**Hypnotic Impact Metaphor Script Manual**

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|  |  |
| --- | --- |
| **Desired Mental State** | Anchor Protocol |
| Relaxation | | Imagine yourself at your favourite relaxation spot. --- Perhaps your bed or your sofa – or any other place you will find most comfortable. ---- Imagine yourself there – (*and when you are there – give me a finger signal)*  **(Visual)** Now imagine as good as you can --what that place looks like.  **(Auditory)** And as you do - you hear softly spoken words,--- saying: *"You are floating. You are relaxed."*  **(Kinesthetic)** And as you feel more and more relaxed --you tilt your head slightly to the right.  And as all this is going on – I’d like you to press together your index finger and your thumb – but do it on the hand that you normally don’t use. | |
| Pride / Self-Love | | Now—I’d like you to recreate your proudest moment. – think about – what was your proudest moment like--- Take some time – and make sure you have the situation fully mapped out in your mind -----when you felt really proud. -----And as you do-- make sure that situation is so vivid---- that you can actually feel the pride --- and all-encompassing self-love that comes with that situation*.—(and when you have done that – give me a finger signal*  **(Visual)** Now— I’d like you to Imagine a piece of furniture or some other item relating to your proud moment. Anything really that reminds you of that situation.  **(Auditory)** And as you do -- You hear words, softly spoken-- saying: "I am amazing."  **(Kinesthetic)** And as all this is going on – I’d like you to press together your index finger and your thumb – but do it on the hand that you normally don’t use. | |
| Aggressiveness | | Now – I’d like you to imagine or remember yourself-- being very aggressive, --in a number of appropriate situations. --Get yourself to a state where you feel you can do anything. – So--cause yourself to **feel** aggressive, whether you are timid by nature or not.- *and when you have done that- give me a finger signal*  **(Visual) Now--** Imagine a car engine revving – aggressively  **(Auditory)** And as you do -- You hear the word *"Yes!"* aggressively spoken  **(Kinesthetic)** while at the same time you press your index finger and your thumb together – but you do that -- on the hand that you normally don’t use | |

# Alcohol addiction

As you go deeper and deeper relaxed let the sounds fade away in the distance and allow yourself to pay attention only to the sound of my voice.

As so – as you listen carefully to the sound of my voice - we are going to remove a number of suggestions which have been in your mind.

We are going to remove them completely and as you listen carefully to them - we're simply going to dissolve them away... throw them out of your mind completely...

Nothing disturbs you and nothing bothers you there now - and so nothing can distract you in any way from listening to what I am going to tell your subconscious mind ... and so I’d like you to allow yourself – right now - to completely start accepting everything I tell you ...... and so we're going to remove all suggestions from your mind – that you know now - have not served you well in the past.

And as you know - the first suggestion that has not served you well in the past –is that somehow or another that alcohol - a bottle - has been of some use to you.

And from what we have been speaking about – you know now clearly -- that drinking alcohol is of no use to you -- and you know it. You're through drinking alcohol for any reason.-- And if you think carefully about it – you come to know that it doesn't make you relax -- it doesn't make you sleep well---, it doesn't really do anything for you.

As a matter of fact it ruins-- your efficiency ... and consequently – you know on a much deeper level -- you're through with it – because this is why you are here – are you not?

And so you know clearly now alcohol has never been beneficial to you - in any way—and so any suggestion that it may have been --- in any way-- is now completely removed from your mind.

Let it simply drop out of your mind – right now – as I am going to count to five and so that suggestion is completely removed from your mind never to return.

OK listen to my count now – from - One, Two, Three, Four, Five.

The next suggestion that you may – or may not have accepted in the past - is that alcohol is a good means of giving yourself some confidence -- to do the things you thought -- you couldn’t do otherwise.

You know now – that this is in fact the complete opposite – alcohol makes you weak – and there is no honour in achieving anything with something that you know is nothing but a bandaid –

The only reason anyone ever does this-- is because somewhere deep inside that person feels there is no confidence – but yet I tell you this -- you are through with allowing yourself to feel a lack of confidence – because there is more --deep down there within yourself –much more than you will ever need --or you ever thought possible. Remember – confidence is nothing more than courage – and courage means – being afraid – but doing it anywhere – so that is confidence then – being courageous is all you need

And so with one count we're going to remove the lack of confidence by instilling your control and your courage, - by simply removing the need to drink, - so that you now can truly be proud of yourself – because that is what confidence is all about.

So listen up - One. Two. Three. Four. Five. Those ideas are all gone.

The next suggestion that you may – or may not have accepted in the past - is that alcohol is a good means of punishing yourself.

So--whatever the reason - you're through punishing yourself and you're through using alcohol as a means to do it.

The only reason anyone ever punishes himself is because somewhere deep in his mind he feels guilty and you're through allowing yourself to feel guilty.

And so with one count we're going to remove the guilt, - whatever it is - and from whatever source the punishment, - the need for punishment, - and that alcohol could be used as a vehicle to achieve it.

So listen up - One. Two. Three. Four. Five. Those ideas are all gone.

You understand that Alcohol to you is a poison -- and a lousy -- inefficient poison at that ... just enough poison to make you sick -- and ineffective.

But then – you are through poisoning yourself -- and you are through using alcohol -- and so that need is also removed from your mind.

One. Two. Three. Four. Five. Now we're going to remove any and all connection that alcohol has in your mind.

The only kind of alcohol that you care about or know anything about anymore is rubbing alcohol. -- It's a nice back rub. --That's all it means to you. As a beverage it's out. --And so allow yourself to you remove all connections in your mind there now - that have to do with alcohol as a beverage or any beverage containing alcohol -- so that you don't even think of it, you don't ask for it, -- you don't desire it, --- you don't want it, --- you don't need it, -- you don't desire it in any form. --- Even if offered it,-- you'd refuse it,--- because you think of it as disgusting-- foul tasting -- and vomit producing.

And so all these negative suggestions are now removed from your mind --and those suggestions which I have given you now replace them.

*(and when your subconscious mind has accepted these suggestions – I’d like you to give me a finger signal)*

Good - Understand - At the count of five. One. Two. Three. Four. Five. From this moment on-- you are free--- free from the alcohol, --- free from its entangling octopus like tentacles,-- free from its degrading self-punishing nature,--- free from its ruination, --free from its ability to wreck your life.

You're completely free because all the connections in your mind with the alcohol beverages have been completely removed.

The wires have been pulled out --- and you are unable to restore them ---even if you should want to. ---Just imagine that a big telephone switchboard exists in your head --and that we pulled out all of the wires connected to the hole marked "alcohol" ---so that even if something is plugged into it nothing will happen.

You don't want it. -- You can't buy it. ---You don't drink it --- and if offered you'd refuse it. It's disgusting to you. ---Tastes foul. --- Has a terrible effect and makes you sick to your stomach to even think about it.

One. Two. Three. Four. Five. ---Now you are going to be completely successful in every way and surprised and amazed at the self-discipline and confidence that you have in yourself ---

And your mind concentrates on the sound of my voice and you go deeper and deeper and deeper.

# Alcohol in Moderation

And as you know --- it is because you've been feeling uncomfortable about your alcohol intake that you're here today --- and it is because you have already decided - on a conscious level--- that it is time to reduce your alcohol consumption ---- and so -- now we just need to reinforce your desire and your motivation – as you know – so that you can stick to your decision.

And as you know -- you are not an alcoholic –- and that is why you only drink occasionally at social events.

And so from now on - when you do drink-- you will be comfortably able to stop at a reasonable amount – that you know – is absolutely right for you – so that you can still say – this reasonable for me—and only you know what that really means.

So – from now on - once you have consumed the amount of alcohol - that only you know is perfectly right for you—you will hear your own inner voice saying – ----STOP—I had enough – and you will simply feel the urge to drink water instead – and you feel good about your control – that you know deep down you have.

Because you know – you are in control – and so that part of you that wants to keep drinking becomes more and more silenced – because you know fair well that you have control to stop something that you know could cause you to experience all sorts of medical problems – such as cancers and cirrhosis of the liver – and all the other problems that you know can come from that --- because you know that alcohol is after all a poison--- and each time you drink it--- you are poisoning your body.

So you know now –

* No excess in drinking
* No drinking in excess
* There is no pleasure in drinking when you know you reached your limit – and only you know what that limit is -

From now on you drink- slowly and steadily – with no hurry --as you have all the time you need to finish your drink– you take a small sip at a time and this is totally satisfying- you eat well – because you know how important a full stomach is to helping you to stay sober.

You may even find that – from now on -- your friends all finish their drinks before you—and so they may even ask if you want them to get you another,- but you will politely refuse-- after all you still have plenty left in your glass.

You may even find that you are so focused on the conversations with your friends --that you actually keep forgetting --that you have a drink in front of you- and so eventually--- when your glass is empty-- you get another drink – but this one is different. Because-- instead of getting another alcoholic beverage--- you instead get a glass of pure water – and this is satisfying to you

because it is so cool and refreshing – and desireable – like it is to someone who has been in a hot dry and sandy desert for weeks – and so when the water flows down your throat -- you can feel it actually flushing out the toxins and poisons from your first drink --- It is amazing---it has rejuvenating powers that you never expected – any queasiness that your first drink may have produced vanishes and – so it is like the start of your evening again.

After you water is gone, you may or may not order another drink of alcohol-- and slowly sip it as the night passes--. After each glass is emptied-- you finish it off with a glass of water. --If anyone asks you about this – you may choose to tell them that it keeps you more sober--, or perhaps tell them that you are trying to lose weight and the water means that you consume less calories – you can say whatever you feel comfortable with.   
So you know now –

* No excess in drinking
* No drinking in excess
* There is no pleasure in drinking when you know you reached your limit – and only you know what that limit is -

And you will come to notice -- slower drinking, and water makes your night more enjoyable than you ever thought possible-- , as you will be able to remember everything that was done and said--- you will be in full control of yourself --and you will wake up the next morning-- feeling wonderfully awake and refreshed-- with not a hangover in sight.

And so - you'll find you're rewarded in many ways – with better health - more pride – more confidence – more alert and focused all the time - because you are in complete control and so your old drinking habits have been replaced with newer, better ones.

# Attention Deficit Disorder (for Adults)

You are now deeply relaxed and the suggestions that you hear --- will have a permanent and immediate effect on your subconscious mind - you will hear every word that I speak - even though -- you may find your mind wandering away at times - because right now - nothing else matters - nothing - except for this wonderful feeling of relaxation that you're experiencing.  
  
At this moment is as though --- you don’t have a care in the world - nobody wants anything - nobody needs anything - there is absolutely nothing at all for you to do except relax and let go --- and just enjoy the feelings that are being generated within you.  
  
As I’m sure you are already aware --- you may -- or may not have a condition that is called Attention Deficit Disorder. ---- and if so-- Since ADD may be in your mind,--- it makes sense that it can also be overcome using the power of your mind. – And so -- You can significantly improve your quality of life by letting your subconscious mind accept the following simple suggestions.

The first thing you find that you want to overcome is your inattentiveness.---  Being unable to focus or pay attention can be an annoying trait, --- but it is easy to deal with --when you put your mind to it. ---- Every day, --- you work out what you need to accomplish --- and you find yourself wanting to follow a schedule --- so that you complete each of the tasks. This gives you something concrete to follow--- and focus on,--- as you have already acknowledged the various tasks --- you are responsible for.

By keeping a notebook --with you at all times, --- you find yourself simply jotting down any random thoughts to think over at a later time. --- You find that your mind stops pushing the various random thoughts through your head --and you can more easily concentrate on the task ahead.

You mind develops a filter ---so that it can focus on one thing.----All the everyday things such as doing the laundry, ---grocery shopping,--- work, --cooking dinner, --- etc ---all need tending to ----but until they are ready to be attended to - they can wait - as they are not as important ---as what you have set your mind-- to do.

The task in hand --is the one that you focus on-- whilst you are doing it. ---If you find your mind wandering at work--- because you are worried about what to cook for dinner,-- you simply tell your brain off – like a little child – it needs control ---and with a little bit of discipline-- it behaves so much better in the long run. ---You tell your brain --that you will focus on the other issues-- once you are done with work, ---and you keep your mind focused on your work.

You keep yourself active--- by engaging in frequent sessions of exercise, ---such as going to the gym ---or walking more or whatever exercise you find enjoyable. ---This helps you get rid of any restlessness --you may have been feeling, ---both mentally --and physically. --By undertaking physical exercise,--- your brain in effect takes a well deserved holiday-- from all those mental tasks that face you every day, ---and is then refreshed ready for more work afterwards.

You are now determined --to keep your body as healthy as possible – which may include decreasing and even eliminating alcohol,--- --- and food additive consumption – after all these may have undesired effects on the brain, ----so it doesn’t make sense ---that you would want to have more undesired effects on your brain any more. ---You start to eat healthier, --more fruit and vegetables--- and drink more water. ---You are feeling so much better – both mentally and physically.

If you encounter any problems,--- you face up to them rather than avoid them. *–*

*-You may even want to talk to your friends --and family and help them to understand --why you sometimes behave a certain way. ---This provides you with comfort --and you will often find -that others often face the same problem--- and will re-assure you that you are indeed normal.-- If sometimes you do have a problem,---- talking it through will highlight any areas that you need to work on-- and you find that it is easier for you ---to take active steps to treat the problem.*  
If at any time you spot the warning signs --that you are getting agitated or losing your focus,---- simply,--take a deep breath--- and calm yourself down. --Focus on your breathing-- to relax. ---Do it right now - slowly breathe in - and then out again - *and repeat.* (wait)

And now--- that you have mastered the ability to keep unwanted distractions out of your mind ---you may benefit from an increase in your concentration levels.

Concentration is a skill ---that can easily be trained by practicing,-- and once you have mastered it,-- you can greatly improve your productivity ---and quality of work. --All you have to do ---is put your mind to it - employ your will power and within no time at all your concentration levels start to build up. ----As you concentrate deeply,--- you connect with your subconscious mind ---and achieve an inner sense of calm and well being.  
Now---- I want you to imagine--- that your concentration is like a very tight elastic band. It doesn’t stretch very far right now - -- before your fingers ache ----and you let it to contract to its natural state again.

However ---by practice --and gently stretching its limits --a little bit at a time, ---the amount that can be stretched --slowly increases.—

So imagine now --that you are stretching it,--- a little bit at a time and then let go.-- And then stretch it a little more,-- a little bit further and then let go again. –

So do that for me now – and notice how your concentration increases -

Good – now --the next time you stretch it,---- you can pull it so much further before you have to stop.

Your concentration is exactly like this. --Whilst you are studying, or working --you are stretching the elastic band. ---When you feel like you need a break --and your mind starts wandering and is unable to focus, --this is when the elastic band contracts again.

 By stretching your limits ---you push yourself to perhaps 15 more minutes of work ---before taking a break. By setting achievable targets,--- you are training up your mental stamina ---and can thus increase your concentration. ----The unconscious limits can be broken once and for all.   
But of course ---no matter how good your concentration is,---- or your will power,--- remember that you are merely human.--- This means that it is perfectly acceptable to take short breaks,--- you need to take regular breaks.---- If you are doing the same thing for long periods of time, ---take a break from the activity-- and engage your mind in other activities, or simply take a rest if you prefer – after all you deserve it.

And you find that your mind begins to feel re-energized-- and more capable of completing more challenge after just a short rest.-- After taking a break you feel really good, ready to deal with anything that is presented to you ---and you are raring to go. After all, ---breaks are essential to increasing your efficiency.

Envisage yourself a short time from now, ---when your concentration has improved, ---you can live your life to the full --and daily tasks are no longer an obstacle.-- You gain great pleasure--- in the simplest thing in life,--such as working for a whole day without becoming distracted. --You are now free of this problem, ---calm and relaxed--- and it is such a joy just to be here, living your life to the fullest.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day.

# Cleaning up your past Metaphor

|  |
| --- |
| I wonder if you have ever been involved in redecorating a room? Maybe hanging wallpaper or measuring out carpet --or curtains or something like that? |
| It's always important to look at the whole picture,-- isn't it? |
| And usually-- when people are measuring a room they use one of those expanding tape measures... you know the kind... there is a metal tape ---and you pull it out from a sort of metal box... and all the tape is wound up inside the box,--- and when you let the tape go it all sort of rattles back inside... |
| And you know,-- if you fix one end ----and you start pulling, ----more and more tape comes out... and maybe you could image that tape laid out across the floor --or something like that... and pulling steadily... and all the tape would stretch out... |
| and when you look at it... there is a starting point ----and the tape stretches all the way up into the box in your hand.... and you don't really know ---how much more tape is in the box, do you? ----You would only really know by pulling all the tape out to the very end. |
| And when you think about it... life's a bit like that, isn't it? |
| And maybe ---you could look really closely at the tape ---as it is stretched out on that floor.... and you might notice ----that there are changes along the length of the tape... the early parts are clean and bright... but maybe ----there are other parts that got stained --and dirty.... maybe there are gaps in between... that are clean and look friendly.... happy.... |
| And when you look along that tape ---you can see bright parts ---and dull parts, ---maybe parts that look dirty... and maybe you know-- who put those stains there... ---or maybe it just happened.... ----but you know, ---as the new tape comes out.... all the tape that gets unrolled from now on is bright ----and fresh and clean and clear... ---just the way it came from the factory.... |
| so maybe it would be a good idea ----to think about going back over the tape that is already rolled out... cleaning it... and making it all bright and clean again.... because with all the tape rolled out like that... you could imagine cleaning that dirt off ... --- |
| And you might wonder --what you would use to clean that tape... what would be best?.... And as you think about that... --maybe you could start to imagine --cleaning the tape, --and the dirt coming off... and you might be surprised at how quickly and easily it comes off... and see the stains fading... and the colour coming back... and imagine scanning along that tape and see it now, all bright and clean..... wiped off along its length... so that the new tape is coming out bright and clean and the old tape is changed .... shiny and bright... the way it was supposed to be.... |
| And when that tape is the way you want it... maybe you could imagine rolling it up and then pulling it out again... and make sure that every bit is clean, every bit is the way it should be.... pull it out until you reach the part that is today... and tomorrow is just inside ready to come out.... and then let it go... so that it all shoots inside again very quickly, and imagine that there is something inside that cleans the tape as it goes by... and pull it out again to look it... admire it... see how clean it is.... and keep doing that until every trace of those old stains is gone.... |
| And then you can know that nothing in the past can dirty that tape at it comes out, |
| and you won't let anything dirty that new tape... and as each day unrolls --the tape for that day is fresh and new.... |

# 

# Confidence - Positive Affirmations

1. You remember the good times you had ----You start feeling better and better – more and more -----You are getting stronger and stronger -----You are feeling good about yourself-----You remember the good times in your life----You love and respect yourself ----You grow stronger and stronger ----
2. Your subconscious mind can let go of all that unwanted unnecessary clutter that has confused the conscious mind for too long ---Let it all go now

1. Know that from now on you are more positive – more confident – and more understanding

1. You easily and happily tolerate the people and places and things that used to disturb or annoy you
2. You develop a greater and greater inner strength – an inner knowing---You are letting go of the old habits and beliefs and replace them with better thinking and better feeling
3. From now on you happily and easily adjust to your environment ----It is easy for you to change your attitude----You have relaxed confident happy non opinionated thoughts
4. This is your new and better thought pattern ---New and better thoughts mean a new and better life from now on ---All that unnecessary unwanted destructive anger is gone – completely and totally gone
5. Your subconscious mind releases the anger and it can do so now – let it all go now----You will stand up confidently – strong on your own two feet
6. Your subconscious mind can let go of all anxiety – your anxiety is now completely gone ----You are standing on your own two feet – strong and confident – always creating a better – more motivated – happier life for yourself
7. You can you will and now you always do easily control how you feel – control how you think – and control your emotions and your very positive thoughts – always and easily -----All these suggestions become firmly embedded in your mind without you even having to consciously think about it – it just happens automatically – naturally
8. Your subconscious mind is very attentive now ----These new thoughts and feelings will continue to exercise more and more power over you
9. You are much easily agitated – much easily upset----You are beginning to feel much physically stronger and fitter
10. You are much less easily discouraged – much less easily tired – much less easily fatigued- much less easily depressed
11. All this will continue to happen to you – every day – just as surely – just as powerfully – wherever you are –
12. Your mind is much clearer – more ordered - - more alert - more receptive – in every way--Every day you become so deeply interested in whatever you are doing - in whatever is going on around you – that your mind will become completely distracted away from yourself-
13. You will no longer dwell nearly as much upon yourself or your imagined troubles or difficulties --- You will become much less preoccupied with yourself – and with your own feelings
14. Every day your nerves will become calmer stronger and much steadier m---Your mind will quickly become calmer and much clearer – more self composed – more tranquil
15. You feel much much better about yourself----You are much less easily agitated – much less easily fearful – much less easily upset – much less easily apprehensive
16. You are able to concentrate more easily – you are able to think more clearly---You will be able to give your complete and total undivided attention to whatever you are doing

1. Your memory will rapidly and vastly improve – -You will see things in their true perspective
2. You feel much happier and more optimistic in every way--You will feel much less need to rely upon – much less need to depend upon other people
3. You can depend on yourself ---You have a strong sensible knowing of your own self worth
4. You will do things easily and it is easy for you to do the things you need to do
5. You will remain relaxed whenever you are in the company of other people – no matter if it is in a large or small group or whether they are friends or strangers- you remain relaxed and calm

# Confidence - creating self-esteem (females)

Now just take a breath and let it out..... that's good..... and now take another breath and let it out.... and now just focus on your breathing.... just become aware of the breath going in and out of your body.... that's good..... just become aware of what it's like to relax.... and just focus on.... each gentle breath in and out.... That's good....

and just tell yourself with each breath out... That you are feeling more and more relaxed... more at ease... more comfortable.... That's right....

Now I wonder if you have ever lain down on a hot sunny day... and maybe it was in a park or a garden .... or it could have been on a roof or somewhere.... on a bright day... when you look at the sun with your eyes closed.... somehow you can still see that bright light through your eyelids... and as you lie there remembering that light... and breathing gently... and remembering what it is like to lie on a grassy slope somewhere... and feel the grass under your back and under your legs... and on a warm day you can feel so drowsy... so ready to drift away... and maybe you can imagine lying in a park somewhere.... or a garden.... and I wonder what you would hear... maybe you could hear children playing... people talking.... and the way that their voices can just fade away... like a radio being turned right down... as you lie there... peacefully relaxed.... just feeling yourself supported... and your own weight pressing down.... and maybe there is a gentle breeze.... that just riffles your hair... and a warm sun caressing your face... and your arms....

and as you lie there every muscle can become... limp and loose.... It's so good to just totally relax... just let everything go.... and you might remember back to a time... a simpler time... when you could just relax and enjoy that peace and calm... that's right.... and just think how good it is... to enjoy relaxing... nothing to do... nothing to worry about...

and maybe you can imagine, or remember, lying on a beach.... just a nice sandy beach somewhere... and no one to bother you... and there can be gentle splashing waves... and in the distance there is the sound of traffic.... and the smell of sun-cream lotion... And in the sky... there are clouds... and as you watch the clouds drift across.... and the clouds are drifting slowly from one side to the other....

And those clouds go down towards the horizon.... and as they go... you watch them.... gently floating...  and you count the clouds going by... and as they go off there are ten left... and then one disappears... and there are nine.... and still the clouds go down and there's eight...  and now there's seven.... and then there's six... and those clouds are drifting gently down...and five... and four... and with each cloud disappearing... you feel more and more relaxed... more at ease.... and three.... and two.... and there's just one cloud left... and you can imagine yourself  in that cloud... being completely surrounded by a lovely warm fleecy cloud... and you can feel yourself... gently supported...... floating, drifting.... just going down and down and down ... inside that cloud... safe and secure... strong....

And in that cloud you can dream many things...

You can dream of a girl on a beach... looking at clouds....

And as she watches the clouds, one particular cloud comes across...

and she can see it coming from one side.... and it comes across the sky until it appears to be stationary above her... and as she looks she becomes aware of a connection with that cloud... and she is just lying relaxed... looking at the cloud... she becomes aware that there is a connection between her and the cloud... and as she looks at the cloud... the cloud begins to get darker... and bigger... and she becomes aware that there is energy coming out of her and going up into the cloud.... and she can imagine lines or threads.... connecting the cloud to that girl.... and as she watches... that cloud gets darker still... she becomes aware... that she is feeling lighter and lighter.... that all her worries are just drifting away.... all her concerns are being sucked up into that cloud...

And as she is lying on that beach.... she feels lighter and younger and happier... because... things she has been worrying about for  a long time are just loosening ... lifting... and detaching.... and she can feel them drifting from her toes... up her legs.... from her fingers... up her arms.... and going up past the shoulders.... and drifting out and away... and still the cloud takes more and more of these things... and the cloud is getting darker... and that girl feels.... so much lighter perhaps.... because she knows it's time to let go... of things that have been there for such a long time... and they can just drift up and up .... and as she lies there... all those things that made her feel out of control are disappearing... and she realises that she has control....

She can control what she wears.... she can control what she eats... she can control what she does second by second and minute by minute... and that control is a matter of choice... that if you choose to believe you have control you have control.... and she is choosing now to take control of herself... she's choosing now what she is going to allow to affect her.... and what things she is rejecting and forgetting .... things from the past that she doesn't need any more... are just loosening and lifting... drifting....

and as she watches more and more things are sucked up... away... just removing themselves.... and the cloud is getting darker and darker

and at last the cloud begins to billow and change shape... and all those things that went into the cloud ... have been transformed... have been changed somehow... and things start coming down from the cloud that are different.... that are valuable... that are useful.... that are attractive... and those things begin to come down and that girl begins to feel herself being filled... being fulfilled.... and at last ... that feeling of emptiness ... that has been there so long ... is beginning to fill up .... and as more and more of those things come back changed from the cloud.... that feeling of emptiness.... that feeling of not being good enough.... begins to shrink...

and that girl can imagine that feeling of emptiness...  as a picture of some sort .... as a bag or a bucket or something else... and as the cloud transfers more and more of these changed things.... that image of emptiness... begins to shrink.... begins to fade.... and it's changed for ever.... and as she watches.. that image breaks up.... breaks up into smaller images... and smaller pieces still... and that feeling of emptiness is lifted off her... and all those tiny pieces disappear.. and in its place she notices a different feeling growing.... and she realises that she is ready.... ready to change... she is ready to take control of her life... of what she does... what she wears... what she eats... and what she thinks about... about herself

And she can see herself reflected in that cloud... and she sees a woman who is beautiful inside.... a woman whose inner beauty shines out.... a woman who is attractive.... attractive to men... and attractive to women.... and she can see herself and she is attractive and she realises that she is attractive to herself... she is....

Because she can see beneath the skin... beneath the bones.... right inside... in that reflection.... she can see that beautiful little girl... that little girl who is full of hope and joy... that little girl who loved everyone without reservation... who gave love... who felt love... and felt loved.... who wanted love... who deserved love... that little girl is still there...

And as she watches.... that little girl is also growing and changing.... and that little girl begins to fill out.... and that little girl grows.... and as she grows.... that image of her cracks and splits and she steps out of the old picture.... just like a lobster in the sea shrugs out of its old shell... as she grows she sheds the old shell and replaces it with a shiny strong new shell.... and the old shell with all its dents and blemishes... is swept away... all those things that happened that aren't important any more.... an empty restriction that she has outgrown....

And that girl on the beach can see how that little girl grows and changes.... and become strong and smart... and determined... and as she changes and grows... constantly she is shedding the old battered shell and replacing it with a new smooth shiny one...  and she is changing and growing inside that girl on the beach.... growing up... growing strong... and she is filling the last little bits of emptiness that was there... that beautiful loving little girl.... is now growing stronger and firmer... and completely filling that emptiness...

And as that emptiness is filled that girl on the beach... realises that things have changed.... that she doesn't have to feel empty any more... that that picture broke up.... those images have been shattered... like a mirror that can no longer hold an old idea...

And all that old stuff... the broken pieces... just gets taken up into the cloud... and she sees herself reflected in the cloud.... a loving attractive little girl peeping out  laughing inside an attractive woman.... and as she sees herself she sees that little girl... who has now grown up... and has taken her rightful place... where she belongs... and brought with her all that fun and curiosity and ambition and strength and that boundless sense of the possible that children have in them....

And that cloud just continues to suck up all that old feeling.... all that old stuff... all the hurts and knocks... all the anger and bitterness and sarcasm... just like the lobster sheds its skin... all that debris has been sucked up.... away....

and as she watches... that girl on the beach sees it going into the cloud... and then the connection gets thinner and thinner.... and breaks... and as it breaks the cloud begins to drift away.... that dark angry cloud... flashes of lightening in it... and a rumbling... like people arguing... as it drifts away... and that cloud begins to drift over the sea ... and the winds blow it ... and it drifts on and on... further and further.... and it gets smaller... and that grumbling and the noise and the flashing and boiling.... gets smaller until you can't hear it any more... you can't see it... it fades into the distance...

and the cloud continues to drift far out to sea.... and it gets as far as the horizon... and still the cloud moves on... getting smaller and smaller... and it passes over the horizon and out of sight.... and that cloud begins to get mixed with the air currents far away... and is forced to change.. and suddenly the cloud opens... dumps all its contents into the sea... and that rain mixes... dilutes... with the vast oceans and is no more.... gone completely... carried away by the currents... and far away....

the next day... a bright new sun shines on an ocean where it once rained.... but the ocean has no memory..

And that girl on the beach... lying there... filled... and she can begin to enjoy that happiness that she is due... happiness that is owed to her.... she can really begin to change.... and as she lies there she can feel that change.. she can feel it spreading... and maybe it is coming from the forehead and down the cheeks... and down the neck and spreading and spreading... warming and relaxing.... comfortable.. become aware of certain things in her body... the feeling of certainty... the feeling of taking back control.... the feeling of choices

And that girl on the beach... is intelligent... and successful... and is on the way to being wealthy... and she is admired because she is confident... and strong... and she is all these things... and that feeling .... that old feeling has gone for ever... because she has been filled by the spirit of that little girl... her bright sparkling intelligence... and her sense of wonder... of limitless possibilities... looking forward to life... and changing... always changing...

she gets in touch with that bright memory as it fills her completely... like a light shining into dark corners... showing that there is nothing there now.... and as she looks around her body... her brain...her chest.... her stomach... there's no room left for darkness... for emptiness... that cloud took it away... and replaced it with something like a bright sun... banishing the dark forever... so now she feels that she can do anything... take control...

and that girl on the beach begins to think back over her life... begins to think back to what was good .... and what was not so good... and she spends some time... as much time as she needs.... because she has lots of time.... and she takes each of these things from her past .... and she examines them... turns them over... like shells on the beach... you pick them up... you look at it.. and decide whether you want to keep it .... or not.

And the ugly shells, the broken shells, the damaged shells.... they are just thrown to one side... but the good shells, the well formed shells, the polished ones... the happy ones... those shells... well she gathers them beside her... and gradually she works her way through all the shells.... and she keeps the good ones beside her... and she throws the broken, the diseased, the ugly, the angry and pointless... all of those she throws down the beach... and she can see them tumbling... rolling down the beach away from her.... and she watches... she works through all those shells...

and the day wears on ... and as the sun get lower... and the tide begins to come in .... and the tide is lapping at the edge of the beach... and the waves begin to pick up those ugly broken shells ... and it rolls them around... and it rolls them this way and that... back and forward in the surf... and as they roll they get broken... they break down into tiny tiny bits and those little bits get rounded and smoothed... and they begin to mix with the sand on the shore... and the little round pebbles...and those pebbles.... will just grind away some more.... and all those ugly broken  shells get broken down and recycled....

and as the day wears on the tide comes in... more and more of those old shells get broken up... but you know what? As they get broken up they turn into beautiful sand. Beautiful smooth polished sand. And when you think of it... so what makes a beach attractive is all the old stuff that has been rolled around and worn away... by time and tide...

and the tide begins to pile the sand and swish it this way and that... and there are ripples on the bottom....like the memory of waves passing and fading...

And the tide begins to come up the shore and still the girl lies there... happy... content... having sorted through so much... she is ready to go on... and so she gathers all the beautiful perfect shells .. she puts them in a bag... she looks through them... counts them... feels the smooth shiny surface in her fingers... and there are hundreds... each one a masterpiece... a miracle of nature... and some of them are white and some of them are brown.... and many of them glow with wonderful shimmering colours... and she holds them up to the light and the sunlight glances off them... and maybe they reflect yesterday's rainbows... and some she can hold up to her ear and hear the far off sea and waves falling on distant shores.... washing gently on other beaches far away... and it is as if those waves are washing away her problems... like those discarded old shells... washed away and broken up.

And so she puts all her shells in the bag ... and gathers it up... and she stands up... and brushes the sand off her... and takes the bag with her... and her belongings... and starts up away from the beach...

She gets to the edge of the beach and there is a road there. And in the road there are cars... there's a Mercedes.... and a Lexus.... and four wheel drive... and she looks at the number plate...and they all have her name on them...

And she walks across the road... there's the driveway.... leading up to a house...and it's her house.... and in the driveway she stops and looks in the mail box.... and it's full of letters... addressed to her.... from admirers... and there are offers...and there are orders... and there are cheques.... money orders... all for that girl's business...

And she walks up the drive and into her beautiful house... and she steps into the kitchen... and there is a chef there... a beautiful meal waiting ... and a maid... and they serve her this beautiful meal... and wine... and she sits there...and there are contracts to sign.... and other stuff to do...and she looks out the window at the beautiful garden... a long expanse of grass and plants and flowers... exactly the way she wants it... and the gardener stops his work and waves and carries on.... and she finishes her meal... thanks the staff...and dismisses them....and walks into the living room... there's a gigantic screen... and beautiful paintings on the wall... and there's the telephone...and there's messages winking... and there are messages from people all over the world... who need to speak to her... and she just dismisses them because she has control over her life.... she has control of her finances... and she looks out the front window at that huge expanse of lawn... and the playground... and knowing all that makes her feel good...

And finally she goes up stairs and she throws off her clothes... and opens the walk in wardrobe... and there are hundreds and hundreds of racks... clothes and shoes... and there is a mirror there with make up and she looks at herself...  and behind her there are those hundreds of outfits.... and she just smiles to the mirror... that little secret smile she has...like a little girls is peeping through... that little smile that lets her know that deep down inside is the source of that attractiveness.... that feeling of wholeness.... completeness,.... fulfillment...

and she thinks back to how she got all this... and how it all happened one day when she realised that all she had to do was to let go of some things... and decide to be in control. From that day ... she was

in control... of herself... And being in control of herself made her in control of everything.

How it all just follows on from that.

And she got everything she wanted. Everywhere she goes... people see... she's intelligent... successful... wealthy and admired.... and confident... and strong. And she is all those things... isn't she?

And she realised all she had to do was take them.

So with a last look in the mirror that beautifully groomed elegant woman ... she closes the sliding doors and steps into her bedroom... there's a beautiful bed... warm and welcoming and comforting... and she slips off her stuff and slides into that bed... snuggles down... and as she lies there she drifts away to sleep.... she just drifts off... and every night that little girl comes to visit her... and fills her with strength and determination.... and that boundless enthusiasm...

And I wonder what that woman dreams of?

Dreams have a way of becoming true...

And that woman dreams of success... and she remembers all the times in her life when she was in control... when she felt good... every night she reminds herself of all those good times... over and over.... remembering when she felt right with the world... and she sees the world as a bright place...

and she knows her own value...and that inner beauty follows her everywhere... it gives her strength and confidence... and the wealth that they don't keep in banks... and the success that is not measured in money... and intelligence which is above education...

And so [clientname] you can join that woman as she dreams her dreams of success and control... and you can connect back to all the parts of your life.... where you have control... and you have success.... and you recall the times when you felt wealthy and strong... and you can take those lessons... now... and bring them into your life... now.

And you can weave those together... into a plan...like a plant... with roots and leaves and stems that can grow in this direction or that, always growing up toward the light. And knowing that.... what ever happens ... you will be supported... you will be admired for planting that seed...

So you and that woman can dream successfully... and enjoy that feeling you get when you decide what things to keep and what to throw away... and you can enjoy that for as long as you want... and when you have thrown away what needs to be ...  remember all the good things... take as long as you like... as long as you need to start to change for ever...

when you have done all that....you can imagine that woman waking up... and you can waken up and come back to the present.... feeling good... feeling again that inner beauty...

So start that now... you can waken up when she wakens up .... feeling really good ... whenever you want.

# Confidence - Public Speaking & Shyness

 You realize --- that you are a constantly maturing-- and growing personality.

Allow yourself to become aware of the strength-- and the many abilities that are within you.

And as you do --- you are sensing a feeling of confidence in your abilities to achieve the goals you have chosen for yourself.

You are now learning to believe in yourself – more and more --- you appreciate yourself

For – from now on ---You meet each situation as it comes --with calm and quiet assurance.

You are making contact with the center of the wisdom and power within you --which knows what to do--- and how to do it – naturally – automatically - and if you are listening carefully – you will hear or even see the words YES I CAN – flashing or sounding there – deep inside of you – and it means so much…

Whatever you say, whatever you do -- is said and done with more and more confidence and self assurance – because - YES I CAN

You walk with a spring in your step --- your head is held high --You begin to see the beauty of life around you – all because of YES I CAN

People respect you because you respect them and you respect yourself. You begin to notice that you have more and more confidence in your own judgment.

Because YES I CAN is your constant thought

Because - You can and you do - move forward from one positive achievement to another. People are aware that you like them--- they sense your good will.

You begin to be more cheerful and enthusiastic – more and more-- You attract friends because you are friendly --You are sincere and honest.

Your personal integrity is felt by everyone you meet -- you meet new friends and interesting people – YES YOU CAN – AND YOU WILL- calm

As you approach people for the first time -- you may start to notice a feeling of warmth and friendship for them. Your smile and your friendly greetings express your sincere feelings towards them. -- and so – you begin to enjoy people more and more and you want to do things for them.

You come to realize that people seek you out-- because you are unique and you revel in their acceptance of you.--- And all along there is the thought and the feeling of YES I CAN – so strong --

People respond to your personal integrity-- your special personality---you are who you are –no need to try to become something that you are not—just accepting who you are--- is good enough –

And so your warm friendliness increases –and draws more people close to you --- just as a magnet attracts iron filings – so are people more and more attracted to you

You are a much more happy person -- full of imaginative thoughts -- which you share with others—more and more. Each and every day-- you feel more lovable-- more interesting and you become more interested in others.

You recognize and accept the friendship that people offer you-- for you truly deserve it.

YES I CAN

You have a deep and sincere respect for yourself---and for your personal worth to others.

You like people - you enjoy being with people ---more and more.

You are more and more confident when talking to new acquaintances -- or good friends.

You're secure and relaxed when you are with people. YES I CAN – and so you will

And so you find yourself to enjoy speaking to people – more and more.

People are aware that you like them-- and they return the feeling to you -- People like you.

People like to listen to you when you speak --People enjoy your company --You are more and more at ease when you are with people.

YES YOU WILL

Now listen carefully – for I tell you that --- Should you have to stand up before a group of people-- you are filled with feelings of friendliness for them. -- You want to do things for them. You feel their friendliness to you.

You come to experience a feeling of warmth and friendship flowing from the members of the audience to you. YES YOU CAN – you are calm.

You have the strong feeling that they are on your side – and You are very interested in them, so interested that you want to do things for them --

So interested – that you have a sense of personal friendship with every single member in your audience.

As you speak -- you don’t think about yourself—because you are focused on what you want to say -- you are perfectly poised -- self possessed ---and completely carefree in your expression – and all this happens – naturally – automatically without you even having to think consciously about it all – all because of YES I CAN – and so it is not surprising to realize that YES YOU DO what you know you can

And so it is unsurprising that you feel at ease - you present your ideas in a clear brief and direct way – and so you find that your ideas are quickly understood and accepted by others.

You mind is clear -- your wit is quick --Your lips are flexible-- your mouth is moist.

Your breathing is deep and from the diaphragm – Your hands are poised and calm.

Your gestures flow spontaneously and freely.

You speak easily--- always giving a clear word picture of the thought you wish to convey.

You are poised -- and in control of the situation -- Your legs are strong beneath you.

You are comforted and peaceful. -- You are secure and confident as you speak.

You speak spontaneously-- sincerely and freely --- Clearly expressing your meaning and your feelings at any time when you speak -- whether to a large audience or a small group – your subconscious mind enables you to do so naturally – automatically –

Now – see yourself in one of these situations –

As you begin—allow yourself to feel this warmth and friendliness for your listeners.

And so - as you begin --your feel their friendliness directed towards you.

You are totally confident--- you are perfectly at ease.

As you begin to talk -- you have the undivided attention of the audience-- and it makes you feel good.

You speak freely-- fluidly

You thoroughly enjoy speaking to an audience…

Whenever you feel you can add a new view point or an interesting fact to a discussion-- you speak openly and confidently.

You communicate effectively and powerfully at all times.

People seek your opinions on a variety of subjects --- and you deliver information in an interesting and witty way (manner) without you even having to think about it consciously. YES YOU DO

And so you come to realize more and more – that you have a special talent for expressing your thoughts and ideas vividly-- with an enthusiasm that favorably impresses everyone that hears you – you do it in your own unique way – and that is always good enough – because – you are you – and that’s always good enough.

When others speak you listen -- and you learn from them. -- You see their point of view.

You express your ideas in a positive way whenever possible -- When you speak --- your voice is strong -- calm and vibrant -- Your mind flows freely -- with concise and yet powerful messages whenever you will it to do so.

And all along -- Your voice is pleasant to hear – and people are eager to hear what you have to say--, because you are so alive and so vibrant.

The friendship within you radiates outward to touch each person with whom you come in contact.

You ask questions when you don't fully understand --- and you state your opinions whenever they are asked --- or whenever it is appropriate for you to express them.

People accept your opinions because they recognize that they are honest -- and well thought out. You speak spontaneously, --- sincerely and freely, --- clearly verbalizing your feelings.

When there is nothing for you to say, -- you simply glow with an inner radiance,-- showing honesty, -- sympathy and concern. You are so interested in people that you stimulate them to fully express their views --- before you speak.

When words are inadequate you act out the emotions you feel,--- you demonstrate a level of maturity and perception which is unique.

When you are called upon to conduct a meeting--- you are relaxed and in complete control of the situation. Your face reflects an inner calmness--- a sense of well being--- of self assurance.

Your conversation is bright and sparkling --- as well as informative.

Your talent for expressing your thoughts vividly with enthusiasm favorably impresses everyone. Your large vocabulary,--- your fluency in speech and your clearness of thought causes a quiet authority that flows from you.

Your powerful memory serves you well. Your manner of speaking inspires confidence in others --- and causes them to have a good opinion of you.

Each of the ideas is now making a deep and permanent impression on your subconscious mind--- and each day of your daily life, --- you become more and more aware of the powerful expression of these true concepts. *(go to projections)*

**Projection words: Yes I can**

# Confidence Building – goal setting

 Please understand that -- there are some things you can learn about yourself.

For example - One of the things you can discover- is that you can be the person you want to be,-- but you don’t have to be the person you don’t want to be.

You know – you can find your own way to discover your abilities.

Of course--it is possible for you -- to question whether you can do something even though your subconscious mind already knows – that you can do it.  
  
It is possible to discover your abilities--, to rely on yourself, --to let your subconscious give you the positive,-- right information which permits you to do the right thing,-- at the right time.  
  
It is possible for you to learn-- that what seems like nervousness ---is in reality, just adrenalin.   
  
Adrenalin is a substance manufactured by your body during times of stress --to help you meet the challenges of any stress situation-- in which you might find yourself.

So – in a way - controlled adrenalin is energy-- positive energy for your body.  
  
Some people may feel that this energy seems like nervousness,-- but it is possible for you to begin to understand-- that what seems like nervousness or stress is nothing more than energy—positive energy you can consciously direct in any constructive way you want.  
  
You can recognize and learn your body’s signals. --And, as you learn your body’s language, you begin to consciously use your ability-- to experience within yourself any assured positive feeling you wish.  
  
As you recognize your ability to be assertive,-- you will see and hear the word “confident” forming within your subconscious mind- naturally – automatically – just like that.   
  
By mentally repeating the word “confident” as often as you like, --- your mind helps you do all the things you have to do.  
  
If you take a deep breath, ---you can have a very pleasant daydream of yourself— relaxed, composed, ---and alert— speaking and acting with calm self-assurance,--- secure in your own knowledge and sharing this knowledge.  
  
Possibly a sense of electric energy surrounds you.-- You can recognize this energy as controlled adrenalin, ----reminding you of your ability to use all your skills to achieve whatever you wish.  
  
In this daydream you can see and hear your mind repeat and echo these words:  
\_\_\_\_\_  
“I am a winner; ---a confident, successful, ---goal-oriented winner.  
  
Others may be willing to sit back and wait for things to happen---, but I am willing to work to make things happen, ---because I am a winner.  
  
I can vividly picture myself ---as confident and in command of my mind – and my actions.  
  
I focus my thoughts on this image,-- this positive symbol of inner strength.  
  
I remind myself that my mind creates my reality,--- and this is the reality my mind is now creating.

(Pause)  
  
I see and feel this as already accomplished-- and picturing it as already having happened.  
  
I succeed when I expect to succeed.  
  
I am healthier when I expect to be healthy.  
  
I am confident by making a habit --of thinking and talking and acting in a confident way.  
  
I actively search out ways to be helpful,-- to be constructive in word and action.  
  
I find reasons to praise honestly and intelligently,-- to give credit where it is due.  
  
By looking for the good and the positive,  
  
I encourage and praise others and, ---especially, ---myself.  
  
I write my goals and ideals clearly on a piece of paper-- and carry it with me.

Clearly defined,-- written goals are tools with which I build my new life.

Goals are like a map that gives direction to where I am going -- and shows me how I am going to get there.  
  
My goals and ideals are my winning edge.  
  
With daily habit, ---I reaffirm my objectives and strive for them in a positive way.

With this persistent striving,-- I take new pride and joy in my growth and success.

My accomplishments are both exciting and rewarding.”

# Confidence - Making Decisions

Drifting deeper into hypnosis now - you can feel really happy that you made the decision to come here today - taking that first important step towards helping yourself to help yourself.

 In the past you may have –perhaps--found it difficult to make decisions-- and stick by them - but the past is past and now you're really beginning to look forward to a wonderful future --in which you're in control ---- not anyone else --- not me --- nor your partner--- or friends - but you - because you ---and you alone ---have your own best interests at heart - only you - nobody else - can possibly know exactly--- what you're thinking or feeling or going to do - and you're going to surprise yourself ---with you new found confidence ---and ability to make the decisions-- that affect you - in your life.

As children some of us are taught to wait - to be patient - and whilst patience in its own right –no doubt---is a virtue --- it can be so much more beneficial to take opportunities--- that are presented to us - without dilly dallying-- or giving ourselves the chance to talk ourselves out of something--- that we instinctively feel--- is right for us - just follow your instincts and do what you have to do.

When you're faced with a choice ---and there's only the one to be made --- you naturally know what to do - after all - you've been making decisions of one sort or another--- throughout the whole of your life - some of this is achieved through conscious,-- rational thinking - some of it is achieved through trusting your subconscious mind ---- but you always know what to do - it's just that sometimes ---you just don't know--- that you know.

The first step in making decisions ---is to define the problem--- and how it affects you - or the people you're responsible for - you gather together--- all the information you'll need to make an effective decision.

You think about the alternatives ---- weighing them up ---- and drawing from your wonderful reservoir of experience--- and unconscious knowledge --- and when you've made your decision--- you can implement it ---- monitoring how things are progressing---- and learning from the results.

It is so easy for you to make decisions --- and having made one--- you find that you can be flexible - if the decision wasn't the right one at the time--- then it's not the end of the world - your mind is always open --to fresh ideas and inspiration ---- just trust in yourself and you won't go far wrong.

And of course---Some decisions can be life changing for you - these are often the hardest ones - shall you stay in the safety ----of what you're used to--- or will you try new ventures - take a plunge into deep water?

If you know how to swim ---then there's no problem with that - but if the water is cold or dangerous in any way-- then you may choose to refrain from diving straight in.

 Sometimes you have no idea what the water is like - so you can test it first - and having done so - and finding it comfortably warm - you can immerse yourself in a new way of life - enjoying the knowledge--- that deep water can support you - you're strong - and confident and so much more than that - you trust yourself.

You know - we've all made wrong decisions at times - that's how we learn - from our mistakes - and if your decisions turn out to be wrong for you-- then you look upon it as a learning experience - one of the many that life has to offer.  You can see challenges waiting to be overcome --- and you're mind is filled with confident thoughts - telling yourself - I can do this - I can do anything I put my mind to - I trust myself.

 From now on --you will believe that there is no such thing as a wrong decision,--- but sometimes you have to adjust to the results of a decision you made. This is easily achieved IF you keep an open mind ---and go with the flow. Always be prepared to re-evaluate the current circumstances--- and adapt your goals to get the most benefit --from any given situation. This is your new decision and you are in complete charge of what it will be.

 It is now so easy to see 'the big picture' and to allow for unknown influences that may have an effect on your future,--- it is perfectly normal and you now see it--- as an everyday occurrence,--- just like getting up in the morning--- and getting ready to face the day.

Decisions are now so easy to make ---because you accept that they are not cast in stone and can be adapted at will - --your will.

Every decision you make --will be of benefit to you - and may even help others around you. It's your choice,-- your will and your life.

Only you can affect it so trust your instincts and feel confident because your decisions are the right ones.  From now on:

You are confident in making decisions, with no worries at all

You will find it easy to know what is right for you –automatically-subconsciously

You are confident in making decisions –because you will make the right ones--

Decisions are now so easy to make ---because you accept that they are not cast in stone and can be adapted at will - --your will.

Every decision you make --will be of benefit to you –

Because you know that there is no such thing as a wrong decision--

# Confidence - Self Worth Enhancement

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

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

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

But you know as really miserable and horrible as that was......... You got over it................ Rather easily when you think about it ........... And it really wasn’t very long at all before you quickly began forgetting how miserable it all was, was it not and because you were so completely miserable, it seemed endless then........... like some undeserved torture.

But you lived through it ......... and you lived through it a lot easier and quicker than what you thought at the time ............. did you not?................... Then a little while later, well then a little while later, you vaguely even remembered that it had even happened.............. Did you not.

It felt like such a long............... long................... time ago, that very quickly it hardly even continued to even influence you in any way................... So soon after that you very rarely even thought about it anymore, ----because there was no need. It was simply just something that happened long ago and so many good and happy things happened later that they just sort of obscure and outweigh any brief periods of pain and unhappiness. And so now with this pain that you’ve been through, even though it was much worse than the misery of the flu it also will now seem this way to you and so very, ----very soon it will be hard to even remember how bad it was.

And you know--- that when we’re miserable or hurting,--- we usually don’t realise any hidden benefits that will soon arise from our suffering. Because through the process of suffering,--- and almost always without having any conscious awareness of it................ Yes through the process of suffering we change inwardly............. We become stronger................ No pain no gain. So as we go through the many turmoils of life ................ The pain ................. The fears ................... The hurt................... and the loneliness, we grow stronger ......... much stronger. Stronger internally we grow.

It’s as though; because of our adversity and suffering, we’ve been made stronger inside, more immune to some things because we’ve been through them now. So we begin to change.............. Often without even realising it, ---and we develop a greater sense of compassion and empathy for others who suffer and we quickly learn to appreciate, ---that without unpleasant experiences in life that we wouldn’t be able to so fully enjoy and truly appreciate how wonderful the good and happy times really are.

Now your subconscious mind can use its tremendous and immense power to let it all go now................. That’s right.................. And you will begin to feel an inward strength developing deep in your being as you continue daily to realise just how easy all that past suffering is to get over and leave behind you. As they say............... A smooth sea never made a skilful sailor ....................... And you know this to be true. And how easy indeed it will be for you to truly realise and come to believe that your pains and struggles have actually made you stronger have they not, like a tree, strengthened by the winds, painful experiences for a foundation of strength.

So therefore deep inside, --you now have an inner knowing, an inner strength, because knowing as you do that you have survived what you have survived you now have the strength to easily cope with anything that may come along. And because you will now have a new .................. better .................more relaxed ..................... conscious ...................and subconscious................... attitude .................. and beliefs................. You will soon be very happy to notice how much more positive and motivated you have quickly become, and also you will enjoy new and better attitudes towards yourself and others.............. Because your subconscious mind will use its immense and powerful influence and enable you to easily let go of all those, outworn................. Unnecessary ................. Unwanted ................... habits and beliefs................... The subconscious mind will now let go of all that unwanted...................... unnecessary, clutter that has confused the conscious mind too often and too easily, ................ The subconscious mind can let it all go.......... And the subconscious mind can do this now, and you will feel all that inside as a wonderful pleasant sensation of release............. And relief................…. Know now that from now on you will have a much much more calm........... More positive ................. confident and understanding mind. You will easily and quite happily be able to tolerate the ................... people............ the places ....................and things that used to disturb or annoy you. No they will not bother you anymore, will they not, no they won’t bother or disturb you any more or any longer those things won’t. Because from now on you will be able to easily and happily adjust to your environment, you will easily, because you now know most things are too hard to change and you know the easiest way to change anything is to change your own attitude. You know........ Inner feelings.............. from outside reflections................ It’s obvious is it not that the only way to change for the better is to think better, by having better thinking .............. Relaxed.............. confident.............. happy.............. non-opinionated thoughts.............. The kind of thoughts that.............. you.............. will think from now on.............. The kind of new and better thoughts.............. from your new thought pattern.............. New and better thoughts.............. mean.............. A new and better life..............for you.............. Do they not.

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

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

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

Your anxiety is now all completely gone

Your belief in yourself is strong and confident

You do not and you will not worry about things

Your self confidence is high and strong

You feel very secure happy and motivated

Other people’s opinions never bother or effect you

You don’t worry about things you understand them instead

You have strong faith and belief in yourself

You relax easily and it is easy for you to relax

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

You think happy, sensible, strong and rational thoughts

You easily control your emotions easily

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

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

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

# Confidence - The big purple Elephant (unlocking inner resources)

***First Metaphor - Helplessness***

There once was a doll who sat high up on a shelf.-- The doll didn't know how she got there, --and the shelf was so high --that she was afraid of falling, and so she sat very--very still.

***Second Metaphor - Social isolation***

All day long-- the doll sat on the shelf and looked down at all the other toys on the floor ---and wished that she could join them. ----But week after week the doll would sit there, ----afraid to move and feeling --very --very lonely.

***Third Metaphor - Increasing ill health***

The doll had also realised something else.---- With all that sitting there--- and not moving she was beginning to get ill.-- Instead of running around with all the others--- she was getting no exercise at all ---and her arms and legs –and head--were getting very --very weak.

***Direct Suggestion - Connection to resources - ask for help***

Well ---one day the doll was looking down at the toys ---and feeling very far away and there was another doll lying there---- in the middle of the floor. This was the Dancing Doll. she had lost one of her legs.

she was lying there crying --and trying to move-- but it wasn't working-- and all the other toys,-- the teddy bears and the soldiers ---and the big stuffed tiger-- with the one eye missing ---were not looking at her--- and pretending to be doing something else.

When suddenly the Big Purple Elephant appeared. The Big Purple Elephant was the oldest toy in the house --and all the other toys were afraid of the Big Purple Elephant. The elephant went over to the Dancing Doll ---and asked what had happened. The dancing doll explained that she had been trying to do a new dance ---when it all went wrong and she came crashing down and broke her leg off.

And now she was stuck and nobody would help her. And she felt so unhappy,-- so useless and helpless. Well roared the Big Purple Elephant, 'we'll see about that'. And the elephant called the teddy bears over,-- and the soldiers and the big stuffed tiger with the one eye missing. 'Why are you not helping the dancing doll?' demanded the elephant.

'Because we didn't know what to do', they said. ----'And we were embarrassed to ask' said the stuffed tiger,-- 'in case it was wrong'. 'How can helping someone be wrong?' said the elephant. ----And he ordered them to look for the missing leg. --The soldiers marched over to the window and the teddy bears looked in the corners---- and the tiger hid under the toy box because he was ashamed of his behaviour. And guess what? ---The tiger found the leg right there! ---And soon the dancing doll had her leg back on and was dancing as good as ever.

***Third Metaphor - solution***

And as the Dancing Doll was trying out her repaired leg she leaned back and noticed the doll on the shelf.-- 'Why are you sitting there?' she asked. 'Come down and join us'.

'I can't',-- said the doll on the shelf--- 'My arms and legs are weak --and I don't feel well. 'Well, ---when you come down off the shelf your arms and legs will get strong again, won't they?'

***Second Metaphor - solution***

'Well, --yes, but what if nobody wants to play with me now?'

'Don't be silly' --said the Dancing Doll,--' everybody wants you--- to come into the middle with them. They have all missed you. ---And you remember how much fun we all used to have together'.

***First Metaphor - solution***

'Well, yes', ---said the doll,---- 'but I am weak and it's so high and I don't think I can'.--- And the Big Purple Elephant looked up and said--- 'I wonder if you can move just a little' "Oh, yes' said the doll, ----'I think I could move to the side just a little'. ----'OK' said the elephant, 'See if you can move to the side a little'. ----And when the little doll did, --he asked her to move to the side just a little again. ----And then a little more.---- And a little more… and suddenly her weight caused the whole shelf to tilt up, because she had over balanced it, and she slid down the slope to the shelf below, ----and she over balanced that one too, ----and the next one, ----and suddenly she was sitting right on the floor ---surrounded by all the toys.

'There', ---said the elephant, with a smile,-- 'you do know how to get down, ---don't you?' And all the toys cheered.

# Confidence - Increased Self Worth (best script)

From now on: --You know that it is impossible to please everyone – because there will always be someone --who has something unfavourable to say – no matter what – no matter how much we try to please others – - and do the things we think will make us more likeable

then they may take issue with us being too likeable –-- to comforting perhaps – and then people may walk all over you because they can –-- because they realize our weakness somehow-

because they subconsciously know that we are too scared to express ourselves the way we feel – because somehow - we may feel --that if we are not liked--- than something terrible –is going to happen--- just like back then perhaps – when all we ever wanted was being accepted for who we are--

But -- when we come to think about it-- is this really true –? What could really happen if we just acknowledge who we are – just like that – and follow through with that?

Is saying no – when we feel that we need to say no- really something to be afraid off – is it?

What could happen when we say that we really don’t have the time and the inclination to do what they come to ask us to do?

Do we really need everyone’s approval so desperately – because deep down we think that this is the only way to feel worthy – this is the only way to have a right to be here?

But – is this really true? Of course it isn’t – and you know this fair well on some deeper level – there you know fair well that you have the right to be here – the right to be who you are – because you do the best you can – and there is absolutely nothing wrong with that at all – no there isn’t – and you know this now- more and more- consciously – less bothered

If you come to think about it -- Every day in so many ways you assist others to feel better about themselves – and that is more than most people would care for....

But you know now that there needs to be a boundary in our lives that clearly defines who we are – and where we can express ourselves – a boundary that protects us from loosing ourselves to what everyone else wants us to be –

a boundary – --like a circle that clearly defines our needs, dreams and ambitions – that clearly defines our goals and ambitions – where we can be at ease - knowing that we are perfectly OK – that this is our space – our core – your core that defines you and where you feel perfectly at ease with yourself – no matter what –

and I am not sure if you can imagine this place – right now - this space there inside of you – imagine that space - a space that is unmovable – your space – that you can take with you wherever you go – which will always be there – no matter what the circumstances might be - where you feel just as relaxed about yourself – as you are feeling it right now -

Because if we really come to think about it---Who would benefit from us when we come to be all stressed out and run down with no time to spare – getting all flustered and short tempered –- always worried about whether we will ever come to experience true peace of mind – because we try to please everyone all the time?

So...the question is, do we really have to please everyone all the time? -- Of course not! Because you are you – and that is just perfect the way it is...and there is really nothing more to do—there just isn’t.

And so I tell you this - No more pleasing others at any price! From now on you will remember that this is your space – this is your place - more and more realising -

That you are likeable and loveable – and worthy of respect – and admiration– just the way you are - you are you – and that’s perfectly OK – you are deserving because you do the best you can – and doing the best you can is most certainly good enough – and others don’t have to tell you that – because you know that it is perfectly OK to be who you are – and that is really all there is to it-

From now on - there is no more need to please everyone all of the time – because you realise that it just as important that you please yourself – so that you can be even more pleasing to others – because you are actually pleased with yourself

And you will come to notice that the understanding and realisation of that truth - is an achievement in itself – for you – and you alone - as your subconscious mind continues to transfer these new learnings the conscious mind – in a stronger and stronger way -

You come to realise - Self acceptance – you come to notice that there is no fear of how others may or may not perceive or think about you – because you are you – and all you can think about is self acceptance – and how good that feels- accepting yourself – as being yourself -

You will come to realise that you look at the things that bother you in a more relaxed and honest way – while at the same time feeling a feeling of strength and confidence – because you know you are not your thoughts – you are much more than that – you are you – and that is perfectly OK – this is your space and nothing could take that away from you – it is all yours – and you are in complete control – no matter what the circumstances surrounding you.

**Increased ability to live with pleasure**

And because you are so relaxed – about yourself – you will come to notice that your daily and weekly feelings are much more enjoyable – as you will simply enjoy the feeling of doing the best you can everyday -- instead of thinking how much better it has to be – because the increase in performance that you are seeking will just come by itself – naturally – subconsciously – as your mind is at ease –– you will achieve what you want to achieve with ease – without even having to think about it consciously – because the subconscious part of you will help you to perform better and better – in a way that is best for you – because the subconscious mind knows best how to do that which is most appropriate – to get you were you want to be – safe and with no effort at all – as you will come to experience that part of yourself that assists you in getting where you want to go – achieving that picture of you – the way you see yourself – achieving what you want to achieve –with great peace of mind – that’s right

**And because of this**

You will find that your fear of trying new things will diminish more and more – and more – bit by bit – and you will be surprised that your thoughts are changing to the point that you will allow yourself to be pleasantly excited when experiencing different situations- as you come to realise more and more that you are on your journey to reach your full potential every day – hour by hour day by day – you will be pleasantly surprised how your thoughts and attitude towards yourself and towards others changes...more and more relaxed –

not worrying about things allows you also to focus your mind when you study – or in any other situation – as you come to realise that you retain things more easily - naturally – automatically – subconsciously – without worries – easier and easier – more and more focused on what you do – motivated to do the things you know need to be done – being so focused on what you do – that nothing bothers you – all you are interested in is what you are focusing – you will focus so much that you couldn’t care less of how others might perceive you – because you know that you are in your space – that place that is yours and yours alone – that place from which all your energy and motivation comes from – where you can be you – no matter what – it is all yours.

And all this happens more and more – day by day – hour by hour – letting go of what used to be the past – centring yourself in the now – looking towards your future – focused on whatever you are doing right now – so much so – that nothing could possibly bother you – that’s right – no matter where you are – and where you go – you can go to this place anytime – and respond in ways that are perfectly suited to the situation – and you leave it all to your subconscious mind to work out – you don’t even have to consciously think about what you need to say – it will simply happen – and the way it happens is absolutely perfectly suited – it just comes out of you - in exactly the way it should.

as you go deeper relaxed… you will remain more relaxed... whenever you are in the presence of other people... and it doesn’t matter whether it is a small group of people... or a large group... or whether they are friends or strangers.... you always remain calm and relaxed when you are in the company of other people...

Understand – that from now on you are able to remain comfortable and confident when speaking to other people... you will always be able to express yourself easily and confidently... and you always speak freely and easily... with intelligence and humour when appropriate ... your conversations will flow easily....and you will enjoy talking to people.... about any subject that arises... and you are always able to meet people on equal terms...

You replace old feelings with your increasing ability to focus on your strengths..... you will become... so deeply interested... so deeply absorbed in what you are saying... that you become completely focused in the conversation... to the complete exclusion of everything else...

and you always remain perfectly relaxed... perfectly calm and self confident... when you are speaking to other people... whether it’s to do with business or pleasure... whether its on a one to one... or to a group... when your with other people... you become much less conscious of yourself... and your own feelings... you will consequently be able to talk quite freely and naturally... if you should try to think of yourself....you will immediately shift your attention back to your conversation ... and you will remain calm... confident... and self assured... at all times...

and because of this... you will find that you get on better with people... you gain their respect easily... because you are a good listener too... and you like to laugh with people... as laughter is a wonderful way to communicate... and you feel happy and content....knowing that you can communicate easily with people from all walks of life... as you draw upon your experiences of life to make your conversations interesting....

and as time goes by... you will find that you enjoy being around other people... as your skills of communication grow more and more refined... and you draw opportunities towards you... as people respond to your likeable easy going personality... and so as you grow more and more confident about your own abilities... when you are in the company of other people... you grow more confident about yourself... and develop an ever increasing inner calm and strength... as the days weeks and months go by....

# Creating Wealth – goal setting

As you go deeper into hypnosis – allow your subconscious mind to open and be receptive to the suggestions given –

and I'm sure you already know that most people would like to increase their wealth and attract more money - however many people often lack the most important ingredient to achieving success - which is believing in themselves and their ability to make their dreams come true – in other words – they don’t know – how to get what they would love to get.

And you may also agree that everyone is good at something - whether it be writing, drawing, cooking, carving, music in its many forms – there are so many things - we are all unique human beings with so many different experiences and talents to offer –

And many would say that this is good - because this is what makes life so interesting and diverse.

And because of this -- I would like you now -- to think of something that you find interesting - something you really enjoy doing - something that - given time and money - you could become totally absorbed in - something that could be your true passion in life.

Allow your subconscious mind to wander where it will - until this comes to mind - and - if it has already sprung into your mind then you can be sure that this is the path for you.

I will be quiet for a moment or two as you search through the archives of your mind to find wherever it is that your destiny lies.

(Pause)

Good - now I’d like you to imagine that money is no object – and that you have all the wealth and security that you need - and you can devote all your time and energy into doing whatever it is that you enjoy.

Perhaps you can even allow your mind to project into the future - let's say - five years from now - when your knowledge and expertise of your subject has increased to such an extent that you are making money from it.

Do this now and I will be quiet again for a few moments - so you can be free to explore your destiny.

(Pause again)

Good -- You are now doing what you really enjoy doing - even better - you are earning decent money from it - and other people are benefiting from your knowledge and experience - this gives you a wonderful feeling - it's as though this is what is meant to be - for you.

I’d like you to really get into the good feelings - the 'buzz' that following your dream gives you - you are making more and more money each and every day - you are in a position to afford better things in life - whether it's a nice house or car - holidays whenever and wherever you want - nicer clothes or being able to give more to your family - whatever it is -- that's important to you - feel yourself doing this now.

This is a rich experience for you - an experience that you have created in your subconscious mind - and - having already created it - this means that the path will be easy to follow.

So - look back to the now from this point in the future – and see the steps that you took to achieve your dreams.

What was the first - and most important one?  Perhaps resting here - developing your ideas in your mind - and the next?  Doing something about it?  What did you do?  Where did it lead you?  Follow this through - perhaps you were working at some point and you needed more time to spend in developing your dream?  So - what did you do?  What were the options available to you?

If ever you encounter a block== then I'd like you to find a way to pass it - move it away - step or jump over it - walk around it - if you must - just find your way past that block until you can see the true path that you followed - the path that led to your dreams of creating wealth with something that you really enjoy doing.

(Pause)

And now - you have experienced living your life the way that you want to live it - maybe there were struggles on the way - if so then don't worry - your determination and perseverance will help you to overcome any obstacles - as you follow your dream - your true path to creating wealth.

And as you become more financially secure - you find an amazing thing happening to you - suddenly - money isn't so important any more - you have money - plenty of it - and your focus in life changes to just being happy - happy with what you have got - happy with your loved ones - happy with the simple things in life.

Fortunately - you have experienced life from both sides now - and this enables you to really appreciate the wealth that you have accumulated - which you do.

What your mind can conceive - you can achieve - and your mind conceptions now become your new reality.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger each and every day.

# Depression & Anxiety

I am now going to talk for a little while to your unconscious mind. --- If you want to follow along that’s fine. --- If not,-- that’s fine also. --- Just let these words wash over you. --If you want to remain aware of them, --- then please do so, --- and just listen peacefully as they pass by.  
  
These words are unimportant.-- They are being absorbed and acted on by your unconscious mind. --- So it doesn’t really matter if you miss a few---, or even if you miss them all, because you’re unconscious mind is doing its job – automatically ---So you don’t need to.

Now, ---as you probably know -- there are many reasons in the past, ---which can contribute to today’s problems. And so -- it will be the same for you. -- You have come here today for help with problems which you may, --or may not *understand* consciously.  
  
Either way--- whatever has brought you to this point here today, and whether you understand the reasons or not, --your unconscious mind will know what they are.  
  
And of course,-- your unconscious mind is your friend. --It seeks to help you achieve your goals and ambitions in life.-- It has immense resources which it can draw upon to help you *overcome your problems*.  
  
One of the wonderful things about the unconscious mind is that it is perfectly capable of getting on with things without you being aware of what it is doing.--- Consider all the things it does for you already. – for example --if you cut your finger,-- the unconscious mind gets on and heals it for you -- without you having to direct it, --or check up on it. If you want to walk across the room, your unconscious controls your muscles, coordination, balance, --so that you just have to make the decision – your unconscious carries it all out for you – automatically - naturally.  
  
And then there are your moods. If you *think happy thoughts*, -- your unconscious makes sure that the right hormones, -- neurotransmitters, -- and other chemical messengers are sent out to your body so that you *feel* that *happiness*.  
  
Equally,--- if you think sad thoughts, ----your unconscious makes sure that the right hormones, neurotransmitters, and other chemical messengers are sent out to your body so that you feel that sadness.  
  
If you are *thinking calmly*, -- in a relaxed state of mind, -- your unconscious makes sure that the right hormones, -- neurotransmitters, -- and other chemical messengers are sent out to your body so that you feel *relaxed and calm*.  
  
Now --- as you know -- moods can take all kinds of forms. --- We may say when spotting someone we know-- “*She’s in a good mood today*,” --because she looks cheerful to us,-- her facial expressions show cheerfulness,-- her body language (which your unconscious understands, even if you’ve not studied it consciously), conveys cheerfulness. ---In other words,--- our moods affect how we look, -- move,-- and behave.  
  
And they can *change so quickly*. – you know -- We’ve all seen someone tired and worn out. And we’ve all seen someone who is exhausted. ---And then -- we’ve all seen someone who is exhausted *suddenly transform* when someone suggests something they want to do.  
  
So moods come -- and moods go.  
  
Now, -- your unconscious mind is your best friend. -- It works tirelessly on your behalf, -- even taking care of you whilst you are asleep. -- As you know, there are things in your past that have affected you in ways you would prefer to change. --- And your unconscious mind can change them for you. -- Easily and effortlessly.  
  
And so -- I’m sure you would like to help in this process.  
  
So..I like you to understand clearly now – that your unconscious is your best friend and always seeks to do whatever is right for you.  
  
Your unconscious is open to change because,-- deep down inside, -- you know that the more flexible you are in life, -- the better you can function in the modern, - ever changing world.  
  
Because you are an intelligent,-- flexible, --capable person, --you can allow yourself now to realise that you cannot change yourself by fighting yourself.  
  
So as a first step in making any change in yourself you accept the way things are at the moment. By accepting yourself as you are, you are automatically freeing up your internal resources, many of which have been tied up in fighting, or opposing, the way things are, and these resources, once freed up are then used by your unconscious mind to create dynamic change in your life.  
  
You accept yourself unconditionally.-- You like yourself unconditionally.  
  
And in accepting yourself,-- just as you are, --you release the past; --all the things that used to contribute to your problems are now in the past.  
  
And as you know -- the past is gone-- So they are gone as well.  
  
And this process continues as each day goes by----And as each day goes by --you accept yourself more and more,-- just as you are.  
  
And as each day goes by you like yourself more and more, just as you are.  
  
You accept yourself unconditionally--You like yourself unconditionally.  
  
And each and every day, --your unconscious mind is freeing resources inside you. Resources that had been caught up in the past – the past that is now gone- free now to help you change in a positive and healthy way.  
  
Deep down inside yourself, ---you know -- there is all the information skills,-- abilities, --and resources that you need to achieve your goals in life.  
  
So, ---more and more each day, --you notice the *cheerful* things in life, --the things that make you *feel good*. --And this is an ongoing process.  
  
*Each* and every *day* that goes by, --as your unconscious mind sorts out the things that led you to feel down,-- or anxious,-- in the past, --you *feel better and better*.  
  
And this is an automatic process which becomes more effective, --more efficient, as time goes by—naturally automatically--   
  
And best of all is that your unconscious mind is *doing this* even *now*.  
  
And because you now know that all this is going on, --and that all you have to do is to await the outcome, ---you are allowing yourself now to starting to feel a little excited. After all, your future is a lot brighter now.—is it not? Oh yes it is – and so you can *look forward* to a happier--, calmer,-- more *confident* future. --A future in which your *enjoy life*,-- and feel on top of the world.  
  
Remember, -- each and every day your unconscious mind is working to make these things real for you. --You are rapidly and easily becoming a happy, -- calm, -- confident, accomplished person, -- and you owe it all to your best friend – your unconscious mind

# Depression - Good Gulf: Depression and Loss

So there’s nothing you need to do or not to do,-- because everything that you do will allow you to recognise that I can say many different things, and there’s no need for you to pay attention to each thing I say or to anything that I don’t say…. because there is a time when the effort to train the mind to stay on track is simply not worth the trip…easier to brought the mind back to that time of peaceful calm awareness…or that effortless on here. Whether this is that or that is this, or it is or it isn’t, can be or can’t be, --was or wasn’t, --maybe or might be, right or wrong, none of that really matters just now.

You know a gulf is that space between two areas such as bodies, land, groups of people or

even political stances and budding romances. And there is another kind of gulf, one with an ‘O’ in it instead of ‘U’. You know, that golf involving fowl such as birdies and eagles.

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

The core of the matter occurred to me. One part is general and the other specific. I mean the

part we want to avoid losing is the general and the part we want to approach is specific. One is past while the other is present and future. Take for instance a job you might consider leaving.

Certainly unpleasant parts lead to wanting to leave. Yet when you think about what you like, you’d miss by leaving. Then you think about what you’d gain by leaving. You find yourself experiencing the gulf. ---When you are not where you don’t want to be you will ‘X’. This tells you to stay. But when you are there, staying, you will miss ‘Y’. But there are several things that make staying unpleasant and these tell you to go. Further, you know of something better to go to. Reconciling comes from taking the general parts you would miss and placing them with the specific parts you will gain to make a full recovery.

This same process plays out when you grieve, then recover. You recover inside but you also recover or reclaim the best of the general traits you though lost in the departed incorporating them into your daily life for displays of honour. Keep the best general and apply specifically here and now. Then you won’t be able to miss it because it will appear right before your eyes. You even do the same when you recover lost aspects of yourself from your past, lost parts of yourself from childhood, you know. Recover the general with up-to-date fabric, and use it with a little more joy today and tomorrow.

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

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

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

Good. Now your conscious mind can think about any constructive or happy thing it wishes to, because I am now talking to your subconscious mind, So it may be even helpful if your conscious mind were to just wander off into some pleasant daydream place and perhaps not even bother listening, it makes no difference, because soon I’m going to give your subconscious mind some very positive and helpful suggestions and your subconscious mind is going to listen to and believe and obey my every helpful suggestion. So much so that even when you are not with me here, or not even there, regardless of what is going on around you there and then?

Now listen very carefully with your subconscious mind in a way that allows your subconscious mind to believe every word I say.

From the time I bring you from this deep trance you are simply and quite naturally going to reassume the happy you yourself, the person from the past who you used to be, the person who feels then again as you want to feel now again, you will. And you are going to notice that your thoughts are going to become much more positive towards yourself and your many talents and abilities will come back to the fore and you are simply not going to allow yourself to become sad and depressed or anxious over those things from the past that have been haunting your thoughts in the here and now. That is all over and done and finished and gone. Replaced by a natural happiness that was always there, is always here. You may even begin to wonder why you allowed yourself to feel how you were then. This will happen because you are going to automatically think better of yourself, your past, your future, and find the joy you are entitled to all around you.

What could have been is what never was, and what should have been is what wasn’t. But that doesn’t matter now because you are going to allow yourself to experience that equal happiness within that you are entitled to feel, without emotionally re-acting to what is without and from without. You are going to think clearer more positive thoughts from now on and you will often notice to your pleasant surprise how much more self fortitude your natural new self naturally has. The things that used to disturb you, frighten you, and sadden you, that you know should not have, they will simply no longer bother or disturb you anymore.

You are going to find, over time, and under time, that you are just more naturally positive and no longer time to dwell upon any past negativity. You are going to begin to, and continue to, eat a better and more healthy diet, you are also going to begin to exercise, just a little each day, the way you want, where you can and you can, can you not? Yes you will. Your life your choice and you know all those feelings within you, were created, and are created, by chemicals created by our thoughts. One chemical for happiness, another chemical for sadness.

And so just as you have been thinking and feeling sad and negative in the past, and because you will be thinking and feeling more positive and happy in the future from this time on, well than the chemicals will change in accordance. Now it’s time to make the change for the better and so make it you will.

# Depression –Valley of Choice

Now you can just continue to listen or not listen with any part of your mind, and you could begin to think about a mirror there in your mind, a mirror where you can see or somehow remember things from the past that were more well lit from the sun then. And what can you see in that mirror of yours, easy to let the mind drift back to happier and easier times when all felt well then. And who is it that you see when you look in a mirror, what the reflection reveals to you without is created from within.

Who you really are, not who you think you’ve become. What you see on the outside is not necessarily what you need on the inside. Now as you continue drifting there, the way that you do?

I want you to notice in your mind’s eye -- a clear pathway in a forest, -- on a warm and sunny day. A wide straight pathway leading off up a hill,-- like many things in life, -- a little tiring to get to the top there in the distance, -- and no knowing what may be over the other side-- until you get to the top -- where you can see clearly what is laid out below.-- Is it a view worth the effort or an effort for no view?

Now I’m going to count back from ten to one,-- and as I do I want you to move your imagination to the top of the path --there in your minds eyes, -- here in that chair there. I also want you to let go deeper -- a little more with each descending number, --but I don’t want you to get to the top of the path --before I get to one, --or before you are two times deeper into that trance of yours --there then. And as you get closer to the top ---you’ll notice that the path splits in to two-- one path to the left, -- and the other path to the right they do.

Let go more now -- from 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

Now-- notice those two paths lead down into two valleys--- one is the valley of the past --and the other is the valley of the future, -- you might notice that they stretch out into the distance to form a giant U shape in front of you. -----Whether you can notice it or not, --- those two valleys blend in with each other -- somewhere in the frontal distance at a point-- where you could say all the flow happens.

Down in the valley of the past is everything that ever happened to you-- from the day you first got here. --- All your hopes and dreams, --- successes and failures, --- happiness and hurts, -- fears and rejections,-- the happy times and the distressing times. --- Everything it took to bring you to this day is down in that valley of the past. ---

Now-- in a moment I’m going to click my fingers -- and when I do-- I want you to go down into that valley of the past -- and wander through it, -- curious,-- feeling no emotion, just peaceful clear observation. ---

Take all the time you need as you wander through that valley of the past-- towards the blending point in the distance. ---As you wander through there, ---keep what you need --and what you want, --all the other things,-- the negatives, --the hurts,-- the angers, --the fears,-- bless them and let them go in your own way you can,-- and when all of that is done a very pleasant feeling will flow through you--- and you will be at the blending point,---- and one of the fingers from the two of your hands will flicker-- to let me know, --just before you go deeper into trance.

(click fingers then wait for finger signal)

There where you are now --at the blending that leads to your valley of the future ---look around and you’ll notice a control box--- on a metal stand,--- much like a power meter box. ---Walk up to it and open the door, ---notice there is a row of switches at the top-- and a row of switches at the bottom. ---First focus only on the bottom row,--- good now ---find the switch that says **depression----** and switch it off ---then go deeper and let that finger flicker-- when you have (wait for finger signal).

Now find the switch that says **sadness**, ---switch it off and go deeper again--- then give me a finger signal

(wait for finger signal)

Now find the switch that says **grief ----**switch it off too-- and go deeper before that finger flickers.-- Perfect, you’re doing well. ----Now find the switch that says **fear**,---- switch off the fear ---and let go to deeper,--- and then your finger will flicker.

Now turn your attention to the top row,--- find the switch that says **happiness ---**and switch it on then your finger can flicker as you go deeper

(wait for finger signal)

*Now give the client exactly the same instructions for the following suggestions* **confidence, energy, passion, self belief,****interest, motivation, the future**. *(Now - find the switch that says* ***……………. ---****and switch it on--- then your finger can flicker as you go deeper)*

Good ---now turn and face into the valley of the future ---and get ready to pass completely through the blending point. ----When I click my fingers again ----I want you to wander in there, and to put all of the things that you wish to have,---- that you are prepared to have, ---and that you can have in the future.

Put happy feelings of anticipation of life in that valley,--- a picture of yourself smiling,-- a reflection of yourself free from past hurts ---and wounds, ---happy into the future, ---stronger inside-- and more balanced and confident.

You in control of how you feel,--- yes you are. ---Get ready to go in there now and set up your future as you wish it to be ---as created by your own efforts for yourself. ---Ready now? ---Go into your valley of your future now.

(click fingers and wait for subjects finger signal)

Perfect.--- Now I want you to wander around in that valley of your future there in your mind---and to find a wellspring bubbling pure clear clean water up into a small clear pond-- that flows away into a stream. ---When you can find that water there tap your finger here

(wait for finger signal)

That water there that you see before you,--- that is the water of life, --cleansing, --refreshing, calming. ---Now cup your hands and take a long deep drink --then go deeper and your finger will flicker.

(wait for finger signal)

Good. --Now your conscious mind can think about any constructive or happy thing it wishes to, ---because I am now talking primarily to your subconscious mind again. --So it may be even helpful if your conscious mind were to just wander off again--- into that same pleasant daydream place ---that it does and perhaps not even bother listening again, ---it still makes no difference, --because soon I’m going to give your subconscious mind those very positive ---and helpful suggestions ---and your subconscious mind is going to listen to ---and believe and obey my every helpful suggestion again in the future--- as it has been in the past --in an even more positive and helpful way then.

So much so ----that even when you are not with me here,--- or not even there, regardless of what is going on around you there and then?

These positive suggestions I’m going to give to your subconscious mind --again are again going to sink in so much more deeply,--- in such a more beneficial and helpful way ---into your subconscious mind, ----that your conscious mind will have no option --- but to react and continue to obey my helpful and beneficial suggestions.

And no person ---and no event from there and then, ---or here and now,--- or from even the future, ---can change the helpful things I tell your subconscious in the here and now --for the there and then. ---Now listen very carefully with your subconscious mind ---in a way that allows your subconscious mind to believe every word I say.

From the time I bring you from this deep trance--- you are simply and quite naturally going to reassume the happy you yourself.--- The person with the happy internal aspects ---still within you from the past and who you used to be, and who you obviously still are, someone inside there.

The person who feels then again,-- as what you want to feel now again,-- you will. And you are going to notice--- that your thoughts from your new and better thought pattern ---continue becoming much more positive towards yourself,--- for yourself.

Your many talents and abilities will keep coming back to your fore,--- and you are simply not going to allow yourself to become sad and depressed ---or anxious over those things from the past ---that have been haunting your thoughts in the here and now.

That is all over and done and finished and gone, ---replaced by a natural happiness that was always there, ---is always here.

You are going to notice such a profound change in the way that you think ---and the way that you feel ---that you will begin to wonder why you allowed yourself to feel how you were then.

This will happen because you are going to keep thinking better of yourself, ---of your past,--- of your future, ---and find the joy you are entitled to all around you. --What could have been is what never was, ---and what should have been is what wasn’t.

Just as who you have been is not who you are. ---So you will continue willfully thinking --the happy positive thoughts you have begun to think ---and also continue to allow yourself to experience that equal happiness within ---that you are entitled to feel, ---without emotionally re-acting to what is without--- and from without. You will continue thinking those clearer more positive thoughts from now on,--- still noticing to your pleasant surprise ---how much more self fortitude your natural new self naturally has. ----The things that used to disturb you, ----frighten you, ---and sadden you, ---that you know should not have, --they will simply no longer bother or disturb you anymore.

You are going to find,--- over time,-- and under time, --that you are just more naturally positive and no longer time to dwell upon any past negativity. --You are going to begin to,-- and continue to,-- eat a better and more healthy diet, ---you are also going to begin to exercise,-- just a little each day,-- the way you want, --where you can and you can,-- can you not? --Yes you will. --Your life, your choice, you chose.

And I know that you know all those feelings within you, ---were created, and are created, ---by chemicals created by our thoughts.--- One chemical for happiness,-- another chemical for sadness. ----And so just as you were thinking and feeling sad-- and negative in the past,--- and are thinking and feeling more positive and happy in your future. ----From this time on, ---well then the chemicals will change in accordance. ---Now it’s time to continue the change for the better and so make it so yes you will.

**Projection words: I feel good about myself**

# Depression – enjoying Daily Activities

Good. Now your conscious mind can think about any constructive or happy thing it wishes to, because I am now talking primarily to your subconscious mind again. Now tell yourself that every word I say is going to fix itself deep in your mind, and be printed, engraved, and encrusted in it. Tell yourself that there it is going to stay fixed, imprinted and encrusted, and that without your knowledge or will, in fact perfectly subconsciously on your part, you yourself, and your whole entire organism are going to listen and to obey.

In the first place I say that every day, three times a day, in the morning, at midday, and in the evening, at the usual meal times you will feel hungry, that is to say, you will experience the agreeable sensation which makes you think: How nice it will be to have something to eat!”

You will then eat and enjoy your food, without of course overeating. You will also be very careful to chew your food properly so as to transform it into a sort of soft paste before swallowing it. In these conditions you will digest your food properly, and so feel no discomfort, inconvenience, or pain of any kind either in your stomach or your intestines. You will assimilate what you eat and your organism will make use of it to make blood, muscle, strength and energy, in a word: Life.

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

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

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

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

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

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

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

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

So when you wish to do something reasonable, or when you have a duty to perform, you will always think that it is easy, and so now the words ***difficult, impossible, I cannot, it is*** ***stronger than me, I cannot prevent myself from*** ….., all of these dis-empowering negatives disappear from your vocabulary; they are not English. What is English is: ***It is easy and, I can.***

By considering the thing easy, it becomes so for you, although it might seem difficult to others. You will do things quickly and well, and without fatigue, because you will do things without effort, whereas if you had considered it as difficult or impossible, it would have become so for you, simply because you would have thought it so.

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

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

These positive suggestions I’m going to give to your subconscious mind again are again going to sink in so much more deeply, in such a more beneficial and helpful way into your subconscious mind, that your conscious mind will have no option but to react and continue to obey my helpful and beneficial suggestions. And no person and no event from there and then, or here and now, or from even the future, can change the helpful things I tell your subconscious in the here and now

From the time I bring you from this deep trance you are simply and quite naturally going to reassume the happy you yourself. The person with the happy internal aspects still within you from the past and who you used to be, and who you obviously still are, someone inside there. The person who feels then again, as what you want to feel now again, you will. And you are going to notice that your thoughts from your new and better thought pattern continue becoming much more positive towards yourself, for yourself.

Your many talents and abilities will keep coming back to your fore, and you are simply not going to allow yourself to become sad and depressed or anxious over those things from the past that have been haunting your thoughts in the here and now. That is all over and done and finished and gone. Replaced by a natural happiness that was always there, is always here.

You may even begin to wonder why you allowed yourself to feel how you were then. This will happen because you are going to keep thinking better of yourself, of your past, of your future, and find the joy you are entitled to all around you.

What could have been is what never was, and what should have been is what wasn’t. Just as who you have been is not who you are. So you will continue willfully thinking the happy positive thoughts you have begun to think and also continue to allow yourself to experience that equal happiness within that you are entitled to feel, without emotionally re-acting to what is without and from without. You will continue thinking those clearer more positive thoughts from now on, still noticing to your pleasant surprise how much more self fortitude your natural new self naturally has. The things that used to disturb you, frighten you, and sadden you, that you know should not have, they will simply no longer bother or disturb you any more.

You are going to find, over time, and under time, that you are just more naturally positive and no longer time to dwell upon any past negativity. You are going to begin to, and continue to, eat a better and more healthy diet, you are also going to begin to exercise, just a little each day, the way you want, where you can and you can, can you not? Yes you will. Your life, your choice, you chose.

And I know that you know all those feelings within you, were created, and are created, by chemicals created by our thoughts. One chemical for happiness, another chemical for sadness. And so just as you were thinking and feeling sad and negative in the past, and are thinking and feeling more positive and happy in your future. From this time on, well then the chemicals will change in accordance. Now it’s time to continue the change for the better and so make it so yes you will.

# Depression – Overcoming Flu

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

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

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

But you know as really miserable and horrible as that was......... You got over it................

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

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

Now your subconscious mind can use its tremendous and immense power to let it all go now................. That’s right.................. And you will begin to feel an inward strength developing deep in your being as you continue daily to realise just how easy all that past suffering is to get over and leave behind you. As they say............... A smooth sea never made a skilful sailor....................... And you know this to be true. And how easy indeed it will be for you to truly realise and come to believe that your pains and struggles have actually made you stronger have they not, like a tree, strengthened by the winds, painful experiences for a foundation of strength. So therefore deep inside, you now have an inner knowing, an inner strength, because knowing as you do that you have survived what you have survived you now have the strength to easily cope with anything that may come along. And because you will now have a new .................. better .................more relaxed ..................... conscious ...................and subconscious................... attitude .................. and beliefs................. You will soon be very happy to notice how much more positive and motivated you have quickly become, and also you will enjoy new and better attitudes towards yourself and others..............

Because your subconscious mind will use its immense and powerful influence and enable you to easily let go of all those, outworn................. Unnecessary................. Unwanted ................... habits and beliefs...................

The subconscious mind will now let go of all that unwanted...................... unnecessary, clutter that has confused the conscious mind too often and too easily, The subconscious mind can let it all go.......... And the subconscious mind can do this now, and you will feel all that inside as a wonderful pleasant sensation of release............. And relief................…. Know now that from now on you will have a much much more calm........... More positive................. confident and understanding mind. You will easily and quite happily be able to tolerate the ................... people............ the places ....................and things that used to disturb or annoy you. No they will not bother you anymore, will they not, no they won’t bother or disturb you any more or any longer those things won’t. Because from now on you will be able to easily and happily adjust to your environment, you will easily, because you now know most things are too hard to change and you know the easiest way to change anything is to change your own attitude. You know........ Inner feelings.............. from outside reflections................

It’s obvious is it not that the only way to change for the better is to think better, by having better thinking.............. Relaxed.............. confident.............. happy.............. non-opinionated thoughts.............. The kind of thoughts that.............. you.............. will think from now on.............. The kind of new and better thoughts.............. from your new thought pattern.............. New and better thoughts.............. mean.............. A new and better life..............for you.............. Do they not.

And as you feel your new and better thoughts from your new and better thought pattern improve you more and more each day, then every day you will find yourself better able to feel happy ..............and in complete control.............. And to easily achieve for you.............. that picture of you.............. that you have in your minds eye.

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

Now your conscious mind can think about any constructive or happy thing it wishes to, because I am now talking primarily to your subconscious mind again. So it may be even helpful if your conscious mind were to just wander off again into that same pleasant daydream place that it does and perhaps not even bother listening again, it still makes no difference, because soon I’m going to give your subconscious mind those very positive and helpful suggestions and your subconscious mind is going to listen to and believe and obey my every helpful suggestion again in the future as it has been in the past in an even more positive and helpful way then. So much so that even when you are not with me here, or not even there, regardless of what is going on around you there and then?

These positive suggestions I’m going to give to your subconscious mind again are again going to sink in so much more deeply, in such a more beneficial and helpful way into your subconscious mind, that your conscious mind will have no option to react and continue to obey my helpful and beneficial suggestions. And no person and no event from there and then, or here and now, or from even the future, can change the helpful things I tell your subconscious in the here and now for the there and then. Now listen very carefully with your subconscious mind in a way that allows your subconscious mind to believe every word I say.

From the time I bring you from this deep trance you are simply and quite naturally going to reassume the happy you yourself.

The person with the happy internal aspects still within you from the past and who you used to be, and who you obviously still are, someone inside there.

The person who feels then again, as what you want to feel now again, you will. And you are going to notice that your thoughts from your new and better thought pattern continue becoming much more positive towards yourself, for yourself. Your many talents and abilities will keep coming back to your fore, and you are simply not going to allow yourself to become sad and depressed or anxious over those things from the past that have been haunting your thoughts in the here and now. That is all over and done and finished and gone. Replaced by a natural happiness that was always there, is always here. You may even begin to wonder why you allowed yourself to feel how you were then. This will happen because you are going to keep thinking better of yourself, of your past, of your future, and find the joy you are entitled to all around you.

What could have been is what never was, and what should have been is what wasn’t. Just as who you have been is not who you are. So you will continue wilfully thinking the happy positive thoughts you have begun to think and also continue to allow yourself to experience that equal happiness within that you are entitled to feel, without emotionally re-acting to what is without and from without. You will continue thinking those clearer more positive thoughts from now on, still noticing to your pleasant surprise how much more self fortitude your natural new self naturally has. The things that used to disturb you, frighten you, and sadden you, that you know should not have, they will simply no longer bother or disturb you any more.

You are going to find, over time, and under time, that you are just more naturally positive and no longer time to dwell upon any past negativity. You are going to begin to, and continue to, eat a better and more healthy diet, you are also going to begin to exercise, just a little each day, the way you want, where you can and you can, can you not? Yes you will. Your life, your choice, you chose.

And I know that you know all those feelings within you, were created, and are created, by chemicals created by our thoughts. One chemical for happiness, another chemical for sadness. And so just as you were thinking and feeling sad and negative in the past, and are thinking and feeling more positive and happy in your future. From this time on, well then the chemicals will change in accordance. Now it’s time to continue the change for the better and so make it so yes you will.

# Depression – Feeling Inner Peace

Now that you are way down there in that perfect timeless state of relaxation listening to the sound of my voice and your own voice there in your mind? I want you to think a while about the last **good thought** you had about yourself, and notice the change of feeling it brings over you, in the most pleasant of ways then let that finger flicker.

(wait for finger signal)

**\***Good. Now I want you to think about the last **nice thing** you did for someone else and there in your mind find the feeling from that action and go deeper then your finger can flicker to let me know and you know that your progress is continuing.

(wait for finger signal)

*Repeat the same instruction substituting the following feelings*: **Felt Motivated, Felt Inner Peace, Felt Worthwhile, Looked Positively Into Your Future, Felt A Sense of Your Self.**

Now as all of those new learning’s that you’ve learned within yourself from yourself, and from me continue to integrate into you in a positive and permanent way, your conscious mind can think about any constructive or happy thing it wishes to, because I am now talking primarily to your subconscious mind again. So it may be even helpful if your conscious mind were to just wander off again into that same pleasant daydream place that it does and perhaps not even bother listening again, it still makes no difference, because soon I’m going to give your subconscious mind those very positive and helpful suggestions and your subconscious mind is going to listen to and believe and obey my every helpful suggestion again in the future as it has been in the past in an even more positive and helpful way then. So much so that even when you are not with me here, or not even there, regardless of what is going on around you there and then?

These positive suggestions I’m going to give to your subconscious mind again are again going to sink in so much more deeply, in such a more beneficial and helpful way into your subconscious mind, that your conscious mind will have no option to react and continue to obey my helpful and beneficial suggestions. And no person and no event from there and then, or here and now, or from even the future, can change the helpful things I tell your subconscious in the here and now for the there and then. Now listen very carefully with your subconscious mind in a way that allows your subconscious mind to believe every word I say.

From the time I bring you from this deep trance you are simply and quite naturally going to reassume the happy you yourself. The person with the happy internal aspects still within you from the past and who you used to be, and who you obviously still are, someone inside there.

The person who feels then again, as what you want to feel now again, you will.

And you are going to notice that your thoughts from your new and better thought pattern continue becoming much more positive towards yourself, for yourself. Your many talents and abilities will keep coming back to your fore, and you are simply not going to allow yourself to become sad and depressed or anxious over those things from the past that have been haunting your thoughts in the here and now. That is all over and done and finished and gone. Replaced by a natural happiness that was always there, is always here. You may even begin to wonder why you allowed yourself to feel how you were then. This will happen because you are going to keep thinking better of yourself, of your past, of your future, and find the joy you are entitled to all around you.

What could have been is what never was, and what should have been is what wasn’t. Just as who you have been is not who you are. So you will continue willfully thinking the happy positive thoughts you have begun to think and also continue to allow yourself to experience that equal happiness within that you are entitled to feel, without emotionally re-acting to what is without and from without.

You will continue thinking those clearer more positive thoughts from now on, still noticing to your pleasant surprise how much more self fortitude your natural new self naturally has. The things that used to disturb you, frighten you, and sadden you, that you know should not have, they will simply no longer bother or disturb you anymore.

You are going to find, over time, and under time, that you are just more naturally positive and no longer time to dwell upon any past negativity. You are going to begin to, and continue to eat a better and more healthy diet, you are also going to begin to exercise, just a little each day, the way you want, where you can and you can, can you not? Yes you will. Your life, your choice, you chose.

And I know that you know all those feelings within you, were created, and are created, by chemicals created by our thoughts. One chemical for happiness, another chemical for sadness. And so just as you were thinking and feeling sad and negative in the past, and are thinking and feeling more positive and happy in your future. From this time on, well then the chemicals will change in accordance. Now it’s time to continue the change for the better and so make it so yes you will.

# Drug Addiction

Now, as you go deeper and deeper ---- I will give you some suggestions now, and I would like you to allow those suggestions to take effect – consciously and subconsciously – to do everything that needs to be done – so that you are free of this problem and determined to take charge of your life from now on – and if this is ok with you there now – I’d like you to give me a another one of those finger signals please

Good – and so I’d like you to allow yourself there now to imagine there now that your drug problem is over – that it has been straightened out completely and furthermore you know it. – You know you are cured . You have no desire for drugs in any way, you don't need them --- you don't want them --- and they're no longer a part of your life.

You are disgusted by them --and I like you there now --- to connect with an image there in your mind that shows you how that drugs disgusts you – an image that makes it absolutely clear that this is no longer something you desire from now on – and when you can see that there I your mind – give me another one of these finger signals please.

And so I like you to imagine that you are proud. Proud-- because you're on top of the situation--. You are really on top of the situation there right now. You don't have anything you have to prove---, you've proved it. You proved yourself an adult, you've proved yourself mature. You've proved that you can function in society. ---You've proved that you can earn a living. You've proved that you can study, ----that you can think,--- that you can read, ---that you can be a human being in every way, ---not just any human being----, but one that is effective. But even more than that, ----you've proved your ability to conquer the most difficult problem on earth. A drug problem which is something that a lot of other people--- might not be able to surmount at all. Yet, you have done it. ---You have proved yourself even more than most people.-- Now, it's important, now that you have proved yourself, now that you have obtained a cure and you are on top,--- to stay there. The maintenance of the cure is important, ---is just as important as getting the Cure itself. --- For this reason it's very important that even though you're completely cured and you are completely cured one-hundred percent,--- you can go anywhere, ---you can do anything, ---you can be anything,-- but the very best climate for you to be effective in is not that climate in which you would be constantly exposed to drugs. ---Not because there's any danger to you, ---because you're already cured, ---but simply because you don't put a patient who just recovered from an illness back in the ward with all the sick people.---You segregate the sick from the well. ---You give the patient time to improve even though they are well, time heals all wounds and makes us strong. Stronger and stronger with every day that passes. Strong in body, strong in mind and strong in spirit. Better able to withstand disease. Dis-ease.

And that's very important to you, extremely important because that's exactly what's going to happen. Namely, you're going to be very happy and contented because you have solved this problem, completely and thoroughly, one-hundred percent and because of this, you are going to avoid drugs like the plague, and places where drugs are, like the plague. It's important that you have a certain amount of time to develop a complete stability in every area of your life, because that's what you really want to be and you're going to be, and that's stable, adequate, and effective. Your cure is permanent in every way and it's going to stay that way. Your cure is final and you are safe. Stable, Adequate, Final and Effective.

Those four words, the initials spell "SAFE" and you're going to remember it and never forget it. You're never going to forget it! You're going to remember it and it's going to become a permanent part of your mind. You're going to be safe. You're going to safe, SAFE, SAFE. "S" stand for stable, you're going to be stable, more stable than you ever have been in your life. "A" stands for adequate. You're going to be adequate very adequate in every way, all the time. Nothing can throw you. "F" stands for final, your cure is permanent and final in every way. And "E", "E" is the most important of all because you're going to be effective. What good is it to be stable and have a permanent cure if you just sit there and don't do anything? You’ re going to be effective, effective in your work. Effective in your play, effective in every single area of life and you put them together and they spell safe, SAFE, and that's what you are, SAFE. Now sleep, sleep, and let that suggestion take complete and thorough effect upon your mind, body and spirit, sealing itself in the deepest part of your subconscious mind, never to be removed. You are safe, SAFE, stable, adequate, final and effective. Safe, and every single time that you have any difficulty whatsoever, you feel depressed in the least way or anything comes up that bothers you, you are going to see that word right in front of your eyes, SAFE, and that's going to tell you in every way and re-enforce those suggestions over and over. That word SAFE is going to take the place of all the problems you had in the past because SAFE is going to solve them. Drugs never solved anything for you, they're gone, they're finished. It's a final and permanent cure.

# Eating Disorder - Bulimia

Clients presenting symptoms of bulimia usually have deep-seated problems that need to be tackled before using suggestion therapy.  Research indicates that many women with this condition have a problem with feeling 'controlled' - often by the mother - and the symptoms of bulimia can be an expression of resentment against that control.

 There may be an underlying subconscious fear that the therapist could also try to 'control' this new relationship, therefore I would recommend tackling this problem in stages.  Firstly by using relaxation scripts that suits your client's interests or requirements, to show her (or him) that hypnosis isn't a controlling environment and that they are in control.  During this first session I would add suggestions to increase the client's confidence in order to make her feel empowered and in control of her (or his) own life.

The second session could focus on getting to the cause of the problem, using ideomotor techniques. As your client is able to pinpoint the cause of her symptoms you can then help her to see the original situation in a different (more positive) light.   Of course there may not be one single cause, perhaps just a vague or general feeling of unease with a relationship or situation that should have felt easier.  Assuming that causes have been dealt with and confidence built up, the following suggestions should prove useful.

And now as you begin to enjoy these new feelings about yourself - -- I wonder how you would feel about allowing these feelings to extend ---to create a more positive self-image - one in which you feel it's safe and comfortable to be yourself ---- to experience your feelings in a way that is acceptable to yourself? – I am sure you would enjoy that --

Well - let's begin by creating a very special room for you ---- and at this stage -- you can begin to see this room in your mind – let it simply appear – from the depths of your unconscious mind -- even as you listen to the sound of my voice - and this room can be however you want it to be--- because it's your own special place --- no-one else can ever enter this room without your permission.

So take a look around you - -- and notice the wonderful colors here – there may be some furniture – or perhaps a large comfortable chair or bed --- maybe a window with a beautiful view overlooking a range of mountains --- and as you stand there - looking out over those mountains - perhaps in your mind you can remember another time in your life -- when you were filled with awe and wonder -- as you looked out over a very special view.

And if you wish --- for a moment or two ---- you can project your mind out there--to that beautiful place in nature --- and feeling the freedom from the physical body as you enjoy the natural elements --- look around you and notice what a beautiful place the world is.

And all around you ---- you can see evidence of life ----and if you look closely -- even a single blade of grass swaying in the gentle breeze is alive --- in this wonderful place.

And as you stroll along the mountain path-- you come to a fork in the path ---and you realize that you have a choice to make.

You can either take the quick path down the slippery slope --- or the slightly inclined one leading further up to that beautiful plateau – that is beyond words to describe--

And- of course - you could take the downward slope – which is the easiest path to take -  which is the path of continuing to binge eat and throwing up your food --- followed by feelings of self-disgust – feelings of being unloved or unacceptable --- and you know that path only too well....and so I don’t have to elaborate too much on it ----

But ....--- there is of course the upward slope --- which ---- with just a little effort --- will take you to a more contented feeling ---- one of self-fulfilment and feeling good about yourself and who you are.

And you know which path you want to take really ---- don’t you? Of course you do..... that's why you're here today - and you also know that each little step--- on that upward incline -- is a huge step to victory ----and overcoming that old problem of yours – that has been with you for far too long---

Now---I’d like you to make your way up that wonderful mountain plateau --- and when you can see yourself as having reached that plateau --- with the beautiful wild mountain flowers and the panoramic view - feeling content - lovable - acceptable – and happy – I’d like you to give me a finger signal – to show me how well you are doing— ***(wait for signal)***

 Good – now just enjoy these wonderful feelings while I will be quiet for a little while ***(Pause for two minutes).***

Good – now – I’d like you to bring your attention back to my voice --- and find yourself back in your special room --- feeling a little hungry ---and getting ready for something to eat.

And so....as you look around you in your special room – I’d like you to see a tray on a table there - ---a tray that is laden with healthy--- appetizing snacks ---- and so-- you sit down and you begin to eat - -- and you eat just a little at first --- and then you relax and remember that beautiful view from the mountain plateau -- and those wonderful feelings that you have experienced up there.

After your little snack – you get up – and you walk over to the mirror on the far wall of your room --- it is a large mirror right there -- and now you take the time to examine your reflection from head to toe --- and you do --- you decide that you like what you see - you can see a strong, --- healthy body - you look well --- you feel good - you are happy and content with the way that you look – and the longer you look at yourself – the better you start feeling about yourself – just let it happen – there where you are – looking at that mirror image of you.

And as you do – I like you to notice what you are wearing today - how nice those clothes look on your beautiful body – a body that you embrace and respect -- you're standing tall and proud of who you are-- - the way you look is perfectly fine - the way you dress is perfectly fine - the way you act is perfectly fine and the way you are is perfectly fine.

You are a good and worthwhile person - a unique individual – a great person - you love and respect yourself --- and you treat your body with the love and respect that it deserves.

You are you – and that is always good enough – you have every right to happiness.

You do good things for yourself - you begin to enjoy life more -- and you enjoy your food - healthy, -- appetizing food in small quantities - and when you've had enough to eat -- you stop eating -- and notice a comfortable feeling in your stomach.

This tells you that you've had enough - you don't need to vomit anymore - you're subconscious mind always knows --- when you've had enough to eat --- so you stop eating.  You simply stop eating -- and enjoy a lovely, --comfortable feeling in your tummy.

A satisfied feeling - a calm and comfortable feeling -- which remains with you for a long, long time.

**Projection Keywords:**

feeling content - lovable - acceptable – and happy with yourself

# Eliminating Fear

Your subconscious mind is now open and receptive to the suggestions that you will be hearing during this powerful hypnotic experience - and soon - very soon - you are going to find yourself thinking differently ---about the things that have been bothering you - you will become a much more confident person - as you find that the things that used to previously upset you --- will now just calm and relax you.

For you are becoming a much calmer - a much more relaxed - and a much more confident person - and as your confidence increases daily - so you find that when you look back on the times --- when you allowed fear to take over your life - it will be as though you're looking back into a distant past --- and those old fears that you had--- will seem somehow unreal to you - it will be almost as though they belonged to someone else.

But you know....it is of course sometimes useful to retain just a little fear - for example - when that fear is protective and healthy - but ---you're already beginning to see how it overtook your life - and stopped you from living your life to the full.

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You see-- the word fear stands for fantasies envisaged as real - and that's just what they are - for primitive times people lived by their fears - and their biological instincts when faced with a threat was to fight or flee – and so it is only natural that the autonomic nervous system directed the organs and systems of the body to deal with the threat - and that's what it did - by producing chemicals and directing to flow of blood and oxygen to the parts of the body that needed it most.

And all that is changing now - because we're not living in primitive times anymore - and so you really don't need that inflated fear response - just a little bit of healthy fear wherever it is necessary.

So examine those old fears one by one - hold them up to the light - discover for yourself - Where did they come from?  - wait

Where they really your fears or did you learn them from someone else?  - wait

Are they really appropriate in your life now?  - wait

How will you feel without them? - wait

And now when you've finished examining them – simply imagine how you zap them out of your life - collapse them - eliminate them - do whatever you need to do - to be free of that fear – do that by simply imagining how you put them in a big biodegradable bag – one by one—and when you have finished putting them all in—imagine how you stand there on that bridge from before – and then throw that bag over the edge of that bridge – and see it falling – falling away from you – into nothing – nothing – nothing – until you can no longer see that bag – and at the same time you will come to realise how much easier it feels to breath – how much lighter you have become – that’s right

And I will be quiet for a few moments whilst you go through any old fears in your mind - and just throw them out - once and for all - you don't need them - you don't want them - you won't entertain them – because you're ready to be set free – so put them into that bag – and when you have throw it off that bridge – and when you have done all of that – I’d like you to give me a finger signal.

(Pause until finger signal). You are doing very well --

Now bring your attention back to my voice - because over the coming days - if there are any remaining fears lurking at the back of their mind - be sure of this - they will step forward one by one - like guilty culprits who have been found out - they will own up - and you will do whatever you need to do - to be free- simply bag them and throw them off that bridge--

This may happen during your sleep - or when you are relaxed - if you're busy with something else you can relax in the certain knowledge that your subconscious mind will now be working on eliminating your fears - once and for all – even without you consciously being aware of it.

And as those fears are eliminated once and for all - you find that you are becoming a much calmer - a much more relaxed - and a much more confident person - day after day.

You now feel lighter and freer and happier than you have felt - in a long - long time - you find yourself smiling more - participating in activities that you enjoy - feeling relaxed and comfortable - safe in the knowledge that you are now in control - you're in complete control - of your mind - your body - and your health.

So - imagine your life now - without those old fears and worries and anxieties - living a more confident - happier and more fulfilled life - enjoying yourself - feeling free - trusting yourself - as you do - and you do.

Now remember a time in your life when you felt at your best - happy and confident - positive and strong –

And when you have done that – I’d like you to imagine yourself taking a snapshot from the best part of that memory – and then make it bright and colourful –

and as you do all that – simply imagine how you step into that snapshot and allow yourself to experience all those wonderful feelings associated with it – - just try to make the feelings as intense as possible – allow yourself to hear the sounds and see the colors – feel the touch and maybe you can even smell what it was like – back then – in that situation - - make them stronger and better than ever before.

And when you have done that – when the feeling is strongest - I’d like you to press together your index finger and your thumb – to capture that moment there between your fingers (wait)

Your are doing very well --- understand - from now on – whenever you press together your index finger and your thumb-- those good feelings will rush right back to you – all you have to do is press your together your index finger and thumb—and experience those good feelings -- whenever you need them.

You are calm - relaxed - and confident - and you will feel - calm - relaxed - and confident - and safe in the knowledge that you're in control - you're in complete control of your mind - your body and your health -

Now in a little later on I'm going to count from one to five and at the count of five you will be - fully alert and refreshed - you'll have wonderful feelings flowing through your body, calm and peaceful thoughts flowing through your mind - and these calm and peaceful thoughts and feelings will remain with you.

# Fear of Driving

I want you to let your mind wander gently back in time--- to a particular event in your life in which you felt totally in control of a situation - a time when you felt good,--- safe, --confident-- and positive feelings.  ----Just let your inner mind remind you-- of this particular event of which you may had consciously forgotten about ---- but the subconscious mind holds the store of everything that's ever happened to you ---- everything you've ever seen--- or heard-- or felt or seen - is all here in this wonderful storehouse of memories.

We all have good feelings at some points in our life ---- life is a series of ups and downs - that's what makes it so interesting ---- because we never know exactly--- what our highest points are ----until we can review them ---and recall how good we felt - and you're beginning to remember now --- a time when you felt good-- - really good - about yourself.

And as this memory begins to surface--- - how nice it would be --to let yourself become absorbed in this recollection---- and really appreciate - in the here and now - --all the interesting aspects of this event. ---- You can be there again---- seeing it all in wonderfull color ----  experiencing the good feelings even stronger --- perhaps there are sounds or smells or even tastes --that are linked to this memory ---  whatever is right for you - right now - let it be.

(Pause)

Now hold onto these wonderful feelings--- and bring them with you--- as we go on a very special adventure ---- a journey into the unknown ----- a place where nothing is known for definite ---until it has been experienced ---- and isn't it interesting how - in hypnosis - your mind can travel ---and really enjoy each spontaneous journey ---  realizing that the fun of this journey--- isn't always arriving at your destination ---- but on enjoying the journey itself.

You trust yourself---  You really do - and right now--- you're travelling along--- on an unfamiliar road ---- in your car ---- or maybe a car that you'd love to own ----- you are driving along ---and feeling totally in control ---as you remember all those wonderful feelings--- from that special time in your life.  ----And as you feel your hands holding the steering wheel of your car ----it's almost as though you are holding onto those wonderful feelings ---- keeping them there in your grasp --- and you know exactly what I mean.

Now ---and then you may find turnoffs on the road ---that you're unsure of taking --- but it doesn't matter --- because you trust yourself-- - you really do --- and if you take a wrong turning - so what? -- It's fun to see new places ---that you hadn't discovered before,--- is it not? Of course it is – because there is no way you could ever get lost—you are calm --

You really love driving -- you love the sense of freedom that it gives you --- no restrictions - within yourself - --  just knowing that you can get from A to B so much easier --than you could if you were using public transport --- and you can go --- wherever you want to go - because you are free --- you are a safe and competent driver --- did you not prove that by passing your test? ---- You really trust yourself --- as you hold onto all those wonderful feelings within.

Life is an adventure--- and the most important part of the journey of life isn't always about reaching your destination ----but enjoying the journey itself.  --And you're  really enjoying this journey now ---as you go deeper and deeper into this wonderful hypnotic state.

Sometime you see other drivers on the road ---and this generates within you a feeling of comradeship ----for are you not all here on this wonderful journey of life --- free to choose where--- and when to go and knowing ---that your driving is an instinctive force within you - for as a baby you learned to crawl --- and walk --- and at first you made a conscious effort --to put one foot in front of the other --- and you learned to let go and eventually to run ---- with no conscious effort at all.

You found you could concentrate instead on where you were walking or running to, ----and just enjoy--- the natural movements that your body makes.  ----It gave you a sense of freedom ----and a sense of achievement ----to know that you are an independently functioning human being ---and you trust in yourself.

And from now on --you find you're really beginning to appreciate-- the good feelings when you get into your car ---- it really doesn't matter --- right now ---- where you're going - because you're enjoying the journey itself --- the freedom --- and you can grasp those good feelings right there in your hands--- as you steer the car lightly ---and calmly and safely where ever you go.

As you move along on the road ahead --you're ahead of yourself ---and aware that when your mind wanders ---- as often it will --- to some pleasant thoughts --- your critical guard which stands on the sidelines of the entry into your subconscious mind ---- is alert --and ready to respond to whatever situation it needs to respond ---- accurately - instantly if necessary - safely --- and your actions and reactions are sharp and alert. Automatic – without you even having to think about it at all---  You trust yourself - you really do.

You're amazed at how comfortable you now feel about driving --- you are a safe and confident driver --- you demonstrate your skills as a safe and competent driver to others --on the road - to yourself - your passengers --- each and every time you drive. – and you don’t even have to think consciously about it all because your subconscious mind takes care of it all --- automatically – naturally -

I'm going to be quiet for a moment or two whilst you enjoy these wonderful feelings of being in control and confident and just enjoying this wonderful journey.

# Fear - Going to the Toilet in Public

 For a long time now you have felt reluctant to use public lavatories or go to the toilet when there are other people around - and this is a problem that you've now decided that you want to overcome.

 I don't know why you have experienced this issue - but I'm sure that your subconscious mind had its own reasons in the beginning---to protect you in some way at the time your problem began.

 What I do know is that this is a common problem with a lot of people - perhaps it's a fear of others ridiculing you in some way - or a worry that you might create a noise that they might notice and tell others about.

But whatever the reason - I'm sure that you are aware that every single person - and animal - in this world - has the same bodily functions.  Because we all need to eat and to drink – and we need to breathe to keep us alive – and therefore – it is only natural that we need to empty our bowels and our bladder when the urge is there - and in this respect you are really no different from anyone else.

 You see- you had a fear of going to the toilet in public - and all that is going to change – from now on –because you have decided - you have decided - and you are you - and your wonderful subconscious mind will help you every step of the way -- because you need to understand that in hypnosis you can reprogram the way that you think and feel – and so you can overcome any fears - and gain complete control over any unwanted thoughts and feelings.- that’s right – and it may surprise you that after this – everything has changed – and you will wonder why you have ever had these thoughts in the first place -

And this is why I’d like you for a moment to think carefully of the word 'fear' – and you will come to realize that the letters of that word are so appropriate - because they stand for 'Fantasies Envisaged As Real' – that’s right- that’s what it stands for - 'Fantasies Envisaged As Real' --and perhaps you are beginning to recognize that any negative associations that you had with going to the lavatory in public --- was just that – it was simply fantasies that you had created – and which you falsely have come to accept as real – just as you now rightfully come to accept that this is no longer something that bothers you in the slightest.

Because you know fair well from now on – that you are a normal human being with a body that works like any other healthy body – yes....perhaps you are a little more sensitive than many other people – but if you come to think of it -- isn't that a nice quality – to have?

That means you can be sensitive to other people by realizing that we are all part of the human race - and when you think about it - others too have to go to the toilet when the need arises - they may not like it if people are waiting outside - but they prefer it than the alternative of feeling bloated or having an accident - and so do you – we are all the same that way – so better than to tell yourself that you simply don’t care what others are thinking -

And if by now ---you haven’t already come to accept that things are very different from before - I am going to show you a special technique now-- a technique that can help you in the early days of establishing your new and---healthier response - and you can use this technique whenever you visit the toilet or whenever others are around when you need to do what you need to do – without worries- calm and not bothered.

So--I want you to imagine yourself in a room – and make this not just any old room but a very special one ---where you are completely alone.  Completely alone – that’s right – Now...This room is sound proof so no-one can hear you from the outside - and you can't hear them.

And In this room is a chair which you go over to and sit on or you may as well just keep standing up – depending on what the business is that you are going to do.  And in front of the chair is a screen ---- it's a bit like a wide screen TV but the screen is completely white - and you have the remote to control this screen –in your hand.

Now ... Imagine yourself watching this screen as you press a button on the remote - --- Now...I will count you down from five to zero and at the count of zero I want you to watch a very pleasant scene appearing on the screen.

OK – get ready.

Five - four - three - two - one - and zero - the scene begins to appear – and you can see ---it is a beautiful waterfall cascading over some large rocks – and I’d like you to listen to the water trickling – and splashing – and sparkling in the warm sunlight.

And I’d like you to keep your mind focused completely on this beautiful waterfall - there are no distractions - nothing to disturb you at all - as the water splashes over the rocks - trickling gently down - one rock at a time - splashing easily - effortlessly - as it goes deeper down.

And as you focus your mind entirely on this waterfall-- you find that you can easily do whatever you came here to do - without any worries or cares - nothing to disturb or distract - just a comfortable feeling of letting go.

When you are finished just count yourself up from zero to five - one - two - three - four - and five - you are ready to leave the room - feeling totally calm and refreshed.

From now on - whenever you find that you need to do the things you need to do and there are people around – you will notice that it doesn't bother you at all.  You simply close the door and count yourself down from five to zero - shutting out any distractions or cares and do what you have to do without bother-----And when you're finished - you count yourself back up from zero to five - feeling totally calm and refreshed.

You will be surprised when you find that this technique works for you every time.  From now on you are completely confident and comfortable about visiting the toilet when others are around - and this makes you feel good - because you are in control of your mind, your body and your health.

 And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day - they grow stronger by the day - stronger by the hour - stronger by the minute.

And when I say go - you really do go.  Your muscles relax and you find it so easy to pee - whenever you need to - You experience and enjoy the relief and release - and the wonderful feeling of knowing - that you really are free – free to pee...

Yes - you are now free from those old uncomfortable symptoms that you used to experience - but more than that - you have that wonderful feeling of being in control.  You are in control of your mind - your body and your health - you really are.

And in the future - whenever you need to go - you find it so easy - you relax your muscles – and you are totally free from those uncomfortable feelings that you used to have - you are in control.

And these suggestions are firmly embedded in your subconscious mind and they grow stronger and stronger day by day.  they grow stronger by the day - stronger by the hour - stronger by the minute.

From this moment forward - you find it so easy to use the toilet whenever or wherever you wish to - whenever it is convenient for you .

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day.  They grow stronger by the day - stronger by the hour - stronger by the minute.

 Understand clearly that from now on whenever you are in a situation where another person is standing close to you or is within ear shot of you when relieving yourself-

You will simply be able to pee freely – wherever you want to – feeling absolutely good about yourself – because you just don’t care – you are simply free – that’s right.

Free to pee- and part of you may still think whether things will truly be different from now on---you will come to find that they are – you are free to pee!

# Forgiveness of Self Script

You see- deep down –in your sub-consciousness mind ---you know fair well that -- in order to fully appreciate ‘up’-- we need to understand ‘down’ – is it not? – well--- think about it -- to know ‘hot’ – we must know ‘cold’----- without left – no right - - and to go even further -- to experience that which is ‘good’ -- one needs to experience ‘bad’ somehow – how else would we otherwise know-- what it is --that we are experiencing – right now? - How else would we come to understand --all that --we don’t want – and all that -- which we no longer need? – As you know- a smooth sea never makes a skillful sailor – and without two ends there cannot be any middle ground.

And your subconscious mind knows very well what it all means –—just as it knows that without your conscious mind -- there would be no way for us -- to be aware of our subconscious mind— because how could we be aware of it any other way – other than by being conscious of it? -- and so -- even though your conscious mind may still try to reason in its own unique way -

-to make sense of it all –

And as you do – you probably come to realize-- that all has its purpose really – even though true purpose is difficult to understand at times – because purpose is what you make of it - and that is perfectly OK too…. Because there comes a time where we understand on a much-- much deeper level--- that whatever happens – happens for the simple reason-- of creating as many different experiences as possible – so that we have as many different choices as possible – to create a life of our own choosing – to understand that– through understanding –who we are not

– we come to know who we are….and so on an unexpected level it all makes sense

And as you clearly understand more and more-- who you are not – there is no more – or no longer any reason to hold on to something-- that had the purpose of showing you-- who you are not – because you know now-- who you choose to be -- and as your conscious mind still thinks about the meaning of these words---

In a moment ---your sub conscious mind can let go now --of all those old ---outworn unwanted believes that have kept you –perhaps--feeling regretful –guilty- unwanted – or unworthy– for far too long—because you are starting to understand—that this is what is no longer needed-

You are starting to understand that holding on to such thoughts and feelings no longer serve you- that these thoughts and feelings have no place here anymore – because as you know fair well – and have known fair well on a much deeper level—all along ---holding on to feelings of guilt and regret- prevents you not only from loving and respecting your true self—it just as much prevents others from their need of loving and respecting you ––and so---nobody is helped either way – nobody wins.

And even though part of you may still feels perhaps undeserving – on some level – Part of you knows-- that by not moving forwards from that which has past – the circle remains firmly closed – and you will have to repeat the cycle endlessly – and without respite – and you will find that all that changes-- are nothing more than the players – but not the game – no matter how hard you try to escape from it all—So is it really worth holding on to all that?

Think of the example of a child -- that does not get the love it needs -- because of a mother feeling unworthy of giving it – wasn’t the mother that now feels unworthy a child once -- that deserved just as much love, - care and attention? So…what if she didn’t receive it back then just as much as she is now incapable of giving it?

So – what do you think will happen-- if the child of that mother- will be a mother or a father one day too? --Would he or she know how to give the kind of love --that is needed without having experienced it? -- And so another generation is affected by those who cannot forgive themselves --because they feel unworthy of being loved.

- As you can see – this is how the circle remains firmly closed – it is so with many things – and so the self abuse continues – until we stop -

And so - One could ask –what came first? the chicken or the egg? Who was first-- and who was last - But then again - does it really matter who-- and what came first --when it all belongs to the same cycle?

And so – I like you to listen carefully now – for I will tell you a secret that many don’t know – so I want your subconscious mind to understand - that ---now--- is all there is. Everything is in the now – the past the present and the future – it is all here with you right now – And so - All one really has to do—to step out of the cycle -- is making the call right here-- right now— making the first step – to change everything—from here on – you are the one taking the responsibility – you are the one stepping out of the cycle- imagine yourself stepping right outside of it – right now -

And even if you may be consciously a little unsure – of the why or how -- your subconscious mind understands it all clearly now – and so you come to realize very soon - --that this is a new beginning for you – and this beginning is now—towards a you- that you have never experienced before – a glorious you – a confident you – a victorious you – someone with a purpose – and you are ready – ready now to eliminate that which holds you back – once and for all – right now --

## Locating Issues

And now......as you stand outside the cycle – there where you are right now--- in a moment.....when I will be silent for a while – In a moment when you hear me counting down from 3 to 1 -- I’d like you to search deep inside – and locate all your feelings of regret –guilt – or any other feelings-- that you know – need to be addressed here today – that which holds you back – from becoming --the one that you know you can be -- all those feelings – that have never really served you --other than for the purpose of showing you who you are not--

So – search deep and wide now – for all that – which no longer serves you – let come up whatever needs to come up – bring up -- all that which tries so hard --to keep you in a cycle that

has nothing to offer anymore – let your subconscious mind locate those feelings and those thoughts -- that you know – no longer serve you – whatever they may be---– however they may present themselves-- whether they are snippets of thoughts – disjointed pictures – voices - sounds – or scenes as vivid as pictures in a movie - just let come -- whatever comes to you there now ––your subconscious mind – in its own unique way will make perfect sense of it all – without you even being consciously aware of it all----

while I -- will be silent for a moment – OK – 3-2-1

*wait 2 minutes*

## Re-framing old thought pattern

Good – and whatever it is that comes there to your mind right now – in a moment – when you hear me counting down from 3-1 again--- I want you to take the opportunity ---to forgive yourself for all that – that you know – deep down – you need to be forgiven for – so that you can move on from here – yes – your subconscious mind knows fair well what that is – let go all that which made your life so much more difficult -- than it needed to be –---because part of you mistakenly thought that this is ---what you deserve –or perhaps you may even have – for some reason or the other- come to believe that you are not worthy of a happy – more fulfilled – life –

But now you understand that this is no longer you – you are outside of the cycle – right now – your heart fills with joy – because it knows -- that this is a new beginning for you – and this beginning is now—towards a glorious you – a confident you – a victorious you – someone with a purpose – and you are ready – ready now to eliminate that which holds you back – once and for all – right now – and allow yourself to feel the excitement of a new beginning – a better way

– filled with hope -

In a moment – when you hear me counting down-- from 3-1 --- I like you to tell yourself – in the most sincere way - from the bottom of your heart and your soul –

I forgive myself – I am letting go -- as many times as possible –

Yes- I forgive myself – I am letting go

and as you do - allow your subconscious mind to cut loose -- those feelings-- that have held you back --for far too long – so that they can drift away –like logs of wood – drift down a mighty river – with a current so strong – that it would easily wash away anything-- that stands in its path. So – will you cleanse yourself – of the logs that have hindered you up until now -- from becoming the one that you know you can be --

So-----get ready to letting go now – of all those old –outworn-- unwanted believes –get ready for a new start ---a better way for you – from now on – from 3-2-1-

I forgive myself – I am letting go

(wait 2 minutes)

Good - I’d like to ask the subconscious mind to listen carefully now – and understand –that you have learned what there was to learn – from the situation --- you have understood what there was to understand –-- because you understand – that all things – large or small – all have their reason – even though it may not seem that way at times—

Understand –and remember that your subconscious mind knows – and has come to accept - that you are perfectly worthy – you always have been-- understand that you are always loved and included– that your home is where your heart is–

because you realize and come to accept more and more-- who you are – naturally – automatically –you are starting to see the world in a much more positive light—self accepting – and –from now on --you need nobody but yourself to make you feel that way – accepting – understanding– being you – with all that that makes you --you – because your heart is your guide – wherever you may go

and so you can welcome your much better – more accepting way of being truly yourself – accepting –always remembering – that you are perfectly worthy – feeling calm and confident – and to your surprise you will discover –that that confidence grows day by day – hour by hour – because you are in control –because you are complete--– just letting it all go –accepting yourself completely—

# The Forgiveness of Others Metaphor

*So let me tell you a story now – it is a story of a friend – and this friend of mine – she most certainly experienced a terrible injustice – so terrible in fact that it defies words – but that was a long time ago -- and so I really want to spare you the details – because I know that you have your own struggles to deal with...*

*But anyway- what is more important is to understand what happened to my friend who suffered such grave injustice – and so – listening to her story-- it is only natural to understand that she had immense feelings of anger, --resentment and hatred towards the one --- who had so selfishly and maliciously done deliberate harm.*

*And when you know the story - it is easy to imagine what this must feel like --*

And so – listening to her I came to realise – that one may feel anger and resentment for years and years towards someone that has done you harm – or in fact may still doing so in many ways right now – because that person has violated your rights and your dignity so badly – but as time moves on - you also come to realise that carrying feelings of anger and resentment are indeed very—very -- painful emotions...especially when we are carrying them around with us wherever we go...they are like bags of sand weighing heavy on our shoulder – they are like knives churning in our stomach -

And so - the person you feel angry towards may not know or care how you feel, -- or may even be dead – but even so -- that person will always be alive in our minds long after they have died

– because we are still holding on.

And so my friend tells me that there is always a price to pay- for holding on – because deep down we know fair well-- that if we can’t let go of our anger and resentment - then we are in a way stuck on a giant hook and right next to us, --- stuck on that hook, -- is the person who has hurt us. They got ‘hooked’ after us, -- and therefore they are closest to the barb.

And as you probably know from your own experience--there is no doubt that the hook is very painful. Wherever you go -- the hook goes -- and so does the person who has hurt us so much

—

And so –after a while --you realise that the only way you can get off the hook ---is if you allow the one who hurt you to get off the hook first. Because deep down we know fair well that the cost of not allowing the offender off the hook-- is a lifetime of misery.

This is even more painful, --as the anger and resentment may be replaced or compounded by feelings of GUILT and so we find ourselves experiencing even greater levels of anxiety and depression- and so the drama unfolds in ever greater proportions.

*And so -- Looking into my friends face – - I asked how one could possibly escape suffering the effects of such terrible cycle of emotional turmoil-*

And so my friend looked me in the eyes - as if to find out if my question was sincere enough to warrant a deeply true and meaningful answer – and after confirming that I was indeed sincere– my friend told me the secret that got her off the hook – and so she said

Well – if you want to really move on with your life – you need to learn how to forgive those who have hurt you the most

*Noticing my puzzled expression – my friend explained further:*

Yes – you need to learn the concept of ‘Forgiveness’ – but, she says with a wise smile in her face - understand that the process of forgiveness is a complex and subtle business.

It may not be a good thing to forgive too soon – because there is much to be said for anger as an appropriate first response to violations of our own, or others, rights and dignity because it carries some very important messages.

*And what messages would they be – I asked?*

Taking a deep breath while looking calmly at me– she said -

You see - The first message is that we had our rights violated -- and so we know that we deserve to have been treated better. And so we can say that our anger honours the serious moral breach that has taken place.

But – nevertheless - anger is a painful emotion, and thus blocks our opportunity to have more pleasant experiences. If we come to think of it – many of us are very much encouraged to learn that we must avoid our painful feelings.

So...deep down many are pressured by this kind of thinking – and therefore feeling somewhat the need to trying to forgive too early -- as an attempt to avoid the pain of anger-- is therefore unproductive. But what we really need to understand is - that the feeling of anger as a first response to injustice is perfectly normal and most of all healthy.

Because – as I mentioned earlier - our initial anger carries a message that is good for our self- esteem--- It says ‘I deserve to be treated better than this.’

But there is also something equally as important coming out of this.

Our anger also carries a message that says the person that has hurt us so much--- has acted in a way that is beneath their dignity as a member of the human race. And even if it is difficult to hear – but it is therefore also an affirmation of the worth of the one who has hurt us. It says -- that you expected better from them; --it says that what they did is beneath their value as a human being.

Understanding this certainly helps to let go of the hurt and move on. And so --Forgiving others enables us to forgive ourselves more easily, and so we are able to let go of the negative and self- attacking thoughts and futile struggles with a past that cannot be changed.

*I don’t believe it’s that easy – I said shaking my head in disagreement – I don’t think that*

*people just go on - and forgive and forget just like that –*

Who said forgive and forget? My friend calmly replied to my little outburst -

Understand that forgiveness has nothing to do with forgetting even though it is of course possible to forget hurts in the course of time-- whether or not they have been forgiven. Forgiving involves a level of deep transformation of the one doing the forgiving that’s for sure -

-

It is possible to forgive and not to forget. There is really no need to forget an injustice. You see

– I told you the act of forgiveness is a complex business – it needs to be well understood- For make no mistake – the act of Forgiveness is not an act of excusing.

Forgiveness does not involve telling yourself or the one that has hurt you that what they did really was not that bad, and that it was o.k. for them to behave as they did.

Oh no---If you forgive someone,-- it must be with the clear consciousness-- that what they did was NOT o.k. at all-- Your forgiveness does not ever, and should not ever, remove that fact.

But if you decide the behaviour of the one who hurt you was not morally wrong after all-- then you simply are just excusing them-- not forgiving them – as there is no moral offence to forgive.

So – you need to understand that -- Forgiving the one that has hurt you-- does not have to include pardoning them. Sometimes it probably should not. --- Pardoning involves sparing the offender the appropriate and necessary negative consequences of their actions.

So—what Forgiving really involves is a wish to replace hatred -- and resentment-- with more generous feelings of benevolence.

And of course - if what this person or people have done to you - is indeed very bad, -- then realistically any feelings of benevolence might be very difficult to nurture, - and if anything – they may remain fairly slight at first. But you may be surprised to find that eventually you might have nurtured these feelings enough to release you from the intense pain of perhaps chronic hatred.

Think of the example of you being mugged in the street.

If the perpetrator is arrested and sentenced by the courts, -- you might feel it is appropriate for them to receive their punishment, ---whilst being prepared eventually to forgive them

In other words- you may perhaps come to some point – where you wish the offender or offenders well-- in their journey through life --and perhaps even feel compassion towards them for their own human suffering, -- and hope they will in the course of time develop enough compassion and insight to set them on a different path.

So – as you can see - Forgiveness of others-- need not involve reconciliation – or a return of the relationship to how it was before the injury happened.

Nor is Forgiveness dependent on whether the offenders show remorse for their actions. – otherwise – you --could be forever on the hook-- if this were to be the case – and as we know now - there would be no end to the pain.

There is of course no doubt that It is certainly easier to forgive-- if those who hurt us express sincere remorse.

However---understand – that it is possible, --- and often necessary, -- to forgive -- REGARDLESS OF whether the people who have hurt us show--- remorse or apologise.

As I mentioned before -- Forgiveness is a commitment to engage in the tricky ---and sometimes long-term project --of letting go of resentment or hatred towards those who have hurt us the most.

And even though –it is a difficult process -- is also empowering for the forgiver: --- as the power for enabling forgiveness to happen -- is taken away from those who have hurt us.

*A well – I said – what happens then --when the person who has hurt us -- is no longer with us –*

*or we never get to see them face to face – how can you forgive then?*

My friend smiled – then with her mild mannered voice - she said

Forgiveness does not have to involve telling those who have hurt us, ‘I forgive you’. You may never meet the person who has injured you,-- or see them again – or they may have died. They do not need to know you forgive them. Forgiveness is your own private experience-- you do not need to share it with those who have hurt you, ---unless of course you really want to.

But – I must warn you -- Telling someone ‘I forgive you’ ---is often used by people as a means of hurting them – by shoving the perception of moral superiority in the face of those who have done us wrong. –Well -- Doing this is hardly forgiving –.

You see-- Forgiveness involves a willingness to ACCEPT the injustice one has suffered as a fact. It involves giving the world permission to be as it is-- because that is what the world is like-- and struggling to deny that reality will just increase our suffering.

Again – don’t misunderstand me - This does not mean WANTING the world to be as it is-- a compassionate being will always strive to make it better.

And if we carefully consider it -- We all - are likely to have violated the moral rights and dignity of other people ourselves at some point in our lives --

Please also understand that it is clear that we can’t just switch our resentment-- and anger off like a light. As you have come to realise by now -- Forgiveness is an action, ---but it is a tricky one.

It is an action of loving kindness towards the deepest—spiritual-- part of the person who has harmed us – even though at the surface we find this difficult to understand--

It is a gift to those who have hurt us—it is freely given—and it is a gift that they do not deserve.

But – as you will realise-- The gift has a wonderful two way quality -- because when you do it right --it turns into a gift to yourselve—for if we forgive-- we are released from the chronic pain of resentment,---anger and hatred.

Releasing oneself from unforgiveness, --with its chronic resentment, --anger or even hatred,-- can be a difficult business. We get very attached to our feelings of hurt,--and so we can feel very reluctant to let those who hurt us -- ‘off the hook’ -- by letting go of these feelings.

But don’t forget – Those who hurt us—are also vulnerable to suffering. They may one day experience a similar injustice to the one they have committed-- which may transform their understanding of what they did --- People can change. And so--The person who hurt you might deeply regret it in a few years, -- or sooner. They may well have changed. All human beings suffer – a lot.

And so -- In the process of forgiving,-- it might help to try first to make some space for the possibility-- that the behaviour of those who have done us wrong, --- requires excusing -- rather than forgiveness.

*Ah—I said – did you not tell me just before that excusing has nothing to do with forgiving?*

Well – it doesn’t – my friend was quick to reply – but there are many factors that somehow explain why people do what they do-and there are many explanations one could find therefore-

to make sense of it all-but from our end --we just don’t know the answer to the ‘why’ it all happened. And as with anything in life – as soon as we can explain the possible reasons – we will notice that we find ourselves in a much better position to understand – and forgive.

And so we could assume that the person who has caused us harm may be suffering from a psychological illness that has played a large part in their actions.

Or we could say that given their parenting, -- or the culture in which they have grown up,-- or all their other life experiences,--- their genetic inheritance, --- or their own delusional self- deception,-- have caused them to have such a narrow perspective -- that they see their behaviour as appropriate.

So---you may even start asking yourself if it is possible that, had you been born in the place of the person that has hurt you --, would you too have been inclined, as a result of your experiences, to behave in the same way as they did?

Then again- we might also come to the conclusion that some people are less developed in moral and spiritual wisdom---perhaps in part as a result of their life circumstances? Maybe - they have not yet had the kind of experiences that would enable them to develop a higher degree of moral wisdom – or have had life experiences that have hampered their normal ethical development? We just don’t know the answer to these questions- but it sure would explain a lot.

For If this is the case,--perhaps we can separate out the deepest self of this person – and somehow see deep inside them a potential that they have not yet developed.

Some people think that there are no bad people – only bad actions, --- which arise largely from moral and spiritual ignorance, which in turn are largely caused by negative existential circumstances…

And so we could argue that the individual acted to some degree in moral ignorance, because life has not yet taught them enough moral wisdom.

It might, of course, be the case, that the individual acted selfishly or maliciously, whilst knowing and feeling they were doing wrong. This is the element of their action that perhaps deserves the attention of forgiveness, rather than excusing.

But as I mentioned before - It is no doubt difficult to remove or change the form of painful feelings by acting on them directly. If you try to get rid of your painful feelings of anger by trying to suppress them, -- or trying to replace them directly with feelings of benevolence, you may well find that this strategy entangles you in a futile struggle -- that could make things even worse.

*OK- I interrupted - So- you are a saying that it is a good thing to excuse the behaviour of those who have hurt us – by finding reasonable explanations for their behaviour? – is that all one has to do ---to get the process of forgiveness started? To be honest- I think it sounds a bit weak especially when someone has been hurt a lot.*

Oh no – that’s not all there is to it- my friend quickly responded- explaining to oneself how it may have come to all of this – is only one strategy –

## ACTION

A different strategy involves giving a gift to the person who has caused you hurt -- could be another very helpful stage on the road to forgiveness.

*A gift? I asked with genuine surprise in my voice.*

Noticing the skepticism in my voice – my friend went on to explain—

Not a gift in the normal sense of the word- of course.

In order to forgive,-- it might be useful to giving those who hurt us -- a moral gift. Offering a real gift that they know about --and can be rejected or disparaged -- such as sending a birthday card, -- might make you too vulnerable to the possibility of rejection and add insult to injury.

One important moral gift I would suggest-- is for us to wish that those who have hurt us-- will make progress in their journey through life, --growing in wisdom,-- including moral wisdom,-- and in compassion for themselves-- and for their fellow human beings. So – in other words - we can try to work towards wishing that their journey will eventually end in fulfilment and happiness for them.

*Now you really asking for a lot – I interrupted – how would something like this work? I mean—*

*how can someone wish those well that has given them so much pain?*

Well, she said....in practical terms, this can be achieved by us believing that life is an eternal process – a process where we are constantly changing and expanding our insights and capabilities—and where we are inhabiting different bodies in our journey through life. The purpose of life is to be creative – and thus to create as many experiences as possible—and so we play different roles but our essence or potential always remains the same.

So – in a way we need to believe-- that there is an indestructible potential in all of us to choose good- no matter how terrible those who have hurt us may come across – and as all people are interconnected --they therefore influence each other – as we are governed by the law of cause and effect- in other words - what goes around comes around--

However- if we take this approach—we need to believe that some of us have not yet achieved their higher human potential -- and therefore serve as examples for us to know who we are not— but at some stage or the other - they too --will eventually be where we are – and that may require them to experience what we have just experienced – so – we thank them – for their contribution – in making us realise that we need to move on to become greater- and wiser than

ever before – in other words- we thank them for making clear to us – which choices we need to make -- and so by directing our good will towards that part of the person that is their deepest self -- we may even come to feel sorry for them -- as they will have to most certainly have to suffer the consequences of their actions -- and if they don’t mend their ways right now – then certainly later. The law of causality is strict – what you do to others – you do to yourself

So...if we come to belief this—than whatever character,-- beliefs, -- or urges the offender now has—are all impermanent. And so we know – that these can and will change, and are not a part of their innermost identity – even though those who have hurt us may not know this themselves

– in fact – they might not even believe it right now due to their limited understanding of the law that governs all life.

But we know – and that is all it takes – and so with increasing moral enlightenment that will come as a consequence of perhaps painful live experiences that still lie in the future, they can eventually kill off selfish, malicious and morally ignorant aspects of their character, and emerge a better human being – eventually - it is up to them – when this shift is to take place.

Of course- We all know that some people never seem to improve their behaviour towards others, -- despite having a whole lifetime to do so.

Imagine a universe,-- where we are reincarnated:-- reborn to new parents every time we die, and have a new life history. --That core ‘self’ we have is the same every time,-- but because of new experiences, --there is always the possibility of turning out differently.

Imagine also that, each time we die,-- we also somehow transfer the moral wisdom we have accumulated so far-- into our next existence.

So—if we can believe that – we can also develop our compassion by wishing people well …

First ourselves ... then a good friend ... then an acquaintance ... then a difficult person or

enemy .... then the whole of humanity …

We wish them well in their journey through life. --We wish them-- that they are happy—wish them that they be free from suffering, --that they grow in wisdom and compassion …

It’s not easy. But the alternative is to stay stuck right next to them on that hook and if you think about it -- that’s not easy either.

So – in that sense - Forgiveness is a difficult process – but it is a great opportunity for personal growth.

And so---this might well include the experience of those who hurt us --being a victim of injustice and suffering-- just as they have inflicted injustice on us in the past. Thus-- they might be able to develop a deeper understanding of injustice as a result of this -- and deeper identification with the suffering of others. Their own experience of suffering and injustice might lead to the development of great moral wisdom.

The offender might need the love and compassion from others --that has always been lacking in their life-- in order to make progress as a moral and human being.

Perhaps you can wish them whatever they need in order to become a much better person –

including both experiences of suffering and injustice, -- and experiences of being loved. They might also experience great remorse about the wrong they have done to other people.

They may deeply regret their past wrongdoings, and work to make all the necessary changes. --- Now --Think carefully ---Would you be willing to wish this person happiness at this point in their development---, in view of the lessons they have learned through suffering,-- and from experiencing compassion? *wait*

So – again-- how would you feel about this person who has hurt you-- if he or she were to develop compassion as a result of their own experiences of suffering, - injustice and then being treated with compassion – of them getting in life whatever they need in order to kill off the kind of character and mindset they had-- that caused you so much pain?

How would your opinion change?

How difficult would it be for you to frame the thought of ‘If the person who hurt me were to have these formative experiences, --- and learn compassion and remorse from them,-- then I wish them happiness.’?

*wait*

Perhaps it is even possible for the person who hurt you to achieve such a level of development in their current existence in this one lifetime – who knows?

But let me tell you - if you are able to do this,-- then you are on your way to forgiving them. If you are able to wish them well in a possible future-- where they have learnt some difficult lessons, -- and had some more nurturing experiences,-- then you have given them the gift of forgiveness.

As I said earlier – Forgiveness does not mean pardoning them. Forgiveness makes it a condition of their future happiness to learn through experiences,-- including difficult ones where they are on the receiving end of injustice, the negative effects of their historical behaviour on others.

Forgiveness doesn’t mean that you should continue to endure abuse at the hands of an abuser – and then excuse the abuse by telling yourself you forgive that person- oh no—the abuse has to stop right there right now -- if that were to be the case—

Forgiveness is a CHOICE and an ACTION, but not an action of futile struggle.

You may find that it takes a very long time to forgive. That is hardly surprising, given the scale

of injustice and suffering some people have experienced as a result of others’ wrongdoing.

However, forgiveness, as a choice, involves a COMMITMENT to keep working at letting go of anger,-- and developing some compassion. -- You need to be committed --

There may be days when you feel particularly angry: --but this does not undermine your commitment, --which is a choice to continue where you left off in the process of forgiveness when you lose some ground.

If you wish the person who hurt you progress and happiness-- this will be a gift you give them,-

- and of course one that they need not know about. --Your wishing them positive development and happiness would have to be something you are sincere about.

*So— that sounds all very good -- I said to my friend – but are there other gifts one can give that will make us more forgiving?*

*Well— my friend said after thinking about it for a little while --*

Yes...there are other gifts you could make to those who have hurt you in order to aid your process of forgiveness. For instance -- you might decide to suppress a critical comment about them that you are bursting to make during a conversation where they are not present. ----That usually feels like a safe gift to give.

Most importantly – Being willing to accept our suffering and the injustice we have experienced

- does not mean *wanting* to experience it, or resigning oneself to it. Neither does it mean we should not take steps to avoid or remove that which causes us to suffer.

However,-- willingness to accept --*does* mean being prepared to fully take in the painful experience, -- and not trying to remove it by futile means that will only increase our suffering,-- or perhaps compromise our values.

So again-- It is not ‘resignation,’ – rather it is an active taking in of the experience,-- including all the thoughts and emotions associated with it.

As such-- acceptance means permitting the world to be as it is,-- rather than demanding without compromise that it MUST be how you want it to be.

Acceptance does not mean giving up on trying to make the world a better place.

*I don’t know about you – but I found what my friend said very enlightening*

## Forgiveness Process

And now...as I am sure you have been listening attentively to my words-- I will be quiet for a while...and only if you really want to - you may want to take the opportunity to practice some of her advise and start the process of forgiving those who have hurt you the most -- those who have wronged you –-- so you can set yourself more and more free of that anger and resentment

--that you may have felt there for far too long – deep inside –and you know – that keeps you on the hook – but now that you know that those who have wronged you in the past don’t deserve to hold that power over you – you may feel ready to start the process of forgiving--

so – maybe you want to let it go now – and walk free – but those who wronged you -- won’t

know any of that –and I want you to understand ---that it won’t make right what they did—

And if you truly want to start the process – right here right now--

I’d like you now –in a moment when you hear me counting down from 3-1 -- to just think of those that have wronged you in the past – or even those who do you wrong at this very moment

---because you will come to know – you come to realise--that forgiveness sets you free – you – not them –you can let it all go – and you can do that all now – letting go of anger and resentment – just a clear knowing that – there is a better way for you now – that’s right --

So—when you hear me counting down from 3-1 - I’d like you to just imagine yourself -- being seated in a big white room – with some empty chairs opposite from where you are there now in that white room --–

OK 3-2-1-be there (and when you are there give me a finger signal)

*(wait)*

Good - and I ‘d like you now --to imagine how you call that person – or those people into that room-- that you feel –need to be there –the one who hurt you the most – or if there are more than one – then those who have hurt you the most - one by one – getting into the chair opposite from you ---all those who have hurt you – now or in the past --one after another – call them in -- and let go – and forgive them for their ways---because you know now --that was all they were capable of doing – caught in their own snares of delusion – not understanding their lives –they are still on their journey to find their greater humanity - not understanding what is right or wrong – their action will catch up with them sooner or later—and they will suffer the consequences for their wrongs --

– but that is the past now – and that doesn’t concern you anymore or any longer---because only you have the power to let it all go –– you wish them all the best on their journey -- for your own sake – and you move on with your life- but they don’t know any of that – they never will – so it’s really not to their benefit at all--but you are finished with that now – it’s all water under the bridge – and you can do all this now -----as I will be silent for a while – tell them that they are forgiven --

(wait for 2-4 minutes)

and as you are letting go – feel yourself getting lighter ---feeling more at ease – and I like you to notice your breathing –feel how that stomach feels released--you know now --that you are worthy – you are loved and included and only you need to know – you know – you are relaxed and –you are at home with yourself – nobody could possibly have the power to reject you – because you know who you are – naturally – automatically – you are relaxed and you will come to notice that you are starting to see the world in a much more positive light—self accepting – and –from now on --you need nobody but yourself to make you feel that way – accepting – understanding– being you – with all that that makes you --you –

Just release it all now – and welcome your much better – more accepting way of being truly yourself – accepting – letting go of all that past anger –and resentment- feeling free- and that is OK

You are worthy – feeling calm and confident – and you will discover –that that confidence grows day by day – hour by hour – you are in control You will simply let go of all that hurt and anger from the past – just letting it all go –accepting yourself completely

# Golf Improvement

What is really enjoyable to you, (apart from the numbers on your scorecard) is the feeling of falling into a steady, comfortable rhythm, as if a hum guides your every move. Some people refer to this state as being "in the zone," or "in a groove."

So your first step is to discover your most comfortable, personal rhythm. This matches your swing thought. On the one hand, if you're trying to keep your swing slow and smooth, you find that a leisurely pace suits you best.  You prepare yourself beforehand in everything you do - making it slow and steady - even the way you get dressed for a round or drive to the golf course is slow, and steady.

On the other hand, if you're the kind of player who gets pumped up by playing well, a faster pace is better for you. You do things to keep a high energy level. You listen beforehand to upbeat music on the car radio or on the tape deck which helps to prepare you. You maintain a steady rhythm in order to help yourself to fall into a successful groove.

Once you've committed to a rhythm, you let it permeate everything you do, not only your swing, but the way that you walk, tee up your ball, even speak. Rhythm is required for every shot in golf and is more important than any one physical aspect of your swing. The reason that golf is 80% mental is that distractions in your thoughts can cause tension in your body, interrupting the rhythm. You easily control those mental distractions to consistently swing well and with rhythm. You concentrate your mind entirely on the game at hand, removing all distractions from your mind.  If any distracting thoughts enter your head, you have a technique that you use to dispose of those thoughts.  You imagine a bin or some other receptacle a short distance away, and before starting the shot you put any distracting thoughts into that bin, knowing that you can always take them out when the game is finished – then you concentrate on your rhythm, establishing the rhythm in all your actions, and allowing it to carry over to your golf swing.

Some golfers use a metronome to help feel the rhythm in their golf swing. It is as simple as ...1....2.  Count one on the backswing and two on the downswing. This ensures that the speed of the swing is consistent and that the proper rhythm and tempo is achieved.

When you have the opportunity, you like to roll some long putts on the practice green before you play. If the green is too crowded, you forget about putting to a hole and you putt to the fringe. When you have the green to yourself, you putt to all four corners or to clubs placed 20, 30, and 40 feet away. You always concentrate on rolling the putts the right distance so that in similar situations during the round, you'll be so much better prepared.

To create a golf swing that produces consistency and power you maintain balance throughout the entire swing. They key to achieving balance is to distribute your body with your weight centred over the balls of your feet. By doing this you allow your legs to feel lively and ready for action.

Visualize yourself now, on the golf course, balancing your body - standing tall with your feet spread apart - shoulder width, your upper body bent forward at the hip joint and your rear moved slightly back.  You flex the knees slightly and distribute your weight naturally on the balls of your feet.

You practice finding your balance just a couple of minutes each day - which allows it to feel very natural to you.

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A well-blended swing can look as if the arms simply follow the body as it turns. But you are aware that that's not what really happens. You know that the arms do the "up-and-down" and the body does the "around," and they each work independently of the other.

You pay attention to the position of your elbow, ensuring that it is pointed down in line with your right hip at the top of your swing. From here, your elbow can stay even with your hip as you start back to the ball, allowing your arms to get back in front of your body and square the clubface at impact.

You spend less time reading the break and more time focusing on speed. On long putts, the surest way to get the ball close is to judge the distance correctly. Stand to the side of the ball and rehearse the stroke, getting a feel for the effort required. You mentally divide the putt into segments: Walk halfway to the hole, look at the ball, look at the hole, and then make some practice strokes. Dividing the putt in half makes it easier for you to judge the entire distance.

With a long putt, your goal is to leave yourself an easy second putt. It’s similar to laying up on a par five: You aim to leave yourself the perfect distance for the next shot, which, in this instance, is three feet or less and preferably uphill      You picture a circle six feet in diameter around the hole and aim to get your first putt within that circle, knowing that you will always make the second.

When reading the putt, you focus on the entire line, not just the starting point. You pick an intermediate target about halfway to the hole and use that as your intended line. Then visualize the putt rolling over that spot. You think of the whole putt as you would a ski slope, envisioning the putt’s trail and keeping the ball within that track.

On really long putts, your normal stroke finds it easy to provide more power. You hit the putt as you would a chip – standing taller with your stance slightly open. You swing the putter back and through with your arms and shoulders, like a pendulum chip, letting your lower body react to the motion.

You play steadily and easily, achieving consistently good results. At times it seems almost monotonous - like the sound of my voice, as shot after shot flies predictably at the target.

To play optimal golf you begin to improve your cardiovascular condition. You realize that playing golf alone is not enough to improve your aerobic fitness. Having an improved level of cardiovascular fitness enables you to maintain your energy levels, fight fatigue, and stay mentally focused for every one of those 18 holes. Walking, biking, stair-stepping, and running are great examples of cardiovascular exercise. And you begin spending 15 minutes 2-3 times per week at a comfortable pace to improve your current aerobic level.  So visualize yourself now doing your favourite exercise, really enjoying the experience as you become fitter and healthier and more mentally focused for each of those 18 holes.  Being aerobically fit increases your confidence, which is what golf is all about.  And your confidence is increasing day by day.

Flexibility is an important component to improving your golf swing. You enjoy warming up for 5 minutes before stretching, in order to increase your body temperature and allow your muscles to lengthen. Combining these components in a golf-specific conditioning program has you shooting lower scores and playing more enjoyable rounds of golf.  And your whole golf is improving day by day as you become more confident and more fit and more aware of these wonderful changes within yourself.

And each time you listen to my voice, the suggestions go deeper into your subconscious mind, growing stronger and stronger as each day goes by

# Hair Pulling - Trichotillomania

And I know – and you know too – that you've been pulling out your hair for a long time now - and it's something that you're getting really fed up with - you're probably even beginning to feel really ashamed of your head being the way that it is – bald in some patches even - and really want to be able to have beautiful looking hair – not only on your head, but everywhere it should be – your eyebrows, eyelashes and the rest of your body.  
  
Well - by wanting to stop pulling out your hair you're already halfway there – and so I want you to really imagine the things I tell you – with all your senses – as much as you can - imagining textures and smells and taste for example – make them as real and vivid as possible to you.  
  
OK – now - just for a moment I want you to think about pulling your hair -- just one last time. Imagine bringing your hand up towards your head - you are toying with a piece of your hair. You are probably distracted – doing something else such as watching television or perhaps daydreaming, - or you may be bored – or nervous. It's almost as though the unconscious mind plays with or comforts itself while the conscious mind is otherwise absorbed.   
  
Good NOW -- And the first thing I want you to feel is discomfort - - ask yourself -- how did you come to choose that particular piece of hair - what a sense of injustice the rest of your hair must feel - why not pull the strand of hair next to it or on the other side of the head away - why not some hair from your eyelashes - or even both together - think about it – one hand full of head hair – the other eyelashes as you tug and tug and tug.  
  
Now - as you imagine tugging at your hair - I want you to think about a time when you pulled some really sensitive hairs – like at the back of you neck or in your nostrils - and remember that feeling – the intense pain and discomfort that makes your eyes water - - just think about that – and as you do --- I want you to increase that feeling now so that just the thought of pulling any hair on your head, your eyes or anywhere else reminds you of pulling those extra sensitive hairs.  
  
And as you do -- Notice how - with so many strands of hair being pulled - some of them actually fall out – and you can feel them coming out – and as each one is pulled out it as if they are light little bolts of electricity entering through the site – one by one – getting more and more uncomfortable - imagine this now - make it real - make it vivid.  
  
Your eyes are watering so much – it looks as if you are crying – you are making yourself cry through this silly habit of yours.  
  
Now all this imagining isn't very pleasant - in fact it's not only unpleasant but it's uncomfortable just thinking about it - and all you want to do is to move your fingers away from your hair right now - so you do - and immediately those unpleasant feelings disappear - but you always know that they'll return should you ever actually grab a handful of hair with the intention of pulling it out.  
  
Now let those thoughts fade away - knowing that they'll always be there with you again should you pull your hair.  
  
And instead - imagine that you haven't pulled your hair out for several months now and you're looking really good. Think about looking in a mirror proudly - you've got a full head of hear – thick and shiny and well looked after, it feels so nice and smooth when you run your fingers through it. And as you run your fingers through your hair – you notice that you have no desire to pull any of it out.  
  
Your eyes, which used to be swollen and puffy from pulling out your eyelashes – look as though they’ve finally caught up with a years missing sleep – when really the only problem was you pulling out your eyelashes. Similarly, your eye brows are in top shape. They grew back lovely and bushy – and instead of pulling them out yourself – you went to a stylist to make them a perfect shape – and now they look wonderful – like a model. You feel so good - so proud of yourself - and you deserve to feel proud of yourself - because you love your hair - it looks wonderful and is a credit to you.  
  
Ask your subconscious mind for a date - a date when your hair will look this way - allow a date to float into your mind now - and nod your head when it's there.

Good - now every day you find your hair begins to look so much better because you have no thoughts of pulling your hair at all - you just remember the date when you'll have achieved your goal and have perfectly grown back hair.  
  
And every day these suggestions grow stronger and stronger.

# NDB Insight Script

## Consciousness – and senses that create identity

Let me ask you an important question to which -- only you know the answer. --- How do you know you exist there right now? ---And I really like you to think about this there for a moment--- Just take your time – as you keep listening to the sound of my voice.

So… what is it – that you taste there right now – with your tongue - in your mouth? -- What do you see – even though your eyes are closed? --- What is the scent that you capture there with your nose? -- What do you hear there with your ears? --- What do you feel there where you are – with your entire body?

Are you aware of your breathing? And if so….can you slow it down so that you can go even deeper relaxed? -- so that you can pay even more attention to my words –-- and what they mean?

And you will probably notice --- that -- if you really come to think about it - is it not for your ability ---to use all these senses there -- that you are using there right now -- that you are aware of your thinking and feeling? What else could do the job?

And then – let me ask you another question that I like you to contemplate there for a moment --- what do you think is that –within you - which pays attention to what you are doing there right now? –

Is this not -- what you would call your conscious mind? Is it not that part of you ---that focuses on that which captures the attention of your five senses – and your very own interpretation of it? Like a beam of light illuminating only that-- on which it shines?

And if you think about it - there are so many thoughts arising from that on which we focus our attention – is it not?

And then there is that other part of us-- that we are unaware of – until we are aware of it – but only ever in part- because it is that part of us-- that is so vast-- that we can’t even possibly fathom its size –--because our conscious mind seems just not broad enough to encompass it – even though it tries—and so we can only ever be consciously aware of few thoughts – and the feelings – or the feelings and the thoughts – that come with that -- one at a time.

It is that part of us that knows ---that our heart is beating,-- our blood is flowing through our veins,---it knows the color of the room we are in,--- it recognizes the world around us without us even having to think about all this consciously – and it does so automatically – without us even having to make an effort at all – is this not what we call our unconscious mind? ---Hidden from conscious view – until we pay attention – and even when we do- we can only see small parts of it.

## Identity Formation – judging between two points creates choices

And so --have you ever wondered how we get that vast-- deep ---and effortless understanding that makes us who we are? -- And who are we – really? What makes you – really you? -- And not someone else? – So—what has brought you to this point – here right now?

And as you think about it there … is it not that we have paid attention to our senses since birth – just the way you doing it there right now? ---But you see-- a newborn is not aware of its identity – like you are there right now. --You know a chair is a chair – a table a table – the moon is the moon and the sun is the sun – your name is your name- because they told you – and you started to belief. But newborns--- they only see things – the way they are – without interpretation – without prejudice – until someone tells them what it is – that they see – and so they started to belief – they started to become aware – of themselves - and there are so many things to believe - that are helpful – but then there are also so many beliefs that are unhelpful – that are plainly untrue – but we might still believe them—because this is who we have become – and this is all we know- -- but what is the truth anyway?

And as you know - you too have been a newborn once – and you may be so again - and so ask yourself - what are the many things that you have you come to belief?

Ask yourself-- how many experiences have you experienced there up until this very moment? How many times did you judge something as good or bad – high or low- big or small – hot or cold – painful or pleasing – this or that – the ying or yang – hatred or loving - or anything in between - to arrive here right now – to be you?

And it is true - without having to choose and decide between those seemingly opposing options – how else could you define yourself otherwise? How else could you say that you are the one who likes coffee – but not tea and you don’t mind water? like a navigator on a ship – who needs two points to understand his position on the high seas- to know his exact location- so do you too need to know who and where you are - and we know now why.

And so now that you know the truth -- have not your senses served you well? -- And if you really think about it -- what do you judge there right now?

So who are you really? Are you not the sum of all these judgments? All these patterns you have come to confirm over and over again and again – and then again? Giving rise to what we call - your ego – a distinct wave in an ocean – but not really separate from it all – and this is good – is it not?

Of course it is--- for if you would lose your sense of self – your judgments - your boundaries – your ego- would you not simply subside into boundlessness? Back into the ocean – back Into all? – and so you know deep down – if you want to be somewhere – you can’t be everywhere – you need to make choices and judge the distance between 2 points.

## The Physiology of Belief

And so every sensation – taken in-- in waves through your senses—forming representations of the world around you --comparing it with what you have experienced so far- and every interpretation and thought that comes from that – no matter how big or how small – how conscious or unconscious – is transferred into a tiny electrical wave – a signal travelling down the neural pathways in your brain and in your body where it excites many other nerve cells (neurons) --and they all do their job- allowing your body to become in the flesh what the mind believes to be true – your truth – and the more often you think it – the stronger those neural pathways become – the stronger your sense of identity.

Isn’t it amazing that all this should come from judging the distance between two points – and our expectations that come from that. For if I were to tell you that I was to give you gold and silver – and one hour later were to tell you that I’ve changed my mind – you would be unhappy even though you never had the gold in your hands in the first place.

## Meaning and Purpose – a matter of self -creation

And so if you were to judge there what you worry about – day in and day out or even just now or then - if this is good or is this bad? Useless or useful? Meaningful or meaningless? – or is it simply what it is – to be what you are – doesn’t it all make sense somehow – isn’t it all meaningful on so many levels?

Then again – what is meaningful anyway – you may want to ask? And as you do - you may find that even a brick you have walked past without noticing so many times - can become meaningful to you - when you stop and give it the meaning you want to project. -- You could declare to yourself that the fate of this brick is linked to your own – or that it symbolizes the memory of the foundation of the house you live in- or it may be the brick that has started a revolution – or the one that has been touched by some sort of celebrity – and so that brick gives you the energy you want to give it – it is what you want it to be -

But at the end of the day – a brick is still a brick – but you will always be the creator of meaning – and this is why we all need to find objects– things- situations- events - so that we can become aware of the meaning we want to project.

So if you think about it- Isn’t an object of worship nothing more or nothing less than a reflection of our own projection?

And wouldn’t the most appropriate object of worship be the one that truly reflects our inherent power – like a mirror showing only that which presents itself before it?

How else would we be able to know ourselves truly otherwise? – how else would we know who we truly are – without distortions – without the influences of the many meanings we give to so many things – and so it is easy to forget – who we truly are – and the immense powers we always had – now – and in future

So – if you understand - the question is always – who do you want to be – really? Is it not?

Because if you truly understand - does this not prove that you have the power to create a meaningful life? The power to turn every single event—every single item – every single moment that enters your awareness there right now --into the most meaningful experience?

So – if you think about it? What do you project? – and if you don’t know – and you want to find out - What do you experience? What do you belief? And why do you belief it?

And as you do – and as you become more and more aware of it – have you ever asked yourself – how you can you use all this – for fuel for a greater awareness of yourself – and that what is around you – like a rocket burns fuel – to fly ever higher - or do you use all your power to allow your circumstances to make you feel small – and insignificant?

Is it not in your hands? To rise or fall – but what good ever comes from allowing yourself to be less than what you truly are?

## Dependent Origination

And so - you will come to notice that even though the future of the future - still contains the past-- as all is forever connected and has been so - from time without beginning --way into the infinite future.

All you can ever do is change your view – create meaning - and so you can transform that which looked like a rundown desolate burned out old house into the foundation of a golden palace reminding you of who you can be – who you are really - for if it wasn’t for experiencing that which you are not – you would not be here today – the way you are – and I wouldn’t want to have missed meeting you – because it makes me aware of who I am – how else would I know? And for that I thank you – yes I do. You can never be without me - and I can never be without you – we are all together large or small – there is no way we can get lost -

And if you think about it - all of it- is who you are – is who we are - and who we are - is all we have – but we can be what we want to be- what do you want to be – what do we want to be – is the question we need to ask? So how could you ever say that you are not important to me? How could you ever say that I am not important to you?

## Questioning what you belief about yourself- creating choices

And if you think about it -- are you aware of what you are seeking? And is what you are seeking there --something that serves you well? -- Really well? Or does it only help you maintain your sense of identity – a sense of being – perhaps -- a sense of security - that won’t allow your real potential to emerge? Because you just don’t know – that there is so much more to you – than what you belief there is right now.

But I like to tell you that there is.

## Self-Fulfilling Prophecy

A so it goes - what you belief is your identity – is what you are in mind and body – becomes the patterns you are seeking in life – becomes that what you are aware off – becomes your sense of security – this is how you set your boundaries – and even if they don’t serve you well – they are better than what you don’t know- so you believe - because in the absence of a better way – you have learned to believe that it is better to hold onto that --which you know—your mind can recognize as familiar.

And so you keep confirming what you already know – over and over – and then over again.

And so – is it surprising to you --that you always find what you are seeking? – is it not normal to look out for those things you have come to fear – is it not normal to look out for that which you love – is it not normal to see that which you have grown to recognize – true or not?

But why do you fear what you fear – and why do you love what you love? What is it that – that you are sensitive to – and which events have led you to feel and think this way? – Believing what you belief – is what the world represents.

And so you will come to realize that it is not what you attract – as they often say is the law of attraction – no--- it is what you yourself choose to see – which you yourself have been conditioned to see- is what you will find- as you are subconsciously – and consciously keep looking out for it – is it not?

Have you never noticed that as soon as you have a particular interest or owned a particular car – the world is filled with the car you are driving?

Have you never noticed – that when you are afraid of a certain thing – the world is suddenly filled with that which you fear? Even though you do your best to avoid thinking about it – but the more you do – the more you tend think about it – and that is normal –

Couldn’t that just as well work with the things you love? Ah yes—when we love something with all our heart – then we tend to fear loss that could come from that – all at the same time-- but what if there is no such thing as loss? – only perceptional loss perhaps?

## Function of Mind – the opposing view

And so you realize that your mind is always torn like two political parties in a democratic parliament – they are constantly arguing with each other – opposing each other - but why? If they both want in truth - what is best for their country.

And the answer is simple – when you think about it. Is it not because of two opposing views that we can have choices? Is it not because we can make better decisions because of opposing views?

Imagine you are standing in an aeroplane with a parachute and you are asked to jump out – is it not natural for a part within you to warn you of all the dangers that might come from such move? From all that what could go wrong? Would it not be right for that part to do everything in its power to stop you, to protect you from harm- so you will survive? And then is it not equally natural for another part of you to hold the counter argument – telling you that things will somehow work out – that you should do this to experience a different kind of freedom - perhaps calm you by telling you that others have done it before you – and they have survived?

And so it goes from one side to the other.

But – the question still is - who is going to win this argument? Will it ever be a 100% unilateral decision – most probably not – it never is.

And so it is with all the other things in your mind is it not? How much should you eat when you face a buffet of exquisite food? How much should you drink when the drinks are free? Should you exercise or sit on your sofa for another minute? Was it a good decision to have come here today? Is what you are hearing there right now true or false? Should you love with all your heart or should you be cautious? Is this too hot or is this too cold? Are you worthy – or are you not? Of course you are – but – there is always seems to be someone who will have doubts.

And so you realize that every thought has a counter thought – and that is perfectly ok – it needs to be that way – so you can get that sense of yourself.

And so you realize that all that is needed - to give you the greatest ability of making the best possible decision. Your decision – and your decision alone – but your decision effects everything else – just as everyone else’s decision affects you

But you know that a parliament also has a speaker of the house- a speaker that observes – someone who doesn’t necessarily belong to either side- and who ensures that the rules and procedures are followed and that the party with the most votes gets to make the decision – but sometimes those who get the most votes are not the ones who act in your best interest as you know –

So wouldn’t it be best then if the speaker – the observer is grounded in what is eternally true? So that every choice your parliament is considering can be measured and reviewed on that which is objective and devoid of falseness before a decision is made?

## Confidence & Goal setting

And so when we come to think about it – don’t we all want confidence – confidence in our decisions – confidence in ourselves? But what does that all mean? Now that we know that our sense of self is changing all the time? Suppose someone would ask you to develop the latest software to run a modern day computer- and that person gives you a date 1 year from now to deliver your invention- do you really think that when you arrive at that date your product is finished and complete? Or don’t you think that on the day of delivery you would have another million ideas of how to make your program better because the world just never stops in its advancement? So … will there ever be a day when things are just right? For when tomorrow comes that which you have done yesterday will seem like a dream and the future with its many unknown variables has not manifested yet.

And so we are caught between yesterday and tomorrow and so it seems that the horizon comes never any closer- no matter how fast we run – it just keeps slipping.

But when you come to think of it - isn’t that the point of it all? Something to look forward to? Something to look back to? And we do all that right now – always. That’s who were yesterday and that is who we want to be tomorrow – but even when we get to tomorrow – all we find is another tomorrow – and so it goes. Yet – when you really think about it-

when you still your mind – you come to realize that the NOW never ever really shifts – it is in the NOW where the past and the future merge into one- and it is here where you will always BE - observing - measuring the distance between yesterday and tomorrow – measuring the events of your life – the ups and the downs- the achievements and the many meanings you give to things – the achievements and your perceived failings that give you your identity – your sense of self – who would you be without it?

So I tell you this- every aim you set – every goal you project – make sure is achievable step by step –

I tell you this- every aim you set – every goal you project – no matter how large or small – might that be a dream of fantasy that eventually turns into reality – needs to proceed

For if you set goals that are unachievable you will hurt your sense of self – you will come to the false belief that you are a failure.

Think- what would happen to a child’s mind if you were to tell her that she could climb a mountain in a day that is as high as Mount Everest? Would she not believe you as her pure mind is unable to understand the true challenge of such undertaking?

Tomorrow then she would come to find out that she has failed – failed to achieve that which she thinks she could or should have done - and so a belief is instilled – like a seed – smaller than the one coming from the heart of a saffron plant – but big enough to introduce doubt in her mind – and so it goes and goes until she finds – that what she beliefs.

for if you every struggle leads to success is dependent on how you

for if we want to be someone –– we need to do something that leads to somewhere- we need to make a decision –and stick to it – so we can say ‘I am the one who is’

we can’t be everywhere

for in truth of course there is no end – once on a mountain peak you will come to see other peaks even more majestic than the one you are standing there right now.

## Universal Truth

And when you look back at the years -- you may look at an old photograph of you - and not even recognize who you once were – and if someone were to show you a photograph of yourself in the future 25 years from now – then you would be just as much unable to recognize who the person is that you are looking at.

And when you come to think of it, is it not that a cause leads to an effect but the effect is also cause to the next effect which is a cause into infinity - and so what looks like two - is really only one - is it not?

And so one thing leads to another --- and then to another – in an infinite number of ways - and what you see before you is really yours to change –- Because - you are the cause and you are the effect of the many roles you are playing- and even though - all is forever changing - you are in control –- just as you are in control right now -- because – you need to know – that the observer in you remains constant – patiently watching - perfectly and eternally still – and you can enter into this place anytime you wish – instantly – from now on…

and so it goes on – and we may be surprised to find that something that looks like two is really only one- and so you can know now -- that what you desire can surely be achieved if you maintain your focus long enough --

And so it goes on and on – from one moment to the next – and how you perceive yourself and that what surrounds you - changes ever more – is in constant flux – the future of the future will always contain the past- but you can transform your views here now and things will seem different then –

And so – is it not better then to make the most out of what presents itself before you? Now that you know that you are the creator who gives meaning to the things around you – now that you know that this is the only way that they give meaning to you?

Because if you do - the past can become your fuel for eternal growth – great struggle and great disaster can turn into wisdom – turn into firewood burning briskly when you use it to teach another who needs to hear your courageously spoken words – so that they themselves can go on.

Even your deluded thoughts and actions of the past that may have led to great regret – and sorrow - no matter how dark- oh yes… no matter how dark - can turn into a brightly shining sun – illuminating the path of many – if you can use your experience to bring a light to others – and most importantly – if you can see how the experience allows you to have the choices you are having there right now.

So the question is always – what is it that you want? Who do you want to be? What do you want to achieve? Who do you want to become?

# Jealousy – Metaphor

Understand that --- tor a long time now ---you’ve been experiencing feelings which made you feel uncomfortable--- and somewhat rather insecure.

And as you are perhaps well aware by now----these feelings have made you feel --less fulfilled-- than you know you should be feeling---and that’s been getting you down in so many ways.

But very--- very soon, --much sooner than you think,-- you’re going to put aside those bad, uncomfortable feelings--- and instead, --experience a new,---much better – much more healthy set of good, --positive feelings.

Because you’re beginning to realize ---that there really are much better ways of feeling--- and acting. ----You know ---that people who feel jealous ---can often doubt themselves or others, ---sometimes they find it hard to trust the person closest to them ----and of course ---you know – that no good relationship can thrive without that essential ingredient---of trust – trust is really all there is—is it not? –

Well—yes-- trust is the most important ingredient- and deep down you know that too.

In fact – when you think of it-- relationships are like a recipe, --- they need certain ingredients in the right proportion --- trust -- being the most important – but—respect—communication-- give and take,-- with perhaps a dash of humour ---are just as important too.

And I want you to imagine now---just go with my suggestions-- that you are the one --who is baking that cake today --- and so --decide which recipe to use--- read the recipe --and weigh the ingredients out.

*(wait)*

Now--be sure to have the right proportions-- and decide how you want your cake to taste-- is it going to be sweet or sour? ---Know --- that - if it doesn’t taste right ---you can easily start again ---and get it right.

Remember -- both parties get a taste of the cake,--and some people like to share it out---, and that’s good too. --- But what’s most important ---is how your piece of cake tastes to you.

*(wait)*

And I’d like to leave your conscious mind now-- to keep working on that cake – to make sure it gets it just right ----- while I continue talking to your subconscious mind –and I’d like the subconscious mind to listen carefully now to my words--

And I want you to realise --that that you have felt insecure now for quite some time------- and let’s face it,--most of us feel that way-- at some point in our life—but I tell you right now -- don’t dwell on old,--negative feelings --which hold you back in life – but remember much rather -that you are a child of the Universe --and you have every right to happiness whilst you are here--

And as part of you comes to realise this more and more – I like you to allow yourself --- to feel tender-- loving kindness now --for all the other people around you – and yes-- even those you don’t really know very well at all--- remember -- this is your universe –

So it doesn’t really matter – whether you know everyone by name or in person in this universe----because you can feel assured – you feel assured – now -- that this loving kindness that is radiated all around you ---through you -- by you---is also radiated back to you in some amazing ways—as you will come to realize over the next few days and weeks--

And so--- I’d like you to see yourself now – as you love, trust and respect others --- and others love, trust and respect you, --- see yourself –there now-- the way you trust others ---and as you do -- come to realise – that it is only natural --that others trust you----because you start to trust yourself – more and more-- and so most importantly-- you start respecting the wishes of other people—more and more--- and in turn they respect your own wishes—as you will come to notice –more and more.

There is no need to run after anyone – you are your own person—much more better – much more self secure—more at home with yourself--now

For – I know it might be strange to think—and you might think so too—but the Universe is like a massive giant mirror, ---and whatever is looking into that mirror--- is reflected back out into that Universe. So—whatever you think --feel and do---all reflects back to you – and so--if you are distrusting – deep down—so deep that you don’t even notice it consciously -- than distrust is what manifests around you there and then--

And so – because your thinking and your feeling changes right now—here and now – deep inside of you – your confidence grows – more and more – with every day—you feel assured now -- that your relationships go from strength to strength ---as you love and trust --and respect all the children in your Universe- especially those people that are closest to you – being more self secure and confident means you can let go—and you can let go now – for no matter what happens – you know – you will always be perfectly fine—and so that deep confidence there inside of you radiates out – you are at home with yourself- no matter what happens-

You are now beginning to realize-- that you can only be yourself --and nothing else—and that is always good enough.  And so- you understand now – that you could look at everyone in this big wide Universe --and discover-- that everyone --and everything will have something to offer – something maybe --that you don’t have,---- but then again – they don’t have what you’ve got—and so you are aware--- that you too --have your own unique and individual qualities ---and you have things to offer in life--- that others don’t have--, and this thought makes you feel good – because you are also starting to appreciate –more and more-- what others have to offer too--

And so---it is only natural that you begin –right now---to feel much more confident and sure of yourself because you know-- that you are a great human being---, you are you,--- and there is no-one else in this world quite like you—and being yourself is always good enough.  And the more you become aware of it now—the more you realise-- that you begin to really like yourself--- for what you are there-- deep inside.

 And I am not sure – whether you are surprised to find there now – that you begin to find that negative feelings --such as doubt—perhaps some inadequacy-- or insecurity and all that jealousy --begin to just dissolve away from you ----more and more --and as they do-- and right here in hypnosis--- I want you to imagine – there right now --what these unpleasant feelings,-- thoughts or situations- feel like – what do they feel like- ask yourself? Just let those feelings thoughts and situations come up there now--

*(wait)*

I am not sure but -- perhaps these feelings and thoughts -- are angry feelings and thoughts—maybe they are heavy or red or explosive maybe—so – ask yourself -- where are these thoughts—there in your mind- are they on the left or right? Are they in the front or the back? Are they somewhere up or down?

Just try to locate them there in your mind –wherever you can find them there – perhaps on the left or right, up or down ---in the front or back— of your mind

And so-- - once you find them wherever they are– if you can – I’d like you to move and project those images,-- thoughts --or feelings,-- onto the opposite side of where you picture them there right now in your mind*—(and when you have done that – when you can picture them on the opposite side-- of where were you can find them there -- I’d like you to give me a finger signal)*

Good-- now— let’s do something different – I would like you now to picture yourself facing a colourless--- concrete wall. Beside you, on the ground, there are a number of balloons of different colours and patterns, -- now - these balloons are the size of bowling balls. –

And as you look closer --You notice –that these balloons are alive -- they glow-- pulse, and breathe.

One of them is filled with a material that represents ---your jealousy –

Now---find the balloon that represents your jealousy – because you are going to destroy it in a moment. *(And when you have found it – give me another finger signal)*

Good – now make sure to get a good look at this balloon --- and then—use a whiteboard marker – and write the word - jealousy on the balloon—

*(And when you have done that – give me another finger signal)*

Now-- throw that balloon at the wall --- and watch it burst.—and as you do-- picture gas escaping into the air and picture a watery,-- coloured splat --on an otherwise featureless concrete wall.

– *and when you have done that- I’d like you to give me a finger signal*

Good -- Now – I’d like you to find any other feeling, --thought or situation there – that you want to get rid off – and allow yourself to feel the weight of those feelings-- and imagine them all welding together-- to form one big collection of mass - which you can actually hold there in the palm of your (*left/right*) hand.

So- imagine this now there -- to the very best of your ability-- whilst I am quiet for a moment or two—(*then give me a finger signal*) when you are experiencing the full weight --and texture and colour of those thoughts,-- feelings,-- or situations there in your hand.

 (Pause for a minute).

Good. -- As you know now --- those heavy feelings are unpleasant and unnecessary.  --They only did harm to you, --as you are the one --who has been carrying those feelings inside.

And right here in hypnosis-- in this safe environment-- I want you to let go of those feelings in any way you see fit--  Perhaps you can throw them away -- or see them dissolve-- it doesn’t matter what you do-- as long as you get rid of those old—unwanted—outworn-- unpleasant thoughts, feelings or situations –that you hold there in your hand

For get rid of them you must-- because you are determined never to let feelings like those affect you ever again.

You have felt the weight and the pain they can cause --and your subconscious mind is beginning to now completely reject those feelings. -- So in your own special way --- I want you to see that mass --that you’ve been carrying around-- leave you-- right now.

*And when you have done so – I’d like you to give me a finger signal*

(Wait)

Good – now- you may come to feel a lighter feeling there-- in your hand--- and also a lighter and more comfortable feeling there deep within you--- something beginning to replace the gap --where those old feelings were. --- And the lighter feeling may be a warm- confident glow -- a feeling of calm or peace or harmony and most certainly – a feeling of tranquillity – but no matter what exactly they are --- Simply allow yourself to feel those good -- confident -- wonderful feelings there right now.

And you begin to really feel good about yourself-- Not only do you feel good about yourself----but about others too.  --You develop a deeper understanding of humankind-- realizing that each and every one of us-- is special in our own unique way. -- And you are just as special and unique --and individual as anyone else.

You are a great and unique human being,-- with many special things to offer,-- and you are proud of yourself. --You begin to really like yourself more now --- you like yourself and you like other people--- it’s good that they have special things to offer too-- because this means there is more goodness in the world ---to go round.

If someone has something that you don’t have-- you no longer experience feelings of resentment or jealousy --or any of those old feelings-- that used to bother you--- instead you are glad.  You are happy for the other person ---because there are more special feelings radiating out into the world.

And those wonderful warm and confident feelings ---that have begun to develop there-- deep within you-- are going to grow and grow over the next few days and weeks.

More and more --- you will be feeling better about yourself -- and better about other people.  More and more ---you will be feeling comfortable about who you are -- and what you have to offer to the world.

And many times your subconscious mind will remind yourself,-- “I am a very special person with my own unique qualities. -- I like people,--and people like me”.  And the more you do remind yourself of these words,--- the stronger the good feelings inside you become.-- You feel wonderful,--- so calm,--- so confident,--- so relaxed and secure in the knowledge of yourself.

And these calm --and confident thoughts --and feelings just grow stronger and stronger and stronger.

# Mindfulness Script NDB

**Create awareness of true self- observer**

**The Place**

and– while you are doing all this now -- allow your mind to open – and I’d like you to imagine the inside of your mind as being your very own beautifully decorated outdoor movie theatre-- surrounded by a magical peaceful forest with trees large and small, -- where birds are singing somewhere near and far – and where in the distance - you can hear waves lapping lazily on a beach – and so this movie theatre that you find yourself in – has one of the friendliest most delightful atmospheres you can possibly imagine–-it has the calming sound of heavenly music playing somewhere in the background, the most fantastic exotic plants growing here and there with colors brighter than you have ever seen- the air is clear - warm and comfortable – and there is of course a large screen in the front – and a projection booth in the back- (and so you come to realise that this movie theatre is the centre of your mind – and you are right in the middle of it)

and as you look around – I’d like you now to notice that there is one very comfortable relaxing and very inviting large seat right there in the middle of this marvellous place – and that seat is facing the screen

**Create safety, control and consistent identity (i.e. ego strengthening)**

And as you take in the beauty of this great place that exists there – deep inside of you - you may come to notice that you feel drawn to that comfortable seat – that somehow you know so well - like an old friend from way back then – someone you have always known - and so you are placing yourself right into it -making yourself really comfortable – and the chair embraces you – and you realise it is made especially for you – nobody but you could ever experience this perfect fit – that comfortable – protective embrace – of that chair that you do -- and so nothing bothers you there now – as you are all embraced by comfort – safety – and well being - feeling completely at ease- safe and secure –

And as you sit there - you really know that this is your place – this is your safe place where nothing and nobody could ever disturb your peace. Here you feel the presence of your greater self – and so it dawns even more on you- that this has always been your place – where you can be yourself – and there is absolutely no doubt that you have the right to be here – right now -

Carefree – you know- you are in complete control – because nobody could ever come here without your permission – and whoever and whatever you may invite into this place – you know – you could ask to leave - and so whatever or whoever has been invited in here - would have no choice but to leave right there, right then- immediately as soon as you ask for it.

This is truly your space – nobody else’s - it always has been yours – and it is always here–you may have forgotten at times – but from now on - you will always remember.

## Introduce Self Empowerment

**Eternal place**

And you come to realise more and more – that here you have always known that you are unquestionably worthy of respect – that you have the indisputable right to be here - this great place of beauty inside never changes – even though outside of this place – beyond the boundaries – on the other side of the ocean - everything changes all of the time – but you know – deep within - that this is perfectly OK – because this is how it should be on the outside – this is how life is meant to be - but here where you are now – all remains perfectly still – there is no conflict – you just are what you are – there are no other thoughts necessary -

Just let go – and surrender to the acceptance – that this is your unmovable unshakable centre – Accept that here you are pure being – pure acceptance, pure wisdom, goodness and deep knowing – without thought - just being - accept that you are eternally worthy – without thinking -

**Interconnection**

Here in this great place of yours - you just know – and accept without thinking - that you are equal and completely connected to all there is – there is no loneliness – all is whole - and you know that every cause has an effect and every effect is a cause leading to another effect in an endless river of phenomena that has no beginning and has no end – but you remain perfectly still – here where you are –without thought – just a deep feeling of knowing – a deep feeling of acceptance -

And so – I like you to allow yourself to know – without question – without thought - that here where you are there now– you are the unmovable – unshakable – indestructible- infinite- observer – just take some time to really be it here now - without thinking – without questioning – without judging – and if you find yourself judging - don’t judge the judging – just BE the observer -- while I will be quiet for a little while

**Empowerment**

Good – now Here simply allow yourself now – from this great place of observation -- to accept that you are unlimited in what you can do – unlimited in what you do- if only you muster your determination and choose to act on whatever it is you are choosing– Without thinking - simply accept that you ARE the creative power that affects even the smallest particle of dust in the entire universe. Simply accept that when you move – the entire universe moves – and as you allow yourself to realise that for a while – I’d like you to take a moment -- and really allow yourself to settle even more into that special place of yours – make yourself even more comfortable

- Pause

## Introduce ‘non attachment’ Viewing Screen

and so -- as you are feeling a lot more comfortable there where you are – I like you to turn your attention to the screen in front of you now – and as you do – you come to realise that the screen really is more like a window to the outside of this inner place of comfort – this place of inner safety and security – of peace and knowing and unshakable wisdom- a window to what you see, hear, feel and think about what happens there before you -

And there where you are there now - deep down you know that all those thoughts and feelings can’t go any further than the screen in front of you – nothing can come in here where you are – everything simply bounces off – like a drop of water bounces off a glass window – so too can’t anything come in here and disturb your peace – and I like you to just take a moment and allow yourself to notice the clear difference between in here – where you remain perfectly still and in control -- and out there – where your thoughts come and go – like leaves blowing in the wind – chasing from here to there to anywhere --- coming and going – spurred on by your senses – seeing – - smelling - hearing – tasting- touching things - all bringing changing thoughts and feelings – in a never ending sequence – coming and going – some old - some new – making connections - sometimes strong – sometimes gentle- but always fleeting – and never still --

But in here you always remain constant – here you are the perfectly still observer to what happens there before you - wait

And so - as you keep looking through that screen – really allow yourself to notice that there is a clear difference between the screen in front of you – and the place of where you are there now – your place - where you are comfortably seated – and so what happens beyond that screen there in front of you is clearly removed from you – and so you are able to simply observe– without getting attached to whatever may – or may not - play out there before you.

## Introduction of accepting ‘non attached’ thoughts and feelings (disassociation training)

And as you do – I like you now to allow your thoughts and feelings to run freely there on that screen – or beyond -- without interference - let them be projected onto that screen – or beyond - from the projection booth –in the back of your mind -- and accept - whatever comes to the fore of your mind – without getting involved – without judging - and I’d like you to notice exactly -- in the most relaxed way - what you are doing there right now---and control your attention --- but not what comes to the fore of your mind – so ---let happen what happens – allow your mind to project – what it wants to project -- and don’t get involved - be the observer to what is happening there before you – there is no need to judge whatever comes to you there – and even if – for some reason or the other - you find yourself judging what you see there on that screen before you– then there is no need to judge your judging---

just remember– you are seated comfortably observing the screen - or beyond -- just observe- just accept- what comes to the fore of your mind—be in the moment and simply watch the thoughts or feelings come to the fore of your mind - observe the thoughts that come to the screen in front of you – the thoughts about this and that – about your perceived troubles – needs and wants –or whatever comes to you there and then -- and as you do – just accept them for what they are -- without getting attached to any of them ---- and soon you come to notice – no matter what comes there to you like this – really understand that thoughts are fleeting – they keep coming and going – in and out of your view- they mix with other thoughts – and images –– some are faint – some are clear – but none stay still – they flicker across that screen like the shadows of the leaves of a magnificent tree flicker on the pavement on a windy sunny day. The shadows swirl and drift without substance -

and as you keep observing your thoughts that way - cling to nothing - have a Teflon mind- just be the observer– and let whatever happens – simply happen – just observe – and if you find yourself getting attached to any of the thoughts and feelings that come up there on that screen or beyond- – remind yourself that the true you is sitting here – safe and comfortable in that beautiful place – perfectly still - watching that screen – and just do that for a while now.

Pause

And as you do – allow yourself to realise that the observer is the part of you that will be with you from the infinite past - to the infinite future- never changing – indestructible – always your well meaning friend – no matter what you do- no matter what others do – and no matter where you are—no matter what others may say – or do – this place is you -- in your purest form-

understand that the observer is now in control – you are in control – and allow yourself to realise that you can always be in control – whenever you choose to –***Pause***

# Philosophy of NDB

And as you continue to observe the many thoughts that come to the fore of your mind – you may come to notice that there are only desired – and undesired outcomes in your life – but when you think of it carefully – you will come to realize that even an undesired outcome has its purpose –

***(Pause 1 minute)***

Yes that’s right – undesired outcomes simply have the purpose of motivating you to seek a more desirable outcome – and as part of you thinks about all of this – you come to fully understand that undesired outcomes present nothing more-- and nothing less than building blocks for an even greater development of your inexhaustible and unlimited potential.

***(Pause 1 minute)***

And so one thing leads to another --- and then to another – in an infinite number of ways - and what you see before you on that screen or beyond - is really yours to change – and change you can – you know that now - Because - you are the creator of what lies before you– you are the cause and you are the effect of the many roles that are playing there before you - and even though - all is forever changing out there - you are in control –- just as you are in control right now -- because – you know now – that the observer in you remains constant – patiently watching - perfectly calm – and so allow yourself to realise – that you can enter into this place anytime you wish – instantly –- from now on…

***(Pause 1 minute)***

Because you come to understand - that even though all is forever changing –the law of the universe never changes – it is cause and effect – and so are you -- and as you come to realise –cause and effect is really only one – as every effect is also a cause which instantly leads to another effect – so it is difficult to discern whether a cause is an effect -- or an effect a cause - and so it goes on – and we may be surprised to find that something that looks like two is really only one- and so you can know now -- that what you desire can surely be achieved if you maintain your faith and your focus long enough --

For if we look below the surface of things – the secret – that which lies hidden from view - reveals itself –

We will come to notice that we are all **ETERNALLY CONNECTED** with all there is – and thus we all have **ONE** source—and so all is without distinction

***Pause***

And so even though life is a mystery in so many ways -- as we look deeper – we find that the life we know --is a **constant** transformation of energy that manifests ever new each moment – and which has done so-- from time without beginning and will do so from here on into eternity--

***pause***

**And so the death** of every moment is nothing but the birth of a new moment – a new beginning that never ends – everything always begins now - and so birth and death is nothing more and nothing less than a transformation of **eternal energy between moments**

***pause***

And so you may come to realise that you are a process of creative expansion towards ever increasing greatness - born anew with every moment -

And so -- the obstacles and problems you are facing are nothing more and nothing less than the motivators for the expansion of your life towards ever increasing greatness – but the observer never changes

***pause***

## Goal setting with empowerment

And as you understand all that – more and more now - calmly allow yourself to observe what is before you there now- and remember that it is all in your hands- your are the creator and receiver of your own actions – understand that you can change that which needs changing – right now- in this moment – and this moment never ends

***pause***

And as you observe all that before you there– slow your thoughts right down and just watch what comes there to the fore of your mind --- and as you do -- you may want to ask -- what it is that you truly desire? -- What is it that you want to create? What is it that you came here to achieve today? -- What is it ---that you truly want to do – now that you can see things so much more clearly?

***pause***

And as you observe what comes there to the fore of your mind -- allow -- whatever wants to come up there now --- automatically, subconsciously – and allow the images of your true goals and ambitions-- become clearer and clearer to you – while you remain perfectly still- without attaching yourself- being the observer - knowing that you are in control –

**wait**

## Post hypnotic suggestion

Understand that from now on -- you can be the observer --any time you choose to… wherever you are – under any circumstances— and know that all you have to do – is breath in and out deeply -- and remember that place there where you are – there now - feeling comfortable – and at ease

**Projection words: I am in control of myself**

# 

# Mindfulness Script retreat version

I’d like you to just imagine how really step inside of yourself– and allow yourself to feel perfectly safe and calm – perfectly relaxed and your muscles comfortably heavy.

Now – I’d like you to focus on your breathing. --- And as you do- you will probably find that it is best if you breathe from your belly -- rather than from your chest --- (wait) -- and perhaps you find it more comforting to breathe in through your nose-- and out through your mouth –(wait) and it may even be better ---when you do this slowly and deeply.

And as you keep doing this – I’d like you to focus on the sound and rhythm of your breath, --- and become aware of how calming this is (wait) ----Just focus on that for a little while – as if nothing else is more important right now – as if this is all that matters – and as you do – feel yourself sinking even deeper and deeper into trance- - breath by breath – sinking deeper and deeper --- just allow yourself to feel wonderfully grounded - just take some time – and feel that calming life giving breath streaming all through you – breath by breath- and make this all you can focus on right now---

***(pause 1minute)***

Good – as you keep on breathing like this – I want you to become aware of that part of you-- that is the observer of all that-- which is going on there right now—the part of you that that has been with you all along – since way back then—get in touch with that part – I am sure you can find the observer there deep inside of you – now take some time – *(and when you are in touch with that part of you- give me a finger signal).*

Good—now I like you to understand that the observer has always been with you – from time without beginning- understand – that this is the part of you that will be with you from here on - to the infinite future- never changing – indestructible – always your well meaning friend – no matter what you do- and where you are—no matter what others may say – or do -- it is the clear

and beautiful voice of your conscience – it is you -- in your purest form- and there is nothing that could ever destroy it – neither fire nor storm or flood – not even the end of time – It is here always – never dying – offering good advice- whenever you want to hear it – it is goodness – and warmth – and strength – it is your guide but it only guides when asked – you are never alone-

So - just allow yourself to communicate with this part there inside of you now –

*wait*

Good-- now imagine how you merge into the observer – and be the observer –

*wait*

Good- now I’d like you to imagine how you are sitting there on a very comfortable chair – in very special place – and I’d like you to imagine to be in your very own movie theatre – and that can be outdoors or indoors or anywhere or any place you wish – but I like you to see yourself comfortable seated – looking at a large movie screen—and imagine that the screen is the fore of your mind -

*wait*

Good – now project on the screen what comes to the fore of your mind – but don’t get involved

- and I’d like you to notice exactly what you are doing there right now---and control your attention --- but not what comes to the fore of your mind – so ---let happen what happens –and don’t be involved - be in the moment - and be the observer of what is happening there for you on that screen – but don’t judge whatever comes to you there – and even if you find yourself judging what you see before you– don’t judge your judging--- just imagine – that you are seated comfortably observing the screen- just observe- what comes to the fore of your mind-- as you keep listening to my voice-

Be alert to whichever thought or feeling comes to the fore of your mind- and watch your thoughts and feelings coming and going – but cling to nothing - have a Teflon mind- just be an observer– and let whatever happens – simply happen – just observe –

***(Pause 1 minute)***

I am sure you are doing very well....I like you to understand that the observer in you - is now in control – you are in control – and allow yourself to realise that you can always be in control – whenever you choose to – you don’t have to be involved – you can simply observe – whenever you choose to.

***Pause***

And as you continue to observe the many thoughts that come to the fore of your mind – you may even come to notice that there are only desired – and undesired outcomes in your life – but when you think of it carefully – you will come to realize that even an undesired outcome has its purpose –

***(Pause 1 minute)***

Yes that’s right – undesired outcomes simply have the purpose of motivating you to seek a more desirable outcome – and as part of you thinks about all of this – you come to fully understand that undesired outcomes present nothing more-- and nothing less than building blocks for an even greater development of your inexhaustible and unlimited potential.

***(Pause 1 minute)***

And so one thing leads to another --- and then to another – in an infinite number of ways - and what you see before you on that screen is really yours to change –- Because - you are the cause and you are the effect of the many roles you are playing- and even though - all is forever changing - you are in control –- just as you are in control right now -- because – you need to

know – that the observer in you remains constant – patiently watching - perfectly and eternally still – and you can enter into this place anytime you wish – instantly – from now on…

***(Pause 1 minute)***

Because you come to understand - that even though all is forever changing – your essence is eternal — and the law of the universe – is cause and effect – and so are you -- and as you may come to realise – the law is really only one – as every effect is also a cause which instantly leads to yet another effect – so it is difficult to discern whether a cause is an effect -- or an effect a cause - and so it goes on – and we may be surprised to find that something that looks like two is really only one- and so you can know now -- that what you desire can surely be achieved if you maintain your focus long enough --

For if we look below the surface of things – the secret - which lay hidden from view - reveals itself -- We will come to notice that we are all from the **ONE** source-- and thus are intrinsically-

- and **ETERNALLY CONNECTED** with each other -- and our environment

***pause***

And so even though life is a mystery in so many ways --

when we look deeper – we may find that the life we know --is a **constant** transformation of energy that manifests ever new each moment – and which has done so-- from time without beginning and will do so into eternity-- ***pause***

**And so death** may be viewed as nothing but a word describing the transition between different stages of **eternal life *pause***

Some say that the ultimate purpose of life is a process of creative expansion towards ever increasing greatness-

And so -- some say that the occurrence of obstacles and problems simply serve as motivators for the expansion of our life force ***pause***

And as you understand all that – calmly allow yourself to observe what is before you there now- and remember that it is all in your hands- but you don’t have to get involved- because you know now how to be the observer ***pause***

But as you observe – just watch what comes there to the fore of your mind --- and as you do-- you may want to ask -- what it is that you truly desire? -- What is it that you want to create? What is it that you came here to achieve today? -- What is it ---that you truly want to do – now that you can see things so much more clearly?

***pause***

And as you observe what comes to the fore of your mind -- allow -- whatever wants to come up there now --- automatically, subconsciously – and allow the images of your true goals and ambitions-- become clearer and clearer to you – while you remain perfectly still- without attaching yourself- being the observer - you know that you are in control – so watch whatever comes there before you – and see things for what they really are – without being involved --

knowing that from now on -- you can be the observer --any time you choose to… wherever you

are – under any circumstances— and know that all you have to do – is breath in and out deeply

-- and remember that place there where you are – looking at that screen – feeling comfortable –

and at ease

# Obsessive Compulsive Behaviour 1

 And as you relax nicely--- and begin to really enjoy this comfortable feeling ---- your mind is open now----to create change in the way--- that you think and feel – the way you behave --a better way for you...

And it's because --you've had enough of feeling the way you used to – of behaving the way - you used to-- about having those intrusive thoughts – about having that unwanted and intrusive behaviour – that you have been experiencing for far too long – whether you did it consciously or subconsciously – either way--- you know – what I mean-- those behaviours and thoughts you have been having – that have seemed out of your control somehow --- but –when you come to think of it -- where they really?

And as part of you keeps thinking about that – you come to realize that now is the time – for change – and whether you consciously aware of it or not – today is the day where you learn how to conquer and eliminate - once and for all - the unconscious supply of troublesome ideas and troublesome behaviours --

Because you know fair well --- that it all started in your head – beliefs and ideas – undesired thoughts consciously or unconsciously --- and once they took hold you felt compelled to do things such as ---(sucking your teeth) ----and part of you thinks that if you didn't do that-- then you'd feel uncomfortable ---and that tension would begin to build up.

I'm going to show you now --a very effective way of getting rid of those old unwanted thoughts - and I like you to understand – that when these conscious or subconscious thoughts have gone - --and so does the obsessive behavior disappear ----

And from now on you find yourself compelled to do your bit too - compelled - to practice this technique I will tell you about --- until it is perfected - that means ---you do what I say -- every time you get a worrying thought.

So if you're ready --- settle yourself down into an even deeper level of relaxation ---- and focus your mind entirely upon my voice.

And it may seem that my voice--- is coming to you from a distance at time --- as you find your mind wandering off --into other pleasant thoughts and feelings - but even as you enjoy your dreams ----and thoughts---and feelings--- your inner mind ---is aware and is listening the whole of the time.

Now----I’d like you to imagine a beautiful house - or a cottage - or someplace you'd love to live.

You can design this house --- you can create it however you wish ---- imagine you have all the wealth that you need ---- and plenty of people to help ----- to make it exactly how you want it to be.

So --Look around ---- and as I ask you questions about your house ---- just listen to your inner mind ---- the artist within ----- and even if you don't actually see the images in your mind ---I’d like you to instinctively know what you want--- naturally – that’s right.

Now ---the first room in your house is the hall --- a long,--- magnificent hall with a lovely staircase ---leading up to the rooms above ----- we'll go upstairs later ----- but right now I want to explore some of the rooms downstairs---.

So --walking through the hall to the first room – I like you to become aware whether it is on your left or your right?---- either way---enter the room and notice how clean and tidy it is in here.

The floor is spotless ---- and I wonder if the floor is carpeted? ---And If so--- what color is the carpet? --- Or do you prefer natural wooden floors --- stained floor boards or laminate flooring perhaps? -----If so,---- what color is the wood--- and how does it feel beneath your bare feet?

Or perhaps it's a marble floor ---- or tiled with scattered rugs? Really notice the floor - and then look at the furniture in this room ---- how do you see it?

Perhaps a lovely soft suite - how many chairs or settees? Or do you see something else? --How big is this room? ----What about the windows - are they large ones or small - bay windows or straight up and down? ---Do you have curtains? ---Are they patterned or flowered ---or plain? What color are they? ---Or do you have blinds or shutters at your windows?

What else in your room?-- A TV?-- A fireplace?--- Anything on the walls? Are there plants or vases of flowers here and there?

If so,-- what sort? I want you to really create the most beautiful room in the world - right here in your mind.

Then ask yourself---is this the room that you feel most comfortable in?----- Maybe you'd like to look around and explore ---- perhaps the kitchen or the bedrooms--- or any other rooms in your house?

If so--- do this now whilst I'm quiet for a moment or two. -----If you however feel happy in this room ---then settle yourself down in the most comfortable chair in the room - and go deeper and deeper into this lovely calm and peaceful feeling.

(Pause for two or three minutes)

Now bring your attention back to my voice - for there is a knock on the door.---- You have a visitor ---- someone or something is intruding your special time---.

You really can't be bothered to answer the door ----but the knocking gets louder ---and you ask yourself--- who could this be?

You look out of the window and see that it's one of those troubling thoughts—one of those troubling behaviour trying to get in--

What will you do?--- Will you invite that thought—that behaviour in? To disrupt your harmony ---and your special time? ---Or will you tell it to simply --- 'go away'?

There it knocks again - ----but it cannot get into your house ----unless you invite it in. And right now--- that's the last thing you want to do. ---So you tell it to go away. ----But the thought is very persistent ---- it knocks louder--- and is really beginning to annoy you now.

So you get up once again ---and walk over to the door ---- but you don't open it. ----

Instead you say firmly and politely ----

go away ----

you're not welcome here ---

I don't want you ----

just leave--

After a while-- the thought gets fed up and skulks away—without you even knowing consciously about it --- it just does ---automatically – naturally –this is what happens.

And you feel so relieved ---and so you go back to your comfortable place. ---Enjoying once more this relaxing time—there where you are.

It's so good to be free of troublesome thoughts—and that behaviour that has bugged you for some time—

It is so good to know --that you're in control ---

It is so good to know-- that no-one can come into your house ---unless you allow them in.

Of course - if it was a close friend --- a nice friendly thought-- or voice - then you'd instinctively know-- if it was alright to allow your new visitor in.

But from now on---if that visitor entered your home-- and after a while began to annoy you - you'd simply show it the door.

Politely and firmly telling it to--- 'go away’ –that’s right...

As you fair well know ---some thoughts are persistent-- - they like to push their way in - but from now on ---you're aware of this and you're also prepared.---- You are stronger than they - and you firmly and politely tell them to leave.---To just go away.

That’s right ---and you soon realize that the more you practice this --- the easier it becomes to stay firm. -----To say 'go away'----- 'I don't need you here in my life' ---- and from now on ---you do this to any unwelcome guests ---and you will do this naturally –subconsciously – automatically ---

This is your home ---- your special place ---where you can be yourself ----where you can relax – where you can feel wonderful ----where you are free to invite in whoever you want - and to refuse entry in the very same manner—that’s right.

And from now on –you always remember that you're in control.

From now on you say firmly and politely ----

go away ----

you're not welcome here ---

I don't want you ----

just leave--

And after a while-- the thought gets fed up and skulks away—without you even knowing consciously about it --- it just does ---automatically – naturally –this is what happens.

And you feel so relieved --- ---Enjoying this relaxing time—there where you are- that’s right—

Remember ---from now on you say firmly and politely ----

go away ----

you're not welcome here ---

I don't want you ----

just leave—

and this will happen more and more subconsciously –automatically –without you even being aware of it –that’s right.

# Obsessive Compulsive Disorder 2

Listen very carefully to my voice- and You will find it easy to listen to my voice and to follow the suggestions that I give you. -----You find it so easy to listen to my voice and to the words that I say.

You hear each of my words echo in your mind. --Each and every suggestion I make gets locked deep, ---deep in your mind.--- Like a little seed,-- the suggestions that I make grow stronger and stronger,-- more and more powerful, ---more and more influential in your thinking with each and every passing day.

Deeper and deeper,--- deeper and deeper. ---You are feeling deep, ---deeply relaxed. You are feeling comfortable and secure, ---comfortable and relaxed. You are breathing comfortably and deeply,--- feeling completely relaxed, comfortable and secure. --Listening ever so carefully to my voice.

You find it so easy to listen to my voice and to follow my suggestions. --You hear each and every word that I say echoing deep,--- deep in your mind. ---Each and every day the suggestions that I make grow stronger and stronger in your mind. ---My suggestions grow stronger and stronger,-- more and more powerful with each and every passing day-- Deeper and deeper, deeper and deeper. ----You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed.

You are breathing comfortably --and deeply, feeling completely relaxed,-- comfortable and secure.

Each day you find yourself "hearing" the effects of these suggestions over and over. --You feel yourself becoming the person that I am suggesting you are. This feeling grows stronger and stronger with each and every day.--- You become more and more comfortable with and more and more a part of these suggestions with each and every passing day.

Deeper and deeper,-- deeper and deeper. ---You are feeling deep, deeply relaxed. You are feeling comfortable and secure,-- comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure. Listening ever so carefully to my voice. You find it so easy to listen to my voice and to follow my suggestions. You hear each and every word that I say echoing deep, deep in your mind.

Each and every day the suggestions that I make grow stronger and stronger in your mind. My suggestions grow stronger and stronger,-- more and more powerful with each and every passing day. Deeper and deeper, --deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure.

Deeper and deeper, deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure. Listening ever so carefully to my voice. You find it so easy to listen to my voice and to follow my suggestions. You hear each and every word that I say echoing deep, deep in your mind. Each and every day the suggestions that I make grow stronger and stronger in your mind.

My suggestions grow stronger and stronger, more and more powerful with each and every passing day. Deeper and deeper, deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure.

Now – listen very ---very carefully – because what I say next – will be most important ---Understand that from now on ---You are going to find that each and every day, as soon as you begin to get obsessive or compulsive you become more and more relaxed. You will become more and more alert, more and more relaxed with each and every breath you take. As you become more and more relaxed, more and more at ease, you will find that you begin to focus on other things. You will find that your attention is increasingly focused on the task or activity in which you are engaged while the behavior or thought racing will move more and more into the background of your thoughts.—more and more distant – and all this happens automatically – subconsciously – without you even being consciously aware of it all....that’s right-

Deeper and deeper, deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure. Listening ever so carefully to my voice. You find it so easy to listen to my voice and to follow my suggestions. You hear each and every word that I say echoing deep, deep in your mind.

Each and every day the suggestions that I make grow stronger and stronger in your mind. My suggestions grow stronger and stronger, more and more powerful with each and every passing day. Deeper and deeper, deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure.

Each and every day you will find that you have fewer and fewer thoughts about your obsessive or compulsive behavior. You will find that your mind is very clear and that you are very, very relaxed. You notice, with great satisfaction, that you are thinking much less about your obsessive or compulsive behavior each and every day.

Instead, you find that your mind becomes more and more peaceful and you are more and more at ease with each and every day.   
At the end of the day, you will find that you reflect quite favourably on your accomplishments for the day. Because you are very satisfied with your accomplishments you will find that you fall into a state of deep, deep sleep almost immediately upon lying down.   
During the night you will sleep comfortably and deeply and your dreams will reflect the high energy, dynamic person that you are.

You will find that you use your dreams to resolve any lingering issues of the day so that your mental slate has been wiped clean each and every night. This completion of your day leaves you completely relaxed and refreshed, ready to start a new day without any lingering issues from the day before. Any left over business from the prior day will be tackled and completed early in the day, leaving you completely free to deal with the new days business.

Deeper and deeper, deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure. Listening ever so carefully to my voice.

You find it so easy to listen to my voice and to follow my suggestions. You hear each and every word that I say echoing deep, deep in your mind. Each and every day the suggestions that I make grow stronger and stronger in your mind.

My suggestions grow stronger and stronger, more and more powerful with each and every passing day. Deeper and deeper, deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure.

Any time you hear me snap my fingers three times - and I count to ten you will go deep, deep asleep. You will find yourself relaxing, completely and comfortably. Your eyes will become heavy and tired, comfortable and relaxed and you will feel comfortable and secure, comfortable and relaxed. You will become very open to the suggestions that I make and you will find it easier and easier to concentrate on my voice and the words that I am speaking. With each and every word you will find you are able to listen easily and that each and every word echoes in your mind.

Again, any time you hear me snap my fingers three times - and I count to ten you will go deep, deep asleep. You will find yourself relaxing, completely and comfortably. Your eyes will become heavy and tired, comfortable and relaxed and you will feel comfortable and secure, comfortable and relaxed. You will become very open to the suggestions that I make and you will find it easier and easier to concentrate on my voice and the words that I am speaking.

You will now drift off to sleep, sleeping deeply and comfortably. Enjoying the most restful sleep that you can imagine. --- When you awake at your usual time in the morning you will wake up fully alert, completely relaxed and at ease. --You will wake up feeling better than you have ever felt before. When you awaken, each morning, you will find yourself filled to overflowing with energy and happiness. You will look forward to the day and to the opportunities to enhance your life.

During the day you will find it easier and easier to deal with frustration and disappointment and to maintain your happy mood and high level of energy. You will find, with each and every passing day, that you become more and more productive in your regular daily activities. Now, allow yourself to drift off into a deep, restful sleep. Deeper and deeper, deeper and deeper. -- Feeling so relaxed, so comfortable and so secure.

Deeper and deeper, deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure. ---Listening ever so carefully to my voice. You find it so easy to listen to my voice and to follow my suggestions.

You hear each and every word that I say echoing deep, deep in your mind. Each and every day the suggestions that I make grow stronger-- and stronger in your mind. My suggestions grow stronger and stronger, more and more powerful with each and every passing day. Deeper and deeper, deeper and deeper.

You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. -- You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure.

Deeper and deeper, deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. -- You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure. Listening ever so carefully to my voice. You find it so easy to listen to my voice and to follow my suggestions.

You hear each and every word that I say echoing deep, deep in your mind. Each and every day the suggestions that I make grow stronger and stronger in your mind. My suggestions grow stronger and stronger, more and more powerful with each and every passing day.

Deeper and deeper, deeper and deeper. You are feeling deep, deeply relaxed. You are feeling comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure.

# Pain vapouring as Steam

And I want you now to focus your attention on the area where you are experiencing pain – just focus on it – and when you are completely focused on that feeling there – I’d like you to give me a finger signal –

(wait)

Now – listen carefully – as steam rises from a kettle--- so is the discomfort leaving that area there -- as steam. Visualize the steam rising stronger and stronger - and as the steam rises-- the discomfort is evaporating more and more --. As the steam rises ---the discomfort is leaving ---and you are feeling more and more comfortable---and when all the steam has evaporated – I’d like you to give me a finger signal—

(wait)

# Pain in a Box on a Helium Balloon

Now—Imagine there deep inside of you – there is a box standing there – and that box is large enough to fit all your discomfort—and pain that you experience there inside --of you----if you wanted to--

And when you can see that box there – inside of you – standing there – I’d like you to give me a finger signal

(Wait)

Now I like you to find all your discomfort there inside of you – and put it in that box. Go and find it all collect it and put it in that box—and when you have done that- I’d like you to give me another finger signal

(wait)

Now – close that box and now imagine that you are attaching the box to a ribbon--- which is attached to a beautiful red helium filled balloon.------and as you do the balloon being lighter than air so -- when if you let go of the box it will begin to float upward. ---So now -- just imagine that you are lying there on a blanket--- in a beautiful garden--- and you let go of the box containing your discomfort. ---so do that for me now – so see the balloon with the box attached beginning to float more and more upwards.

And as the balloon goes higher and higher, --the box gets smaller and smaller --and as the box gets smaller and smaller, ---so does the discomfort becomes less and less. And the balloon goes higher and higher,--- the box gets smaller and smaller ---and the discomfort less and less. ---That’s right – just watch as the balloon goes higher and higher,--- the box gets smaller and smaller --and you feel more and more comfortable. ---

the box gets smaller and smaller ---and the discomfort less and less. ---That’s right – just watch as the balloon goes higher and higher,--- the box gets smaller and smaller --and you feel more and more comfortable. ---

The box is going, going, going, it is out of your sight and you feel very, very good, very, very comfortable.

And when the box is out of sight – I’d like you to give me another finger signal

(wait)

# Pain Button Technique

Now –that you are so wonderfully relaxed --I like you to really tune into yourself –and notice where exactly you experience that pain –---just take some time and really find out.

Locate where exactly that pain is—what it actually feels like – go there now – and get to know it better than ever---where is it – what does it feel like – is it sharp--is it like a pulse—or more like a stabbing sensation – or does it feel more like a kind of pressure --- or perhaps is it a combination of all of it?

(wait for 2 minutes)

## Eliminating Negativity

and as you do all of that --- you may also become aware of those negative thoughts that perhaps say things like –—why am I even trying – it will be just the same as always ––– why not give up now –– can I trust myself?-- and all the other negative thoughts –that come to your mind – locate them – where are they--hunt them down – find them

you see---some people can clearly hear those negative thoughts coming from the left side –others from the right –and some may even hear them coming from the front or the top of their head --- or perhaps from below-----please---just give yourself some time now –and become aware – where those negative thoughts are located --- really tune in to their location – and -- if they come from many different directions at the same time– imagine how you are forcing them into one direction – so it becomes absolutely clear to you – where they are coming from-- (wait for 2 minutes)

(wait)

**(and when you clearly know –where these thoughts are located --I’d like you to give me a finger signal)**

(wait)

Good- Now –we are going to do something very special now----I’d like you to use your imagination now ---and I like you to imagine --that you have a dial attached on the direction from where your negative thoughts-–or voices—are coming from ---a black dial perhaps –or any color you may wish–and I’d like you to imagine that this dial has numbers on it –from 0-10 -------with 0 meaning silent –and 10 meaning extremely loud --

(wait)

Good

Now – (ask yourself) --tell me – how loud are your negative – thoughts –or voices – right now – on that dial from 0-10?

(wait for answer)

1. OK – I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down to the-- next --lowest position on the dial **(I’d like you to turn them down to..........)—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good – let’s go even further---I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down even further-- to the –next-- lowest position on the dial **(I’d like you to turn them down to..........)—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good –---one can always go further down –and I am sure you can certainly do that – so---I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down to the next lowest position on the dial **(I’d like you to turn them down to..........)—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. OK – now that you have gone that far --I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down two more levels – two more levels down from where you currently are **(I’d like you to turn them down to..........)—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good –you are doing very well –so -- let’s go much—much -- further---I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down to the lowest position you see possible on the dial **(I’d like you to turn them down –all the way to..........)—(and when you have done that—I’d like you to give me a finger signal)**

Good --- Now –halt it there for a moment –and notice how still you have become— notice that you have great control with that dial – control that allows you to turn down negativity as far as you want –anytime you want it --

## Eliminating Pain

You are doing very well – now that you are so relaxed—and now that you realise how much power you have to adjust things simply with the power of your mind –I’d like you to take your attention now -- to the way you are experiencing that pain that you came here to address—and – just like before --I’d like you to imagine that you have a white dial attached to that painful feeling –--also ranging from 0-10 with 0 meaning silent or feeling nothing or numb –and 10 being a feeling of extreme unpleasant sensation--

Now—take some time and really imagine all this there in your mind –do that for me now--

**(And when you can clearly imagine all of this – I’d like you to give me a finger signal – to let me know how well you are doing)**

(wait)

Good -- I‘d like you now to focus completely on that most important dial – the dial that that has everything to do with your unpleasant sensation – your pain -- please do that for me now –- and become aware of the position of that dial – (and ask yourself) –how strong or how weak is your experience of that unpleasant sensation now? – in other words---how high or how low on the dial do you experience it right now?

(wait for answer)

|  |
| --- |
|  |

Good – now I’d like you to focus on that area and **as you do –** imagine howthat area is warming up –how it is getting pleasantly warmer and warmer---- and as all that happens, I like you to become aware of all the changing sensations is that area.

(Wait) Good--

1. OK – I’d like you now to use the dial and turn the unpleasant sensations down to the-- next --lowest position on the dial **(I’d like you to turn them down to..........)** andstart to notice how that warm sensation is slowly getting colder and colder– as if someone had suddenly placed a bag of ice exactly on that spot – and so it is now getting colder and colder- and more and more numb as all feeling drains away – bit by bit – that’s right

**(and when you can start feeling a cooling sensation —I’d like you to give me a finger signal)**

(wait)

1. Good – let’s go even further---I’d like you now to use the dial and turn that unpleasant sensation down even further-- to the –next-- lowest position on the dial **(I’d like you to turn it down to..........)** andallowyourself going even more cold and numb than just a moment before – and at the same time I’d like you to allow yourself to feel more and more at ease – the number it gets.

**—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good –---one can always go much further down –and I am sure you can certainly do that – so---I’d like you now to use the dial and turn it down to the next lowest position on the dial **(I’d like you to turn it down to..........)** and **as you do--** feel yourself getting even more numb – so numb that nothing could bother you there right now – so numb and so light-and cool – and pleasant- so in control – you haven’t felt in years
2. **—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. OK – now that you have gone that far --I’d like you now to use the dial and turn it down two more levels – two more levels down from where you currently are **(I’d like you to turn them down to..........)** going much further **— (and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good –you are doing very well –so -- let’s go much—much -- further---I’d like you now to use the dial and turn all of it down to the lowest position you see possible on the dial **(I’d like you to turn them down –all the way to..........)—(and when you have done that—I’d like you to give me a finger signal)**

Good --- Now –halt it there for a moment –and notice how it all has become comfortably numb- comfortably cool—comfortably relaxed – and notice how much control you have — notice that you have great control with that dial – control that allows you to turn down your feelings of discomfort as far down as you want –anytime you want it – it is all within the power of your mind – to control your body – is easy for you now...

(wait)

# Pain and Healing 1

Now there in your imagination ……………. As you continue to drift deeper and deeper down…………. I want you to imagine yourself ---on a large flat surface …………………. Like a desert……………………… and I want you to notice --that there is a very low sky above ……………. ----Stretching to blue as far as your eyes can see ……………………….

Notice how tranquil it is there ……………………. In that place ………………… And when you find yourself there in your imagination …………………………. I like you to give me a finger signal

(wait)

Good, that’s right ---- Now I want you to notice -----that a wind is beginning to blow ……………….. Gently at first …………………………. And that there are some strange and intriguing shapes---- and things beginning to blow around---- in that wind ……………………..

Nothing that can touch you--- or harm you …………………………………….

When you can see those strange and intriguing things blowing around – I like you to give me another finger signal

(wait)

Now ---you will notice ---that the wind is beginning to intensify ---and those things are blowing in all directions ………………………………………………….

And your subconscious mind can know --that all of the things represent all of the issues --in any part of the mind ---or in any part of the body --- from any time or place--- that represents

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (illness or issue).

Good,--- that’s right ……………………………………. Now ---you can notice --that that wind is beginning to get stronger--- and stronger ---and blowing all those issues ---and things high into the air …………………………………… ---Notice them up near the low sky now ………………………… and you will feel that --- as a very pleasant feeling of release ----and relief ……………………………..

And soon---- all those things will blow away ----- out of your imagination ---- as you continue to go deeper and deeper …………………..

Here …………. There …………………….. And when all of those things have gathered together--- they will all blow away--- out of your sight there ……………………… and then a very pleasant feeling ---will flow through you here …………………………. And only when that has happened ………………… I’d like you to give me a finger signal

(wait)

Good,-- that’s right ………………………… and when the subconscious mind has got the picture ……………………….. Heard the message …………………. and understood it all for the future ……………………………. -----Then I’d like you to give me another finger signal

(wait)

Now I’m going to give the subconscious mind --some very helpful and positive suggestions ……………………… and I would like the subconscious mind to use its tremendous --and immense power ----and to use these suggestions -- to begin to ………………. and continue to heal the body ………………………….

And so -- If the subconscious mind is prepared to do that …………………………. Now-- and permanently into the future ……………. I’d like you to give me another finger signal

(wait)

Good -- that’s right ………………………………. Now listen very carefully to my every safe--- and sensible suggestion--- and what it means.

You are calm now – relaxed and as comfortable as you can be there right now – and so I like to ask the subconscious mind – a question that is of great importance -

Is the subconscious mind aware that within (\_\_\_\_\_\_\_\_\_) body there is a condition that is called

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CANCER- “Is the subconscious mind aware that within (\_\_\_\_\_\_\_\_) body there is a group of cells that are dividing too rapidly, and creating a thing that we call cancer?

And I’d like to ask the subconscious mind ---if it is aware of any emotional attachment to this very unhelpful condition – and if so-- then I’d like the subconscious mind to give me a another finger signal

(Wait)

Good – and I’d like to thank the subconscious mind for its cooperation so far – and so I’d like to ask the subconscious mind-- if it would be prepared --to find a way to reverse-- this unpleasant condition -- like back in a time in the body ---when all was and feel well?”

and if so-- then I’d like the subconscious mind to give me a another finger signal

(Wait)

Good – then I’d like to ask the subconscious mind -- to begin to -- and continue to heal the body now--- using the innate and immense powers of the body’s own natural healing forces.

Because – you know fair well – don’t you – that you too have to live in this body – just as well as I know-- that you have all the power and resources - to heal the body – and that is really a very important reason- of why you should do your best – right here right now

And I’d like to ask the subconscious mind --- to start to safely and comfortably overcome the unhelpful symptoms of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and if this is accepted by the subconscious mind – I’d like you to give me a finger signal

(wait)

SYMPTOMS:

(Chemotherapy and/or Radium treatments)

Headache Nausea, Tiredness, Skin Rashes, Red Face, Burning Pains

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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And is the subconscious mind aware of the medications that (\_\_\_\_\_\_\_\_\_) is taking for this issue? And if so I’d like you to give me a finger signal

(wait)

And is the subconscious mind aware that those medications are causing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (state symptoms)?

Good -- and can the subconscious mind find a safe and effective way-- to use those medications to a better healing advantage ……… remembering the way the healthy body was ………………. when all feel well?” and if so- a finger signal will do

(wait)

Good – now I’d like you to imagine yourself now-- near a very peaceful crystal clear lake or pool of water ……………. With just the right temperature – not too hot and not too cold--- It may be 5 meters deep ……………………. It may be 50 meters deep …………………. It makes no difference. It is your pool ………………… you can breath comfortably under the water,-- and there is nothing in there --- that could possibly harm you or drown you ………………………….. When you can find that pool in your minds eye ……………….. A finger signal will do

(wait)

Now-- in a moment ---- I’m going to click my fingers, ---and when I do that---- it will be your signal to go into that water ---- right then right there ………………………….

Ready Now?

(Click fingers: Say--go in there now).

(wait)

Now I want you to notice that a very strange colour is beginning to leave your mind ---and your body ……………………. And you will feel that as a very pleasant feeling of release and relief ………………………….. And you can know that that strange colour represents (state clients’ issue\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_).

Now I want you to stay where you are-- –there in that water ----and to see and to feel all that (state clients issue\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) leave your mind and body …………………….. And only when it has all stopped flowing …………………. then a very pleasant feeling will flow through you ……….. And you will go into an even deeper trance right then, right there,---- than the one you are in right there,----- right now.

So - take your time -- and when you have done all this – I’d like you to give me a finger signal

(wait)

Good, now I’m going to give your subconscious mind some very helpful and positive suggestions to work to help you ……………………… ----Now listen very carefully with your subconscious mind.

## Blood Heating Suggestions

And I’d like you to listen carefully ---You know what it’s like to feel hot – don’t you – really hot?--, ---really hot and pleasantly warm, like being at the beach on a still summer’s day?

You what that feels like don’t you – I ma sure you do--- the beach in the hot summers sun---

Sometimes we are warm inside ---and cold on the outside ---or we can feel cold on the inside when it’s actually warm outside.------

From now on ---until your body has completely healed back to well, ----you are going to notice --from now on ---until you are completely well ----that you will sometimes feel a little hotter than usual,---- as though you have the flu perhaps,---- without the aches, ---the pains, and runny nose ---associated with a usual flu or virus.

This is because your subconscious mind ----is going to begin to heat your blood--- to never more than 103 degrees Fahrenheit,--- perhaps your subconscious mind will do this every day, at the same time,--- or perhaps even at night while you sleep,---- so you can have warm dreams.

But more importantly than warm dreams at night,---- or feeling hotter during the day,---- the reason you are going to feel that difference in temperature within you--- is because your subconscious mind is going to use its tremendous ----and immense power to apply that little extra heat of 103 degrees Fahrenheit ----to kill and burn up any virus or bacteria ----or any other thing in the blood ----that should not be there –and which is making you ill.

And so---your subconscious mind is going to continue ---to do this on a daily basis ---until your blood is as clean ---and healthy again--- as what it was when you were healthy and energised in the past.

So whether you are warm at night ---or hot in the day it makes no difference,---- except you will be consciously pleased ---at that temperature increase ---because you will know that it means your blood is cleaning,--- your energy is returning, ---and your body is healing. It does.

*Understand that your body has its own natural speedy healing forces and it knows exactly how to use them perfectly naturally and subconsciously to quickly and correctly heal you, without any conscious thought on your behalf, just like you don’t have to think to keep your heart beating, because it just does*

*From now on -- your blood is naturally cleaning up faster and so you will quickly and naturally feel better and better.*

*Your energy levels will begin to rise as you get better.*

*Understand – that your body can heal a cut in the skin rather easily,-- so it can even more easily heal up whatever needs to be healed there inside or outside regardless of how it got there.*

*And it’s perfectly fine to notice that little more energy and vitality as you get better, you will.*

*And the subconscious can simply continue to heal those unhelpful issues there--, yes it does.*

*Understand that those reasons now from back then --- for that (cancer)\_\_\_\_\_\_\_\_\_\_\_ no longer need to be here – or there -- for the future, -----and so they can begin to fade away, ----just as a morning mist will peacefully fade in the face of impending sunlight.*

# 

# Pain and Healing 2

The fact that you are having these sessions ---and have permitted yourself to be hypnotised, reveals that you are determined to get rid of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_(cancer) from every part of your body---- and have your body restored---- and rejuvenated to a healthy,---- strong body.

Being in this hypnotic state ---- causes your body to relax ----and that enables the processes of your body--- to function more perfectly. ---That of course,----- causes the healing energies of your body to function properly,------ and has the power to heal many ailments,----- including \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(cancer).

Your conscious mind can continue to relax now,------- as you’re not trying to think of anything in particular,-------- and your subconscious mind is listening,---- hearing,------ and receiving everything I say,------- and is causing your body to respond -------to everything I tell you.

You will be very pleased -------that you decided to permit yourself ------to be hypnotized, ---because it makes it much easier for the activities of your body ------to function properly--- and it allows healing energies to flow into every cell of your body.

It isn’t necessary for you----- to consciously remember what I’m saying to you -----while you are hypnotised,------ because your subconscious mind will remember------ and it will cause everything I tell you to begin working immediately. -------And you will be happy to notice a continuous improvement -----in your health.

One of the things I have learned ------from hypnotising people -----is that your subconscious mind knows how to work out solutions---- to problems you are experiencing. -------And I have witnessed many,----- many people who have been healed -------from nearly every kind of illness--------- including \_\_\_\_\_\_\_\_\_\_\_\_\_\_(cancer) and I know you can be healed completely.

Your subconscious mind has the ability----- to recall everything you have seen,---- heard and experienced -------since your spirit came into existence,------ and your mind knows how to access that information----- and clear out information ------that has been misunderstood ----and resolve the problem completely.

Your subconscious mind can begin reviewing------and examining the information in the storehouse of your mind -----that has caused the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(cancer) and your mind will realize------- that there is no reason it needs------ to cause any more problems.

Then your subconscious mind can automatically work out solutions ------and cleanse the \_\_\_\_\_\_\_\_\_\_(cancer) out of your body,---------- and the healing energies of your body -------can function properly and heal your body -----completely.

Continue relaxing now,------ and you can begin experiencing wonderful feelings ------and sensations in your body. -------You can begin noticing very pleasant healing warmth---- flowing through your system.

You will quickly begin -----to experience some pleasant changes ----that will bring you much greater happiness---- and joy -----and you will be pleased with you ability to make positive use of everything--- I tell you.

It may take a little time -----for your subconscious mind to review ----and examine all the information in your mind ----that had caused the \_\_\_\_\_\_\_\_\_\_\_\_\_(cancer) in your body,------ and then work out the solution completely-------- but your subconscious mind is busy working out the solution right now.

Getting rid of the \_\_\_\_\_\_\_\_\_\_\_\_(cancer) is not likely to happen all at once. ----Instead, you will probably get rid of some of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(cancer) today, -----and tomorrow you’ll get rid of a little more of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(cancer). -----The following day a little more will be gone, --------and the healing cleansing processes will continue,----- and will cleanse all \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(cancer) out of your body completely.

You may not consciously understand-------- what caused the \_\_\_\_\_\_\_\_\_\_\_\_\_(cancer) to develop----- but whatever caused it ------is past now. Your subconscious mind understands -----that there is no reason ----you need it anymore, -----and you are enjoying the pleasure of discovering -----that your body is being healed completely----and permanently.

Doing it this way -----is giving you a tremendous feeling of accomplishment ---by permitting your subconscious mind ----to do it for you, -----you can experience a continuous process-- of healing, ------and you can become stronger ----and healthier throughout your entire body. It is natural for your body ---to be strong. ---It is natural for all you your organs,--- glands, and the cells---- of your body to function properly --and keep your body healthy.

Everything I’m telling you ---is already natural for your body ---so it’s natural for your subconscious mind to receive ---what I tell you--- and cause the processes of your body to function properly ----and restore your body to its perfectly healthy, ---strong condition.

Your body needs proteins to keep you strong,--- so you will eat the proper amount of lean meat and fish to supply your body with the proteins it needs.--- You will also enjoy eating good,-- fresh vegetables,--- fruits, and other body-strengthening foods ---that provide your body with a proper balance of vitamins and minerals.

Your subconscious mind--- will cause your taste to correspond to the real needs of your body,---- and you will desire those foods needed--- by your body each day to keep improving your health.---- The cells of your body are alive, and they know how to perform their tasks ---of keeping your bones healthy,---- causing your hair to continue growing.--- Providing the proper nourishment ----to keep your fingernails and toenails growing,---- and those cells in your body also know how to provide the proper nourishment,--- strength,--- and energy to all other parts of your body ---in a perfect way.

You may not consciously know ---what caused the \_\_\_\_\_\_\_\_\_\_(cancer),-- but you are realising ---that whatever caused it ----is past now, ---and you are developing a happier attitude,--- greater self-confidence,---- and an understanding that what your mind has caused, ---it can also cure. -----Beginning now, ----your subconscious mind is reviewing and examining the information---- that is stored away in your mind. You have tremendous amounts of information ----in your mind ----that has been accumulating there since your spirit came into existence.

The information is there,---- and it belongs to you. ----It’s there for you ---to use for your own self-improvement ---and to help you overcome \_\_\_\_\_\_\_\_\_\_\_(cancer) completely. I want you to use your imagination now------ and to imagine that a tiny fragment of your consciousness---- is going to go into your body--- on your next breath so that you are inside your own body.

Your body is still the same size,----- but you have become like a tiny little cell--- and you are inside your own body.

Now take your time and look around carefully----until you have spotted the \_\_\_\_\_\_\_\_(cancer) cells and any \_\_\_\_\_\_\_\_\_(tumours). -----See your white blood cells,---- they are the healers of your body. -----There are thousands of them.----- See them carefully. (Pause)

You may see these white blood cells as nurses,---- or maybe as white friendly animals,--- or perhaps you may see them as soldiers. ------Whatever image your mind gives them ----so they can help clean the \_\_\_\_\_\_\_\_\_(cancer) out of your body---- is just fine.

Now send a command to those white healers---- to eliminate all the \_\_\_\_\_\_\_\_\_\_\_(cancer) cells from your body, -----and see them surrounding--- the \_\_\_\_\_\_\_\_(cancer) cells and escorting them out of your body----- in an easy,---- natural way through the processes of your elimination system.

See those countless thousands white blood cells remaining--- in that area to protect your body ---and keep improving your health, ---and send a second command to your red blood cells to carry nourishment,--- to give strength, ----energy and vitality ---to every part of your body ----where it is needed to keep your body healthy ----and strong. (Pause)

The suggestions and instructions that I’m telling you ---are being received by your subconscious mind, ---and they will help you to be completely cured from \_\_\_\_\_\_\_\_\_(cancer).

Every tissue and organ in your body--- is controlled by a complex interaction among chemicals circulating in your bloodstream, ---the hormones secreted by your endocrine glands.

This mixture is controlled by your pituitary gland,--- which is your “master gland” ---located in the middle of your head ----just below your brain.---- The output of pituitary hormones in turn-- is controlled by both chemical secretions ---and nerve impulses from the neighbouring part of the brain,--- called the hypothalamus.

That tiny region regulates most of the body’s subconscious maintenance processes,--- such as your heartbeat, --your breathing, --your temperature, --your digestive system, --your blood pressure-- and all of the other activities of your body.

And all of those processes function-- by receiving directions from your subconscious mind thus,---- the more positive your subconscious mind is programmed,--- the healthier your body becomes.--- That’s one of the reasons why it is so important --for you to develop a positive,-- loving attitude about yourself.

So, ---each day your self-confidence, ---your self-acceptance, ---and your self-esteem will keep increasing, ----and you will continue realising more and more ---your own self-worth.

All of the cells of your body know ---how to cooperate with each other ---and perform their functions properly. ---They can work in unison ---and harmony to restore-- and rejuvenate your body perfectly. ----Your subconscious mind is directing the mind of each cell to work in harmony ---with all other cells and heal your body completely.

Each day you learn to be more relaxed and steady,--- and you continue developing more strength,--- energy and --vitality.

Right now-- you can notice something good happening in your body.-- Your circulatory system is carrying nourishment,-- oxygen, ---and vitality to every part of your body. --Your system is synthesising proteins--- and all of the chemicals and healing energies ---in your body are functioning harmoniously.

Rejuvenation and regeneration is taking place, ---and will continue even after you awaken from the hypnotic state.

I don’t know exactly what is happening,--- but you can sense that it is good, so let it continue.

It must be pleasing for you ---to know that your mind is doing this in your own best way --for the improvement of your health, ---and for your overall self-improvement.

When you subconscious mind knows ---changes have started, and you will continue improving, ----one of the fingers on your right hand will flicker to let me know.

## Blood Heating Suggestions

And I’d like you to listen carefully ---You know what it’s like to feel hot – don’t you – really hot?--, ---really hot and pleasantly warm, like being at the beach on a still summer’s day?

You what that feels like don’t you – I ma sure you do--- the beach in the hot summers sun---

Sometimes we are warm inside ---and cold on the outside ---or we can feel cold on the inside when it’s actually warm outside.------

From now on ---until your body has completely healed back to well, ----you are going to notice --from now on ---until you are completely well ----that you will sometimes feel a little hotter than usual,---- as though you have the flu perhaps,---- without the aches, ---the pains, and runny nose ---associated with a usual flu or virus.

This is because your subconscious mind ----is going to begin to heat your blood--- to never more than 103 degrees Fahrenheit,--- perhaps your subconscious mind will do this every day, at the same time,--- or perhaps even at night while you sleep,---- so you can have warm dreams.

But more importantly than warm dreams at night,---- or feeling hotter during the day,---- the reason you are going to feel that difference in temperature within you--- is because your subconscious mind is going to use its tremendous ----and immense power to apply that little extra heat of 103 degrees Fahrenheit ----to kill and burn up any virus or bacteria ----or any other thing in the blood ----that should not be there –and which is making you ill.

And so---your subconscious mind is going to continue ---to do this on a daily basis ---until your blood is as clean ---and healthy again--- as what it was when you were healthy and energised in the past.

So whether you are warm at night ---or hot in the day it makes no difference,---- except you will be consciously pleased ---at that temperature increase ---because you will know that it means your blood is cleaning,--- your energy is returning, ---and your body is healing. It does.

*Understand that your body has its own natural speedy healing forces and it knows exactly how to use them perfectly naturally and subconsciously to quickly and correctly heal you, without any conscious thought on your behalf, just like you don’t have to think to keep your heart beating, because it just does*

*From now on -- your blood is naturally cleaning up faster and so you will quickly and naturally feel better and better.*

*Your energy levels will begin to rise as you get better.*

*Understand – that your body can heal a cut in the skin rather easily,-- so it can even more easily heal up whatever needs to be healed there inside or outside regardless of how it got there.*

*And it’s perfectly fine to notice that little more energy and vitality as you get better, you will.*

*And the subconscious can simply continue to heal those unhelpful issues there--, yes it does.*

# Pain and Healing 3

Now listen very carefully --with every part of your mind. ---Three times a day, ---in the morning, ---at midday, --and in the evening, ----at the usual meal times --- you will feel hungry. That is to say, ----you will experience the sensation which makes you think: “How nice it will be to have something to eat!” ----You will then eat-- and enjoy your food, ---without of course overeating.

You will also chew your food properly --before swallowing it.---- In these conditions you will digest you food properly,--- and so feel no discomfort, ---inconvenience,--or pain of any kind either in your stomach--- or your intestines. Your body will correctly digest --what you do eat ---and make correct use of it ----to make blood, ---muscle, strength,-- and energy--, in a word: Life.

Your bodies elimination systems will normalise, ---they will become and they will remain --healthy and normal, ---and every morning,-- upon rising,---- you will feel the need to evacuate your bowels. --Further, --every night from the time you wish to go to sleep,-- until the time-- that you wish to awaken the next morning, ----you will sleep deeply, ---calmly, and quietly, ---having pleasant dreams,-- and upon waking you will feel perfectly well, cheerful, --and active.

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

If you are also subject to impatience or ill-temper--- that can cease to happen: On the contrary, ----you will become very patient,---- you will become a master of yourself,-- and the things that worried, --annoyed, --or irritates you. All of those things will from now on leave you ---rather indifferent and perfectly calm.

From now on ---if you have negative or bad and unwholesome ideas ---those will not be able to take place or get a hold in your mind,-- any apprehensions, --fears, --aversions, temptations,--- or grudges against other people.

All those things ---will be gradually lost sight of ---by your imagination, they will melt away --and lose themselves just as a dream vanishes ---when we awaken, ---so too will all negative images disappear. --Also all of your organs are performing their function properly. ---The heart beats in a normal way --and the circulation of your blood happens, ---as it should. The lungs are carrying out their functions, ---as also are the stomach, --the intestines, --the liver, the biliary duct, --the kidneys and the bladder.

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

I also add – and it is extremely important – that if up to the present you have lacked confidence in yourself-- I tell you now that this self – distrust-- will disappear little by little and give way to self – confidence, ----based on the knowledge of this force ---of incalculable power, ---which is in each and every one of us.-- It is absolutely necessary ---for every human being ---to have this confidence.

Without this confidence --one can accomplish nothing.-- With this confidence one can accomplish whatever one likes,-- within reason of course.-- You are going to have this confidence in yourself, --and this confidence gives you the assurance ---that you are capable of accomplishing perfectly well ---whatever you wish to do – on condition that it is reasonable – and also whatever it is your duty to do.

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

In short, ---I mean that from every point of view,-- physical as well as mentally--- and emotionally, --you are going to enjoy excellent health,-- better health --than you have been able to enjoy-- up to this present point in time.

And when the subconscious mind has got that message …………….. Seen that picture ……………… Felt that feeling ………………………. Then a finger signal will do

Denotes a silent 3 second count

## Blood Heating Suggestions

And I’d like you to listen carefully ---You know what it’s like to feel hot – don’t you – really hot?--, ---really hot and pleasantly warm, like being at the beach on a still summer’s day?

You what that feels like don’t you – I ma sure you do--- the beach in the hot summers sun---

Sometimes we are warm inside ---and cold on the outside ---or we can feel cold on the inside when it’s actually warm outside.------

From now on ---until your body has completely healed back to well, ----you are going to notice --from now on ---until you are completely well ----that you will sometimes feel a little hotter than usual,---- as though you have the flu perhaps,---- without the aches, ---the pains, and runny nose ---associated with a usual flu or virus.

This is because your subconscious mind ----is going to begin to heat your blood--- to never more than 103 degrees Fahrenheit,--- perhaps your subconscious mind will do this every day, at the same time,--- or perhaps even at night while you sleep,---- so you can have warm dreams.

But more importantly than warm dreams at night,---- or feeling hotter during the day,---- the reason you are going to feel that difference in temperature within you--- is because your subconscious mind is going to use its tremendous ----and immense power to apply that little extra heat of 103 degrees Fahrenheit ----to kill and burn up any virus or bacteria ----or any other thing in the blood ----that should not be there –and which is making you ill.

And so---your subconscious mind is going to continue ---to do this on a daily basis ---until your blood is as clean ---and healthy again--- as what it was when you were healthy and energised in the past.

So whether you are warm at night ---or hot in the day it makes no difference,---- except you will be consciously pleased ---at that temperature increase ---because you will know that it means your blood is cleaning,--- your energy is returning, ---and your body is healing. It does.

*Understand that your body has its own natural speedy healing forces and it knows exactly how to use them perfectly naturally and subconsciously to quickly and correctly heal you, without any conscious thought on your behalf, just like you don’t have to think to keep your heart beating, because it just does*

*From now on -- your blood is naturally cleaning up faster and so you will quickly and naturally feel better and better.*

*Your energy levels will begin to rise as you get better.*

*Understand – that your body can heal a cut in the skin rather easily,-- so it can even more easily heal up whatever needs to be healed there inside or outside regardless of how it got there.*

*And it’s perfectly fine to notice that little more energy and vitality as you get better, you will.*

*And the subconscious can simply continue to heal those unhelpful issues there--, yes it does.*

*Understand that those reasons now from back then --- for that (cancer)\_\_\_\_\_\_\_\_\_\_\_ no longer need to be here – or there -- for the future, -----and so they can begin to fade away, ----just as a morning mist will peacefully fade in the face of impending sunlight.*

# Pain and Healing 4

“Good that’s right, --now I want you to go down faster and faster-- into a deep deep relaxing trance ……….. here …………….. there. --Down to that helpful place--- where my words can remind your mind-- of all the things --that are helpful ---and necessary for your body’s own natural speedy healing intelligence----- to continue healing this body of that thing that we call \_\_\_\_\_\_\_\_\_\_(cancer). Follow my count now------ from 10, 9, 8, 7, let go, 6, 5, deeper, 4, 3, 2, 1 ----That’s Right. ---Now listen very carefully ---with your subconscious mind.

Now as you continuing relaxing ---you can also allow your imagination --to begin to work to help you. ---I want to imagine yourself in a long well lit hallway,-- it is very comfortable --and well lit ---with many doors --on the left and the right, ---from under one of those doors you can imagine-- a very bright light……………. Move towards the door now --and notice it has a sign on it--- that says deeper and deeper …………………. Now in moment I’m going to click my fingers ---and I want you to go through that door--- right there right then ---and go twice as deep into relaxation-- as what you are right there --right now, --on the other side in that deeper relaxation --you will find yourself in another well lit hallway-- and you will notice at one end,--- some distance away-- there is a bed --with a figure sleeping comfortably under the covers

ready now ……………………….(click fingers)

Now ---as you find that figure in that bed--- I’m going to count backwards--- from 10 to 1 --and as I do ---you can go deeper ---with each count-- and move towards the bed, ---ready 10 and you will notice -- 9 as you move closer to that bed -- 8 ---that that sleeping figure --- 7 is yourself -- 6 -- resting 5 -- asleep 4 --comfortable 3 -- relaxed 2 -- peaceful 1.

Notice the rise --and fall of your breathing there-- and as I count back from 3 to 1,--- Now there in your imagination slip into one of those in breaths--- ……………………. and slip in to your sleeping self ---3, --2, --1.

Now go down into your stomach --and look around in your body,-- and as you observe that --you can notice-- that aspect of your mind --is moving upwards up--- into your very consciousness,--- the reactionary part born from,--- but presently unaffected--- by past emotions.---- Find yourself in your mind’s eye ---in that room ---with 2 very large TV screens,---- one on the left ---and one on the right. ---The screen on the left--- is on and it displays a pattern,--- could be colour, ---could be black or white,--- could be a feeling --or a picture, ---could be still or moving?

It is the pattern of the past,-- formed by and containing every single thing--- you have ever experienced--- to get to this point in your life--, all of your triumphs,--- all of your victories, your joys-- and disappointments, --everything it has taken to get you to this day. --Observe that pattern now,-- and bless it, ---release it and watch it --slowly fade ……………………………………………………………….. And when that pattern is gone a finger signal will do.

(Wait)

Now, ---in your imagination,--- turn on the screen to your right. ---Notice it comes on slowly, and as it does come on,--- you can create a new pattern,--- a newer better pattern ---for the future,--- as you want it to be, ---as it can easily be, --successful, ---determined, ---and in complete self control.--- Know that life is worth living,-- and regardless of the past --there is much more good than bad in life,-- in here.

Put that in the pattern --and then when that’s done ----give me a finger signal, ……………….. then go to deeper--- and to deeper as your subconscious mind understands--- that you can easily change,--- and that what could have been--- is what never was ---and that what should have been--- is what wasn’t,-- but it is a new start now --for you for a new life-- to be lived in a newer --and better way, --you can.-- Free from pain and sickness, --well on your way to recovery now you are.

## Blood Heating Suggestions

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# Pain - Healing Journey

Become aware of the time of day – the time of the year – feel the position of your body here in space – no place for you to go right now – no problem that you need to solve – nothing to do but relax – and let go – and become aware of the surface beneath you now – and just let yourself think how you awareness doesn’t end there – but goes all the way down – down – deeper to the very centre of the earth.

 Feel the temperature of the air as it touches your skin – the gentle sensation of little breezes that gently caress the uncovered areas of your body – and your skin – feeling like an envelope of velvet velour – covering your body from head to toe.  As you become more relaxed you probably notice your eyes closing – and if not then you may let them close now – and then let your eyes roll gently upwards underneath the closed lids and look in on the screen just inside your forehead – see the word relax – the word relax – relax – relax.

And now imagine a still, quiet lake – imagine yourself like a quiet lake  - and let yourself imagine a pebble thrown into this lake – sends out ripples of relaxation throughout – and imagine that each word that I utter – is like a pebble, tossed gently into the still, quiet lake.

And feel the relaxation – in every muscle and every fibre of your being – you are completely relaxed.  And you can feel the relaxation in your chest and in your legs, in your arms and in the back and stomach.

Imagine now that you’re standing beneath a waterfall – crystal clear warm liquid flowing gently through the top of your head – all the way down the body – cleansing your body of all tension – feel it flowing down your neck – through your arms – your shoulders – soothing liquid flowing right down through your chest and back and your abdomen – flowing through your pelvis – relaxing into your thighs, your knees, your legs and your ankles – all the way down to the soles of your feet – and as the liquid touches your toes – just let it flow out and feel yourself cleansed fully of all tension.

Feel yourself sinking deep down into soothing, calming gentle relaxation.  Nothing else matters – and be aware of any unnecessary thoughts or questions entering the deepest part of your mind – and imagine those thoughts are written in the sand and as your consciousness rises and falls like slow waves on an ocean – the words and thoughts become washed away – washed away.

 And become aware of a silence within your self – remember that the entire universe exists for the sole purpose of supporting your physical body – and there’s nothing to do – but listen to my voice – and imagine yourself experiencing and feeling an image – an image of yourself, experiencing yourself as fully functioning, healthy and well – as well as you can be.  And relax, and do nothing, but be aware of the breath of life entering your nostrils –the chi energy, the prana – the universal life force – and you are breathing calmly and so just use your own creativity and see yourself transformed into your healthy self and the image of yourself as healthy – perhaps the image that reaches you is one of a self from the past when everything was well – and feeling good – in balance – or perhaps picturing yourself more healthy than you’ve ever been – and you could do that too.  Just see it, maybe looking and feeling robust, like some person you’ve seen, that you would like to be like – let your own creativity form your image goal – how do you look now, having finished your transformation – how easily does your body move?  How does it feel?  Sense it – sense the movement – enjoy it.  (Pause)

Now let this image fade for a moment and visualize the illness or the disease or pattern within yourself that you wish to change, still relax, still so calm – and imagine that you can look inside and let the image form, it may be visual, or sound, or a movement, let it come to you, and see it now, as your inner mind allows you to experience it any way that you see it – at this moment – realizing that it may change from day to day.  Good.  How do you see this unwanted pattern that is temporarily in your body?  Maybe you can make out a smell, or a touch, or a movement, or perhaps there are other senses you can use.  Let your body do it, sense it.

Good.  Now recognize that this disease process is not part of you – it is just something superimposed over the real you, your healthy self which still lives and thrives underneath – waiting to be set free.  This process is just a smudge, which can be washed away.

What image is there in your imagination that might facilitate this healing?  What can remove the disease process?  How can you remove this unwanted pattern?  Let your imagination present you with a pleasant surprise – use your creativity to do it – you can only be right.

Now we’ll call this your internal healer – perhaps you’re imagining white corpuscles engulfing foreign material – or anti bodies  - or perhaps you’re hearing or feeling or sensing some thing that in some way, may eliminate the unwanted pattern – the unwanted image - and imagine that you’re breathing in healing energy into this area – and watch as it continues around your body – or there could be an army of nurses or doctors – or a religious figure – anything that helps you to eliminate that unwanted image.

Now sense your internal healer at work – removing the unwanted pattern – that unwanted image – and see or sense your body bringing about a physical healing to the area that needs it most.  Sending healing energy to this area.

See the healthy image that you are underneath and see yourself going about your daily life with increased energy and vitality – with grace – and with inner serenity – and with each moment feel your energy grow – and find yourself a comfortable place to be – and let relaxation envelop you as your healing continues at a deeper level of awareness.

# Pain - Headaches reduction – relaxing blood vessels

## Locating pain and relaxing

Now I really want you to get in touch with that headache there – that you are experiencing right now -- just concentrate and focus – and find out where exactly it is located – is it at the left – the right – the back – the front – or everywhere? Just find out where exactly you can feel that uncomfortable feeling – just get in touch with it – and what is the pain like? – is it like a thumping feeling—or more dull? Is it sharp or pulsating -- or just like someone presses your head together between their hands? Just get in touch with that feeling.

And I’d like you to know -- as you probably know – most headaches come from tension that builds up – in the neck- the shoulders – the scalp- or jaw – and even so it feels like it is inside your head – it is typically these muscles and the many blood vessels there – that are all constricted and tight – and so the blood pushes hard – to go where it wants to go – and so it pushes so hard that it inflames the area around it – making it very sensitive – and so

.  
and so for now – I like you to become aware of your breathing – and make sure that your breath in -- and out through your nose – and each time you do – I like you to imagine how you breath in clean refreshing mountain air – that have particles of a muscle relaxing drug in it -- and when you breath out – you breath out all that tension -- just imagine – picture it there in your mind – how you collect all your muscle tension -- that you feel there-- in your neck -- your shoulders—and your scalp—or wherever you feel that tension -- and I’d like you to picture – how you collect that tension there from every part – and store it there in your chest right now – and as you do – let all that tension just flow into each breath that you breath out— until that tension is gone completely --

until your scalp—your neck and all the way down from your shoulders and down to your arms – you are completely heavy and relaxed – and so your neck and your shoulders right down your arms are getting heavier and heavier – with each breath you breath out – heavier and heavier – so heavy that you – eventually find it very difficult --to lift any part of your arms there now- and why wouldn’t you want to anyway—if all you want --is being more relaxed—so let that heavy feeling of relaxation ---go all the way up your neck now – flowing up from your heavily relaxed shoulders – down your arms – all the way up your neck – all the way to your scalp--

Good – now – and as all this is happening -- I like you now --to picture the blood vessels there in your head-- where that headache is happening----- and see them as really- really -- tight and tense.

Good now ---And just become aware – that the discomfort you are feeling there – simply comes --- as the blood tries to flow through those tight vessels.

Now – I want you to make a tight fist – a really tight fist – and imagine that this fist is just as tight as the blood vessels there in your head—so – do that for me now – and notice how tight that hand is -- and how tight those blood vessels are there in your head --

Good – just keep holding that there for a little while – feel that tension there – and now ---slowly relax that hand – slowly -- and as you relax your hand --- you feel there now how the blood starts running freely – and so the vessels in your head are relaxing – just as you hand is relaxing – just feel how that blood runs more and more freely - as the vessels relax- there now more and more and more – and so you feel more and more comfortable and now just keep focusing on that picture there in your mind -- visualize the blood vessels relaxing—more and more -- and the blood flowing freely -- without any stress or tension – let that all just melt away-- and as the blood flows freely – more and more—so you feel more and more comfortable – that’s right --

# Pain - Headaches reduction – warm hand

I’d like you now to imagine – to picture how you hold your hand there on the opposite side of that headache -- that you experience there right now – and if your headache is more of a general type -- and you can perhaps feel it there everywhere there in your head – I’d like you now to picture how you hold one hand-- on either side of your head --- or both hands if the headache is general---and I’d like you now to picture – how that hand or the hands --are becoming warm – and as you focus on that there now- you will probably notice how they become warmer still and warmer – warmer and warmer – as if they are warming very near a fire place – getting warmer and warmer – so just picture your hands warming near a fire place--the hands become warmer and warmer and as this happens – you will start to notice – that the excess blood--- which has been putting a strain on the blood vessels in your head – is flowing from your head into your hand. And -- as the blood flows from the head into your hand-- you become more and more comfortable ---(repeat these ideas in various ways).

# Procrastination

Your mind is NOW open and receptive to suggestions given and you will feel an overwhelming desire to comply with the messages that you receive - as you realize the importance of my words - and as your subconscious mind absorbs and understands these messages - it really doesn't matter if from time to time - you find your mind wandering - away to some other pleasant thoughts - because your inner mind understands that NOW - is the time - for your life to begin to really take shape and move in the direction that you desire.  
  
You've had enough of putting things off - never getting things done when you had the time to do so - nor fully achieving all that you had set out to do - that's why you have been feeling an increasing dissatisfaction with yourself for not realizing your full potential - that's why you're here today - but you kNOW NOW that NOW - is the time - not tomorrow or the next day or even next week - for even, you are beginning to feel impatient when jobs get left undone or left to the last minute - or delayed - and you see tasks mounting up and overwhelming you - and when you come to think of it all----the word NOW--- is taking on a new meaning for you - to do not only the things that you have to do everyday ---- but freeing yourself ---to do all those WONderful things that you really want to do.  
  
And perhaps – you may suddenly come to find yourself WONdering about the word - NOW - because this curious word ---can be re-arranged ---to form other ---truly --impressive words - like the word - WON - the word WON is just how you feel when you do something NOW – think about it---WON or NOW - gives you a win-win feeling - a feeling of satisfaction that is all your OWN - -----OWN - WON - NOW ----think about it ----these are three different words containing all the same letters which are very significant to you NOW - NOW you kNOW how ---the feeling of having WON makes you a champion - and doing things NOW is a quality that you NOW OWN.  
  
Gone are the days of procrastinating ---and putting things on hold --- those were the days that you were somewhat disorganized and unsettled - that was an old unwanted pattern that probably developed when you were quite young and less mature - you hadn't learned then the tremendous feeling of satisfaction from seeing a job well done – using your time efficiently-- but this WONderfully satisfying feeling is NOW one that you OWN when you accomplish things that you have set out to do – not leaving anything to the last minute- doing things NOW  
  
You're learning NOW - how to prioritize the things you want to be doing - by feeling compelled to making a list of the tasks that you want to accomplish first and this - is so easy because you make your list at night time before you go to sleep - that way your unconscious mind can sort out the best and most satisfying methods for you to achieve your desires as you rest - without you even needing to give conscious thought to what you're going to do - but learning to trust - really trust - in your inner resources - kNOWing that you kNOW more than you think you kNOW - and instinctively trusting yourself - to make really good use of your time automatically---that’s right—you will do so automatically ---  
  
And you kNOW that NOW is the time - not tomorrow or the next day or even next week - but NOW - NOW - you begin to feel a sense of urgency when you arise - a strong desire to work through your list and to do - not only the things that you have to do - but also the things that you really want to do.  
  
And when you have worked through your list and ticked off all the things that you've accomplished each day - you really congratulate yourself on a job well done - and what a tremendous feeling of complete satisfaction you have - NOW that you really kNOW that you've WON - you OWN these good feelings - these strong, positive feelings when you do something NOW - not later or tomorrow or the next day or even next week - but NOW. NOW you really kNOW how it feels to free yourself from those old feelings of dissatisfaction and feel really good.  
  
And if there are rare days - when there invariably will be - when you do not accomplish everything you had set out for yourself - because of unexpected interruptions or demands on your time - you feel even more determined to pick up the next day from where you had left off - and you do this with a renewed sense of energy and urgency - because your realize NOW that this new pattern is a pattern off success that you have set out for yourself and it's becoming very important to you to just do it NOW.   
  
I will be quiet for a moment or two and in the silence I want you to really feel the significance of the word NOW in your life - what does it mean for you NOW - a feeling of freedom? A sense of achievement from kNOWing you've WON? A good feeling that is all your OWN? Let your subconscious mind make sense of these messages in its OWN special way.  
  
(Pause for two minutes)

Understand that From now on ---No more regrets – you will do things in the here and now – and no longer do you need to regret sitting there and lamenting that you should be doing the things you know you should be doing

From now on --You will allocate time to all that which is important to you – your family – your work- yourself

And when you do --You will focus 100% on the tasks that are ahead and complete these as soon as possible

No more excuses – you will have a new sense of urgency – there will be just enough time in the day to get the things done that you have allocated to your family, your work and yourself—that’s right---because

When you are at work – you will focus on work 100% - no more excuses- no more guilty feeling – feeling good about yourself

When you are with your family – you will focus on your family 100% - no more excuses – no more guilty feeling – feeling good about yourself

When you have your break – you will enjoy that break 100% because you know you deserve it after having done all the things that you needed to be doing – for your family—for your work—for yourself---that’s right-- no more guilty feelings- because you know now that you are doing the things you need to be doing NOW – that’s right.

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# Stop Smoking Platter

And you must know-- and understand --that it is a very important beginning right now-- and notice that over the next few days-- you begin to care for yourself --in some other ways – better ways --.

Understand –that It is---very important-- that from now on --you drink more water—more water for you - and maintain a healthy diet – a healthy diet – that’s right – and you know fair well what that means—a healthy diet – a healthy more active lifestyle --a better way for you – more water -- .

Drink more water. ---Eating healthy food—you know you can do it – a healthy more active lifestyle --and you do – why wouldn’t you? – that’s right – you know—it is better to do the things ---one needs to be doing – there is really no reason why you cannot – when you think about it----- or is there? –--- of course – there isn’t – when you really think about it carefully – and your subconscious mind knows that too.

It knows fair well – that this is true – and you know that too – without you even having to think consciously about it – from now on-- Water and healthy food – a healthy more active lifestyle --for you from now on – and you don’t even have to consciously think about it at all- you know what that means – automatically – subconsciously – you are motivated – to do the things – you know --you need to be doing – motivated – yes very motivated -- because you know – subconsciously and consciously – automatically – naturally-- what is right for you – and if you really come to think about it – you always knew – did you not? –

yes you did – but that old doubt is finished for you now – because you know -- because it is clear that you do what’s best for you – from now on – healthy food – and drink more water – healthy food – and more water – a healthier life for you – motivated to do the things that are good for you – and you know what they are – your motivation is strong – to be healthy is your constant thought – and you come to notice that you do the things you need to be doing – naturally – automatically – subconsciously – healthy food – a healthier more active lifestyle --drinking more water – being motivated – to do what is good for you – and what is good for you – you know – and now that you know that clearly – your motivation is strong and unwavering – to do the things – that you know – need to be done – a better life for you – healthier – and without cigarettes --

because – you know fair well that this is a habit that can no longer be continued – because it doesn’t make any sense – if all you want to do is being healthy – and strong – or does it? Of course it doesn’t – if one wants to live a healthy lifestyle – cigarettes don’t make any sense at all- and that subconscious part of you knows this very well – does it not? – yes it does- and so does your body and your conscious mind – cigarettes don’t make any sense – they are expensive and ruin your life – cutting it short – poisoning you slowly – making you feel bad – with every bit of smoke you inhale – making you feel guilty – because you know that it has absolutely nothing to offer – other than death and destruction – and so you ask yourself – deep inside --what is the point of it all?

Doing something that you cannot enjoy – because you feel guilty doing it – because you know fair well-- that there cannot be any enjoyment in it at all – because part of you always knows that it is a deadly habit – so the question really is – who are you? ---Are you the one wanting to smoke – or are you the one ---not wanting to smoke? – who is the one making that decision? – and when you come to think of it –you know fair well – that it is better then-- to listen to the part of you --that truly understands what is good for you – the part of you that knows that smoking does not serve you in any way – because it doesn’t make any sense at all – subconsciously – consciously – automatically – naturally – you know...

Understand – that from now on -- You no longer crave for a habit, ---that is so negatively affecting your health,………not crave, --not crave,--- not crave – craving is finished for you now—that’s right – you have better things to do with your time—and your life – better things you can do –healthier things you can choose – and choose you will -- a healthy more active lifestyle—that’s right

Understand that from now on --Your mind can ---and will ---easily block any conscious perception of any craving discomfort.

From now on ---your sub-conscious --and your conscious minds--- and your body will function in a manner ---so that you will easily no longer crave for ---or desire --a habit that has poisoned you-- little by little-- and more and more ---with every puff of cigarette smoke-- that you have taken into your lungs – for so long – there are better things for you now – healthier ways – you know-- a healthy more active lifestyle – for you—that’s right.

Your sub-conscious mind understands this clearly now –and your subconscious mind --- will block any cravings for tobacco or nicotine --or anything else to do with that old unhealthy smoking habit,--- that has until now caused your heart,--- your lungs ---and all of your other vital organs to work so much harder than is necessary – that’s right-- .

But now-- because of the great power and control of your sub-conscious mind ---any craving for that viscous and lethal habit ---will grow steadily and markedly --less and less-- until it rapidly reaches a permanent sub-zero level…-----you simply do not desire or crave for cigarettes ever again………….. you remain relaxed ---and at ease, -and as you do—you are coming to notice how easily you stopped --a habit that had such a negative effect upon your life ---and your well being……….you know – you are vastly improving your life by stopping smoking cigarettes--- and as you continue to do so…………

..you will not smoke cigarettes ever again…….. while at the same time --you will not be hungry or eat excessively……………..you have better things to do –healthier things – a healthy more active lifestyle ---and you come to notice—in fact you are surprised to find -- that any cravings will very quickly reach a sub-zero level-- due to the extremely potent power of your sub-conscious mind—that part of you that knows what is best for you – no more internal conflict – it is clear now --that’s right -

You can ---and you easily will-- resist any desire ---or cravings for any substance that is harmful to your body……………..from now on you treat your body with kindness and consideration……………..your body that serves you so unselfishly…………….you no longer consciously or sub-consciously choose to impose that undeserved burden of smoking on your heart, ---your lungs or any other part of your body or mind – that unhealthy habit is finished for you now – because you know--- and now you also feel deep inside ---what is best for you.-- No more internal conflict—internal conflict is finished for you now -

From now on-- you have the desire to treat your body like your closest friend, ---the immense power of your sub-conscious mind--- allows you to easily overcome that old outworn,--- outgrown, ---cigarette habit, ---which has been shown to rob you of two minutes of your life --with each cigarette you smoke,--- you will easily be able to give up this dirty,--- unnecessary-- unhealthy habit—how could you ever continue – knowing all of this?

You are now a permanently stopped smoker – because you know now what is right for you – listening to that part of you ---that knows what is best for you – rejecting that part of you that is weak – and destructive—that part of you that thinks selfishly and without consideration of what you really want—you reject—put it in its place-- and You do so by using the immense power of free will of your sub-conscious mind………..and you come to notice that you will not be excessively nervous or tense…………….you will not eat excessively or gain excess weight…………you will sleep very well-- and any craving for tobacco or nicotine--- will be minimal --and will –in fact --rapidly decline to a sub-zero level at a very –very --rapid pace – as you start having a more healthy --more active lifestyle from now on.

You are confident, --completely confident, ---so confident that in fact you know you have easily overcome that old cigarette smoking habit………….you have let go of that habit so easily--- that you will wonder why indeed you ever bothered to smoke……………from this moment on, ---if you think of having a cigarette, ---if you accidentally automatically reach for a cigarette--- or if somebody offers you a cigarette you will immediately say---- no.

What’s more –at that moment -- a voice will echo through your mind,--- that clearly says ---no ---no--- no smoking ---it is a foolish stupid habit……….it hurts me physically……………it damages my health…………….I am never going to smoke ever again.--- It costs much too much money – and it doesn’t do me any good—I am living a a more healthy –a more active lifestyle now! –I want to be happy and not feeling guilty doing something – that I know – doesn’t serve me – or anybody else—that selfish habit is finished now – and it is finished for good—and as you think like that – you come to notice that you are motivated do the things that are truly good for you – your motivation increases – to do healthy things --you will desire healthy food – and drink more water –be more active – and the more you do – the better you feel –and the better you feel –the more you do--

And as you do -- You have now completely--- and easily overcome that cigarette smoking habit………….you will find you are able to do this very easily……………..know in your own mind ---that it is easy --and you will do it easily.

Your mind can and does control your body,--you know this –and so do I- and so does everybody else – no more excuses ---so now that you are a stopped smoker ---you will feel physically better--- already feeling much healthier, ---your breathing will be easier and your senses much sharper.

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

You must remember--- that you did it, ---not me, ---it’s your triumph--- your victory,-- and when you see others smoking around you--- from now on, ---you’ll feel delighted that you don’t smoke, ---ecstatic--- you’ll feel and you’ll know to yourself,-- how foolish they look,--weak minded –not in control –allowing that destructive part to take charge---but you ---you are determined to never smoke again ---because the sight and the smell of cigarettes is unpleasant to you ……………because it reminds you – that you where weak once—not in control – but now you’ve got yourself back together--and when you see others smoking from now on ---your conscious mind will continually remind you.

## Insert info from Stop Smoking Questionnaire

**Understand that:**

***you have no desire to smoke cigarettes***

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

***That smoking cigarettes --doesn’t help you in any way.***

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

***That you have completely overcome your cigarette smoking desires-- and you won’t ever smoke again.***

***That It is very easy for you—that you stop smoking effortlessly and permanently.***

***You feel no sense of loss ---or unhappiness,-- instead you’ll feel good happy and healthy***

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

***You stop smoking easily,--- and you continue stop smoking permanently.***

***You drink more water—more water for you –***

***You maintain a healthy diet – a healthy diet – that’s right –***

***You are motivated to do healthy things --and you know fair well what that means—a healthy diet – a healthy ---more active lifestyle --a better way for you –***

# Studying - Accelerated

And I like you to know – and understand - that when we’re in a comfortable state of trance – and from now on – even without experiencing hypnosis --- or maybe you do – without even knowing that you do-- we can notice how, when we’re waiting for an exciting event to occur – each minute can seem like an hour – and then, when we’re really enjoying ourselves the time just goes by so quickly.

And – as you may or may not know - you can learn a great deal in a few seconds, or you can spend hours learning nothing – all that matters is that – which you decide which you are going to do. And so you know – somehow - subconscious knowledge is the most reliable knowledge of all – that’s why if you ever learned to ride a bike you’ll never forget – and why typists and pianists for example don’t even need to think about what they do – they just do it.

And so – from now on - your subconscious mind is open and receptive to the impressions it receives. It remembers all that it hears and all that it sees – it remembers all that it feels and senses – it remembers all that it touches and tastes – and even when you thought you forgot something-- it was still there – it is still there - deep in your subconscious mind – just waiting for the right time to pop up.

And so from now on – without even consciously thinking about it- you come to notice – when it’s time for your study you find that you mentally prepare yourself by putting outside of your mind, any distracting thoughts – automatically – subconsciously – you will do that – without even needing to think about it consciously - . You will simply agree with yourself beforehand how long you will study- and so you automatically – and simply stick to it - and if any unwanted thoughts try to intrude – you simply put them out of your mind until your study period has come to an end – and it is so easy for you to do -

You find that because you are organizing yourself in this way, your mind is more focused and ready to learn. You find it easy to concentrate and to retain what you learn – and you really enjoy studying as you see it as a means to an end.- it is like a role you are playing

Every day at your pre-agreed time you get into the habit of studying to succeed. You find that you are able to think much more clearly -- and you are able to concentrate much more easily. --- You become so deeply absorbed and interested in the subject that you are studying that you will want to give your full attention to what you are studying,-- to the exclusion of everything else – that’s how focused you will be – you just can’t take your mind off it – and so it is easy and so enjoyable – knowing deep down that you can do – what you know needs to be done – automatically – subconsciously - .

And because you are so interested and absorbed in your studies,-- it becomes so easy for you to grasp and understand all the things that you learn. -- And all the things that you do learn --- simply impress themselves on your memory to enable you to remember them more easily.

It isn’t important that you remember everything that you learn right now – but it is important that your remember what you learned when you need to.-- And everything you do learn is stored right there in your wonderful powerhouse subconscious mind – and when you remain calm and relaxed – as you often do – from now on - you find that the things you want to remember just pop into conscious awareness when you need them.

And so from now on -- you will find that your memory improves enormously and you find it so much easier and more enjoyable to study.--- And you will not only remember what you have read so much more easily, you will also find that you are able to recall it without difficulty, -- whenever you need to do so, -- easily and effortlessly and enjoyably.

And so you know -- you can learn a great deal in a few seconds, or you can spend hours learning nothing – all that matters is that you decide which you are going to do. And subconscious knowledge is the most reliable knowledge of all – and your subconscious mind is open and receptive to the impressions it receives--. It remembers all that it hears and all that it sees – it remembers all that it feels and senses – it remembers all that it touches and tastes – and even when you thought you forgot something it was still there – deep in your subconscious mind – just waiting for the right time to pop up.

Every day at your pre-agreed time you get into the habit of studying to succeed. -- You find that you are able to think much more clearly- and you are able to concentrate much more easily.-- You become so much more deeply absorbed and more interested in the subject that you are studying that you will want to give your full attention to what you are studying, to the exclusion of everything else.

Now – in a moment when I count from 3 down to 1 – I will be quiet for a moment – and then I like you to imagine that your studies are over and you’ve taken the exams -- and are being given the news you’ve been waiting to hear. You have sailed through this exam easily and effortlessly and now you’re being told that you have excellent grades, the best you could possibly get. Perhaps you can see a certificate – or feel it in your hands and be really proud of yourself. Allow yourself to feel so proud of yourself because of your achievements as you learn just how well you have done. Feel the deep satisfaction, the wonderful pride and those confident feeling deep within you. Let these feelings become a part of you now and give you the calm expectation that you will succeed. Easily and effortlessly –

3-2- 1

 Wait 2 minutes

# Weight Loss - Upstairs in the Attic

And I’d like you now to imagine ----that you are standing at the bottom of a small flight of stairs,---- leading up into an attic.

There are ten steps leading gently up--- and you feel drawn towards climbing the stairs to explore the contents of this attic.  
  
And with each step you climb toward the attic,--- at the same time you go deeper--- and –even deeper relaxed.

You take the first step now -- and become even more deeply relaxed - two - three - going up and up - four - perhaps you're beginning to feel light and floaty - even though--- you're going even more deeply relaxed.  
  
At five you reach the landing ---and turn as the stairs take you in another direction –now.

Six-- smelling the pleasant familiar smell of the cedar.----and -- Seven,--- experiencing the warmth of the air.--- eight --- nine and ten.   
  
And there you are –and as you open the doors to the attic—it is a bright and sunny place—and the rafters appear to reach in every direction --- bringing back good memories -- and the rickety old floor cracks beneath your feet—-- you are feeling very safe – and very secure.  
  
And as you walk along –--you find before your eyes – that there are several large old chests-- and several large cartons---standing around.

And --You might wonder what they contain. ----and as you do---You might like to take a moment now and look through one of the old chests---- and a you do ---you may come upon a past experience of your life--- that was particularly pleasant ---and joyful---- perhaps even a peak experience for you—one of those experiences that you cherish deeply --

And--when you come upon that experience ---I’d like you to give me a finger signal to show me—how well you are doing—

Good---Now ---I’d like you to really re-experience that situation in every way----, see it in every detail---, what you look like---, perhaps the colours of the clothes you are wearing,---or the surrounding environment --- just let it all go through you—those feelings .

Feel the joyous and pleasant feelings—that come with that experience ---and any other feelings that are a part of that time of your life.

Maybe hear the sounds involved with that episode of your life and you may even be able to smell the smells that were with you that time.

So—I’d like you to take a few moments and do just that- while I will be quiet for a little while.  
  
Good---Now---Before we move on,---I’d like you now to please title that experience of yours--, just as you would title the name of a book or movie – and when you have done so---I’d like you to give me another finger signal.

Good ---Now move forward or backward ---over the river of time ----and come upon another such experience,---- perhaps an anniversary,---a wedding,-- a graduation -- the birth of a child—or any experience really – that you find most satisfying – and memorable ---and when you have done so – I’d like you to give me a finger signal – to let me know --

Good—you are doing very well—

Now--- just like before ---- give a title to that precious experience – and when you have done so---I’d like you to give me another finger signal.

Very well – and I am sure that there are other experiences just like that – so – again – I’d like you to move –once again-- forward or backward ---over that river of time ----and when you come upon another such experience– that you find most satisfying---I’d like you to give me yet another finger signal---

Good – now -- give a title to that experience of yours – and when you have done so---I’d like you to give me another finger signal.

Good –

And once more – one final time – I’d like you to move forward or backward ---over that river of time ----and when you come upon another such delightful experience– an experience that you find most satisfying---I’d like you to give me a finger signal---

Good—now – give it a title – and once you have done so—give me a finger signal.

Good---Now I’d like you to descend the stairs from the attic of the past ---and as you do so, ---it might be especially nice if you could bring those experiences back with you—right down the stairs.

So look around – perhaps you can find something you could put them in---perhaps that big rucksack that lies near the door of the attic. – that’s right –or Perhaps you might like to put them in a jar.

Or maybe you might just like to keep them within your innermost mind--- but either way --   
  
I’d like you now to close the doors to the attic ---and gently descend down the stairs.

OK-- Ten coming down,--- nine, beginning to leave the scent of the cedar behind you. Eight, carrying those valuable experiences back with you.

Seven, ---almost to the landing now.

Six, ----five, almost taking that turn.

Four, ---three, ---two-----and one,

leaving the attic of the past, ----knowing that you can return there on your own, whenever you please, ---and having with you those ---valuable experiences from out of your past.  
  
And I now –like to make this very—very important suggestion to you --- so listen very very carefully – because it is so important that you understand clearly – that from now on --- each and every time you have the desire to eat at a time you know is not in your best interest----, or eat something which does not agree with the goal of becoming the slim,--- trim, --thin you,--- you will automatically – subconsciously come to think of the title of one of your past peak experiences,--those great experiences of the past -- and as you do --allow yourself to take a few moments to relax ---and re-experience it again-- in every detail, with all the sounds, ---all the smells, ---the colors and especially the good feelings, the feelings of accomplishment of attainment of goals ---and whatever sensations are related to that experience – just let it come all over you – just like that --   
  
And – if you think about it – and you may feel it too—isn’t it exciting for you to realize that you can do just that,--- and you don’t even need to sit or lie down to do it. –it just happens like that --- You can be anywhere-- you happen to be--- at that time.

And it will be even more exciting when five weeks or five months--- from now, ---I really don’t know when,--- you look back at today,--- here in this room, -- and you have achieved this present goal of becoming the slim,--- trim, ---and thin you – having left all that baggage behind – like an old outworn suit – that no longer fits – because it is much too large --- you are happy – happy – and content.

And you’ll realize that you were able to become the kind of person you wanted to be, entirely on your own, --- using all of your courage,-- your own control ---and especially your very own life experiences-- to make the present and the future happen for you, ---as you wanted it to happen,--- having achieved your goal and knowing that you can maintain it for the rest of your life.  
In fact ---you will find that something you once thought of as so difficult to achieve, has now become so ridiculously easy,--- as you realize that from this moment forward, ---you can equal the greatest achievements of life’s greatest achievers,--- and that for you, ---your innermost dreams can, ---and have, --now become your 100% total reality.

Noticing now ---that with every breath that you take, ---every noise that you hear and every word that I say,-- that any and all of the stresses,--- tensions, ---worries, fears ---and doubts of days and weeks gone by - --are leaving your mind and leaving your body NOW!

And with that--- I ask your wonderful sub-conscious mind --- that it will help with any problems that you may have --- because the power of your sub-conscious mind can help with these requests ---– ready to begin the easy journey to achieving a slimmer and healthier body.

And these suggestions are deeply embedded in your subconscious mind and grow stronger and stronger each and every day - stronger by the day - stronger by the hour - stronger by the minute.

And you find that each and every time you listen to my voice - it just gets easier and easier to relax and enter hypnosis - and the suggestions become a permanent part of your new reality.  
From on – you are in control – there will be a clear voice saying NO-NO-NO – when you are tempted to eat – when you know – it is not in your interest--- you will instead be thinking about those peak experiences – that’s right –

NO- NO –NO – thinking about these good and wonderful experiences instead – from now on!!

# Weight Loss - Gastric Band Weight Loss

As you drift even more deeply into this comfortable, relaxing feeling - I'm going to take you on an imaginative journey whereby you can use the power of your wonderful subconscious mind to help you to lose the excess weight that you have been carrying around for so long.  
  
And it's because you really want to lose weight that you have decided to use gastric band hypnosis to help you - you have probably read the success stories of others who have lost weight by this method - the surgery is non-invasive and has excellent results.  
  
Hypno-Gastric-Band surgery is even safer because you can undergo this operation without physically going 'under the knife'.  
  
So I want you to listen very attentively and use your imagination to visualize the things I suggest to the very best of your ability - make the images real - notice any sounds or smells that accompany your impressions.  
  
Pause  
  
Firstly - I want you to imagine that you have chosen the clinic or hospital where this operation is to take place and that you are in the doctor's office - undergoing your first consultation.  
  
The doctor is very kind and friendly and immediately puts you at ease. You are told that obesity isn't something to be ashamed of - it is a disease which can be treated successfully by using this method.  
  
You listen carefully as the doctor provides you with all the facts. You will have the operation by keyhole surgery and will probably only need to stay in overnight. There will be a follow-up appointment a few weeks later when you will be x-rayed to see if the band needs to be adjusted slightly.  
  
You really want to go through with this surgery - you can't wait to lose weight and you leave the clinic feeling happy and optimistic.  
  
Pause  
  
I want you to project your mind into the future now and imagine that it's time to go for your surgery. You have not eaten or drunk anything, fasting since the night before and arrive with a small holdall and check in at the reception desk.  
  
You are taken to your room and given a gown to change into and then you climb into bed and perhaps read for a while. Very soon a nurse arrives and asks you some questions, takes your temperature and blood pressure and writes some notes. She puts a hospital bracelet onto your wrist before leaving the room.  
  
After a short time you see the door opening and a man in a green gown enters your room. He introduces himself to you as the anaesthetist, asks a few questions and explains what is going to happen. His visit is followed by the doctor who gives you a few tips about what to expect afterwards.  
  
He explains that they will provide you with healthy eating guides and information on different activities which will be beneficial for you. The healthy eating guides won't be an issue for you because you won't want to eat junk foods and you won't be able to overeat - the gastric band will make sure of that.  
  
He tells you to make friends with your band and let it do its job for you - helping you to lose weight.  
  
The doctor departs and shortly afterwards it is time to be taken to the operating theatre. The trolley arrives and you are gently eased onto it and covered with a white cloth.   
  
The anaesthetist greets you - part of his face is covered but you recognize those twinkling eyes - he asks for your name and your date of birth as he prepares your injection and gently rubs the area with a swab of cotton wool and some cool liquid. A nurse is on the other side of you - she is holding your hand and talking to you as though she'd known you all your life.  
  
"Can you feel anything?" the anaesthetist enquires as he gently prods your stomach - and you realize that the area is numb so you shake your head.  
  
Even with the bright lights overhead you are beginning to feel a little sleepy - and close your eyes. The surgeon is now ready to perform the keyhole surgery and he explains that your stomach is to be divided so as to produce a small “pouch” - about the size of a golf ball.  
  
He is using a special instrument called a “staple gun” which both cuts and staples simultaneously. The small pouch is then separated from the rest of your stomach which is left undisturbed.   
  
You can almost feel what he's doing yet there's no discomfort at all - just a slight tugging and the sound of the staple gun now and again as it does its job.   
  
Pause  
  
The surgeon cheerfully informs you that the small bowel is now going to be divided and the lower cut end will be brought up to the pouch which was created - the nurse tells you that everything's going fine - just as it should.  
  
The small bowel which has been brought up is now being joined to the pouch, so that a very small hole can connect the pouch to the bowel. Again - there is no discomfort - just a distant awareness that something is happening in your body - but by now, you are too sleepy to care.  
  
The nurse tells you that the procedure is almost over - all they need to do now is to connect the remaining end of your bowel on a “side-to-side” to join them together. The surgeon is very skilled and knows exactly what he's doing. His white gloved hands are gentle and you feel so comfortably relaxed that you now begin to drift off - into a deep, comfortable sleep.  
  
I'll be quiet for a few moments whilst you drift into this wonderful, peaceful sleep - knowing that your operation is over and soon you will be able to eat and drink.   
  
Pause  
  
After a while you open your eyes and look around - wondering at first where you are - and then you remember - your gastric band surgery.  
  
The anaesthetic has started to wear off a little and you notice now where the keyhole surgery was performed - there is a slight discomfort but it's easily bearable and you know it will soon wear off.  
  
The nurse arrives and takes your temperature once more before checking your blood pressure again. She tells you that everything's fine - and the operation went well - just as you knew it would.  
  
Then a trolley arrives and you are asked what you would like to drink. You sip it slowly - thankful for the refreshing liquid. You are encouraged to get up and sit in the chair next to your bed. You feel so glad that you have had the surgery and can't wait to lose weight.  
  
After a while a meal arrives. You think to yourself that there's not as much on the plate as you used to eat and wonder if there will be enough. But amazingly - after just a few nibbles - you find that you are already full.  
  
It's the same with every meal - you eat smaller and smaller portions - finding that you are so easily satisfied that you just don't want any more food. You are eating more slowly and really chewing your food well before swallowing.  
  
This is good because it gives you a chance to savour and enjoy each mouthful - and because you are easily full you find that you can't eat anywhere near as much as you used to do.  
  
The next few hours go by in a haze - until it's time for you to be discharged. The doctor has been back to visit you and is pleased with how well everything went. You are given an appointment for a follow up check and your loved one is here to take you home.  
  
You are now fully clothed and your holdall is packed. You say thank you to the nurses who cared so well for you as prepare to leave.  
  
Pause  
  
Over the next few days and weeks you find yourself eating very small portions of healthy, nutritious food. The slight discomfort soon wears off and you find that you are able to do all the things that you used to do - so much more easily now.  
  
The excess weight is dropping off you - you are becoming lighter and slimmer and happier and proud of yourself. Your confidence increases day by day - and you realize that it's all down to your gastric band operation.  
  
Pause  
  
In a moment, I'm going to count you out of hypnosis - you will feel exactly as though this operation occurred in your physical life. The memory of the surgery will remain vivid and clear.

# Weight Loss- No more food in excess

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

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

Understand – from now on -

No food in excess No excess in eating

No food in excess No excess in eating

No food in excess No excess in eating

You will easily flow with any hunger ---as your body uses all that stored food. You will flow easily ----and you will enjoy--- any hunger feeling between meals. You will become very conscious of what, ---when,-- where,-- and how much you eat.

Understand - When you eat for eating’s sake-- there is no pleasure.

When you eat for the sake of eating there is no pleasure.

There is no pleasure in eating for eating’s sake.

Your subconscious mind will now continually remind you-- that there is a difference between hunger...... ---and an appetite. ----Your subconscious mind will always remind you ---that you are to only eat moderate portions of fresh healthy food, --and only when you are genuinely hungry. ------Only breakfast, ---only lunch..... and only dinner...... sensible portions--- of fresh healthy food.

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

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

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

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

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

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

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

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

Now see that picture of yourself --that you have for yourself in your own minds eye. That person you keep becoming---- as every moment goes by when you stick with your newer-- and better way of eating-- and eating pattern of much less-- but much more healthy food. ---The size --the shape, ---the perfect weight,-- the health,-- the new you, yes you are.

Understand-

No food in excess No excess in eating

No food in excess No excess in eating

No food in excess No excess in eating

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

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

When you eat for eating’s sake--- there is no pleasure. –

When you eat for the sake of eating --there is no pleasure.

There is no pleasure in eating for eating’s sake.

# Weight Loss – better eating decisions

Now there in your imagination...... as you continue to drift deeper and deeper down...... I want you to imagine yourself ---on a large flat surface........... like a desert............... or like a large ice flow ---- like in the Antarctic ---only warm and comfortable......... and I want you to notice --- that there is a very low sky above.......... stretching to blue as far as your eyes can see......... notice how tranquil it is there......... in that place........... and when you find yourself there in your imagination............. I like you to give me a finger signal ***(wait for finger signal and watch the breathing rate).***

Good, that’s right.---- Now I want you to notice-- that a wind is beginning to blow......... Gently at first......... And that there are some strange and intriguing shapes and things beginning to blow around in that wind........... Nothing that can touch you ---or harm you.............. When you can see those strange and intriguing things ---blowing around I like you to give me another finger signal ***(wait for finger signal and watch the breathing rate).***

Now--- I like you to notice -- that the wind is beginning to intensify --and those things are blowing in all directions............................................................ and your subconscious mind can know that all of those blowing things --represent all of the issues ---and attachments in any part of your mind or body---, from any time, ---for any reason, ---from any place that may have caused you, --or created you, --to eat the wrong foods--- in the wrong place,-- at the wrong time, ---for the wrong reasons.

Good, that’s right.................................................. now you can notice ---that that wind is beginning to get stronger and stronger--- and blowing all those food and eating issues --and other things high into the air.................................. notice them up near the low sky now............................. --and you will feel that as a very pleasant feeling of release-- and relief...................................... and soon -all those things will blow away out of your imagination as you continue to go deeper and deeper..................... here.................... there...........................

And when all of those things have gathered together-- they will all blow away out of your sight there...................................... and then a very pleasant feeling --will flow through you here..................................... and only when that has happened.................. I like you to give me a finger signal.

*(wait for signal; then continue).*

Good- now listen to me with your subconscious mind --in an attentive and effective way. So—understand -- you want to change your eating patterns, -- and begin to feel in control and good about yourself. --You want to look good, --and feel good,-- and eat good --yes you will. ----And so you want my help to do so,--- and so I will help you as best as I can.

Your subconscious mind knows there are many things-- in the past --that you have changed for many various reasons. ---You changed from nappies-- to clothes when you were 3.................................... --you changed from crawling to walking --about the same time your baby talk changed.......................... --way back then a dink a wa wa, ----meant a drink of water.......................... and it still does.......................... but you changed the terminology way back then ................................-- like all of the other children’s games you used to play,-- and your conscious mind will never know exactly --when it was-- that you did any of those things.

And so far as eating food goes --you know and I know too ----that you too often eat too much ---based on reasons that are not very sound --in the first place............................ or in any place --for that matter ---and it’s certainly not acceptable to eat ---what you have been eating, --in the way and the excess, --during the times you have been anymore..................... just now,-- it’s not usually acceptable for you, --as an adult,--- to talk like a baby.

So you are going to achieve this ---and become acceptable to yourself ---as easily able to achieve that perfect weight of your perfect self ----that you have there in your own minds eye. ---You have and can make that better eating decision in the places within you that are the most effective for you--- to simply and permanently ---be true to yourself and your body-- that has to struggle under the weight --of your own lack of conscious ability --to be in control of your eating.

And you have now become so deeply relaxed ----that every single word that I say to you --that is for your own general good--- and well being to become in control of your presently excessive food intake..........................-- will sink so very deeply and effectively into the subconscious mind--- that no person............................. no happening.................................. and no event-- can change the positive--- and helpful better eating suggestions --that I tell you here.........................................--and every helpful thing i tell your subconscious mind ....................................... will sink so deeply into you................................. that it will be the new way of the new you-- and nothing can ever change any of those helpful --and beneficial things.

Now listen very closely-- with every part of your mind. --Enough is enough............................. enough unhelpful, --gluttonous, --unnecessary, --unhealthy,-- and excessive food has gone into your body............................... enough time has been wasted............................... enough of your own negative self talk --that undermines you --and enough of thinking about your weight and wishing it wasn’t there.......................-- enough of not doing what you have incorrectly convinced yourself that you can’t do. ----So now finally enough time has gone by for you to seek me out --to help you.

This is something that you are doing for yourself.................................... --you are going to do this easily and comfortably. --You know and I know too-- that there is inside you a very stubborn and determined part of yourself.................................. that part of yourself is now going to manage your eating --and your appetite,-- and you will become so determined in a natural and sensible way to make this better change............................... that it will be natural and easy and comfortable for you........................ yes you can........................ and that part of you is going to stubbornly remain determined—from now on -- that you have permanently made the change--- to a newer and better diet ---to less ---but much more healthy food.

Enough is enough..................... enough fat and sugar and processed food chemicals have gone into your body................... enough money has been wasted......................... enough of the I can’t negative self talk has undermined you.................. changing your diet and your eating patterns is something that you are doing for yourself........................... everyday will go by regardless, ----what you put into your body,--- and how much you put into your body paints the picture of exactly how your body will look like one day, ----one week , ----one month, ---on year,--- or one decade from now. -----Sensible moderate diet --and sensible moderate exercise you are. -----Start right now you do---- and continue to keep going forwards in life---- and backwards in weight. -----You can do this, -----and you will do this, naturally, ---comfortably, ---enjoyably, ---easily, --permanently---automatically.

When I bring you back to here........................... from there...................... back from your deep hypnotic trance, --- then every part of your mind --and body will know that you have changed your diet for the better. ----You now eat smaller portions of less but more healthy food. ----And any misconceptions you may have had about eating for emotional reasons-- or because you thought you felt empty,--- those ties are unbinding now, ---step by step............................ freeing you from the incorrect belief that you were a slave to food and eating.

From this moment on,---- because you will have a newer and better diet,--- then your body will begin to naturally ---and quickly adapt to health--- to burn off excessive fluid --and fat quickly and comfortably,--- in a fast and yet natural way, ---and you will not obsess about this................................. to the contrary you will become much more relaxed about food --and eating,-- and so you will simply eat much less and feel much fuller when you do.

You are also going to forget to remember,---- or perhaps you are going to remember to forget-- to use the scales any more or any longer. ---To your surprise the scales will become much less important to you, ---and you will begin to look for that shape and that weight.............................. of that look of yourself....................... that you have in your minds eye ---here and now ---to be there and then. ---You will begin to use the mirror--- to help guide you to that image --that you are from this moment on becoming. ----The scales are out and the mirror is in,--- and down to that image-- you have for your future self in your minds eye you go.---- Step by step, by step.

# Weight Loss – eating when bored

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

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

Now --where you are there -- here, --listening or not listening in particular. ---I want you to just imagine-- that you are on a wide and pleasant pathway -- in a forest, on a warm and sunny day. ---And as you wander along there -- in your mind’s eye -- I want you to notice ---that there is a clear-- and slow flowing stream--- on either the left or the right hand side-- of the pathway.

When you can find that stream in your mind’s eye, --- then give me a finger signal (wait or finger signal).

Good now i want you to wander to a place where you can sit on the bank of the stream and stare into the clear water.............................. and notice the bottom................................. some small flat rocks --- a few little fish perhaps---. Now i want you to take off your shoes--and to put your feet into the water.

Feel the coolness and pleasant relief................................. notice now a very strange color is beginning to flow out of your feet--- and flow away with the water in the stream,--- you will feel that--- as a very pleasant feeling of release and relief................... and you can know that color represents stress, ---anguish,--- poor eating habits,--desires for rich, and fatty foods--, bad foods, and too much food...............................

Now ----just stay where you are in that water ---and see and feel all that color flow out of your feet into that stream,-- and you will feel that as a very pleasant feeling of release and relief because that color represents all of the unhelpful eating patterns ---and habits-- you have developed --that have caused you to accumulate --that excess weight.

Now I just want you to remain where you are there in your mind’s eye ---and when that entire color has stopped flowing,--- then a very pleasant feeling will flow through you-- and you will go deeper into trance.--- Only when you have felt that happen, -- give me a finger signal-- .

Now --as you continue to let go and relax comfortably, -- I will simply keep talking to your subconscious mind--- and you can listen to me with your subconscious mind ---while your conscious mind perhaps wonders --what your subconscious might may learn-- that is particularly helpful,--- or even thinks about anything else-- it wants to --as it drifts anywhere-- it’s going to go.

Now --think of a time when you were thin.............. perhaps a long time ago now................. perhaps not so far back..................... see the size you were then........................ then see the size that you wish to become --or to be again. ---Hold that image as you continue to let go more and more--- with every breath you take ---and listen with your subconscious mind. Up until this time in your life....................... from some past time in your life........................ you have been eating poorly, ---unhealthily, --and excessively........................--- slowly but surely getting fatter and fatter............................ doing repulsive harm to yourself --and your body.................................... and so you have tried dieting before ---most likely many many times unsuccessfully ........................ perhaps you have that secret little food ---that guiltily obsesses you-- then leaves you feeling disgusting and weak willed -- as it should........................... or perhaps you think that you just like to eat -- for no particular reason ---even when you’re not particularly hungry, so even you don’t particularly need to eat. ----Sweet sugary things, ---rich fatty things, pastries, --cakes, --processed rubbish.--- An entirely disrespectful diet-- of disrespectful food; --from a disrespectful part of yourself;--- to the better part of yourself-- that deserves the most respect. --Respect less. --Self control you can.

And if you come to think of it ---You can’t now even remember---- how those foods in their taste of excess-- even really make you feel.................................... satisfied? ---I don’t think so, --or else you wouldn’t be sitting there,-- here...................................... hot and sweaty, -- a body heats up when it’s trying to rid itself of excess,--- excess sugar, --fat, colours, ---chemicals, ---and the other poisons of gluttony........................ guilty even you feel perhaps............................. well guilt only comes from a cause --and should in turn cause us to be aware ---of what is the cause of an overweight-- fat --and unhealthy body. ----Quite simply really too much food;--- too little effort, ---could be translated as gluttony and laziness....................... after all ---many overweight people have a tendency to lots of food and little effort. ---Imagine now.......................... there in your imagination.................. that you’re sitting in a room with a huge mirror, and you can see an image of yourself.............................. whatever you see there now............................... change it to whatever it is you want to become.......................... size.........................shape............................. the ideal weight............................ see the picture of becoming that it is you want to become......................... that you can easily become.............................. that you will become............................. a perfect natural and healthy weight............. size.................... and shape...................... step by step by step.

You will eat much smaller portions of less --but more healthy food........................ you will eat for health --and your body will respond --and begin to alter itself rather quickly to a newer more healthy ---and less excessive size because you will begin to eat much smaller portions of more healthy food.

This will be easy ---and comfortable for you --and you will enjoy doing it. Your body will respond --and begin to change shape accordingly.

It is going to become rather important to you -- to look good.................................... to feel food......................... to eat less........................ to eat more healthily................................ you are also going to become much more patient --- and realistically realise that it takes time for the body -- to shed excess weight --- and to convert all that accumulated fat back into energy ----that can be used for a constructive purpose-- such as some sensible and moderate daily exercise.

You are re-becoming your former healthy ideal weight, ---or you are going to become your ideal healthy weight. ---It makes no difference. This will be easy for you --and you will enjoy doing this. --Your body will respond by reducing itself accordingly. ---Much less food will make you feel much more food,-- and when you feel that full feeling-- you will simply stop eating. ---This will be easy for you ---and you will do it easily and consistently.

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

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

You don’t do that anymore, --you can’t, --not if you want that body that you have in your mind’s eye-- that body you wish to feel yourself living in,--- that body you can easily have, --that body you will have. --You control what you eat easily.-- No more of those chemical package convenient poisonous foods for you, --no more fat, no more sugary chocolate-- and too much sweets,-- no more too much eating,-- no more of any of that for you. ---You can do it,-- you will do it easily, --and it will be easy for you to do.

You can and you will break your old unwanted eating pattern. ----You can change your eating habits, --to newer and better,---healthier, eating habits. -----Your newer better, healthier,-- eating habits.

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

Soon-- I will begin to slowly bring you back, --and as I bring you back --your subconscious mind will transfer all of these positive --relevant new learning’s to your conscious mind. ---When you come back ---they will all seem very real to you ---and your conscious mind will believe them. --They will all be real to you and you will permanently believe them--- and act according to what best suits your desired outcome. ---You will accept and believe all the new learning’s --- and act accordingly in a happy--- safe and positive way.