

SCRIPT #2 YOUR INNER ADVISER

What's an *inner adviser*? This amazing program helps you receive answers to your questions. Have you ever had a situation where you were not 100 percent clear on a decision? You were not sure what to do? This technique may be very insightful to clarifying information.

Your recording starts here:

It's time for a relaxing self-hypnosis session. Put your cell phone on silent. Don't use this process while operating machinery or driving a car. Find a nice, comfortable place where you'll not be disturbed for the next 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 in through your nose, exhale, 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, 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.

Hypnotize Yourself 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...

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...and let it come slowly out of your mouth, feeling the air as it passes between your lips...Take another nice, deep inhalation...and let it come slowly out of your nose, feeling the breath pass between 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. Anytime I ask you to nod your head, you'll find this also helps you feel more relaxed. If you feel like moving or adjusting your position, that's fine.

Hearing my voice now simply helps 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...It's OK if you're not noticing all the relaxed feelings yet; they'll catch up to you.

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. 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 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 gently 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... simply listening now 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 count down from ten to one. With each number, step down to the next step. As you proceed down you will drift into deeper levels of relaxation, as if each step slowly brings you into deeper levels of relaxation.

On the count of three, imagine yourself standing at the top of the stairway of relaxation...One, two, three...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. 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 relaxed... Six, stepping down, feeling more 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, or 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 your safe place. One...two...three...open the door and discover 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. You will hear a count down from ten to one. Every number you hear will bring you into to 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; You'll remember your safe place. Please repeat this phrase three times: "I feel calm now," do it now...(pause)...

The more relaxed you feel, the better you feel; as the body relaxes, the mind relaxes. This feeling of calm and peace will continue as you're listening.

In a moment, we will count back from five to the number one. Let's go back into your memory bank for a positive memory. Positive memories are fun. Maybe it was something that happened yesterday or something that happened many years ago. But let's bring back a happy positive vibration where you felt very good about it. Going to count back now listen closely, and by the time we get to the number one, hey, happy-confident, good-feeling memory will come in to your mind. Five going back back back, four going back to a happy, positive memory, three back back back, I was feeling good and, two let a positive memory to come into your mind, and one let a positive memory come into your mind...

When you have a positive memory just gently nod your head, please...

Very good, focus on the positive feelings in this positive memory.

Let that fade away, and just relax, relax, relax. Feeling safe and calm...

Feeling safe and calm...

Imagine that you're sitting on a beautiful beach. There is no one else here but you. It's perfect weather for you, sunny and nice. You're very comfortable as you sit on a blanket facing the ocean. It's a clear, sunny day with a beautiful, blue sky. You may feel a slight breeze as you hear the gentle waves lapping back and forth. It's peaceful.

As you're enjoying the environment and your solitude, you sense there is a reason to be here at this moment. You've been wondering about something. Maybe you're searching for advice or clarity. You feel totally calm and at peace. Off in the distance, you notice a figure walking along on the beach coming your way. You're feeling a quiet confidence about yourself as you sit here.

The figure slowly gets closer. You're open and receptive. You feel open to suggestions or advice. Notice again how calm and safe you feel. As you look, the image is getting closer and closer. The person emanates a sense of love and security and is now only steps away. It may be someone you recognize, or it may not. Perhaps it's just a helpful being. The person gently approaches you, radiating love and acceptance. Love and acceptance. You know they're here for you. They come right up to you now, but they don't talk or verbalize anything. They radiate unconditional love and acceptance. You feel like you can read each other's minds. As crystal clear as can be, you sense them saying, "Ask, please ask me."

You understand they're here for you, now ask whatever you wish. The answer may be instantaneous, or it may take some time. It may be a sign or a symbol or something as direct as a one-on-one conversation. Ask your question.

(Pause for a minute or so.)

When you have your answer, you may ask a follow-up question, or just express the feeling of gratitude for the information. (Pause for a minute or so.) They send love as they slowly begin to walk away. You extend gratitude as the figure slowly continues walking down the beach. You feel wonderful. You feel calm. The figure slowly disappears.

You have new insight now, as you calmly relax.

We will be ending the session in a moment, and when it's over, you'll feel like you had a wonderful, relaxing, and rejuvenating nap. And now you have new information, which feels good. 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, you'll hear the count one to five, and at 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, alert, and feeling great! Wide awake, alert, and feeling positive and calm! (End recording here.)

Congratulations on experiencing the inner adviser! You did it!

The Happy Hypnotist™