

The American School of Hypnosis

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21 Days for change program

By Rene A. Bastarache, CI, CHT

Instructions

Scripts to be used for your clients. This is a copywriter program and not to be sold or reproduced in print, CD, tape or any other means. It is to be used for your personal use and for your clients.

Here are the instructions on how to use them once they arrive. You may want to print this page so you will have it then.

Simply find a comfortable place where you can relax, uninterrupted for the duration of the CD. Turn off phones or beepers and let all pets out of the room. Turn on the CD, follow the instructions, relax and enjoy.

Script # 1 Initial Dis-Order Session - *(You would listen to this session on day 1 only)*

Includes: Introduction CD, Breathing exercise Deep relaxation, Instruction of hypnosis, Program set-up, Oak tree visualization, Blueprint of health, Disorder & dysfunction, Theatre of the mind.

Script # 2 21 Day for a habit - *(You would listen to this session on day 7)*

Includes: 21 days set-up, Create a room, Breathing exercise 2, Self esteem suggestions, Theatre of the mind Visualization.

Script # 3 Forgiveness / Guilt Release - *(You would listen to this session on day 14)*

Includes: Guilt release, Breathing exercise 3, Self esteem suggestions, Forgiveness script, Guilt release exercise, Theater of the mind Visualization.

Script # 4 Confirmation & Congratulations Session - *(You would listen to this session on day*

21) Includes: NLP - regression, NLP - recoding, Thought Stopping, Theater of the mind Visualization. now you will have accomplished your task of creating a new habit and can use the CDs all over for a new topic.

Script # 5 Follow-up Session - *(Listen to each day between the main weekly sessions. Days 2 through 6, 8 through 13, and 15 through 20)*

Includes: A 15 minute streamline version of *session #1*. It is important to listen to this same session on all of the assigned days without variation so as to engrain it into the subconscious mind as a habit.

Other key points. Session #1 will talk you through a segment towards the end of the session called the Theater of the Mind. In this segment you will imagine yourself as an actor on a movie screen in front of you. It is important to see yourself as already having attained the goal you are working towards. You will be doing this same visualization in every session. It is also important that you keep the SAME picture on your screen each and every time. If you need to alter it, do it within the first few days and then keep it the same from that point forward in order to attain it. Repetition creates habit.

This program is designed in a way that it does not matter if you go deeply into hypnosis or not at all. It is the use of your imagination, repetition and desire that create success.

Oftentimes clients get so relaxed that they do not remember hearing most of the session. Two reasons for that... 1st. is that your conscious mind drifted away and 2nd. is that you went beyond level 3 of the Arons depth scale. Beyond level 3 your mind usually will not remember consciously what occurred even though you realized it while it was going on. Don't worry though. Whether the conscious mind hears the suggestions or not, the subconscious hears everything, all the time and never misses a trick.

More detailed information can be found at
<http://www.choosehypnosis.com/hypnosis/followup.mp3>

#1 - Initial Dis-Order Session Oak Tree

(Day 1 Session)

By Rene A. Bastarache, CI, CHT

NOTE: *One of the greatest benefits of this program is that it will work just as successfully whether you go into a deep hypnosis, a light hypnosis or if you don't even go into hypnosis at all. The main purpose of the sessions is the visualization as a means to create new memories because the subconscious mind cannot differentiate between an imagine memory or an actual memory. Therefore whether you go into hypnosis to visualize the scenes or simply listen to the instructions to imagine or think about the scenes, the same purpose is being accomplished.*

Prep for Session

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least $\frac{3}{4}$ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

(Body Scan)

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

Just allow yourself to relax completely ... You have no place else to be right now, nothing else to do, so just allow yourself to be here completely, totally relaxed ...

You have decided that now is the time to begin a positive new change, a new habit of health and happiness ... and the way that you are going to do that today is simply by allowing yourself to let go and just relax ... it's that simple. You will be completely safe and only good things will

happen to you here today...

I would like you to use your imagination right now ... as you focus your attention on your scalp and your forehead, get rid of any tension that might be in that area ... just let go completely ... and feel that relaxation moving down into your eyebrows and your eyelids ... allowing your eyelids to become very heavy, so very heavy as if they were glued shut ... and allow that heaviness, that relaxation to go even further down through your cheeks and your nose ... and all the way down to your mouth and chin, just let go completely, make sure your teeth are not clenched together, and just relax. Then your neck relaxes, starting with the front part of your neck and the back part of the neck, allow any tension and discomfort to leave completely, allowing you to be totally relaxed ... And feel that relaxation going down into your shoulders, and down into your arms ... relaxing your upper arms, all the way down to your elbows, your forearms, your wrists, your hands, and even your fingers just relax and let go ... and notice how much deeper your breathing has become, so much more than just a few moments ago when we began, feel your breathing, notice the contraction and expansion of your chest and lungs, as you allow yourself to relax more and more with each breath that you take ... Take a moment to notice your breathing right now ...

(Breathing exercise 1 - For groups and for analytical individuals)

In a moment I'd like you to count each one of your breaths, quietly to yourself, as it occurs ... Notice when one breath ends and the next one begins ... You will mentally count to yourself "1" at the very moment that the new breath begins ... If you pay attention closely you will notice that there is a very slight distinction between the ending of one breath and the beginning of the next one. You don't need to breathe slowly or deeply, just count each breath as you breathe normally, comfortably. Then count the next breath at the precise moment it begins with "2", and then the next one ... You will continue counting each breath to yourself until you reach the count of 12 ... Once you reach 12 breaths you will begin the whole process over again starting with "1" ... You will do this for 3 complete cycles ... If you lose your place or count over 12 breaths, simply start over at 1 again ... Go ahead and begin now, concentrating on your task even as I am speaking to you ... and you will find that as you are focusing on your breathing ... and counting each breath ... that you will still hear me speaking in the background, even though you continue concentrating on your job, and it's OK if you don't pay attention to what I am saying ... because your subconscious mind always hears and always pays attention ... and as you continue counting your breaths ... with each breath that you take and each breath that you count, you find yourself relaxing more and more, with each breath that you count you find that your entire body is just letting go ... With each breath that you count you are becoming more and more relaxed ... more and more open to the positive suggestions you are receiving ... The more that you count and concentrate on your breathing ... the more you realize that you are allowing yourself to change ... Right now ... That you have the right to be happy and healthy ... With each breath that you take the more open you are to attaining your goal ...

(Non analytical individuals continue here)

As you allow yourself to relax all the way down to your stomach, getting rid of any tension that might be in that area, just let go completely ... and your back muscles relax starting with those larger muscles in the upper part of your back ... just allowing them to let go and feel good ... to be free of any discomfort ... And feel that relaxation going down your spinal column, all the way down to your lower back ... just let go completely ... and your hips are relaxing ... and especially your legs starting with your thighs, relax your knees, feel that comfortable relaxation going all the way down to your calves, your ankles and your feet ... and even your toes are relaxing completely as you begin to drift into a deep relaxed state ... a wonderful state of relaxation ...

(Instructions of hypnosis for groups and if needed) This is also helpful to read to a client if they are doubting they are in hypnosis or how it works still.

If you have already finished counting your breaths, just allow yourself to relax ... and allow your mind to be calm ... If you have not finished counting your breaths, you may stop now and allow yourself to be at peace ... to enjoy this time that you have chosen for yourself to be completely relaxed but able to hear me at the same time.

(Alpha)

You are now in the what is known as the Alpha State ... The alpha state is simply a light stage of relaxation where you are more focused on the present. In this state your mind is more open to suggestions than at other time. That is all that hypnosis is ... You are totally relaxed but still able to hear me at the same time ... You are in control.

(You are OK whatever you are doing)

You may be hearing every word I am saying ... or you may be fading in and out, thinking about home or work or what you would like to do tomorrow ... You may be only hearing bits and pieces of what I am saying or maybe even nothing at all ... It doesn't really matter whether you hear me or not. Your subconscious mind always hears and always pays attention.

(Visualize or think about it)

It's is like a state of daydreaming ... just let your imagination roam free ... There is no right or wrong way ... Everyone is different ... If you are not visualizing what I am saying, then simply think about it, and the same purpose is being served.

(Works for everyone - Following instruction - 100% commitment!)

These hypnotic instructions that you are receiving are sound and precise ... It is how "you" receive the instructions that matters. It is how well you decide to follow and accept them. If you follow the instructions you are about to receive with an open mind, a sincere desire, and give it your 100% commitment, you will succeed at your goal! That sentence is very important, so let me repeat it again. If you follow the instructions you are about to receive with an open

mind, a sincere desire, and give it your **100% commitment**, you will succeed at your goal!
(INSERT DEPTH TEST HERE IF INDIVIDUAL SESSION)

Just realize how relaxed your body has become, however you do have the ability to relax even further and you will relax more and more throughout the session.

(Oak tree visualization)

I'd like you to continue to use your imagination right now. Visualize or imagine for a moment that you are outdoors, in a forest, near a small, crisp flowing stream ... it's a beautiful summers day, and everything is just the way you like it ... It's as if it is a scene right out of a fairy tale ... and you are sitting or lying comfortably on the dry, leaf covered ground ... You can feel the warmth of the sun as it shines down upon you ... As you relax, you begin to become aware of everything around you ... aware of even the smallest details ... You begin to imagine that you are a mighty oak tree, tall and strong ... growing deep into the earth, securely grounded ... connected to everything ...

(Do not think critically or analyze)

Soon your journey will begin and as it does I'd like you to allow your imagination to run free, and to look forward to your journey unfolding, with anticipation, as if you were experiencing it through the eyes of a child. If you can allow yourself to do this, without thinking critically of what I am saying, or trying to analyze it, you will be able to experience this wonderful journey as if you are actually there. So just continue to relax, to be open-minded, and to accept everything that you experience, as you enjoy the journey.

In a moment I will count from 1 - 10 and as I do your mind will begin to expand more and more with each number that I say ... You will find that your creativity will increase and your mind will be open to so many new thoughts and ideas ... a whole new realm of knowledge ... and as I begin to count you will find yourself becoming more alert, energized and confident throughout your journey.

(Belonging)

1. Allow yourself to feel that you are this mighty Oak tree. Very tall, healthy and stable, totally grounded ... You feel a sense of security and strength growing from within you, filling you up with self-assurance, that you are a force of nature. You feel an overwhelming sense of belonging, and that you are worthwhile, and you have a strength that is part of something so much bigger than yourself ...

2. You can actually feel your roots growing deep, deep down into the earth. As they absorb moisture and nutrients, you feel your roots becoming one with the soil, the rocks, the earth ... and as they do, this sense of belonging that you feel coming from deep within you becomes stronger and stronger with every breath that you take.

3. The earth's life force is flowing through your veins now ... and you are a part of this force ... You can feel your inner strength growing as it flows from deep down in the earth, flowing up through your roots, up through your veins, all the way up through your trunk ... even above the ground.

(Happiness & joy)

4. Stretching up through to your branches high above, as the sunlight and the wind currents stream through your branches ... Hear the wind currents, and feel the warmth of the sun as it descends upon you ... Your leaves are releasing oxygen into the air ... Take a deep breath and enjoy that crisp, clean oxygen ... Feel it as it fills your lungs, leaving you healthy and strong, and as you release it back into the world you can feel yourself becoming charged with happiness and joy ... feeling so wonderful to be part of everything around you.

(You are part of something bigger)

5. You realize that you are an important part of your surroundings, as you attract birds, animals, and all types of living creatures. They rely on you to supply oxygen, shade, and even shelter within your branches up above the ground ... and as you release this life giving oxygen, you can feel energy being released within you ... As it is released within you ... you can feel it spread outwards as it affect every living creature around you in a positive manner ... Understanding this gives you great satisfaction in yourself and your abilities.

6. You realize your importance as you feel your branches stretch up ... up ... up into the sky, the very sky that supplies you with what you need to survive ... with water, sunlight, and warmth as it nurtures you and every living creature on this earth ... stretching further and further outward ... continuing to expand with every breath that you take ...

(Deal with life's challenges clearly)

7. As your influence stretches out into the solar system ... with the many other planets ... expanding outwards ... further and further ... as you feel your influence expanding out further and further you realize that your mind is also expanding more and more, enabling you to understand and see things clearly, enabling you to handle each and every new situation in your life as it arises, in a clear and positive manner. You see events in your life as challenges, and you look forward to dealing with, and learning from, these challenges.

8. All the way up even beyond the solar system, out into the universe ... continually expanding up and up, further and further ... seeing everything connected ... able to see the big picture ... Soon you will be able to travel on by yourself, to expand your mind into understanding so much more than you have ever imagined, to be able to explore new levels of reality and understanding ...

(Karmic connection)

9. As you feel your influence stretching all the way out into the universe you realize that there is no limit to your abilities. That every action has a reaction that travels far beyond our comprehension. Just as when a pebble is tossed into a calm body of water. The result of that pebble touching the water, causes a ripple effect, that continues to expand and expand further and further outwards, until it encompasses the entire body of water ...

(Putting everything into perspective)

10. Now as you feel your influence expanding out into the distant reaches of the universe ... you can look back to where it all started ... looking back down at the earth ... and you can see it ... and it resembles a tiny, colorful ball ... alive, beautiful, full of energy and mystery. You realize that you are a part of this universe, and this universe is also a part of you, alive and constantly expanding ... Now you are ready to begin ... Now you are able to continue on with your journey ... to continue on your own even as I speak, and your mind expands more and more ... You realize that your mind is limitless, it is able to contain, and expand as much as you allow it to ...

Allow your mind to expand more and more ... and as you do, you find that you are able to use your mind more effectively, you are able to think “outside the box“. Limitations are a thing of the past, and you are open to all that life has to offer. Open and receptive to the positive opportunities that come your way.

(Confidence, clear thinking, success)

You realize how very small and insignificant your daily challenges really are in the scheme of things. How simple it is to bring your challenges into perspective ... to attain your own goals. You realize how simple it is ... because it is natural ... It is the order of things ... From this moment on everything seems clearer to you ... Everything seems so simple to understand ... You feel a wonderful feeling of confidence deep within you, a strong feeling of self-reliance beginning to emerge ... a feeling that was always there, deep inside, that seems to have awakened, that seems to be expanding stronger and stronger within you with each and every beat of your heart ... and you realize that this feeling you have is emanating out to others also ... and as it expands outwards you find that good things continually come your way ... that opportunities and success seem to constantly find you wherever you are ... You are a success magnet ... good things continually come your way ...

(Decision making, thinking abilities)

You're able to come to decisions much more easily now that you're thinking is clearer ... Your memory is constantly improving ... and you find yourself able to come up with new ideas very easily ... it is such a wonderful feeling of belonging that you are now experiencing ... a feeling that keeps growing stronger and stronger within you ...

(Blueprint of health & Orderly state)

When you were born, you were born into this world in a healthy, happy state. Your mind has a sort of blueprint of health within it that shows you how you should be in a healthy, natural state. These blueprints stay with each and everyone of us for our entire life. Here is one of the fundamental truths of nature that you must always remember ... It is natural for you to be healthy and happy. It is unnatural for you to have sickness and misery.

Our blueprints when we were born that developed us from a single cell, that brought us all the way from conception to a happy, healthy childhood, still remains within our subconscious mind even as we grow older, to help us stay healthy and to correct problems as they arise. Therefore anything other than perfect health or happiness would be considered a dis-order. Since dis-orders are not natural, the subconscious mind can and will easily return you to an orderly state. All that is called for to accomplish this is your awareness, desire and commitment.

(Substitute Disorder)

Throughout the remainder of this session, anytime that I mention the word disorder, I would like you to substitute it with the topic that you would like to eliminate, enhance or change. In this manner you may treat one or even more disorders at the same time.

(Theatre of the mind - Visual motor rehearsal)

I would like you to use your imagination once again. Imagine yourself sitting in front of a large movie screen and imagine that you are seeing a motion picture of yourself. Imagine it as vividly and in as much detail as possible. See yourself in this motion picture reacting successfully, in the ideal situation, having already have attained your goal. If you can't *see it* clearly ... then just think about it and the same purpose is being served. What does it look like? ... Describe the scene to yourself ... What are you wearing? ... What are you doing?

(Feeling)

How do you *feel* now that you have become the person that you would like to be ... (pause) ... Feel the emotions ... What are you *feeling*? Maybe confidence ... pride ... fulfillment ... satisfaction ... relief ... (pause) ... What emotions are you feeling exactly ... Let those emotions fill you up ... (pause) ... Let them grow within you ... (pause) ...

(Sound)

What are you *hearing* associated with your new goal? What are others maybe saying about you? How do they feel about your accomplishments? ... (pause) ...

(Changes)

I'd also like you to imagine what you think would be different ... What is different now that you have attained your goal? How has your life have changed? ... (pause) ... Are you enjoying

any more freedoms associated with this attainment? ... Think about them, get them clearly in your mind as you imagine yourself standing in front of you, on that motion picture screen. ... (pause) ... Observe as many details as possible ... What else is there that you can notice that is associated with this now orderly achievement? ... (pause) See yourself for just a few more moments as having achieved your new habit. ... (pause) ...

(Replacement and success of disorder)

From this moment on, beginning right now, the disorder has replaced with order. That's right ... it's that simple ... All you need to do is to realize, and decide right now that this disorder has run its course ... Just allow the disorder to fade away like an unwanted memory ... You are in control of your life ... Right now! ... The disorder has been replaced with order ... The dysfunctionality replaced with functionality. Remember what the mind can conceive the mind can achieve. The disorder is gone! ... You are successful ...

(21 Day Maintenance)

Now, in order to "maintain" this change that you have made ... In order to "ensure" your continued success ... you commit yourself to creating a new "habit" to replace the old habit ... You are doing this with your continued positive visualizations, each day, of having attained your goal, like you just did a few moments ago, without skipping a day for a minimum of 21 days. You will continue to visualize yourself having successfully attained your new attribute, which is creating new memories ... Remember the subconscious mind sees imagined memories and actual memories as equal ... So your new imagined memories will soon become *engrained* ... *permanently* ... in your subconscious mind as your new habit ... This will permanently replace your old habit. All of the new positive suggestions will stay with you! ...

You have closed the negative doors behind you and opened a new door ahead of you of positive behavior ... a permanent change ... So once again feel that wonderful sense of satisfaction and achievement ... and realize where this feeling is coming from. It is coming from within you. It is coming from that strong subconscious mind that you have. So allow your subconscious to make it so, and it is.

(Awakening)

In just a moment I am going to count to five, and at the count of five you will come all the way back to the here and now, feeling wonderful in every way, feeling energized and excited about your journey ... and when you open your eyes you will feel better than you have before, realizing that you are in control of your destiny. Each and every time you go into hypnosis from this moment forward you'll be able to go quicker and deeper than you did the time before, so you'll be able to use it to improve virtually any area of your life that you desire.

One ... You are starting to emerge from hypnosis.
Two ... Feeling wonderful in every way ...
Three ... Coming back to the here and now, feeling so much better than before,

Four . . . Your eyes are beginning to open now... and finally...
Five . . . Eyes wide open... totally relaxed ... and feeling fine.

#2 - 21 Day for a habit

(Day 7 Session)

By Rene A. Bastarache, CI, CHT

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least $\frac{3}{4}$ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

(Induction)

(Movie screen countdown)

Close your eyes and allow yourself to relax and let go completely ... Take a deep breath and hold it for a moment ... and exhale ... and take a second deep breath and hold it for a moment ... and let go ... and on your third deep breath hold it for about three seconds ... and as you exhale just let yourself to let go completely.

In just a moment I am going to conduct an exercise with you that will allow you to relax completely. I'd like you to use your imagination right now, and imagine that you are sitting in the most comfortable chair or piece of furniture that you can think of. Take a moment to think of it in detail, what does it look like? What color is it? What is it made of? How does it feel sitting back and relaxing and it? ... (pause) Imagine that directly in front of you is a movie screen ... The screen takes up the entire wall. In just a moment you are going to see a set of numbers from 10 descending down to 1 appear on the screen to help you to relax ... and with each number that appears you will allow yourself to relax more and more ... So let's go ahead and begin now ...

Visualize the number 10 appearing in the center of the screen for a few seconds ... look at the shape of the number, the size and the color, and as the number 10 leaves, you see the number 9 appear ... and then the number 8 ... You are becoming more relaxed ... as you let go and see

the number 7 ... Letting go completely ... and the number 6 ... tired and drowsy ... 5 ...
Allowing yourself to go deeper and deeper ... 4 ... Just give yourself permission to let go ... 3
... All the way down deep ... 2 ... More and more relaxed, and finally ... 1 ...

(Body scan)

As you continue to relax you notice the number 1 leaving the screen ... and now an image of yourself appears. You can see yourself in great detail as the image of you on the screen is much taller ... and as you are watching the image of yourself on the screen, you notice that the top of your head seems to be lit up, with a reddish glow emanating ... It is a wonderful, relaxing glow ... and you allow the top of the head to relax completely ... Now you see the light descending down onto your forehead, your eyelids and your eyebrows ... and you notice the glow moving downward ... you find that you can even feel your face begin to relax as you watch yourself on the screen, and you can see that relaxation, that glowing, move down through to your cheeks and your nose ... as you allow your face to relax more and more ... Descending down through your mouth and your chin ... and you feel your entire face totally relax ... Now you notice the light descend even further as it illuminates your neck and shoulders, and you find those areas feeling very relaxed as you get rid of any tension or discomfort ... Descending down through your arms ... your elbows ... your forearms and your wrists ... your hands ... and even your fingers have let go completely ...

As you continue watching yourself on the screen, you realize how much deeper your breathing has become, how much more relaxed you are than you were just a few short moments ago. You realize that it feels good and that you want to continue to relax even more, as the light relaxes your chest and all the way down through your stomach ... and you find that you can get rid of any tension that may be in your stomach area ... As you watch that comfortable glowing light move downward through to your hips ... and your legs begin to relax, starting with your thighs ... and your knees ... your calves ... all the way down to your ankles ... your feet relax and even your toes just let go completely. As you watch the glowing light leave the screen ... leaving your entire body completely relaxed and totally at ease.

(Create a room)

I would like you to continue using your imagination now. Imagine that on the screen you are now seeing a motion picture of yourself. See it as vividly and in as much detail as possible. You are the Director and anything that you can imagine, will immediately become part of your motion picture.

You decide to create a beautiful, comfortable room around you in this relaxing piece of furniture that you are in. I'd like you to begin by creating walls around you ... So using your imagination describe to yourself what color the walls are ... What are they made of? Are they made of wood, drywall or maybe even marble? How big is your room? See it in detail in your mind ... Take your time and do that ... If I am speaking too quickly for you to keep up, don't worry about it, you may return at any time and change, or add whatever you would like to your room ...

You can also create a ceiling now ... What is the ceiling made of? Does it have lighting on it? It can have anything that you like, from recessed lighting to beautiful chandeliers ... (pause) ... Now how about the floor ...

What is the floor made of? ... Linoleum, cement, wood or even grass if you like. Just see the floor in detail ... the texture ... the patterns ... the feeling of it ... and create it in your mind ... (pause) ...

Now you have created the entire parameters of your room If you would like to have any other comfortable furniture or anything else in the room that would help you to relax even more, go ahead and create it now in your mind ... Maybe you would like an easel for art work, or a dresser or bureaus. Maybe you would like one of those old-fashioned, wooden, roll top desk. Whatever you would like, go ahead and create it now ... (pause) ... All the way down to the personal items in your room that you would like to have, maybe you would like pictures, or knickknacks, or anything that you enjoy collecting ... Just take a few moments and finish creating the details of your room ... (pause) ...

Now look around at your room and commit all the details to memory. Get it clear in your mind ... and as you allow yourself to relax even more you realize that this room is a safe secure place that you have created for yourself. This is a room that you can return to, to relax, to meditate, to rejuvenate yourself, or any time that you find that you would like to escape to someplace safe and enjoyable ... You'll be able to return to this room each and every time that you go into hypnosis in future sessions.

Anytime that you would like to return here all you need to do is to take a deep breath, and as you exhale simply say to yourself quietly the words "relax now"... and as you do you can allow your mind to take you back to this wonderful place.

(Breathing exercise 2)

As you are sitting there in your comfortable room, I would like you to allow yourself to relax even more while concentrating on your breathing. Notice your breath as it enters and leaves your body. Notice the rhythm of the breathing, notice that each breath is different, some are short breaths and some are longer. As you examine your breathing in and out, I would like you to concentrate on the area of your mouth or nose where the oxygen first touches it as it enters your body, if you pay attention closely you will feel the air as it enters and touches your nose or your mouth initially. Concentrate on that area that is being touched by the air as you first breathe it in, also noticing the air as it travels all the way into your lungs, and as you do, you will realize that there is a noticeable shift in your breathing between where your lungs are completely full, and they begin to exhale the breath, then notice the breath leaving your body completely, all the way out to when that breath touches your nose or your mouth, and gives you that same or a similar light touching sensation as it leaves. Continue noticing these breathing sensations, and following your breathing from beginning to ending for a few moments. Follow it with interest, almost as if it were the first time you ever noticed it before ... Follow it with curiosity ...

Continue observing your breathing, and the sensations that come with it, and I'd like you to begin counting each breath to yourself quietly ... count it at the precise moment that you notice your inhale begin to touch your lip or nose. I would like you to count your breaths up to the count of 12, and once you have reached 12 breaths ... do it two more time until you reach 12 again ... which will be three sets of 12 total ... Concentrating on your breathing and on the counting ... don't worry if you lose your place ... If you do, just go ahead and begin the counting over with the number 1 ... As you continue with this job I will be speaking to you and you will be hearing me, however I would like you to continue focusing on the task that you are doing, as I will be speaking directly to your subconscious mind ... and once you have finished the task you can then just relax and listen to me once again ...

(Self esteem suggestions)

So go ahead and begin now if you have not already done so ... begin counting your breathing ... With each breath that you feel and each breath that you count you become more and more relaxed ... With each breath that you count you become more peaceful ... and more confident ... and as you continue counting you realize that your self-esteem is growing more and more ... that you are happy being who you are ... To achieve all of your goals in life, all you have to be is you ... Your life is important ... Your life is meaningful ... You now make good use of your life ... You are at peace with yourself ... Accepting yourself ... Loving yourself ... You love being you ... You realize that no one else can be you ... You are better at being you than anyone else ... You are a unique individual ... You feel better and better each moment ... You are happy being you ... The more that you accept and love yourself, you realize the more that you can accept and love others ... You are in control of your thoughts and in control of your feelings ... You are in control of your life ... and being in control you choose to be positive ... to store positive thoughts ... to store positive images ... Your mind is a storehouse of positive energy ... and because there is so much positive energy within your mind ... you are attracting positive energy and positive opportunities constantly to you ... You see something positive in every situation ... and every day life gets better and better ... You have great potential and you are using it more and more each day ... Your self-image grows stronger and stronger ... You realize that in order to grow or expand outside, that growth must first start from within ... and you are allowing your self-image to grow inside ... to be successful and expand ... and by doing this your life and all of your desires ... can also expand and flourish outside.

(21 days)

You have a desire to improve yourself and you are constantly improving. You are becoming more and more orderly each and every day. You realize that in order to change any habit, or two create a new one, it takes 21 days in a row ... In order to eliminate a negative habit you will create a positive one in it's place ... In order to eliminate a dis-order ... no matter what that dis-order may be ... You will create a positive habit of orderly behavior ...

(Regression)

I would like you to use your imagination right now. I would like to take a moment to go

back in time ... into your past ... and think of a place or event that made you very happy and confident ... Think of what it was that you were doing that made you so very happy ... Use your imagination and get a clear image of when it was, where it was and what you were doing ... and while you are using your imagination realize that you will experience only good things from your past ... only positive and uplifting memories ... Take a moment now and see that image as clear in your mind as you can, in as much detail as possible ... (Pause) ...

If you are not able to find a happy place that made you feel safe and confident, just imagine yourself back in the room that you just created for yourself and let it be this safe, happy place ...

Take a moment to feel the wonderful feelings from your memory or your room ... notice the sites ... the sounds ... and even any scents or taste associated with this memory ... allow this wonderful feeling to continue to grow stronger and stronger within you ... a wonderful, happy, confident feeling ...

(NLP - Recoding)

Now take a moment to think about your goal that you would like to achieve ... imagine yourself having attained that goal ... and that the same moment ... feel yourself again at you're happy, confident moment from the past or from your safe, happy room ... and as you are feeling that wonderful happy feeling ... allow yourself to associate those feelings with the image you have created of having successfully attained your goal. They are both just as wonderful, and happy a feeling ... and you'll find that from this moment forward each and every time that you imagine yourself having attained your goal ... this happy ... confident feeling, will immediately return to you. Each time you do anything even associated with the attainment of your goal ... the little successes along the way... the baby steps ... you get this wonderful happy feelings as reward that helps you to maintain your success. So take a moment now and enjoy that happy, confident feeling from your past as you associate it with your new goal ... Feel it growing stronger and stronger within you with each breath that you take.

(Theatre of the mind - Visual motor rehearsal)

I would like you to use your imagination once again. Imagine yourself sitting in front of a large movie screen and imagine that you are seeing a motion picture of yourself. Imagine it as vividly and in as much detail as possible. See yourself in this motion picture reacting successfully, in the ideal situation, having already have attained your goal. If you can't *see it* clearly ... then just think about it and the same purpose is being served. What does it look like? ... Describe the scene to yourself ... What are you wearing? ... What are you doing?

(Feeling)

How do you *feel* now that you have become the person that you would like to be ... (pause) ... Feel the emotions ... What are you *feeling*? Maybe confidence ... pride ... fulfillment ... satisfaction ... relief ... (pause) ... What emotions are you feeling exactly ... Let those emotions fill you up ... (pause) ... Let them grow within you ... (pause) ...

(Sound)

What are you *hearing* associated with your new goal? What are others maybe saying about you? How do they feel about your accomplishments? ... (pause) ...

(Changes)

I'd also like you to imagine what you think would be different ... What is different now that you have attained your goal? How has your life have changed? ... (pause) ... Are you enjoying any more freedoms associated with this attainment? ... Think about them, get them clearly in your mind as you imagine yourself standing in front of you, on that motion picture screen. ... (pause) ... Observe as many details as possible ... What else is there that you can notice that is associated with this now orderly achievement? ... (pause) See yourself for just a few more moments as having achieved your new habit. ... (pause) ...

(21 days reminder)

Realize the feelings of success and accomplishment associated with this visualization of your completed task. Believing in yourself and being consistent for an entire 21 days, and will remain a winner. Congratulations ... Feel confident and proud of yourself and your accomplishment ...

(Awakening)

In just a moment I'm going to count to five and that the count of five you will come back to the here and now, feeling wonderful in every way, feeling so much better than before.

- One ... You are starting to emerge from hypnosis feeling energize and excited about attaining your goals.
- Two ... Feeling wonderful in every way and feeling so much better than before. Believing in yourself that you are worthwhile.
- Three ... Your mind is clear and alert, and constantly improving.
- Four ... Your eyes are starting to open and
- Five ... Eyes wide open, and feeling wonderful in every way.

#3 Forgiveness / Guilt Release

(Day 14 Session)

By Rene A. Bastarache, CI, CHT

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least $\frac{3}{4}$ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

(Induction)

Close your eyes ... take a deep breath ...and exhale ... Take a second deep breath as deep as you can ... and exhale ... and on your third deep breath hold it for about three seconds ... and exhale and relax ... with each breath that you take, allow yourself to relax deeper and deeper ...

I'm going to have you relax each part of your body starting from the top of your head, going all the way down to the bottom of your feet ... and as I mention each part, just allow everything to let go ... starting with the top of your head ... your scalp and your forehead ... Let go of all the tension and stress ... in your eyebrows ... your eyelids ... Feel that relaxation going down through your cheeks in your nose ... relax all the muscles around your mouth and lips ... relax your chin and jaw ... and allow all those muscles in your face to just relax and let go ... Feel that relaxation going down into your neck and shoulders ... Get rid of any tension that might be in your shoulder area, it should feel good to do that ... Relax your arms ... all the way down to your hands and fingertips ... just let go ... let go completely ... Notice how deep your breathing has become ... So much more relaxed than just a few moments ago ... and as you breath in deeply and exhale slowly ... allow all the muscles in your chest to just relax ... All the way down to your stomach, get rid of any tension that might be in your stomach area ... down to your hips ... just let go completely ... and your legs relax ... your thighs ... your knees ... Relax your calves and you're ankles ... feel that relaxation going down into your feet ... and even your toes just relax completely ... as you drift down deeper into a very relaxed state ...

(INSERT DEPTH TEST HERE) *(If individual session)*

(Deepener - Breathing exercise 3)

Realize how relaxed your body has become in just these few moments ... So much more relaxed than when we began. However you do have the ability to relax even deeper throughout this session ... Take a moment now to notice your breathing ... In a moment I'd like you to count each one of your breaths, quietly to yourself as it ends ... Take a moment to notice when your breath begins, then you exhale, and your breath ends ... and at the very moment that your breath has completely left you, and there is a noticeable ending, mentally count to yourself ... "1" ... If you pay attention closely you will notice that there is a very slight distinction between the ending of one breath and the beginning of the next one. You don't need to breathe slowly or deeply, just count each breath as you breathe normally, comfortably. Then notice the next breath and at the precise moment it ends, count "2", and the next one ... continue counting each breath to yourself until you reach the count of 12 ... Once you reach 12 breaths begin the whole process over again starting with "1" ... Do this for 3 complete cycles ... If you lose your place or count over 12 breaths, simply start over at 1 again ... Go ahead and begin counting now, concentrating on your task as I am speaking to you ... and you will find that as you are focusing on your breathing and counting each one, that you will still hear me speaking in the background, even though you continue concentrating on your job, and it's OK if you don't pay attention to what I am saying consciously ... because your subconscious mind hears everything, all the time, whether you are listening or not ... and as you continue counting your breaths ... with each breath that you take and each breath that you count, you find yourself relaxing more and more, with each breath that you count you find that you are more open to suggestion ... becoming more and more open, more and more receptive with each breath that you count ...

(Suggestion for Self esteem Confidence)

You are happy being who you are ... To achieve all of your goals in life, all you have to be is you ... Your life is important ... Your life is meaningful ... You love being you ... You realize that no one else can be you ... You are better at being you than anyone else ... You are a unique individual ... You feel better and better each moment ... The more that you accept and love yourself, you realize the more that you can accept and love others ... You are in control of your thoughts and in control of your feelings ... You are in control of your life ... and being in control you choose to be positive ... to store positive thoughts ... to store positive images ... You see something positive in every situation ... and every day life gets better and better ... You have great potential and you are using it more and more each day ... Your self-image grows stronger and stronger ... You realize that in order to grow or expand outside, that growth must first start from within ... and you are allowing your self-image to grow inside ... to be successful and expand ... and by doing this your life and all of your desires ... can also expand and flourish outside ...

(Suggestion for Forgiveness)

In order to open the door in front of you, to continue to move forward, to progress, you must close those doors completely behind you. You forgive yourself for the past ... You understand that forgiveness of yourself and others releases you from the past ... You are now forgiving yourself and others You are setting yourself free with forgiveness so that you may move forward ... The mistakes that we make are an iatrical part of learning rather than to be given blame ... Blame, judgments, and guilt are a thing of the past ... You allow them to fade away like a distant memory, like something that is not important to you any more ... Now you focus on acceptance, being open-minded, and happy ... You are completely releasing yourself from any pain from the past, living now only in the present ... You are now able to move forward in all areas of your life, simply by forgiving yourself and others ... You respect yourself, and life, as you forgive yourself, and you can now move forward in life, healed, and receptive to growth. You let go of the past, leaving it behind you where it belongs. You look forward, realizing that every breath that you take is a new breath, every morning when you wake is a new day, filled with new challenges and new adventures. Each moment ahead of you has not been taken yet ... It is like a blank sheet of paper with nothing written on it ... You have the opportunity to write whatever you wish on it, because it is new ... It is the same with each and every *new moment* ahead of you ... *Today is a new day*, choose to make it a positive, productive one. Open the door and move ahead.

(Suggestion for Guilt release script)

I'd like to speak to you for just a moment about guilt ... Guilt is more like an infection, than a feeling ... it is a mental thing that "infects" feelings. It's like a foreign substance that gets into or around emotions, like an infection in a wound.

Guilt is held in place by judgments. Release the judgments, and the guilt goes too. And because judgments are decisions, they are easy to change. The secret is simply to decide again. Take back your original judgment, change your mind, un-decide, un-judge.

Here is an easy way to do it ... Take a moment now to reflect if there is something that has caused you guilt feelings ... Once you have identified the incident, locate the feeling or emotion that are associated with the problem ... Now locate the feeling in your body and ask yourself, "Do I have any, or have I made any judgments about this?" If the answer is yes, then say strongly in your mind's voice,

"I release any negative judgment or labels I may have given myself because I ____"
(insert whatever you did, thought or felt.) ... (pause) ... The next step is to change your mind about the thing itself. Here is what you say to yourself to do this:

"I release the judgment that ____" (whenever you did) "may have been unwise or wrong."

Release each negative judgment until there are no more. That's all there is to it, when the judgments are released you are free once again ... Let's take a moment right now and use this process for yourself ... Is there something that has caused you guilt feelings? ... (pause) ... Take a moment to identified the incident ... (pause) ... What feelings or emotions that are associated

with the incident? ... (pause) ... Now locate the feeling in your body and ask yourself, "Do I have any, or have I made any judgments about this?" ... (pause) ... If the answer is yes, then say quietly in your mind to yourself ...,

"I release any negative judgment, or labels I may have given myself because I ____"
(insert whatever you did, thought or felt.) ... (pause) ... (then repeat) One more time ...

"I release any negative judgment, or labels I may have given myself because I ____"

Let's do the next step now ... Change your mind about the incident itself ... Here we go ... Think about the incident first ... (pause) ... Now say quietly in your mind to yourself ...,

"I release the judgment that ____" (whenever you did) ***"may have been unwise or wrong."***
... (pause) ... (then repeat) One more time ...

"I release the judgment that ____" (whenever you did) ***"may have been unwise or wrong."***

Good, now just let it go, and move on ...

(Theater of the mind)

I would like you to take a moment now and think of your new habit that you are creating ... think of the dis-order you have changed, eliminated, or improved upon ... and imagine ... visualize how you feel, having replaced it with "order", with a new positive habit ... Now use your imagination and visualize the motion picture screen directly in front of you ... See it as vividly and in as much detail as possible ... See yourself in this motion picture reacting successfully, in the ideal situation, having attained your goal. How do you "feel" now that you have become the person that you would like to be. Feel the emotions ... What are you feeling? Maybe confidence ... pride ... fulfillment ... satisfaction ... relief ...or even happiness ... What emotions are you feeling exactly ... Think about it and describe to yourself what emotions you are feeling ... Give yourself a few moments to enjoy this wonderful feeling ... Let it fill you up, grow within you ... What are others maybe saying about you? How do they feel about your accomplishments? I'd also like you to visualize and feel what you think is different ... What is different now that you have attained your goal? How has your life changed? Are you enjoying any more freedoms associated with this attainment? Think about them, get them clearly in your mind as you visualize yourself standing in front of you, on that screen ... What else is there that you can notice that is associated with this now orderly achievement? Remember the imagining of yourself doing something with enough detail is equal to the actual experience as far as your subconscious mind is concerned. So, see yourself for just a few more moments having achieved your new habit and realize that the reward for attaining your goal is the actual goal itself ...

(pause)

Realize the feelings of success and accomplishment associated with this visualization of your completed task. Believe in yourself and be consistent for the entire 21 days, and you will remain

a winner. Congratulations... Feel confident and proud of yourself and your accomplishment...

(Awakening)

In just a moment I'm going to count to five and that the count of five you will come back to the here and now, feeling wonderful in every way, feeling so much better than before.

- One . . . You are starting to emerge from hypnosis feeling energize and excited about attaining your goals.
- Two . . . Feeling wonderful in every way and feeling so much better than before. Believing in yourself that you are worthwhile.
- Three . . . Your mind is clear and alert, and constantly improving.
- Four . . . Your eyes are starting to open and
- Five . . . Eyes wide open, and feeling wonderful in every way.

#4 Confirmation & Congratulations Session

(Day 21 Session)

By Rene A. Bastarache, CI, CHT

Prep for Session

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least $\frac{3}{4}$ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

(Breath Induction Modified)

Allow your eyes to just softly close ... Now, I'd like you to rest comfortably in your chair ... that's right ... just allowing the chair to support you, settling down easily, with your arms resting at your sides, or gently on your lap ... head and neck in a comfortable position ... (PAUSE) ... very good ... Now that you are very comfortable, I'd like you to become aware of your breathing ... Feel the coolness of your breath as it enters your nostrils ... noticing your chest as it rises and falls ... rises and falls in an easy ... and natural rhythm ... your own perfect and natural rhythm ... just breathing in ... and out ... in ... and out ... Allow your awareness to focus on your breath ... (PAUSE) ... and now, I'd like you to take three deep breaths: **ONE**, breathe deeply ... and ... exhale ... **TWO**, another deep breath ... and ... exhale and **THREE**, deep breath, hold it for 3 seconds ... (PAUSE) ... and ... exhale ...

Just allow your awareness to remain focused on your breath as you allow it to quiet, and deepen ... deeper and deeper ... and begin to notice that as you allow your breath to become more and more relaxed ... that it is an easy and natural thing ... You do not need to make any conscious effort to breathe ... Your marvelous subconscious mind is taking care of your breathing - from the moment of your birth throughout your life, for as long as you live ... And just as your subconscious mind is the guardian of your breath and all your bodily functions, it is

also the creator of your dreams, and the champion of your highest aspirations ... always supporting you ... protecting you, and working for your greatest good ... Knowing this, you can relax even more deeply with each and every breath that you take ... From this point onward you can allow yourself to simply rest on your breath ... rest and relax ... rest and relax ... deeper and deeper ... knowing that the more you relax ... the deeper you go ... and the deeper you go ... the more you can relax ... allowing your subconscious mind, with all it's awesome power to be more open to beneficial suggestions ...

(Analytical Vehicle - Choose a name)

I would like you to use your imagination now ... I'd like you to imagine that you are doing research to get information for a new book that is going to be written. It is a name book for children's names. To begin your research you will need to find a girls' name and boys' name that begin with each letter of the alphabet ... Here's how you are going to do that. Start by quietly thinking of a girl's name that starts with the letter A ... get it clear in your mind ... good, imagine that you are writing it down in your book ... Now think of a boy's name that starts with the letter A ... good ... and write it down in your book also ... Now think of a girl's name that begins with the letter B ... take your time, if you can think of many names that start with the letter B, choose the one that you like the best ... it is important that you take your time and concentrate on the task that you're doing ... write it down in your book ... Now choose a boy's name that starts with the letter B ... and write it down ... good, just hold on for a moment and let me explain to you the remainder of what you will be doing. In just a moment you will go ahead and continue finding names of girls and boys starting with the letter C, then D and so on until you go through the entire alphabet, all the way to the letter Z but once you begin, when I tell you to go ahead and start, you will continue with the task, paying no further attention to me, until you have finished the entire job. I will be speaking to you of course and you will be hearing me but I will be speaking directly to you subconscious mind which always hears and always pays attention ... so just concentrate on your task and try to not listen to what I am saying ... try not to follow my instructions until you have finished the whole job and then you can listen to me once again. At that point you will be very relaxed ... and your mind will be even more open and receptive to the beneficial suggestions that you will be receiving.

So let's go ahead and begin now ... Start with the letter C ... choosing a girl's name ... and write it down ... and then a boy's name ... paying no further attention to me, just choosing the name, writing it down and going to the next letter, choosing the names for that letter and going onto the next one, paying no further attention to me, just choosing the names, concentrating on your task, until you have finished the entire job, at that point you'll be very, very relaxed. With each name you choose you are becoming more relaxed, with each name you choose you are going deeper into a relaxed state, becoming more open to suggestions, more and more relaxed, and receptive. The closer you get to the letter Z, the deeper into relaxation you will go.

(Self-image - Confidence)

You are happy being who you are ... To achieve all of your goals in life, all you have to be is you ... and you *have* achieved your goal and created a new positive habit ... You did it! ...

Your new positive habit has become totally engrained in your subconscious mind and is part of you now ... Your life is important ... Your life is meaningful ... You love being you ... You realize that no one else can be you ... You are better at being you than anyone else ... You are a unique individual ... You now look at yourself differently ... You now see yourself as a successful person ... Having attained your goal ... You describe yourself and identify yourself as a person who has attained a new goal ... A new positive habit ... A success ... Having created a new habit to replace that disorder from the past ... You have grown ... You feel better and better each moment ... You accept and love yourself more and more each moment ... You are in control of your thoughts and in control of your feelings ... You are in control of your life ... You see something positive in every situation ... and every day life gets better and better ... You have great potential and you are using it more and more each day ... Your self-image grows stronger and stronger each day ... Each day is a new day! ... You are starting new today ...

Maybe you have finished your task of finding the names and maybe you haven't ... Either way, I would like you to stop that task now and just relax as I continue speaking to you...

(Theater of the mind)

I would like you to take a moment now and think of your new habit that you have created ... Use your imagination and visualize the motion picture screen directly in front of you ... See it as vividly and in as much detail as possible ... See yourself in this motion picture having attained your goal and successfully created your new, permanent habit. How great do you "feel" now that you have created your new habit and attained your goal by actively working at it for the past 21 days? Feel the emotions ... Get happy now! Feel the confidence ... the pride ... the fulfillment ... the satisfaction ... the relief ...and especially the happiness ... Feel and describe to yourself the exact emotions ... Think about it and describe to yourself what emotions you are feeling ... Give yourself a few moments to enjoy this wonderful feeling ... Let it fill you up, grow within you Your life has changed? You are enjoying more freedoms because of this attainment? Think about them, get them clearly in your mind as you visualize yourself standing in front of you, on that screen, a success ... You have done it ... 21 days to a new you ... It is that simple ... congratulations! You are a winner with a new winning attitude.

Be proud of yourself and your accomplishment...

(Awakening)

In just a moment I'm going to count to five and that the count of five you will come back to the here and now, feeling wonderful in every way, feeling so much better than before.

- One ... You are starting to emerge from hypnosis feeling energized and excited about attaining your goals.
- Two ... Feeling wonderful in every way and feeling so much better than before. Believing in yourself that you are worthwhile.
- Three ... Your mind is clear and alert, and constantly improving.

- Four . . . Your eyes are starting to open and
- Five . . . Eyes wide open, and feeling wonderful in every way.

We have recently changed the program a bit and replaced sessions 1a, 2a, and 3a with this one session. We have found it easier and less confusing for clients to just have them take the one CD home with them to listen to between all of the other sessions.

Follow-up Session

(Days 1- 6, 8 - 13, 15 - 20)

By Rene A. Bastarache, CI, CHT

Before you begin listening to this session be sure that you give yourself enough uninterrupted time to sit and listen to it quietly for at least $\frac{3}{4}$ of an hour.

This session is designed to be listened to while relaxing.

Do not listen to it while driving a motor vehicle or doing anything else that may be dangerous.

Now turn off any beepers or phones, including cell phones.

Put any pets outside of the room that you are being hypnotized in, as they may jump on your lap and disturb you during your session.

Now sit in a comfortable, out of the way seat, supporting your neck and back preferably.

Be sure that there is nothing else in the area that may disturb you during your session.

NOTE: *One of the greatest benefits of this program is that it will work just as successfully whether you go into a deep hypnosis, a light hypnosis or if you don't even go into hypnosis at all. The main purpose of the sessions is the visualization as a means to create new memories because the subconscious mind cannot differentiate between an imagine memory or an actual memory. Therefore whether you go into hypnosis to visualize the scenes or simply listen to the instructions and imagine or think about the scenes, the same purpose is being accomplished.*

(Induction)

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 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.

(Visualization)

I would like you to use your imagination right now. Imagine, or just think about, yourself sitting comfortably in front of a large movie screen and imagine that you are seeing a motion picture of yourself. See it as vividly and in as much detail as possible. See yourself in this motion picture reacting successfully, in the ideal situation, having already have attained your goal. As you are visualizing yourself as this successful person ... See yourself as the main actor or lead person on your screen ... How do you "feel" now that you have become the person that you would like to be ... (pause) ... Feel the emotions ... What would you be feeling? ... What are you "feeling"? Maybe confidence ... pride ... fulfillment ... satisfaction ... relief ... happiness ... (pause) ... What emotions are you feeling exactly ... Let those emotions fill you up ... (pause) ... Let them grow within you ... (pause) ... What are you "hearing" associated with your new goal? What are others maybe saying about you? How do they feel about your accomplishments? ... (pause) ... I'd also like you to visualize and feel what you think is

different ... What is different now that you have attained your goal? How has your life have changed? ... (pause) ... Are you enjoying any more freedoms associated with this attainment? ... Think about them, get them clearly in your mind as you visualize yourself standing in front of you, on that motion picture screen. ... (pause) ... See the details ... What are you wearing? ... What are you doing? ... What else is there that you can notice that is associated with this now orderly achievement? ... (pause) ... Remember the imagining of yourself doing something with enough detail is equal to the actual experience as far as your subconscious mind is concerned. So, see yourself for just a few more moments having achieved your new habit. ... (pause) ...

(Old habit is GONE)

You are in control of your life now ... You have created and attained a new positive habit ... With the power of your subconscious mind, it is very easy to do ... You have allowed the past disorder to fade away like an unwanted memory ... and now you move forward ... The disorder of the past has been replaced with order. The dysfunctionality replaced with functionality. So once again feel that wonderful sense of satisfaction and achievement. It is coming from that strong subconscious mind that you have. You have created your goal and through these daily exercises maintaining it, creating a permanent habit of change.

(Awakening III)

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.