing what the races of the people around you. You realize that all humans are the same, all are deserving of our trust and respect. The color of a person's skin does not matter. You chose to look past the color of a person's skin and look at the beauty of the soul within.

You see yourself as being accepting of other races, looking past their skin color to their souls. You now know that the color of a person's skin is not what matters, it is the soul of the person that is the most important.

Knowing this brings a strong sense of peace and joy as you begin to relate with others by looking at the person within the skin. You no longer judge a person based on their skin color, you accept everyone as equal, and this brings you great peace and joy.

Range Qualification Improvement Script

By James T. Rust, CHP

On the day of your next firearms qualification, you will see yourself scoring 100%. You have been trained and that training is part of your muscle memory, your body reactions without thought or hesitation. Your weapon is a part of you. It is an extension of your shooting arm. Prior to going to the range you will prepare yourself by checking your weapon for proper function and cleanliness.

You will check the function and cleanliness of your magazines. You will check the function and cleanliness of your duty gear, the magazine pouches, and holster. You will check the function of the safety restraints on your holster. You will safely check the holstering and removal of your weapon in and out of the holster, checking the function of the safety restraints.

On your arrival at the range you will clear your mind of all distractions and focus on the task at hand. You will follow the Range Master's instructions to the letter. You will observe all safety protocols. When instructed to fire, your muscles memory will react without thought or hesitation. You will go into the proper shooting stance. You will obtain a proper grip on your weapon feel it become an extension of your shooting arm, remove the holster safety restraints and smoothly and quickly draw your weapon. You will properly align the sights on the target visualize a laser beam from your eye running down the sights to the target. Slow your breathing and squeeze the trigger and maintaining a smooth cadence when firing mentally counting your rounds and knowing each round is hitting it mark.

When necessary you will make smooth and quick magazine changes. If your weapon malfunctions, your muscle memory will kick in and you will quickly perform the proper malfunction drill and resume firing. When you have finished the course of fire you will safely clear your weapon and holster when instructed by the Range Master.

You will follow these instructions until you have completed your qualification.

Relaxation

By Miles R. Stover, PhD

Now allow your mind to take you to a beautiful place. A place you choose that is safe and warm and comfortable. A place out in nature. A place that creates an even deeper sense of calm and peace within you. Take a moment to create this special place now. And now that you've created a special place, imagine that you are lying down on the ground. Notice your level of connection with this place.

You can deepen your level of connection now by taking a couple of slow deep breaths. Notice the way that the ground beneath you energizes your body. What an incredible feeling to feel the very life force energy of the universe flowing inside of you. Restoring your body to perfect health. And as you breath in, imagine you are breathing in the atmosphere around you. And every breath you take in now causes the colors that you see around you to become more and more vivid, bright and beautiful.

As you look out into the distant sky you will notice a rainbow. You will now allow each color of the rainbow to blend together forming one column of white light that reaches down from the sky and touches the top of your head. Feel the way this light feels. As it pours into the top of your head, relaxing, healing light. Cleansing every cell in your body as it continues to flow down from the top of your head and into your forehead. Smoothing out the little space between your eyebrows. Spreading out through your entire face, your nose, your cheek's, your chin and your jaw. Relaxing every muscle and nerve. Feel this light coming down your neck. The back of your neck. The front of your neck. Absorbing any tension and tightness.

Feel this light moving down into your shoulders, relaxing your shoulders. Let your shoulders become loose and limp. Feel this relaxing energy traveling to each of your arms , down to the tip of your fingers. From your neck and shoulders down into the upper part of your back. Traveling down and around each vertebra and into your lower back. And from your neck and shoulders down into your chest and your abdomen and your stomach. Relax your stomach muscles.

HYPNOTHERAPY SCRIPTS III

Relax the stomach muscle's completely. And feel this wave of energy extending into your buttock muscles. Releasing and relaxing that area completely. Now your thighs are feeling this energy. The muscles within your thighs are relaxing. Your knees, your calves and into your heels. Feeling all this energy concentrated into that one central location. Now your heels and move all that energy into the arches of your feet. And now feel it in the balls of your feet. And now your toes and you have utilized this healing light to relax you completely. And so you can send it out from your toes back down into the ground as you remember where you lay out in nature.

Bring to mind the image of the result you would like to create during this process. Maybe you see yourself smiling and laughing again - having good times good feelings. Whatever that is for you to put your attention every moment and focus on the outcome like to create. Just relaxing and breathing through yourself - letting go. Feeling so good.

Relaxation

By Laurie Mann, CHP

Sit back in the chair, and make yourself comfortable... Position your arms so they're comfortable on the arms of the chair or in your lap.....Take a deep breath.....hold it for a moment.....then let it out – and when you let it out.....you notice that any tension you had.....is just flowing out with your breath. It's ok if you have an itch and need to scratch it or if you have to reposition yourself.....

Take another deep breath.....hold it a momentthen let it out... I want you to pick a spot high up on the ceiling to look at.. Focus all your attention on that spot and on my voice. You'll notice the longer you focus on that spot, it might seem like the area around it begins to cloud over or get blurry..... take another deep breath.....and let it out And when you're aware of your eyelids getting heavy, becoming so heavy you just don't want to keep them open any longer - you can just let them close

Breathe in again.....hold it a moment.....let it out. I want you to focus your attention on your forehead.....and just feel the muscles relaxing across your forehead..... Your eyebrows.....feel them loosen up

Your eyelids feel heavyso loose so limp so relaxed.....it's as though they're melting into your cheeks.....melting right down into your cheeks..... And you feel your cheeks melting down into your jaw, your neck so loose so limp so relaxed

You feel so relaxed.....imagine there's a warm....golden....fluid..... starting at the top of your head that's spiraling down through your head.....into your neck..... this warm, golden, relaxing, fluid spreading through your shoulders, down your arms

Slowly.....spiraling down your spine.....through your hips.....your thighs, down through your knees..... spiraling down, down, through your

HYPNOTHERAPY SCRIPTS III

calves....spiraling down, through your ankles..... your feet.....right out through your toes....so loose.....so limp.....so relaxed Good.....

I want you to imagine that you see a flight of stairs a few feet away..... As you approach the stairs, you have a complete sense of being safe and secure.

Notice the stairs.....What kind of stairs are they? What are they made of..... Is there a banister? What's it made of.....is it rough or smooth.....look closely at it.....

I'm going to count down from 5 to 1and when I tell you to.....you'll step down on the first step when I say the number 5.....and with each step you take down these stairs....you will have the feeling of being twice as relaxed as the step before,,,,,, Ready? Hand on the banister.....the feel of the banister gives you a sense of safety and security.....5... feel yourself taking a take a step down .totally relaxed 4feel your hand sliding down the banister and the feel of the step under your foot..... relaxed twice as deeply as before..... 3..... another step down into relaxationyou're twice as relaxed as you step down..... 2..... Deeper still.....twice as deep as the step before.....twice as deep And 1so totally.....relaxed

At the bottom of these stairs....I want you to imagine there's a white board on the wall in front of you..... Notice as you walk toward the board..... there's a shelf under the board that's holding a rainbow of colored markers.....

Pick up a marker.....any color you want and I when I tell you to start.....I want you to make a square on the boardabout 12 by 12 inches square ...go ahead and make the square . and when you're done.....put the marker down.....

Now I want you to pick another color marker and when I tell you to go ahead - I want you to draw a circle inside that square.....

But don't let the edges of the circle touch the square,.....go ahead and begin complete the circle and when you're done put the marker down.....

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Now..... I want you to pick up another color marker and when I tell you to go ahead, I want you to draw a triangle inside the circle you just finished, but this time - I want the points of the triangle to just touch the edge of the circle..... go ahead and draw that triangle inside the circle and when you're done, put the marker down.....Good

Now..... I want you to pick up another color marker and when I tell you to start, you're going to draw a square inside that triangle, I want you to center the square inside the triangle and I want the corners of the square to touch the sides of the triangle.....
Go ahead and when you're done, put the marker down.

Good.....Now I want you to pick up another color maker, and inside the square... I want you to draw a circle, but be very careful that the circle does not touch any part of the square at all.....be careful.....
go ahead now and startand when you're done..... don't put the marker down

I want you to fill in the circle with the marker.....just completely color it in..... all the way..... fill it in and make sure no white space can be seen at all. Good.....and now when you're done.....put the marker down.....

Now..... I want you to take your pinky.....and in the very center of that filled-in circle I want you to erase just a small, tiny spot with the tip of your pinky..... And because you are so totally relaxed, so loose, so limp, so relaxed.....

When I snap my fingers... I want you to imagine that your entire body.....starting with your headthen your shouldersand the rest of your body is being sucked into that little tiny hole..... go ahead.....*SNAP* ...sucked right through....right through....you can almost hear the SWOOSH.....

Now you find yourself in a room.....a completely safe and secure room - and in this room.... your body is telling your mind that it's OK to relaxto relax as much as your body is relaxed.....your mind is now as relaxed as your body..... Begin the script.....

Removing sexual desires from a past affair

By Mary Hein, CHP

Script used for a woman who had an affair, is in marriage counseling, and wants to have the power to “resist” the sexual attraction she has for her co-worker’s (man with whom she had affair). She feels she has lost her power to this man and always will be susceptible to his charms. This script can be used for a man also only with changing the wording to fit the need. Should be conducted by a licensed mental health counselor or referred to a licensed mental health professional if any conflict arises.

Once the client is ready, the following script can be used:

(Insert client’s name), you are here because you are a strong woman who wants to remain faithful to your husband. You have the power to do this; you have the power to control your actions. You have stated you want to feel no sexual attraction to your co-worker. You will allow this to happen. When you see (insert name), you will feel nothing more for him other than how you feel towards any other co-workers. You will feel no sexual desires or attraction. If for any reason you begin to feel an attraction, you will tell yourself silently to “stop.” When you say “stop” immediately any sexual desires or attraction you feel for this man will cease. You have stated this is what you want to happen, so this is what WILL happen because you are a strong woman. No one has power over you – you are the one who has power over yourself. You have stated this is how you want to feel. Is this correct? (Wait for answer – if yes, move on. If no or if there is uncertainty, use a deepener and then move on). When you see (insert name) you will feel nothing except this is a regular co-worker and there will be no sexual desires or attraction. You have the power and this is what you want to happen. If any feelings begin to happen when you see this man, you will state “stop” in your mind and immediately all feelings of attraction will stop because this is what you want and you are in control of you. Do you understand?

(Wait for affirmative answer).

If affirmative, go directly towards awakening reminding the woman she is in control of her desires. If the answer is hesitant or negative, go to

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awakening and delve more deeply why there is resistance towards ending the affair. More therapy is needed before hypnotherapy will work if the client is resistant to what she has verbally expressed but obviously does not subconsciously believe.

Restless Leg Syndrome

By Lynne Ann Habel-Murphy, CHP

You no longer move your legs erratically. Your spastic movement of your legs is a nervous reaction to the stress in your past. You no longer need to react to the stress. This was a negative habit and you are letting it go. This is something negative in your past that is no longer a part of you.

You no longer have nights of thrashing and moving keeping you awake. Your new way of dealing with stress is to take a deep breath then exhale the nervous jitters away. You are in control of your body's movements. You are happy, rested and feel a sense of peace. This annoyance has passed.

You are no longer awakened throughout your sleep. Your sleep is restful, rejuvenating and quiet. You are healthier. You can feel how good you feel with a good night's rest. The things that used to stress you can't hurt you anymore. This past physical habit is no longer needed. In fact you have no nervous habits or tension that builds up in your body at all.

You are now able to lie peacefully in your bed at night without the tossing and turning. Your anxiety is gone. You now get enough sleep every day. You have no more worry of losing a night's sleep. Your legs are happy, settled and relaxed. They never interrupt your sleep. Your mind is at peace and content. You have no worries. You are now in control.

Self-Confidence

By Karen Prieto, CHP

Now that you are relaxed...feeling comfortable...at ease with yourself, you begin to see that self-doubt, doubts in others, doubts in general have no real place in your life. Doubts create fear and fear paralyzes.

The time has come when your reality is taking you to a new level...a level wherein you begin to view yourself and all around you differently. You have made the decision to view yourself and life from a different angle. You want to change your life for the better...you want to face life fully...you are now a full participant in your life...you are present and accounted for.

First you regain your self-respect...you come to understand your true identity. You are a divine speck of the universe...you have a right to be here...right here...right now...therein lies your stability. You understand and appreciate your eternity.

As you journey onwards, you see the true value of your life...you begin to feel that you can live and experience life to its fullest. Your self-esteem grows...your self-esteem blossoms.

Having recognized your own uniqueness...having discovered your true identity, your self-confidence emerges. Nothing is really beyond your reach...as you contribute to life...as you increase your positive contributions, success becomes inevitable...success follows you...you are a winner.

Your life has meaning; your life is filled with happiness. Others truly appreciate you. You believe in yourself. You are in command...you are indeed the master of your destiny and that destiny is one of limitless success and resounding self-confidence.

Sinus Disorders

ASH

Sinus disorder is considered a systemic illness that can be associated with stress, fatigue, diet and allergies. Your sinuses are a large organ in your body that can tense up when the mind or body is under pressure; therefore I want you to allow your body to relax.

Let the muscles behind your forehead and checks loosen. Feel all the muscles in your face melt into relaxation. Take a deep breath and when you exhale, allow the pressures in your sinus to begin to dissolve away.

Imagine a time in your life before you ever experienced any allergies or sinus problems. A happy time, perhaps as a child. See yourself... feel yourself breathing freely... easily... and comfortably. Now allow the unconscious mind to lock onto this feeling to memorize and store it in your present cellular memory. So that when you emerge later you will have this powerful clear memory and feeling of breathing easily... effortlessly... soothingly... and comfortably.

As you continue to allow your body to become completely comfortable, envision the swelling of your sinuses diminish. Cool air passes through your nasal passages, soothing them... calming them... relieving any inflammation.

Allow your sinuses to clear and feel yourself breathing effortlessly. Feel the cool air passing through your healing sinuses. From this point forward you will allow smooth enjoyable unrestricted breathing. See yourself in the future breathing with ease. You feel free and uncongested.

Your sinuses are clear and unobstructed. You have reduced life stressors that were contributing to the tension in your sinuses. Find yourself replacing sinus inflammatory foods such as cheese and dairy with healthy foods that promote respiratory function and well being.

See yourself in a clean air environment free of dust, dander or smoke. You are able to feel comfort and tranquility and relief in the soothing

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movement of free flowing air through your nasal passages. You are happy and confident that that your sinuses are healing forever.

Skin Disorders

ASH

As you sink deeper into relaxation, turn your attention to a soothing beautiful day. Imagine yourself in a wonderful place where you feel happy and free from all worries. Take a deep breath in, and each time you exhale from this moment on feel yourself sinking deeper and deeper going further and farther. Become aware of the pleasant sounds in your sanctuary. Let all worries and concerns melt away. You are perfectly safe.

And as you continue to enjoy your tranquil surroundings, allow the feeling of your body becoming healthier. Feel the fresh cool surface of your skin. Allow your skin to feel flexible and smooth. Let your skin feel refreshed and vibrant as you allow it to feel wonderfully at ease. You have made the decision and are determined to make your skin always feel this pleasurable from this point forward.

Picture your past skin irritation and confront it. You are no longer allowing it to remain on your body. As your unconscious mind tells the rash to leave, see it shrinking smaller and smaller... diminishing... disappearing... clearing. The irritation diminishes and soon disappears as the healthy skin in the surrounding area closes in... overtakes it... heals it. Let the skin eruption be gone... Now leaving you with smooth, rejuvenated, elastic, healthy, cool feeling skin.

Imagine yourself in the future with completely healed attractive skin. The old skin issues and eruptions are in the past. You are free from them forever. Your skin feels vibrant, soft, and healthy. It feels smooth and rejuvenated. You are happy and confident that your skin is forever healed.

Social Shyness

By Geraldine Albers, CHp

Your body is relaxed... your mind is at rest as you listen to the sound of my voice. The words you hear bring you to a deeper state of rest, as you begin to gain confidence while you are in groups of people, no matter how big or small the groups may be, you know that you are able to be with people you don't know and you are comfortable.

All of the suggestions I give to you today will stay in your subconscious mind and become a great influence in the weeks months and years to come. And every feeling that I suggest you will feel, you will understand....you are comfortable with people, it doesn't matter if they are well-known or strangers, you have the confidence to converse with those around you. You are motivated to talk to others you may find interesting. Your confidence is soaring.

Imagine yourself among a group of people. You are a confident person. When others approach you, you are able to converse easily and effortlessly. You can walk into a social setting and feel comfortable. You feel self-assured that when others speak to you, you are ready to engage in social conversations. You know that you are as successful as those around you, maybe even more so. You know that you can speak to anyone in any social situation, knowing that you are successful with all people.

When you step into a group of peers, you are self assured; you can speak to others regardless of their backgrounds. Your life is productive; you contribute to the well being of others every day. Visualize yourself now....as the confident person you have become....see yourself..... proud of your accomplishments.....know you are comfortable talking to those around you...

Sport Confidence

By Khoury Johnson, CHP

I would like you to close your eyes and just relax. And while relaxing use your imagination yourself hold a trophy, because you are a champion. Now take a deep breath and hold it for a few seconds now as you exhaling I want you to go into a deeper relaxation and now every time you exhale you are going to be more relax while keeping focus on my voice. Now as you continue to inhale you will continue to see victory. You will see yourself having the confident of a winner. You believe that there's no one else in the world better than yourself.

Now whenever you hear you name called for a match you will have the confidence to perform like the champion that you are. You will give a 100% effort in all that you do. You are a champion, you are victorious you are the winner.

Sports Achievement

By Dr. Gerwin Kaiser, CHP

You can fine-tune your concentration as you would fine-tune your car to get it to run at peak performance. You are learning, at an inner-mind level, to adjust your attention to your desired objective. As you gear your energy. You can shift yourself into overdrive when the need arises. And you are also learning to shift back down to cruising speed once the event is over...

The secret of all athletics is practice, practice and more practice. In addition to practice on the field, you can practice playing in your mind. Mentally rehearsing at an inner-mind level gives you that added edge, the winning edge, you can carefully think what is best to do before an actual game, just as you think during the game. And you can think after an event planning how you can do better next time. As you centre your thoughts, you automatically centre your actions...

You are learning to use your body's own natural adrenalin for alertness and control. Adrenalin is manufactured by your body to give you extra strength in times of need or when you want high performance. You can use it at will. It is high energy, naturally, and you can turn it off after a great performance...

At this time you can mentally repeat - or echo in your mind - the following positive suggestions: I concentrate as I'm playing and I rehearse mentally between games. My body realizes what is best for me, so I use my energies naturally, with my mind in control, I can perform at peak, always better than before. By relaxing before an event, I can focus on the goal. I am fine-tuning my mental concentration and physical abilities. My coordination improves whenever I practice running (or tennis, etc.)...

Now take a few minutes and just imagine yourself excelling in this athletic Endeavour. Create in your mind a single positive symbol for success...

You are what you think you are. You become what you see yourself becoming. Just imagine that it has already happened, that you already are a high-energy performer...

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See yourself enjoying your sport as an invigorating experience. It is pleasing to be doing it and you enjoy the exercise and renewed physical health. Listen to the rhythm of your body as it keeps pace with your movements and deep breathing...

Mentally see and hear a crowd of people cheering your game and your success. You can hear them saying what a great play you made, and you - more than anyone - realize that you did it well...

You excelled and you won because you did your best...

Smoking Cessation I

(I am Smoke-Free)

By Brandon M. Howe, CHP

As you concentrate... You become aware now that you're releasing all of the energy that caused you to smoke, forever... As you now have decided to remain smoke-free permanently... You feel proud of yourself... You truly enjoy the feeling of the total freedom you get – from knowing that you are now and forever a non-smoker... You feel so proud of yourself – now that you've chosen life over death... You've chosen freedom over slavery... You've chosen vibrant health over being sickly and weak...

You have a great new respect for your body... Your strongest desire is lively health...

Your lungs are now healthier – and stronger – and they are becoming better conditioned on a daily basis... Your heart – and your other primary organs that help you sustain health – thank you, for giving them the opportunity to create the strength and energy you need to thoroughly enjoy living your healthy life... Since you respect your lungs and your heart – you notice on a daily basis that it is now easier to breathe... And your body cleanses itself every single day – Getting rid of all the tar, nicotine, and chemicals that have built up over time – repairing itself from the years of damage... You notice that as every day goes by – you find yourself becoming stronger, healthier, and more powerful... You've chosen health over sickness... Strength over weakness - and you are happy... You're happy, relaxed, confident and feeling powerful...

You've broken the chains that bound you... You are free at last... Celebrate life – you are completely free, for life... You are now one of the proud members of the group of people who are strong enough, smart enough, and able to become and to remain a non-smoker... You've made the final decision to now become smoke-free, permanently...

Some people quit smoking – only to start again... You realize that - that's not you... You have chosen to become a non-smoker, forever... When people ask you if you'd like a cigarette...you simply say – “No thanks, I'm

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smoke-free!”... Every time you say “I am smoke-free” – it reinforces on an unconscious level your strength and power... When you say “I am smoke-free” – it carves into your subconscious mind the healthy, new program that is creating a better life for yourself and those around you... You’ve made the final decision that you are now and forever a confirmed non-smoker... Smoke-free for the rest of your life... And you’re proud... You feel really good about yourself... You feel better than you’ve felt for years... You’re outrageously proud of yourself... Proud of your ability to step up – out of that stinking hole that you used to be in – and up into the fresh, clean air... You truly enjoy breathing clean air... The fresh, clean air that is the natural stimulant - to your body, your lungs, and your health... This is the alteration that your lungs and your body have been gasping for... That your whole being has been screaming out for... And that your heart has been longing for...

Now you’ve made it... Your lungs welcome the fresh air that they now receive... Your heart rejoices - getting the undiluted oxygen that it needs to give you the energy, to be more productive in your life... You’re proud of your ability to have conquered an unnatural and destructive habit... You know that staying smoke free will give you a whole lot more of everything — more energy, better performance, better looks, more money in your pocket, and, in the long run, more life to live...

Just relax... and go deeper – into this extremely peaceful and awesome state of mind... These long deep breaths make you feel perfect in every way... Breathe in right now... Now breathe out...

At least once every half-hour - you stop whatever you’re doing, just for a moment or two, and you take a few long, deep breaths... Breathe in now – hold it in... Relax your body all over... Think the words, “I am smoke-free”... Release that breath now... Breathe in a longer, deeper relaxation, again... Think these words - “I am smoke-free”... Now exhale - and as you do, you feel fantastic, you feel powerful... This is a wonderful feeling... Take one last, long, deep breath – even deeper than before... Hold it in for as long as possible... When you finally let it out, think those same words again - “I am smoke-free”...

As you think these words – a wave of relaxation goes from the tip-top of your head to the tips of your toes... You feel awesome all over... Now relax

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even more while these beneficial visions and programs, concepts and ideas make a deep and lasting impression upon your unconscious mind... Always to remain... To be recalled the moment you say the words “I am smoke-free”... Take a deep breath now – place your hand on your chest and feel your lungs fill up... Breathe out – and say the words “I am smoke-free”... Breathe deeply, relax, breathe out and say the words “I am smoke-free”...

Smoking Cessation II

By Baskar Davin Ramsubhag, CHP

As you are deeply relaxed, I would like you to listen to my suggestion that will enable you to be a nonsmoker.... So just sit back relax and ignore background sounds, just concentrate on my voice... so you have come for help to give up smoking, and remember you have come here on your own free will.... And you have decided you are giving up this habit today.... Yes you are.... It's your goal.

Now imagine your boss calling you on the intercom, yes hear his voice....he is talking to you about a report that you have to prepare, you immediately panic.... You are thinking that he is very upset with you, and is displeased with your performance.... And what do you do.... You reach into your pocket and you pull out a cigarette.... Yes you are holding a cigarette in your hand, and you put it in your mouth.... that's right.... then you light it.... and take a puff.... How does it feel?... how does it taste, yes taste it.... On your first pull you started to cough and want water.... you feel disgusted.... Yes you feel disgusted and wondering why I did that, now pull out the cigar and throw it away.... You say to yourself cigarette is bad for your health... yes it's bad for your health, and just think about your lungs being cleared.... you can breathe clearly the mucus is cleared as well..... How do you feel... and you have lowered the risk of you getting heart attack.... When you get the urge to smoke, drink a glass of water..... It's good for you..... Just imagine how healthy you feel, you feel empowered.... Hear your parents praising you for being a nonsmoker.... Yes you are a nonsmoker believe it.

Now visualize yourself in a club..... full of cigarette smokers, and you are not bother by it at all.... the smoke does not affect you at all....just think about the energy you have.... you have overcome a nasty habit ... now visualize you are in a supermarket, and you are cashing and there are cigarettes at the cashier... yes see them.... do you want them?... they do not bother you at all..... Good, you are strong minded

Smoking Cessation III

By Janus Carson, CHP

Are you now ready to take the control back that you have allowed cigarettes to have over you?

Has anyone coerced you in any way to be here for this therapy? Good, I would like for you to change the way you feel cravings for cigarettes and it will be so very easy for you to do. Instead of tension or anxiety in relation to the desire for a cigarette you will just feel better, happier and fuller of energy. The stronger the desire for the cigarette, the more powerful feelings of pleasure that you will feel and the more your energy will increase. It feels so very wonderful to be smoke free.

Now I would like for you to change the way you feel about cigarettes and you will be able to do so easily and effortlessly. From now on when you hold a pack or a single cigarette in your hand all of those wonderful feelings from the desire of the cigarette will fade and you will find that you desire those wonderful feelings much more than the actual cigarettes. You will know the only way to feel those wonderful feelings again is to put down the cigarettes, as soon as you let go of the cigarettes the wonderful feelings will double and you will feel so proud that you are in control of your life. This is all so easy and effortless for you.

Now let's change the way the cigarette tastes and affects you and this will be a very simple, easy thing for you to do. From now on if you were to take a draw off a cigarette the taste will be extremely distasteful to you. Cigarettes will taste horrible to you; they will taste identical to the worst thing that you have any memory of tasting. Along with the terrible taste you will feel very sick at your stomach and the only way to feel better is to put out the cigarette. When you let go of that cigarette the wonderful feelings will come back twice as strong as you decide to remain forever smoke free. From this point forward you are a nonsmoker and it is easy and effortless for you to remain so.

Smoking Cessation IV

By F. Phillips, CHP

Congratulations, you have decided to quit smoking and today is the day and now is the moment. Take a deep breath---- exhale, and relax. With every breath you feel better and better, smooth breathing, more energy. Take a deep breath and exhale and relax.

With each breath the desire for cigarettes disappears, more and more.

Any withdraw evaporates quickly and easily keeping you calm and relaxed.

Take a deep breath, exhale and relax. Imagine standing in front of a mirror, you see yourself a happy healthy former smoker, grateful that cigarettes have lost their power over you in every way.

Take a deep breath exhale and relax, you feel fantastic and proud of yourself that smoking is a thing of the past and you are now and forever a former smoker.

Take a deep breath exhale and relax. When you are standing the hand that used to smoke will relax and be content in your pocket. When you are sitting that hand will calmly pick up something close and be content.

Take a deep breath exhale and relax. When you are near smoking and you smell or see it, you think to yourself, "I used to smoke and now I don't", with a calm and peaceful mood. The smell and the sight appear silly to you, and you are grateful for all the new energy and focus you have now.

Take a deep breath exhale and relax. You find you enjoy gum more than you ever did before; in fact everything tastes and smells more robust. You especially enjoy cold water and drink it often, imaging it clearing your system and making you feel fantastic.

Sports Psychology (Baseball)

By Mary Hein, CHP

This script is for a person who is in sports and wants to learn how to focus one's focus and concentration to best draw on the talents the client has. This script happens to be for baseball.

(Client's name), I want you to visualize you at your next baseball game. You have been concerned about your batting average because it has gone down. You have become nervous and uncertain, and this uncertainty has become an obstacle for you. Instead of approaching the batter's box knowing you will make contact with the ball as you have in the past, you have allowed yourself to believe you will not make contact with the ball because you have had "bad luck" in the past.

You make your own luck; you decide how you are going to perform. You still must practice as this will not make you better than the talent you have, but you will allow the talent you have to emerge from your subconscious; you will believe that you will have your skill again. This skill has never left; you have let your negative beliefs interfere with your abilities. In your next game all of the doubts you have about yourself will be gone. You will use the concentration and focus you have to see the ball and your belief in yourself will come back.

You will have the confidence you had before and the belief that you will see the ball and make contact with it. You WILL have the concentration and focus you always have had. You WILL have the excitement and motivation to do well as you have had in the past. When your next game begins, you will let go of any negative thoughts about your performance and focus only on the positive thoughts and believe you will allow your best abilities to emerge.

You will see the ball and have the focus and concentration to do the best you can with the talent you have. You will approach the batter's box believing you will do well because you always have done well. You are over your slump; now is the time to be excited about the game and the knowledge that you will allow yourself to do your best. You will let no negative thoughts enter your mind.

Stepping Stones

By Mark Keene, CHP

Close your eyes. Now take three deep breaths. One in ... out. Deeper this time in ... out. In and hold for three seconds ... Now out. Now I want to relax your total body and mind knowing that you will feel great and that you are in a safe place. We are going to start with the top of your head and move all the way down to your toes the tension will go out through them. Relax the top of your head ... Your forehead ... Your ears and eyes ... Your cheeks, nose and mouth ... Now your chin and jaw muscles ... All the muscles in your neck now... Your shoulders and upper arms now ... Your elbows now and your for arms wrists ... Now your hands and all the small muscles in your fingers and it feels great ... You feel so relaxed ... Now your chest and back muscles ... With each breath feeling more and more relaxed ... Now your stomach area and your lower back ... Your pelvic area ... Now your hips down to your thighs ... Your knees and calves plus the ankles ... All the way down to your toes ... All the stress's goes right out of your toes ... It feels great!

Now I want you to imagine that you see a path in front of you. There are twenty stones to walk on in the path. At the twentieth stone there is a door way that is filled with light. A bright beautiful blue radiant light. Now you start to walk on the stones. Twenty, nineteen, eighteen, seventeen ... Feeling deeper relaxed with each step. Sixteen, fifteen, fourteen. Relaxing more and more with each breath also ... Thirteen, twelve, eleven ... Feeling more and more relaxed with each number. Ten, nine, eight ... Just listening to my voice and if you hear outside noises that they are just the sounds of everyday life and that they won't bother you just make you more relaxed ... Seven , six, five, knowing you are almost there ... Four, three, two ... and one...

You are now in the door way... Now step though the doorway ... Now imagine that you see a path in front of you ... Imagine walking down the path. As you head down the path you see that it splits three ways. There are three signs by each path. The one on the right says future life. The one in the middle says in this life. The one on the left says past life that you may have lived!

Stress Reduction

By Dennis Wilson, CHP

Imagine your mind is like a car with a stick shift in it. The higher the gear the greater the amount of stress you feel. Imagine taking hold of the shifter and shifting it back just one gear, to a lower more relaxed mental speed. Notice how your mind feels soooo much more relaxed. Go ahead take a deep breath and hold it as I count to three...1...2...3, now slowly blow it out letting all the stress in your body out with that breath. Relax, that's right, relax even deeper as you take in another deep breath and hold it as I count...1...2...3, exhale slowly and relax even more deeply. Now notice what this deep state of relaxation feels like.

Now shift your gear down again and feel yourself relaxing even more, becoming ten times more relaxed, as you drift deeper, becoming more relaxed, more relaxed. That's right...sooo relaxed you may even feel heavy and immovable as you keep relaxing deeper.

Now I'm going to speak to your unconscious mind. From this moment forward stress flows through you not to you. In the past what would have caused you stress is now just a challenge that you know you can easily make better. You know that when life starts to get to you that you can take time out and relax by simply noticing your breaths as you breath in deeply, relaxing your muscles and your mind, feeling the stress melt away with each exhalation.

You find that you may even want to learn mediation and take time out every day to re-center yourself to a calm even state of relaxation and inner peace. Let that feeling grow until it is so. You know that relaxation can be learned by you and you now learn how to meditate, and how to concentrate on your breathing and exhale your stress away

Study Habits

By Rosalind Lutchman Narine, CHP

You have developed a particular habit for studying and it has served you well. However, you are about to learn an efficient, more productive, easier, successful way of studying. Your results will show better grades and achievement will be prominent.

You feel energetic and fully awake when you are studying. You feel comfortable ...healthy...focused.... You look for work to do, learn and refresh your memory. Outside distractions fade away. You are able to tolerate other activities while studying.

You love the work you are doing and you find it so interesting that you thirst for more knowledge. You find it exciting, refreshing, fun and enjoyable to study. You pay attention in class to what the teacher is saying. You retain all the information and are able to recall easily and effortlessly when needed. You find your work extremely easy and finish assignments and projects before time so you have extra time for yourself or to even learn extra work so you are ahead in your class.

Visualize yourself at your graduation. You are graduating with top honors. You are feeling elated and triumphant at achieving your goal. Your family is in the crowd watching you receiving your degree. Imagine yourself having a well paid job in a most prominent and recognized organization. You have attained your dream car, home, family and everything you have always wanted and more. These are rewards you receive along with peace....happiness....and joy.

Success Affirmations for Resolving Problems

ASH

You are successful. You work diligently. You easily achieve your goals. You are persistent and pursue ALL your hopes and aspirations until they are realized.

You realize your strengths. You are confident. You are a winner. You smile often. Others feel attracted to share in your success.

Success is a major driving force in your life. It motivates you to achieve your objectives.

You cheerfully accept challenges. You know that conflict is inevitable in the problem solving process. You concentrate on the task at hand.

You are an eternal optimist. You persevere and defiantly face any challenges. You develop new skills sets and strategies to resolve ANY problems.

Your positive attitude attracts and inspires others. They wish to follow YOUR success.

Each and every day you transform crisis into opportunity. Success comes easily to you. It is infectious. Your success is a vibrant example for others to follow. You are a natural leader. You enthusiastically share your gifts with your peers and are rewarded accordingly.

You are happy with yourself.
You radiate health and well-being.
You are successful.

Taking Care of Yourself

By Jeri Callan, CHP

You are deeply relaxed ... calm ... serene ... and feeling a wonderful sense of anticipation. You recognize that now is your time to take better care of yourself ... to heal ... to grow ... to restore yourself.

You now have great clarity about what is important to you ... you find it easy to focus on what you want for your life, and you know what it is that you want to accomplish ... the things you want to learn and accomplish ... the things you wish to see, hear, touch, and feel with all your senses. You are drawing all these good things to yourself, and everything is unfolding perfectly.

You trust your intuition, and it guides you to exactly what you need at exactly the right time. Your path is illuminated and synchronicities are plentiful.

You enjoy a greater and greater understanding of what your body needs in order to heal and grow stronger. You recognize which foods your body needs to be restored to vibrant health and you listen when your stomach signals that it is full. It is now easy to stop eating as soon as you feel satisfied, and you feel delight that it is all so easy.

Enjoy this time. It is your time of transformation, and you are ready to take better care of yourself ... to heal ... to grow ... to restore body, mind, and spirit to health, wellness, and happiness.

You can see yourself in the future, and you look so happy, healthy, slender, and your renewed vitality makes you appear more youthful. Life is a wonderful journey, and you welcome each day with eagerness and joy.

Test Anxiety

By Mary Catherine Miller, CHP

As you continue to relax, I want you to think about being prepared and relaxed when it is time to take your test. Imagine yourself calm, prepared, and relaxed at test time. As you look at the test in front of you, you will find that the color, shape, and size of the test paper itself will cause you to feel relaxed and at ease. The sound of papers rustling, pens or pencils moving across paper, even the sounds of footsteps or chairs or doors or people clearing their throats, all these sounds will gently guide you to greater focus on your exam questions and clarity of correct answers.

As you notice the smell of the paper, you will be aware that you are happily able to remember what you have learned. You feel at ease even thinking of the word “test” because you know that a test is an opportunity to practice what you have already prepared for and studied. As you feel the comfortable grip of the pen or pencil between your fingers, you will easily recall what you have studied.

You are confident, relaxed, and self-assured because you have prepared and studied for the exam. Reading each test question fills you with calm inner peace. You are able to think clearly and decisively. You have a clear, sharp mind. You read each question carefully and select the correct answer confidently. You effortlessly, methodically answer one question at a time assuredly. You know that you can trust your intuition, your inner voice that brings awareness of knowledge and wisdom stored within you.

As you complete your test with confidence and resoluteness, you feel self-satisfaction because you know that you have done your best. You have completed the exam with excellence. You have done well. See yourself with joy shining through the smile on your face because you have excelled in the attainment of your goal to effectively complete your test with skill and accuracy. Feel how magnificent it feels to have accomplished excellence.

Feel the pride in your heart as you see your perfect score. Any time in the future, when you have the opportunity to prepare for another exam, you will recall how calm, relaxed, and self-assured you are. You will know that you can simply take a deep breath, release it, and feel that inner peace of

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knowing that you have prepared and are ready to relax and focus on your test. You will be able to readily recall the information you learned. You will draw on your inner resources and pleasant thoughts of success as you complete your exam.

You will feel at ease even thinking of the word “test” because you know that a test is an opportunity to practice what you have already prepared for and studied. Think about how wonderful it feels to know that you can and will succeed.

The Magical Library of Change
(Replacing “all” disorders & negative habits)

By Rene A. Bastarache, CI

INTRO: This is an effective script based on imagination that can be used to replace virtually any disorder or negative habit. Once the disorder has been replaced, this same script may be reused to eliminate others as well.

Imagine that right in front of you is a library... It is a majestic building with marble columns and stairs leading up to the large brass double door entrance... On top of the entryway is an engraved sign which says "The Library of Life"... You decide to enter the building.

Once inside the building you notice an elevator over to your right which you decide to enter ... It is a spacious, happy elevator ... and you feel very comfortable entering inside of it ... As the doors close you notice a large panel on the wall with many buttons ... Each button has a different letter of the alphabet engraved on it ... You realize that each button correlates to the first letter of people's last names... So you find the button that has the letter which begins your last name and you press it ... The elevator begins to move ... and finally stops on the appropriate floor.

As the elevator door opens, you exit the elevator finding yourself in a massive room ... As far as your eyes can see there are shelves of books ... You realize that on the end of each shelf are the names of different people ... They are categorized by the last name first, followed by a comma and then the first name ... You begin reading them until after a short time you find your own name ... Once you find the shelf with your name ... you realize as you look down the aisle ... that all of the books on the left side are books pertaining to the positive aspects of your life ... They are titles of successes, happiness, positive attributes and goals ... All the books on the right side are titles of the negatives in your life ... They are titles of things that you would like to change such as bad memories, traits or disorders.

As you gaze down the aisle you notice that one of the books on the right side seems to be a glowing red ... You walk up to the book and read the title ... It happens to be the book addressing the disorder or negative aspect you have been wanting to replace ... Take a moment to reach for the book and

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take it off the shelf ... Once you have done that, nod your head for me ... (*Wait until they nod*) ... Now that you have the book, look at the far end of the aisle ... You will notice that there is a window there ... The window is already open to the outside ... Walk over to the window with the book ...

As you approach the window and look outside you see that there is a raging river down below ... You notice that the river droops down over a large waterfall ... The waterfall is so large in fact that it stretches out of sight ... It seems to lead into an abyss of no return.

Take a moment right now to imagine the scenario very clearly ... See yourself at the window ... holding the book ... seeing the raging river ... leading to a waterfall which goes out of sight ... What I would like you to do right now is to imagine yourself tearing out the pages of this book ... which represents the topic of what you would like to replace ... As you rip out pages ... crumple them up and throw them into the river ... Watch them float down the river ... over the waterfall ... and out of sight forever ... Once again tear out many more sheets ... crumpled them up ... and toss them in the river ... watching them until they are gone ... Continue doing this until all of the pages of the book are gone ... Get excited about doing it in your mind ... Enjoy what you are doing because you are eliminating the disorder ... as the pages are floating down the waterfall and out of sight ... This negativity that had affected you ... is leaving you forever ... It is over... It is out of sight ... Out of reach ... Lost in the abyss ...

If you are still holding any more of the book in your hands ... or even the cover of the book ... go ahead and throw that in a river right now as well ... Watch it go down the waterfall ... effectively eliminating it from your life.

Now as you turn around and look at the empty space where that book was ... you realize that the space has been filled with another book ... The negative book has been replaced with something else ... Being curious to see what it is you approach the book and pull it off the shelf ... Opening the book to examine it you realize that this book is filled with blank pages ... There is nothing written inside ... and suddenly you realize that this book is the replacement for the negative habit that had just been eliminated ... You realize that you can replace it with anything positive that you would like ... Take a moment to think about what positive attribute you would like to fill this book with ... It can be a positive trait ... thought ... feeling ...

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whatever you would like... You can fill this book with a hobby you would like to start ... positive goals that you would like to set ... You can fill it with happiness, love or even laughter ... Take a moment and think of what you would like to fill it with ... As soon as you have decided what you would like to fill this new book with ... nod your head ... (*wait until they nod*) ... Now that you have chosen what you would like to fill your new book with ... realize that this is a magical book that you do not have to write in ... Simply think about the positive attribute ... and the book will magically be written on its own ... It will just fill up with whatever you desire ... This will happen in seconds ...

Now that you have filled up your new book with your new "positive" attribute ... you can put it on the shelf "to the left" with the other "positive" books. ... You now have replaced the negative habit or disorder with a positive one...

Congratulations on your success!

NOTE: Before you congratulate your client be advised that you may also take this opportunity if you wish to ask the client if they have any other negative habits or disorder on the right shelves that they would like to replace before they leave. If so you may return to paragraph 4 to begin the process once again.

Keep in mind that if it was a relatively simple disorder that had been replaced there should be no problem with doing a second one. If the disorder that had been replaced was a major one, it would probably be best that you do not complete another one afterwards.

This script can also be used for subsequent visits to eliminate negative disorders or habits. It is designed to be used indefinitely for any negative disorders or traits that they would like to eliminate in the future.

The beauty of this script is that with most hypnosis scripts designed to eliminate disorders or negative habits, once the disorder has been eliminated the process is usually ended. It is important to realize that you "cannot" simply *eliminate* a negative habit. It must be replaced with a positive habit for it not to return.

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Also, in order to ensure that the new positive habit remains permanent it is vital that a follow-up program be developed for a minimum of 21 days. Referred to our 21 day total habit replaced a program in your manual for research and information on this topic.

The Spirituality Path

By Joanne Viechweg, CHP

You are embarking on a special journey today. This journey begins today and will continue for the rest of your life.

You have always wanted to take this journey and now the time has finally come. You are ready. You have prepared yourself and you are filled with excitement.

The time has come at last.

You are allowed ONE bag for this trip, so pack a suitcase with ALL of your personal belongings. At the transit station you are told that the bag is too heavy and that you must lessen the weight.

To your right is a conveyor belt on which you must leave the items which you decide to leave behind. The conveyor belt moves in an upward spiral towards an expansive body of light.

You recognize this light as the very source of creation.

You notice that to your left there is also a conveyor belt, however, you are asked to place what you are leaving behind on the right.

You open your suitcase and begin to place some of your smaller, labelled parcels on the right conveyor belt.

The first bag you place is labeled FEAR. You stand looking at it as it moves upwards diminishing from your view....into the clouds....into the light.

Your bag becomes much lighter but still not light enough. You continue by also placing GREED, ENVY, ANGER, WORRY, PAIN and DISEASE.

You place them one by one....and watch....as each one disappears into the light.

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As you look at them go, you realize that they are no longer relevant. You have no more use for them...and you are soooo much lighter without them.

You are now able to see who you are and to be who you are without restrictions.

As you are experiencing this new awareness, you sense movement on the left conveyor belt. Looking around you, you notice a bag of light coming down towards you. Your name is on the tag so you open it. Inside you find several labeled parcels; LOVE, JOY, COMPASSION, PERFECT HEALTH, WISDOM, KNOWLEDGE, UNDERSTANDING and many others just waiting for you to open them.

YOU ARE IN AWE....so many parcels....and all so light! As you open each one, the energy just fills you....merging with you....making you complete.

This is the first step of YOUR amazing journey towards self realization.

IT HAS BEGUN!

Weight Loss I

Drinking Tea Instead of Eating Snacks

By Lin Chien Chien, CHP

Sit in a comfortable chair with your feet flat on the floor. Adjust your body make yourself comfortable. Your limbs are relaxed and let out. Close your eyes, concentrate a spot of your forehead. The spot is presented with your favorite color and shape. Some light comes out through your entire body. The light brings calm, relax and pleasure. Light goes through your entire body from your head to your toes, and into each of your cell, you are so relax....

You are so calm without thinking anything. Now listen to me, imagine there is a ladder in front of you, each step down to the ladder, you become more relaxed. I will count from 10 to 1, when I count one number down, you take one step down, and you feel more relax. Ready? Go... 10, 9, very good you are more relax... 8, very calm, 7 triple time relaxed, 6, very, very comfortable, 5 very deep, 4, the entire body is either very heavy or very light, 3 you are 80 % relaxed, 2... very nice 1 you are 100% relaxed.

Imagine you are standing in front of the mirror, look inside the mirror. The one in the mirror is with your ideal figure. Tell me what kind of clothes did you wear? How she looks like? Is this your ideal figure? (Make sure the client get the picture of her ideal perfect body) very good, now remember the figure, you figure will soon become perfect when you follow my instructions.

Imagine you are watching TV or any situation that you feel want to eat snacks, you put the snack away, and you make yourself a cup of tea (Without sugar) instead. You slowly taste the tea and satisfied with it. Let's do it again, you make a cup of tea instead of feeding yourself snacks, and set an anchor for yourself. Each time you want to eat snack, you start the anchor then, you turn to make a cup of tea for yourself. Ok let's do it again, now start the anchor, do you see you are making tea for yourself? (Wait for client's response, make sure the anchor works) Tea makes you more health than snack, and you are happy with your changes. You will soon achieve your ideal weight.

Weight Loss II
Reducing Body Fat

By Elynn Jacobson, CHP

Congratulations on being here to make positive changes in your life, your health and to become the person that you dreamed of becoming. You made the decision to lose weight and to become the healthier joyful person you know that exists inside of you. You are here and ready to change. Now you can sit back relax and be open to take in and accept the suggestions that I will give you.

As you open to the suggestions that are being given to you and can follow the directions you will lose the weight and body fat that you so desire and you will reach your goals. I want you to understand that it is up to you to be open to accept all the suggestions without any hesitation or criticism. You will make the choice to follow my instructions to a tee and know that you will lose all the weight you have dreamed of and become a healthier you. You are ready to make your dreams a reality and you will reach your goals.

You are relaxed and open to what is said. For the first time you are ready and intent on accepting the suggestions more than you have ever been before. The relaxation you feel has opened you to letting these suggestions into the deepest part of your mind and you know that they will work. You are open and accepting and your mind will hear and absorb everything that I tell you. Your job is just to relax and enjoy the wonderful feelings, you do not have to do any work; you do not even have to listen, your mind will take in what it needs to know.

You are ready to give up white foods; you no longer need sugar, processed foods, white flour, white bread, white rice or pasta that is not high fiber or high in protein. Your desire to overeat is gone as if by magic; a piece of fruit between your balanced meals will more than satisfy you. For the first time you will be satisfied and you will really enjoy the taste and aroma of the food. You will drink water before and between your meals and feel incredibly quenched and satisfied. Amazingly, your portions have become smaller and you are no longer as hungry. You are so proud of yourself; it has been so much easier than ever before. Family and friends notice the wonderful changes in you; the changes in your attitude, the

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changes in your behavior. You are in touch with the inner you and feeling so wonderful.

You are now standing in front of your mirror—turn side to side—seeing yourself having reached your goals. That new outfit you bought looks so spectacular; it's exactly the color you wanted and so slimming, no longer are there bulges. You are excited and feeling so good about yourself. You are healthy, happy and proud. You've earned this wonderful feeling.

Look again, implant this picture in your mind; be clear about how you look and how confident you feel. What size are you? Be clear about how you look, remember all the details in this picture; own this feeling. This is your snapshot of you, your size, what you're wearing, how you are standing and how you now look. This is you; you've reached your goal because you relaxed today and followed each of the instructions given to you. You did not waiver, you did exactly what you were told.

You now eat healthy and are not hungry or craving big meals. You feel so much better now that you no longer eat sugary foods, processed foods or white flour. The water quenches you and reduces your hunger. You are happy, content and feeling so much more energetic. You enjoy your food and love the feeling you get eating a piece of fruit between your meals; you are so satisfied and no longer craving the need to eat all the time. You did this for yourself!

You are losing weight slowly and steady and you are losing body fat. Your shape is changing and you are lighter and have so much more energy. Nervous eating and eating from boredom are gone. You are a positive, happy and determined person. You are in control of your eating and you do attain you goal.

Weight Loss III

By Geraldine Albers, CHP

Now that you are deeply relaxed, you can listen only to the sound of my voice.

You are here now, you have made the decision to lose weight and gain your health. And as you are now on your way to relaxation, you have a wonderful positive attitude toward losing all the weight you desire. As you experience this deep state of relaxation, you may lose track of my voice. But your subconscious mind hears all that I say and the suggestions that I give will be deeply implanted in your subconscious mind. You'll be amazed at how these suggestions for your desired weight loss will help you gain the beautiful firm body that you desire.

Imagine seeing yourself standing in the mirror. Visualize yourself the size and weight you desire. See yourself.....how much do you weigh? You are excited, you are energized....you are at your goal weight.....you are wearing your favorite outfit..... and it looks great and you feel confident.....you are making a permanent change.

Those negative eating habits are a thing of the past. You now only eat foods that are for your best health. Your healthy meals are sensible and low calorie.....no longer do you eat foods that harm your health.....you are making a permanent change.

You know that from now on you only eat healthy meals and you love to drink water. You know that water keeps your body healthy and it makes you feel clean. You feel great. You are changing at this moment. You no longer eat foods that ruin your good health. You enjoy eating small healthy meals, you feel great. You look great. You feel proud.....Your new eating habits begin now and you are now changed. You are successful, your body is improved. You have made permanent changes.....

You are in control of your eating and your health. You love yourself and your body. You feel a wonderful sense of accomplishment because you are successful.....you are filled with success.

Weight Loss IV

By, Francisco Estrada, CHP

Now since you are completely relaxed and at ease I want you direct all your attention to your stomach. It is so pleasant to sense the fullness of your stomach; it is pleasant to feel that your stomach contracts, when the small amount of food and a few drinks of water are enough for you to feel truly full. And now with every breath the air goes deep into your lungs, and then it accumulates somewhere either in the area of your chest or around your stomach, and with every breath of warm airflow it gets deeper and deeper into your stomach. You can transfer your inner look out of your body and sense there any feelings.

From all sides warm airflow's squeeze your stomach and I don't know which method will bring you to the weight loss. You will just begin to forget eating and will lose patience during nutritious meals, because it may prevent you from doing more interesting things. Or by this or that reason you just stop enjoying some excessively nutritious products. Or you will just start enjoying new products and new ways of low-calorie food and preparing and absorbing it. You will be surprised to lose your weight without any rejections. Now I will count to 10, and when I say 10, your stomach will completely contract.

One... the wall of your stomach is encircled with warm airflow's from all sides.

Two... you can feel pressure on the walls of your stomach; it is very pleasant and soft.

Three... the walls of your stomach get cool and warm airflow become cold.

Four... only 8 spoons of food are enough for you to feel true satiation.

Five... only 10 sips of water can get into your stomach.

Six... the walls of the stomach go on getting cool while contracting, and it seems as if thick fog gathers round your stomach from all sides.

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Seven... tiny drops of liquid fall down on your stomach walls, turning into thin crust of ice, it gathers round your stomach like a framework from all sides.

Eight... muscle fibers are actively intertwined, and the stomach walls become very dense and elastic.

Nine... after a while I will name the last number and your stomach will completely contract; only to that part of your body, where your stomach is located, it is almost contracted and very small, it is very elastic as if it was a child's rubber ball.

Ten... your stomach has completely contracted, and then you can take a step and get out of this light energy.

Weight Loss V

By Dennis Wilson, CHP

Congratulations on your decision to take charge of your life and appearance. We're going to form a picture now of the new you, vibrant, healthy, trim, and full of energy and activity.

Imagine yourself walking through a wonderful tree-filled park. Many passers-by take an admiring look at you and you notice how you feel really great, filled with a sense of pride at what you've accomplished. As you walk you notice how effortless it is, how you have a new-found spring in your step and a sense of pep and boundless energy.

And as you walk through the park you notice what a wonderful day it is. The birds are singing, the trees are swaying gently in the cool breeze that feels so wonderful on your skin and the sun is shining just right as it peeks through the branches of the trees.

You see a vendor up ahead and as you approach him you begin to smell the delicious healthy items that he has for sale and you notice that your desire is for the very best that he has to offer from all that gives health and attractiveness to your body and mind. And you look at his items and pick out a flavorful piece of fruit and a bottle of delicious water knowing that you are now committed to looking and feeling your best at all times.

You pay the vendor and continue walking, walking towards a park building with chromed reflective mirrored glass. You walk up to a pane of glass and look at yourself and as you do a sense of pride comes over you. You look marvelous you think. "I am trim and healthy and so full of energy", you hear yourself saying as you gaze at your reflection.

From this moment forward you are committed to eating healthy foods. You know that healthy foods are living foods such as fruits and vegetables, and water is now your preferred drink on all occasions. You keep a picture of a healthy, trim vibrant you in your mind's eye, and you dream of yourself being trim, healthy and enjoying life. You lose weight at a reasonable safe rate until you accomplish your goal and can live your dreams of a healthy trim, vibrant life.

Weight Loss VI

By Rosaling Luthman Narine, CHP

You are going to lose weight and become healthier....beginning this very moment....just by sitting back and relaxing.....yes....just by relaxing....go on, relax....

You are going to lose all the excess weight you desire and reach your ideal weight....you are at your ideal weight...

Sweet, fattening, rich foods no longer appeal to your appetite. Well-balanced, healthy, scrumptious meals now appeal and satisfy you.

You eat your food slower....chewing thoroughly in order for your food to digest properly. You notice that you eat less food than before and yet you are full.

You drink more water than before. Sweet, carbonated drinks do not attract you. You crave for water instead. The crystal-clear, invigorating, refreshing water is there to assist you in letting go of extra weight and becoming healthy.

When and if you do snack....you snack on fruits, salads and other healthy delicacies. Healthy foods are a must for you.

You shed the extra weight and are at your ideal weight in a constant, steady manner.... And you find that everything you do is as easy as 1, 2, 3! You have more energy than before to carry out your daily activities.... and you exercise a great deal more too.

You only eat to live... eating for comfort is the thing of the past. At each meal, the portion of food that you leave back on your plate will increase and you become confident that you eat only for the sake of getting energy to do activities and become healthier by the day.

Imagine yourself in front of a mirror... and see this attractive, beautiful/handsome figure... a happy, healthy person.... Who enjoys life, who is at her/his ideal weight... now imagine that this person is you... your "goal

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image”... keep that image in your mind because it is the image of you... begin to reach that goal now... eat healthy foods, drink lots of water... control your eating habits... and see yourself at your ideal weight... and feel beautiful and healthy.

Weight Loss Script VII

By Valerie Russier, CHP

You have decided right here, right now to be slim, healthy and attractive.....you have chosen to from this moment on that you are, that slim, healthy, confident person.

Get a picture in your mind of yourself, take a good look at all the things about your body image that you want to change.....what do you look like.....what do you think of yourself when you see your image in the mirror..... What does it feel like....perhaps you feel tired and sluggish....uncomfortable in your clothes that seem to get tighter and tighter as the day goes by.....that's right....really feel how uncomfortable you feel.....perhaps you don't go out much because you cant find anything to wear.....you may be worried about what people are saying about you.....

Now see yourself at your goal weight.....yes there you are, see yourself at your perfect weight.....you look slim, healthy and confident.....wow look at yourself in the mirror what do you see.....you look great in those new clothes....see yourself in your favourite outfit....how does it feel to be slim and healthy, oozing confidence and charm. You can see people looking at you admiringly...listen to what they are saying about you.....

Now that you have reached your perfect weight, you have chosen not to be overweight ever again..you have decided that you will only eat the foods that support your desired weight, vegetables and fruits all the healthy foods that you know that will support you in maintaining this new slim figure/physic.....get a picture in your mind of what those foods look like...taste like....how delicious your new menu is you love eating good healthy food....it makes you feel really good..and if you choose to on occasion to have some of the other foods you like...you will only eat them in moderation....a small slice of cake...a small piece of chocolate.....you can enjoy these foods in moderation.....you can enjoy eating the foods you like in small amounts....because you are committed to maintaining your perfect healthy weight.....

Weight Loss VIII

Self-Suggestion

ASH

I want my subconscious to know how deeply I appreciate its taking care of me, even in the way it has maintained my weight believing that size was what I needed to feel safe and strong. And being aware of all the changes I've made in myself and in my life over the last few years, notice how much more powerful I am and how much safer I feel.

I am more present and at choice than ever before and realize now that I no longer need the excess weight to give me a sense of power or safety. Feeling even greater strength and joy in having a thin, flexible and healthy body, my subconscious can begin now to balance my hormones and lead me to eat reasonable amounts of nourishing foods, normalizing my weight.

My subconscious as well as my conscious is enjoying the newfound strength and health of a thin, strong flexible body knowing that should any fears or anxieties arise as these changes occur, they can be dealt with easily and quickly.

Wellness Now

ASH

You are now in a very relaxed state. You are now going to learn how you are going to introduce wellness into your life. You are going to be relaxed, stress free and full of energy. You are going to lose weight to your body needs to lose weight. You are going become fit and toned. You are going to feel and look younger. People are going to be amazed at your new physical body and your positive attitude.

To start with you are going to get a good night of sleep each evening. You will go to bed and get up at approximately the same time each day. When you awake in the mornings it's going to be a positive experience. You feel no tension or rush. Within an hour of awakening you are going to do some muscle toning exercise such as 20 push up or deep new bends. You are also going to seek bright light for 5 – 10 minutes each morning. You are going to have a breakfast containing a high quality protein each day.

During the day you are going to get some physical activity every 30 to 60 minutes. It can be as simple as getting up from your desk and waking around for a few minutes. You could also do some muscle toning exercises. As you do your physical activity take deep breaths and let the oxygen flow into your body, let the toxins and stress leave your body as you breed out.

Drink at least 8 glasses of water each day. Let the water wash the toxins out of your body. Eat a healthy snack or meal every 3 – 4 hours. Make your choice that contains protein and health carbohydrate and a healthy fat. Introduce some movement or muscle toning 15 to 30 minutes after your meal. Eat your meal or snack slowly and enjoy the food. Limit portion size to the size that your body wants, it knows what to do.

When you stand up, stand tall. Imagine that there is a string pulling gently at you head making you stand up straight. Try to maintain whenever you can. Sit smart, keep your head up and back straight. Keep your shoulders and next relaxed.

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When you feel tension or stress during the day, take a short break and relax. You need to beware of tension when it happens and do not let it build up in your body. Use any of the following to relieve stress or tension: take a few deep breaths, move for a few minutes or tone your muscles, look at something different, find some bright light, take a moment to think of a romantic or positive experience, or drink a glass of water.

At the end of the work day take some time to slowdown and unwind before heading home. Imagine yourself at home taking it easy and relaxing. If you find exercise taking away the stress and tension of the day, do some exercises.

When you get home keep active and moving. Eat dinner as early as possible, ideally before 6:00. If you are hungry before dinner eat a small snack such as soup or vegetables with cottage cheese. Get up and move after dinner for a few minutes. Have a light protein snack before bed.

Get at least 7 hours of sleep each night. Let your body find the right amount of sleep that you need. Your body knows what it needs. Get some physical activity or take a hot shower or bath 3 to 5 hours before you go to bed. Let go of any stress that you may have before you go to bed. Turn your clock away from the bed so that you cannot see it, even better remove the clock all together. Rise and shine at the same time every morning.

Eliminate coffee, alcohol, simple sugars, and unhealthy fats from your diet.

You have learnt many techniques to improve your wellness. Incorporate one or more techniques each day. Let your body take care of itself. It knows what it wants. You will be fit and toned, look great and feel great, and be full of energy each day. You can do anything that is given to you.