

SCRIPT #1 SELF-HYPNOSIS FOR TOTAL RELAXATION

Your recording starts here:

It's time for a relaxing self-hypnosis session. Put your cell phone on silent. Never use this while operating machinery or driving a car. Find a nice, comfortable place where you'll not be disturbed for the next twenty to twenty-five minutes. You can be sitting or lying down. Please have your arms by your sides and make sure your legs and ankles are not crossed so you can achieve good blood flow. It's time to relax and let go.

Before you begin, take a moment to physically tense the muscles in the body. Tense the arm muscles, tense the leg muscles. Squeeze your muscles for a few moments and make them feel tight...squeeze...good. Now take a great big deep breath through your nose, exhale through your nose, let the muscles release, let go and relax ...

Inhale and exhale through your nose during the session. You'll be asked to use your imagination, or to repeat statements, or to nod your head. Please follow the suggestions to the best of your ability. If any other thoughts come into your mind, simply brush them aside and keep refocusing back on the session. You'll soon discover that by simply listening, you'll feel calm and relaxed.

There is no place you must go now; there's nothing you must do. Give yourself permission to relax and let go as you enjoy the feelings of calm and peace. You deserve it.

Please close your eyes and keep them closed until I ask you to open them. With your eyes closed now, imagine you're looking straight up, as if you're trying to look at your forehead. Rolling your eyes up into your forehead. Notice how the eyes feel in that upward position...

125

The Happy Hypnotist™

OK, now let your eyes relax, and let's take a few slow, deep breaths. Please take a nice big, slow deep breath in through your nose...hold one, two, three and let it come slowly out of your nose. Take another nice, deep inhalation...and let it come slowly out, noticing if you feel the air flow out of your nostrils, as you begin to let go and relax...This time, fill your lungs as deeply as you can, and hold your breath as deeply as you can, and hold your breath...hold, hold, hold, and let it out slowly and let go and relax, relax, relax...Every gentle breath helps you drift into deeper levels of relaxation.

Gently nod your head *yes, please*.

Anytime you nod your head during the session, you'll find this helps you feel more relaxed and confident. If you feel like moving or adjusting your position, that's fine. If you're not feeling any comfortable feelings yet that's OK, it will catch up to you.

Just hearing the following words now will help you feel calm and relaxed...Focus on the comfortable position that you're in... notice the body is gently sinking into that position...Imagine the muscles in the body are letting go and becoming soft and supple...it's as if the muscles are starting to sag...it's as if you're feeling like a loose, limp rag doll...

As you listen, begin to see yourself feeling calm and relaxed... calm and relaxed...calm and relaxed. Please focus your awareness on your eyes and eyelids. Please put your attention on your eyes and eyelids. Imagine your eyes feeling very sleepy and very tired. Imagine all the little, tiny muscles around your eyes are feeling heavy, sleepy, and tired...heavy, sleepy, and tired. Some people may experience a slight flutter around the eyes when they begin to relax—that's just a sign they're letting go...

Imagine it's one of those mornings when the alarm goes off and you feel like you didn't get enough sleep...you just feel so sleepy and so tired. You don't want to open your eyes because they feel soooo good being closed...It's as if it would be too much effort

126

Hypnotize Yourself

to even open your eyes...Of course, we know you could simply open them, but use your creative imagination to feel a comfortable, tired sensation around your eyes, so they feel heavy, sleepy, and tired...heavy, sleepy, and tired...They're perfectly comfortable being closed...

Create the sensation around your eyes, as if it would feel like too much effort to even open them, because they feel soooo good being closed...When you can create a sense of that feeling where your eyes feel so good being closed, and it will be too much effort to even open them, gently nod your head *yes, please*...

Very good. Anytime I ask you to nod your head, it will help you feel even more relaxed...now, allow that relaxed feeling around your eyelids to spread to the muscles in your face, allow your cheeks to relax...allow a little space between your teeth, allow your jaw to relax...

Imagine the muscles in your neck just letting go and relaxing, your shoulder muscles are becoming loose, limp, and relaxed... As you hear my voice, that helps you drift into a positive, relaxed, calm state...Imagine the muscles in your chest and stomach are letting go and relaxing...Imagine all the muscles in your back feel soft, supple, and relaxed...Imagine your hips are relaxing...Your thigh muscles are letting go and relaxing...your knees, calves, and ankles are relaxed...the muscles in your feet let go and relax, relax, relax...

You're beginning to feel a wonderful sense of relaxation. If this is true, gently nod your head *yes, please*...Very good, you're doing very well.

In a moment, I will count to the number three. When you hear the number three, you'll envision yourself standing at the top of a stairway. This will be the special stairway, the stairway of relaxation, with ten steps going down; the steps may even be numbered from ten to one. At the bottom of the stairs is a beautiful doorway. You'll hear a countdown from ten to one. With each number, step down to the next step. As you proceed down, allow

127

The Happy Hypnotist™

each step to help you to drift into deeper levels of relaxation. Each step helps you sink into deeper levels of relaxation.

On the count of three, imagine yourself standing at the top of the stairway of relaxation...One, two, three...now imagine yourself standing at the top of the stairway. When you can imagine this, gently nod your head *yes, please*...Very good. Notice that there is a beautiful doorway at the bottom of the stairs. By the time you reach the bottom, you'll feel very, very relaxed.

Get ready for the initial step down. As the countdown starts, you may feel your foot hit the step. Here we go.

Number ten, stepping down, feeling more relaxed... Nine, stepping down, feeling more relaxed... Eight, stepping down, feeling more relaxed...

Seven, stepping down, feeling more deeply relaxed... Six, stepping down, feeling more deeply relaxed... As the body relaxes, the mind relaxes...

Five, stepping down, feeling more relaxed... Four, stepping down, feeling more relaxed... The more relaxed you feel, the better you feel... Three, stepping down, feeling more relaxed... Two, stepping down, feeling more relaxed... One, stepping off, feeling very relaxed...

If you're feeling relaxed and calm, gently nod your head *yes, please*...very good. Now, before you there is a beautiful door- way. In a moment, we're going to go through the door. On the other side is a very special, safe place just for you, a place where you feel *very safe* and very comfortable in every way. Your safe place may be a room in your house, a place from your childhood, a place in nature, or a totally imaginary place like floating on a cloud. On the count of three, go through the door and discover

128

Hypnotize Yourself

your safe place. One...two...three...open the door and find yourself in your safe place...

When you're in that safe place, gently nod your head *yes, please*...Very good. Get nice and comfortable in your safe place, nice and comfortable. You'll remember where your safe place is. Let's go to an even deeper level of relaxation. I'm going to count down from ten to one. Every number you hear will bring you into a deeper level of relaxation.

Number ten, feeling more and more relaxed...going deeper down,

Nine, feeling more and more relaxed...going deeper down,

Eight, feeling more and more relaxed...going deeper down,

Seven, feeling more and more relaxed...going deeper down,

Six, feeling more and more relaxed...the more relaxed you feel, the better you feel,

Five, feeling more and more relaxed...as the body relaxes, the mind relaxes,

Four, feeling more and more relaxed.... Three, feeling more and more relaxed... Two, feeling more and more relaxed... One, feeling more and more relaxed...

The more relaxed you feel, the better you feel...If you're feeling peaceful and calm, gently nod your head *yes, please*...Very good...you're in your safe place; remember this feeling of your safe place.

Say the words out loud "I feel calm now." (pause)...

Repeat this phrase 3 times—"I feel calm now." (pause)...

Very good, let's save this positive, relaxing feeling and anchor it to your thumb and forefinger...Please use your nondominant hand and place your thumb and forefinger together.

Place your thumb and forefinger together and gently press them and feel

129

The Happy Hypnotist™

the wonderful feeling of relaxation and calm...as they're gently pressed together repeat three times, "I'm calm now," "I'm calm now," "I'm calm now."

(pause)

Very good. Let go of your fingers and let your hand rest. You've created a positive, powerful relaxation anchor. This positive, calm anchor can be used at any time to assist you to feel calm and at ease. By gently pressing your thumb and forefinger together, feeling calm and repeating the words, "I'm calm now," you'll instantly feel calm anywhere, anytime. And the beauty of it's that no one knows you're even doing it...

You'll now see how well it works. When I count to three, you'll imagine a scenario where in the past you may have felt some anxiety; but you'll use this positive anchor technique to immediately erase any tension and enjoy the feeling of being calm.

You'll imagine you're out somewhere, and something comes up that in the past may have produced some negative anxiety. Once you recognize the anxiety, you'll take a deep breath, let the safe place image come into your mind, and gently put your thumb and forefinger together. When you exhale, say, "I feel calm now," three times, and it will instantly eliminate and dissolve any anxious feelings.

Let's see how well it works. On the count of three, imagine you're in a situation that in the past may have caused anxiety. Then imagine you take a breath, let the safe place come into your mind, press your thumb and forefinger together, and say to yourself, "I'm calm now, I'm calm now, I'm calm now," and see how well it works...

I will count to three now and imagine it working for you. One, two, three...Very good. If you experienced the positive anchor working, nod your head *yes, please*.

Excellent.

130

Hypnotize Yourself

Let go of your thumb and forefinger and let your hand relax now. Allow a feeling of gratitude to come over you for tapping into this calm feeling. What else are you thankful for in your life? Let's focus on that feeling of gratitude. Take a minute and focus on what or who you're thankful for. (Give yourself time.)

The more relaxed you feel, the better you feel; as the body re-laxes, the mind relaxes. This feeling of calm and peace you've created will get stronger as you use this audio recording. It's important for you to realize that you can relax. You've created this positive and powerful feeling of calmness and relaxation. Enjoy the positive feelings of relaxation.

This skill of relaxing is going to enhance the quality of your life. Schedule time for yourself every day to relax and let go of the outside world and enjoy the positive feelings of calmness totally and completely. Every time you use this audio, you'll relax deeper and deeper.

It's time for a repeat technique. Whatever you hear, simply repeat the words. You can say them out loud or say them silently to yourself; but allow the statements to be communicated to every level of your body, mind, and spirit.

I can relax...

I can relax...

I can relax...

I have a positive anchor for relaxing... I have a positive anchor for relaxing... I have a positive anchor for relaxing... I take time for myself to relax...

I take time for myself to relax...

I take time for myself to relax...

I confidently relax whenever I choose.

131

The Happy Hypnotist™

I confidently relax whenever I choose. I confidently relax whenever I choose. I enjoy feeling relaxed...

I enjoy feeling relaxed...

I enjoy feeling relaxed...

If I need to calm myself, I can easily do it

If I need to calm myself, I can easily do it

If I need to calm myself, I can easily do it

I can do it.

I can do it.

I can do it.

I see myself taking the time for myself to relax... I see myself taking the time for myself to relax...

I see myself taking the time for myself to relax... I confidently relax whenever I choose.

I confidently relax whenever I choose.

I confidently relax whenever I choose.

I like my calm and confident feelings.

I like my calm and confident feelings.

I like my calm and confident feelings.

Very good. Gently press your thumb and forefinger together and repeat, "I'm relaxed now," three times as you gently press your thumb and forefinger together. Do it now. This technique erases any anxious feelings which may come up. It's a simple and powerful technique that you can use anytime, and no one will even know that you're doing it.

Very good. When I count to three...imagine it's a couple of days from now, and you may notice an anxious feeling. When you do, see yourself take a deep breath; imagine your safe place and

Hypnotize Yourself

gently press your thumb and forefinger together and repeat a few times, "I'm relaxed now." Any anxious thought disappears into a calm, confident feeling. It's as if you just erased it. One, two, three...imagine it's two days from now, and pretend you have an anxious feeling, take a deep breath, imagine your safe place, put your thumb and forefinger together, and say, "I'm relaxed now," "I'm relaxed now," "I'm relaxed now," and notice you erase any anxious feelings.

As time goes on, you'll need this technique less and less, because you simply will be a calm person all the time. You'll look calm, you will feel calm, and you will act calm.

We will be ending this session in a moment, and when it's over, you'll feel like you had a wonderful, relaxing, and rejuvenating nap. You accept the fact that you have inner power to focus and create whatever you want for yourself. Stay positive; you're a positive person. And the next time you use this session you'll notice how easily you glide into the focused mental state known as self-hypnosis.

(Start to put a lot more energy back into your voice.) In a moment, I'm going to count to five, and when I get to the number five, you'll feel wide awake and alert. You'll feel like you just had a good nap! (Speak louder here.) One...starting to come up, two... coming up more and more, three...let energy come back into the body, four...start to move your body. When you open your eyes, you'll feel calm and alert. Five...eyes open, wide awake and alert and feeling great! Wide awake, alert and feeling positive and calm! (End recording here.)

Congratulations on working through self-hypnosis for total relaxation! You did it!

You can use this script as a basis for any goal. The knowledge you've gained from reading this book will help you adjust the words to match what you want to achieve and to focus on.

