Hypnotherapy Scripts I

ORIGINAL SCRIPTS
Created by instructors and graduates of the American School of Hypnosis

Plus NEW - Template to create your own scripts!

Includes:
Deepeners
Analytical Vehicles
Clinical Scripts
Awakenings
& more . . .

Compiled and Organized by:
Raluca E. Bastarache, CHI • President • American School of Hypnosis
HYPNOTHERAPY SCRIPTS

This manual contains original hypnotherapy scripts to include inductions, rapid inductions, deepeners, suggestibility tests, depth tests and many clinical and metaphysical scripts.

They have been created by students and instructors of the American International Association and associates.

The materials in this manual have been designed to be used by hypnosis professionals and those trained in the field of mental health.

It is advised that before using any of these or any other scripts, that you read through them in their entirety. You should become familiar with them before using them on your clients so you are aware of their content.

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The purpose of a suggestibility test is to ascertain whether the client falls under an analytical or non-analytical classification. It is recommended that you administer at least two of the suggestibility tests to your client.

As a result of the suggestibility tests, if your client followed your instructions and reacted easily and quickly to the test, you would then use a non-analytical approach and their session.

If your client reacted very slowly or had difficulty responding to your suggestions, they would most likely fall into an analytical classification and you should adjust your session accordingly.
Arm Rising and Falling

Suggestibility test

This is a very effective test that I use for almost all of my clients. Have your client stand up facing you with his feet a comfortable distance apart and say, “Now go ahead and close your eyes and extend both your arms out in front of you and with your right hand make a fist with your thumb pointing upwards, and with your left hand, extend your fingers outward with your palm facing upwards. Now use your imagination and imagine that in your right hand you are holding the strings connected to a group of 15... Big ...25 inch colorful helium balloons as you know helium is a gas that rises and you can feel them pulling your right and arm upwards so light and weightless as you feel them pulling your right arm up, up, up... and on top of your left hand I am placing five... very large... heavy encyclopedias. You can feel the weight of the encyclopedias pulling your left hand down... down ... down ... you might even feel some discomfort in your upper arm weight of the encyclopedias as they pull your arm down... right arm up ... up ... up ... left arm down ... down ... down ... in just one moment on going to drop another heavy encyclopedia on top of the pile you already have on your left-hand on the count of three, 1 . . . 2 . . . and . . . 3 (as you say three snap your fingers at the same time)... now open your eyes and look at your arms.”

For the results on this test if their arms responded to what you said and moved a little to a lot then they are not analytical. Depending on the severity of how much their arms move would constitute how much or how little non-analytical they are on the scale. If their arms moved very little to not at all, then that would show that they are analytical. And again if their arms moved the opposite direction then they are either resisting you or have some kind of fear or issue you’ll need to discuss with them.
Body Sway on Ground

Suggestibility test?

This one is best done with multiple clients at the same time. For this one you would say to your clients, “I’d like you to all stand side-by-side facing me with your arms extended outwards… I want you all to kneel on your right knee as you bring your hands downward …placing them on the ground… as you do this you can also put your left knee on the ground. Now everyone sway your body back and forth and say moooommm. (pause for a moment and then say) There is absolutely no reason for this, I just wanted to see if you would do it.

I have used this many times as an icebreaker at the beginning of a talk or a show, especially with a younger group such as high school or college students.
Chevreul’s Pendulum

Suggestibility test

The pendulum test is an excellent test to use with children as well as your other clients. The nice thing about the pendulum test is that it is successful with most everyone.

Have your client stand comfortably in front of the sheet with a circle on it, holding the chain of the pendulum, between his thumb and forefinger of his right hand with the left hand down to his side. The pendulum should be placed about one half inch above where the ex crosses in the middle of the circle.

Say, “Without consciously moving the pendulum ask the pendulum to move from left to right from B to D, and as your eyes are going back and forth from B to D notice how the pendulum begins moving back and forth along the line also. And as you concentrate on the pendulum moving back and forth from C to D you can even make it swing wider and wider. Now, with the power of your mind ask the pendulum to change direction and go up and down from A to C that’s right from A to C up-and-down. Now concentrate on the pendulum changing direction again and ask it to travel in a circular motion clockwise, from A to D to C an B continuing in a circle growing larger and larger as it continues to go clockwise. This is the power of your subconscious mind, moving the pendulum. Now concentrate on the pendulum reversing direction and traveling counter clockwise, A , B, C, and D and as you concentrate on the pendulum making the circle larger you’ll notice that it actually begins to swing in a bigger and bigger circle. Very good, you have a strong mind.”
The Pendulum Test

The American school of Hypnosis & Alternative Healing
**Finger Test**

Suggestibility test

“Sit back comfortably in your chair, lift both your hands and clasp them together as if you are praying… extending your index fingers upwards holding them about an inch to an inch and a half apart. Concentrate on the space in between your fingers and as you concentrate on that space I want you to imagine that I am placing a big thick Red rubber band around your fingertips, and as I let go of the rubber band, you notice how it’s pulling your fingers together tighter and tighter as they come closer and closer together. The rubber band’s pulling them tighter in tighter and closer and closer as your fingers come closer together… visualize it and see the rubber bands clearly, as your fingers come closer and closer together until they eventually come together and touch and once they touch you can put your hands down.”

There are three results for this test. If your clients fingers go together fairly quickly they are considered non analytical. If they stay straight up and do not go together at all or they move just a little bit then they are analytical. In some cases their fingers will actually go the opposite direction, in this case it usually means that your client is either fighting your suggestions or is still very nervous or scared. If this happens you should take a few moments to find out what is going on such as what they afraid or apprehensive of or why are they resisting you. As you can see as a result of this test there is no pass or fail… no matter how they respond the test tells you much about their makeup.
Hand Clasp - Authoritative

Suggestibility test

This test must be done in an authoritative manner for it to work properly. This test also works great for multiple people at the same time, such as in group sessions or even a comedy hypnosis show. Have your client stand facing you with their feet a comfortable distance apart and say.

“Place your arms straight out in front of you facing me locking your elbows with your hands and palms clasped tightly together. If you follow my instructions and use your imagination, on the count of three you will not be able to separate your hands. 1 . . . imagined that your hands are glued tightly together so very tight that you will not be able to separate them . . . 2 . . . hands clasped tighter and tighter and you notice as you focus on the thumb knuckles that they are turning whiter and whiter, tighter and tighter, you will not be able to separate them . . . and . . . 3 . . . (now say this in a loud authoritative voice) you cannot separate them, try...you cannot ... (wait about two or three seconds) now stop trying and relax.”
Locking Elbow

Suggestibility test

This test must also be done authoritatively. Have the client stand facing you and say “I’d like you to place your right arm facing straight out with your fingers extended. On the count of three if you follow my instructions and use your imagination you will not be able to bend your arm at the elbow. . . 1 . . . concentrate on you arm as a solid steel rod from your shoulder all the way to your fingertips… locking your elbow … it will not bend . . 2 . . . from your shoulder to your fingertips… one solid piece of steel… it’s as if it’s not even part of your body anymore… a solid steel rod … you cannot bend it . . . And 3 (say this in a loud authoritative voice) go ahead and try you cannot bend it, you cannot bend it … and stop trying.”
Magnetic fingers - attracting

By Rene A. Bastarache, CI, CHT

I’d like you to place both your hands in front of you with your index fingers of each hand pointing towards each other approximately 10 inches apart. Concentrate on the space in between your fingers. Using your imagination, imagine that there is a strong attracting magnet embedded in the fingertips of each finger. If you use your imagination you will feel your fingertips being pulled closer and closer together as the magnets attract each other … continually coming closer and closer together until your fingertips eventually touch. (Continue speaking about how strong the magnet is until their fingers touch.)

Now imagine that your fingers are connected so tightly that in a moment when I count to three you will not be able to separate them.

1 - Imagine that your figures are fused together as if they are one solid finger with one bone connecting them, they will not separate.

2 - They have so tightly fused together that you will not be able to separate them.

(State the next sentence authoritatively)

3 - You cannot separate them! go ahead and try, you can not! You cannot! And now stop trying…
Magnetic fingers - opposing

By Rene A. Bastarache, CI, CHT

I’d like you to place both your hands in front of you with your index fingers of each hand pointing towards each other approximately 10 inches apart. Concentrate on the space in between your fingers. Using your imagination, imagine that there is a strong opposing magnet embedded in the fingertips of each finger.

If you use your imagination you will not be able to touch your fingers together at the count of three. They will repel each other just like this … (have them look at you and show them with your fingers how it should work)

1 - Imagine that that there are very strong “opposing” magnets in the fingertips of each finger … you will not be able to touch them together.

2 - The harder you try to further apart they are going to go from each other.

3 - Go ahead and try … you cannot touch them together! Keep on trying! They just go further and further apart! Now stop trying.
Postural Sway

Suggestibility test

If you have a client as a result of the testing that you’ve done so far, that you feel is very non-analytical then this is a great test that you can use that will have a strong effect on them. It is a great test to use if you’re trying to build their confidence in you. Here’s how it works.

“I’d like you to stand up here in front of me facing the wall with your arms to your side, with your toes in heels together. I’d like you close your eyes and imagine that your entire body is stiff from head to toe like a tall piece of wood (at this point I would rock them gently all wood and backwards just to make sure that they understand the concept). Now I am going to place my foot directly behind your heels to make sure that your feet do not slip backwards. I want you to use your imagination... I’d like you to imagine that there is a steel bar embedded in your shoulders, a solid steel bar... just imagine it... I also like you imagine that my hands are the most powerful magnets in the world...just like the big magnets that pick up car in the junkyards. In just a moment I’m going to pull my hands backwards and you’ll feel a strong magnetic pull pulling your whole body backwards...you will feel you body fall backwards but I will catch you so don’t worry...you a very safe. Now concentrate on the steel rod and the magnets in my hands... as you feel the magnet pull your body back further and further... concentrate... use your imagination and feel that magnetic pull ... pulling you all the way back until you body falls, and I catch you nice and safe.”

With most non-analytical clients, this will work very well and as they fall backwards you’ll see a shocked look on their face. It is a very convincing tests of the power of waking hypnosis.
The Golden Egg Suggestibility Test

By JoAnn Dworman, CHT

With eyes closed, put your right arm out straight in front of you and imagine that you are holding a golden egg the size of a small candy egg in a fist with your fingers facing the floor.

You will begin to notice that the golden egg seems to have its own energy for it growing slowly and getting warmer.

As it grows, it becomes heavier and heavier and warmer and warmer until it warms your whole hand. It’s growing heavier and warmer, warmer and heavier. You want to hold onto this egg that has grown now to the size of a small chicken egg, but it is pushing its weight and heat against your finger tips.

It grows even larger and heavier in your hand and you can feel that it has started to get hot.

It feels quite hot.

You’ve release your fingers so that it no longer touches the palm of your hand, but the egg continues to grow bigger and heavier and hotter.

It grows bigger even still so that you can hardly hold on to it. It is too heavy and too hot to hold.

Your fingers slowly unfurl, and you drop the golden egg.

(It breaks open when it hits the floor and splashes happy energy all over you).
INSTANT AND RAPID INDUCTIONS

Instant or rapid inductions can be an excellent addition to your session. They are yet another tool that can be utilized to aid your client to attain a deeper level of relaxation in a very short period of time. It is important to realize that no one is immune to a rapid or instant induction however anyone can resist it if they so choose. Upon administering an instant or rapid induction, it is vital that the hypnotherapist continues to speak. Your voice serves as an anchor and a safety mechanism to the client and they will relax even further.

These type of inductions can also be used with the word “heal” rather than the word “sleep”. Using them in this manner make it an excellent addition to any type of healing session.
HOW THEY WORK

While conducting these rapid and instant inductions, at the instant when the client’s head is being pushed a backward or body is being jarred in some manner with their eyes closed, this produces a “shock” type effect to the conscious mind. At that split-second the conscious mind is placed off-balance and is trying to regain control however while it is off-balance and trying to regain control, any “one word” commands given in that same moment will not meet resistance by the conscience mind and will be acted upon immediately by the subconscious. Two of the most effective words that may be given are the words “sleep” and the word “heal”.

Another important point to realize while conducting instant or rapid inductions, is to that once you have performed this to your subject and especially if they did not realize that you are going to be doing this, it will surprise them very much. Because of the sudden shock to their system it is important that immediately upon performing the rapid or instant induction that you continue speaking to the client in a calm steady manner. If you do not continue speaking to your client and they do not hear your voice they will come out of trance just as quickly as they went in. Your voice serves as a soothing anchor to help them to realize that they are safe. It doesn’t really matter what you say to them when you speak or whether you even speak to them or to the audience at this point, all that is important is that they continue to hear your calming, anchoring voice.

NOTE: Instant inductions can be performed from any of the suggestibility tests.
Arm Pulling Method

Instant Induction

(This can be used as a very quick “instant induction” or included in a relaxation as a rapid induction.)

I’d like you to shake my hand and continue holding it as you close your eyes… (make sure they close their eyes) and relax … now lock your elbow (put your other hand on their elbow, securing it) and … SLEEP! (Say the command as you gently, but sharply pull her hand towards you and the exact same instant you say SLEEP!)
Circular Arm Method

Rapid Induction

This one is best conducted standing up. This induction also can be used for either an analytical or a non-analytical subject however it is a great choice for analytical subjects as it keeps them busy. From a standing position, tell your subject to respond to your instructions as quickly as they can without thinking about it, or analyzing it. Inform them before they begin that at no time will they fall and they will continue to stay standing. Have them put both hands in front of them and start revolving them around each other quickly in a circle. As they begin doing so, begin to give them your instructions quickly. (The intent here is to give a series or many rapid instruction to your subject so as to confuse and disorient them.) Your instructions should be similar to this… “Rotate your arms faster … … now reverse direction … slower … reverse direction … faster … reverse direction … faster … slower … reverse direction … faster … reverse direction … slower (by now you should notice them messing up your instructions a bit) you’ll also find that they may even seem to be getting annoyed when doing this as well as confused … now simply put your hand up behind their head gently and pushing the back of their head forwards only a couple inches saying “sleep“ in an authorities voice. As soon as you do this their head will fall forwards a bit and their hands will fall to their side in a relaxed state.

The reasoning of this induction is that you are keeping the subjects mind so very busy, confused and eventually annoyed that the subject just wants to stop and as soon as he gets the command to sleep, the subconscious will react immediately to it as a way to stop performing the task. You will also notice a relieved look on their face.
Faith Healer (Sitting)

Instant Induction

Have is subject sit comfortably in a chair. I find that a straight back chair works great, one that does not support their head for the time being. Standing on either side of them place one of your hands a few inches behind their head so as to catch their head as it moves backwards. Place your other hand on their forehead, then simply push their forehead back into your other hand while saying the word “sleep” at the same time. You are basically pushing their head from one hand to the other so as to support and catch it.
Faith Healer (Standing)

Instant Induction

Yes, this one sounds exactly like it is. You may want to have someone help you with this one as an assistant. While your subject is standing in front of you with their eyes closed you would have you assistant stand directly behind your subject or if you have two assistants you should have one stand on either side of your client so as to catch them when you push the subject backward. Remember you do not have to push them very much, just a slight movement will suffice. Even a slight movement seems quite excessive to the client when their eyes are closed.

At the appropriate time for the rapid induction you would place your hand on your clients forehead and push their head backward slightly while saying the word “sleep” at the exact same moment. If you do not have an assistant then you should tell the subject in advanced before doing this that even when you give them the command to “sleep” and to go into hypnosis that they will remain standing on their own and that they will not fall, that should eliminate any problems.

If you do have assistants helping you, you can push on their heads a little further back if you desire to and your assistance can catch them. While this is very flamboyant, and you do not need to push them all the way back, if you do decide to do so, you may repeat the word “sleep” several times while they are in the process of being pushed back as it will take them even deeper. Remember to do this while they are “in” the motion of being pushed. Using this technique you can also substitute the word “sleep” for the word “heal”.
From the Arm Bending Test

Rapid Induction

Once have conducted the suggestibility test and told your client that he could not bend his arm at the elbow, simply place your hand above his renting it on the top of his hand and pushed downward while saying the word “sleep“, at the same moment.
From Handclasp Test

Rapid Induction

Once you have conducted the handclasp test (see suggestibility tests for details) and their hands are still extended outward together you say this …
“Your hands will remain stuck until I come by and touch them, and as soon as I touch them your hands will drop down to your side and you will drop into the deepest state of relaxation.” Remember, if they are standing you should tell them that they will not fall.

If there is only one person you are doing this with, you would simply place your hand on top of their hands and then push downward on their hands, saying the word “sleep“, and notice their head drop down as they go into a deep hypnotic sleep.

If you have many people you are doing this with for a larger show you would simply do the same thing saying sleep and pushing their hands downward, then going to the next one in line doing the same with them going down the line to each one of them.

If they are sitting you can also tell them that as soon as you touch their hands, their hands will drop to their sides and their head will fall sideways onto the shoulder of the person on the right of them. This works out to be a very funny routine for a comedy hypnosis show, but beware that the last person in line will have no place to put their head. You will want to tell them that their head will go the opposite direction on top of the head of the person to their left.
From the Pendulum Test

Rapid Induction

After having conducted the pendulum test and your subject has responded favorably to all your commands of the pendulum going up and down, then left to right, in a circular motion clockwise, and then a circular cost motion counter clockwise, do this; Tell your subject to close their eyes, as you place your hands behind their head and slightly push it forward saying the word “sleep“. You may want to take the pendulum out of their hands so they do not drop it at this point … remembered to continue talking so they realized that everything is safe and they stay relaxed.
Hand Release Method

Rapid Induction

This method can be conducted either sitting or standing. With this method you would tell your subject to place their left arm straight out in front of them locking it at the elbow. Now place your hand palm upwards under their wrist and tell them to push down on your hand as hard as they can as if they were trying to push your hand down to the ground. Then say “The harder you push down on my hand, the more tired you will become.” and repeat it several times if you do not feel they are pushing very hard. Then continue I saying “You are so, so very tired that all of you want to do is just “sleep”.” (As you say the word “sleep” simply lower your hand quickly a few inches and as you do their arm will drop. As it drops they will go into a deep sleep.)
“Hypnotic Nerve”

Instant Induction

First it is important to realize that there is no such induction as the Hypnotic Nerve, neither is there a nerve and nobody called the Hypnotic Nerve. This induction is entirely a placebo however I have performed it successfully many times in spite of that.

It is important before you attempt this or any similar type of induction that you have developed a rapport with your subject and that an element of trust and confidence have been established. Have your subject sit comfortably in a chair, and tell them the following. “In just a moment I am going to count to three and then do a little snapping movement here on the bridge of your nose which is where the hypnotic nerve is and as soon as I do this motion you will immediately drop down go into the deepest state of hypnosis that you have ever gone … and your hands will drop down to your side and your head will droop forward, very relaxed. So let’s begin … “(Place your fingers above the bridge of their nose as if you are going snap them and began counting) “One, two, three and “sleep“! (as you say the word sleep simply snap your fingers allowing them to touch lightly the bridge of his nose and you will see his head droop downward.)

The reason that this works is that you are stating to the subject what to expect before you do the procedure causing expectancy. Then when you actually do it they drop their head in obedience and are told that they are now in a deep state of hypnosis which they believed due to the trust factor and it becomes reality.
Laying in Bed

Instant Induction

This is very similar to the Sitting Instant Induction however this one can be administered while they are in bed so it works great on hospital patients or even your spouse if they cannot sleep well or have pain at nighttime. The beginning position for this one would be sitting up in bed. You say “As soon as you lay down … and your head touches the pillow you will immediately go into a deep, sound, hypnotic rest. So now slowly lay down … and “sleep”.” (Timing is important here. One of your hands should be supporting their neck and back of their head area and the other should be resting lightly on their forehead. Just before their head reaches the pillow you simply push their head down the remainder of the way a little quicker than their present momentum, while stating the command “sleep” at the exact same time.)
Push Head Sideways

This is very similar to the Faith Healing Induction sitting. Once again Place one of your hands on either side of the subjects head. One of your hands will be the pushing hand and any other one will be the catching hand that will catch the subjects head as you push it so as to make it supported. So now with the pushing hand, put it on one side of their head and as you push it to the other hand which should only be about 2 Inches away, you would simply say the word “sleep” at the same moment.
Shake Hand Method

Instant Induction

This one can be conducted with the client either standing or sitting. As with all instant or rapid inductions if your client is standing, as a safety precaution, you must always tell them in advance that at no time will they fall, that they will remain standing even while in hypnosis.

Standing in front of your client while their eyes are still closed, ask them to extend their hands and arms outwards so they can shake your hand. As they do so, you simply take their hand and shake it as in a greeting. You may use your other hand to support their forearm if you wish … Then gently tug their arm towards you slightly while at the same time stating the word, “sleep”.

Always be attentive while conducting a rapid or instant induction of your client’s posture. Be aware that if they are pulled too much off-balance that there is always the danger of them falling. Be careful and ready to catch them if needed.
Shoulders, instant and healing induction

By Rene A. Bastarache, CI, CHT

(This induction is best done with the client sitting in a chair that has enough room for you to stand behind them and place your hands on their shoulders.)

The difference between this induction to any of the others is that rather than using the word “sleep”, you would use the word “heal”. The way it is done, is while you are conducting your healing process or reciting your healing script, you would place your hands on your client shoulders firmly and simultaneously say the word “heal” while making a gentle pushing or jarring movement forward to their shoulders.

Note that with this induction you would first place your hands firmly on their shoulders without surprising them. This gives a client a feeling of security and comfort. Only the jarring movement is done so as to surprise them.
Sitting

Instant Induction

This is a very easy instant induction that can be conducted as you are having your subject sit in their chair. Be sure that it is a sturdy chair. You tell the client that in just a moment they will sit down and as soon as they sit they will immediately drop into a deep relaxed state. Now have them close their eyes while they are standing and as they go to sit down, you help them sit by placing one hand on their forehead any other hand behind the head or upper back depending on the positioning and type of chair so as to catch them as they sit down, just before they sit while still in the downward motion of sitting, just pushed them down a little quicker than they would normally have by the head, and say “sleep“. They will end up in the sitting position in a deep hypnotic state.

What has happened is as they were going to sit down on the chair, their body moved down quicker than they expected which had a shocking, off balance effect at which time you gave the command “sleep” which was acted upon by the subconscious mind immediately.
INDUCTIONS
Active Muscular Relaxation

By Rene A. Bastarache, CI, CHT

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

I’m going to have you relax each part of your body starting from the top of your head all the way down to your feet and what I’d like you to do it is as I mention each part of your body I want to place all of your focus on that part and try to tense it up, or clench, or tighten up that specific muscle as much as you can, and then you can let go and release it … and as you let go you can allow that portion of your body to relax completely.

Let’s begin with the top of you head, tense or tighten up all the muscles around your forehead, your eyes, your cheeks and even your nose for a few moments … and let go completely and relax … just get rid of all the tension … now tighten up all the muscles around your mouth, your chin and your jaw … and just let them go and let them relax … your doing a great job … now tighten up all the muscles in your neck area for a moment, the front parts and the back parts … and let go … tighten up your shoulders area and your upper arms as much as you can … and now let them go completely … the let them droop down heavy and relaxed … now tighten up all the muscles from your elbows, down through to your forearms, your wrists, all the way down to your fingertips, clenching your fists closed as tight as you can … and just let go, allowing them to be totally relaxed and to be still.

And as you continue to breathe regular and comfortably … I’d like you to tighten up all the muscles in your chest area … and let go now and continue to relax … and tighten up all the muscles in your stomach … hold it for a few seconds … and as you let go you allow all of the stress and tension to leave your body completely … now tighten up the areas around your hips, your bottom, and even your thighs … and just let go, allowing yourself to relax more and more … and now tighten up the muscles of your calves, ankles, your feet and toes … make them tight and clenched as much as you can … and as you let go, allow everything in your body to relax completely … from the top of your head, to the
bottom of your feet, you can allow yourself now to relax completely and deeply.
Analytical Body Scan

By Rene A. Bastarache, CI, CHT

I’d like you to begin to relax all the muscles in your head, your forehead, your eyes and your eyelids, your cheeks, your mouth and your jaw. Relax all those muscles in your head and while you are thinking about relaxing all the muscles in your head, begin to think about relaxing all the muscles in your neck and shoulders, that’s right relax all those muscles in your neck and shoulders, and while you are thinking about relaxing all of those muscles in your neck and shoulders, your arms are becoming more and more relaxed.

Now pay attention to your body and realize how your head, neck and shoulders have begun to relaxed even more now that you’re relaxing your arms, all the way down to your figure tips, and while you are thinking about relaxing your arms more and more, think about how relaxed your chest and your stomach is becoming, allow your chest and your stomach to relax and just let go, get rid of any tension that might be in those areas, while your arms are relaxing and becoming very, very heavy. And while you are allowing your arms to become free from stress and tension think about removing the tension from the rest of your body. Feel that relaxation move downward, and with every breath that you take allow that relaxation to grow more and more as it goes down through your hips, and your thighs, all the way down through your legs, and all the way to your toes.

You’re relaxing more and more, and you can feel that relaxation once again moving downwards starting at the top of your head, moving downnnnnn though your neck, dowwwnnnn through your back, and dowwwnnnn through your hips, and while you feel the relaxation going downnnnn through your hips you realize even more how the stress tension and worry are moving ouout of your legs, dowwwnnnn through your feet and right out through your toes … just totally relaxed and completely at ease.
Beach Induction

By Ginger Flowers, CHT

I would like you to close your eyes and take 3 deep breathes ... on your third breathe, inhale and hold the breathe for three seconds ... and exhale slowly. Imagine, please that you are at the beach. This beach is your own private beach where no one can disturb you ... a safe place. Visualize the bright, warm sun heating and soothing your body. You approach your favorite spot with anticipation, knowing you will soon be in a very relaxed, happy mood. Imagine now how inviting the sand looks. It almost calls to you to lie down and relax. You spread your favorite blanket and lie down.

You close your eyes and feel the warmth of the sun soothing all of your muscles as the heat relaxes you. You hear the gentle, rhythmic lapping of the waves on the shore and it becomes a repeating signal for you to relax. You can feel the warmth of the sun entering your body like warm liquid coursing through you. You can feel the warm, relaxing liquid flowing through your veins ... your muscles are letting go of all tension and stress ... Hear the waves and just let go. Your breathing is slow and deep. You feel wonderful.

The calming, warm liquid is flowing down from the top of your head ... slowly, slowly downward through your body taking with it all tension and stress. As it progresses, you focus on any areas of tension in your body knowing that the warm liquid heat from the sun will carry it away.

The warmth has reached your neck ... flowing down through your shoulders ... and arms ... feel it surrounding you like a protective cocoon. Feel it moving down ... down like an irresistible source of comfort taking with it all tension in your chest and stomach ... flowing down ... down to your hips and legs. The waves lap against the shore and the warm liquid pushes all tension and negative feelings down ... down and out through your feet and toes.

Concentrate now on the waves flowing up to the shore and receding. Appreciate how comforting the sound is to you in your relaxed state. Listen to the waves roll slowly to the shore. The soothing sound brings you deeper ... and deeper. Down ... down ... more relaxed than you ever thought possible.
It is now time to begin your return journey, but as you turn to leave, you notice someone standing in a doorway on the other side of the room. The person is bathed in a bright light so it’s hard to clearly make out their features, but you feel their presence. You are filled with a profound sense of love and joy. You turn to leave, making the journey back down the ladder, down the branches, and back to present time, bringing back with you the feeling of their presence and the feelings of deep love and joy. Bask in the feelings. This is your perfect soul mate. Know that the universe is conspiring in you behalf to bring him/her into the present. It is happening now. Believe it!

Recall a time when you were successful at something. Remember the feeling of happiness and pride you felt. You deserve to be successful. You deserve to be happy. You deserve to accomplish any goal you set for yourself. Remember that you have been successful in the past. You are successful NOW, and you will continue to be successful in all you do.

Concentrate now on the confidence you feel as you accomplish your goals. Notice how that feeling moves throughout your body, lighting you up from the inside out.

This feeling of confidence spreads to every cell in your being. You are unstoppable. You succeed easily and effortlessly and carry this feeling with you wherever you go, whatever you do. Your mind remembers this feeling and you automatically create opportunities to succeed. You are relaxed and confident as you follow through to experience the success you deserve. You feel self-assured, content and successful.

You feel wonderful now, more relaxed with the idea of being successful. You are in control of your life. You are at peace. You are successful with everything you undertake.
Body Scan (simple)

By Rene A. Bastarache, CI, CHT

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

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

By Holly Kline, CHT

Allow your eyes to just softly close ... Now, if you would, I'd like you to rest comfortably in your chair ... that's right ... just allowing the chair to support you, settling down easily, with your feet flat on the floor, arms resting at your sides, or gently on your lap; head and neck in a comfortable upright position ... (PAUSE)

Very good ... And now that you are very comfortable, I'd like you to become aware of your breathing ... Feel the coolness of your breath as it enters your nostrils, noticing your chest as it rises and falls, rises and falls, in an easy and natural rhythm, your own perfect and natural rhythm ... just breathing in ... and out ... In ... and out ... just allow your awareness to focus on your breath ...

(PAUSE) ... and now, I'd like you to take three deep breaths: ONE breathe deeply ... And ... exhale. TWO another deep breath ... And ... Exhale and THREE deep breath, hold it for 3 seconds ... (PAUSE) and ... Exhale ... Excellent! And now, just allow your awareness to remain focused on your breath as you allow it to quiet and deepen ... deeper and deeper ... and begin to notice that as you allow your breath to become more and more relaxed, that it is an easy and natural thing ... You do not need to make any conscious effort to breathe. Your marvelous subconscious mind is taking care of your breathing - from the moment of your birth throughout your life, for as long as you live ... And just as your subconscious mind is the guardian of your breath and all your bodily functions, it is also the creator of your dreams, and the champion of your highest aspirations ... always supporting you, protecting you and working for your greatest good ...

Knowing this, you can relax even more deeply with each and every breath that you take ... from this point onward you can allow yourself to simply rest on your breath ... rest and relax ... rest and relax ... deeper and deeper... knowing that the more you relax, the deeper you go, and the deeper you go, the more you can relax, allowing your subconscious mind, with all it's awesome power, to work on your behalf, to easily and effortlessly understand and receive every positive suggestion, and allow it to become a part of you for as long as it is of use ...
Eye Strain Method - induction

By Rene A. Bastarache, CI, CHT

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

Now I’d like you to open your eyes now keeping your head facing straight … I’d like you to focus your eyes on the spot on the wall in front of you … (Have a spot pre-chosen, slightly above eye-level on the wall in front of them) keeping your head straight I would like you to focus your eyes on that spot by slightly straining your eyes to focus upwards while your head is facing straight… don’t focus too hard, just look at it in a lazy, relax way … in just a moment I am going to count from 20 down to one … and as I do, on each number that I say, you will close your eyes for a silent count of three down to one, then you’ll allow your eyes to open again, looking ahead at that spot … it will go like this (Show them with your hand motioning closing and opening as you explain how their eyes will clothes and open between each count) 20 … three … two … one … allow your eyes to opened back … 19 … three … two … one … and open … and so on … and as you continue closing and opening your eyes, your eyes will become very tired … and at some point, maybe at 17 … maybe at 15 … maybe even at 10 … your eyes will become tired and you will not want to open them anymore … it will becomes inconvenient … tiring … and when that happens just allow your eyes to stay close … and you will continue to relax deeper and deeper …

(As soon as their eyes stay closed, stop counting and proceed to the next paragraph)

So now let’s go ahead now and begin … 20 … (Count silently to yourself 3 … 2 … I, then continue to the next number) 19 … 18 … tired and drowsy … 17 … 16 … eyelids so very heavy … 15 … 14 … allow your eyes to remain close as soon as you feel like it … 13 … 12 … just let yourself go … 11 … 10 … 9 … deeper and deeper … 8 … 7 … 6 … let your eyelids become very, very heavy … 5 … 4 … 3 … your eyes are wanting to remain shut now … 2 … and finally … 1 … close your eyes all the way now …

That’s good … now keep your eyes closed … and continue to relax deeper and deeper …
Fog Induction

By Katherine Lee, CHT

Allow yourself to be in a very comfortable position and relax ... Rest your hands down by your side ... gently allow your eyelids to close and relax ... so that you can unwind completely ... Take a deep breath, slowly ... take a second deep breath, as deep as you can ... and on your third deep breath hold it for about three seconds ... and exhale ... allow yourself to relax deeper and deeper ...

As you gently slow your breath down ... Imagine a soft and warm fog coming down from the ceiling ... coming slowly down and covering you from your head to your toes ... You begin to feel more and more relaxed when the fog comes down covering your whole body ... more and more comfortable ... You will notice how relaxed your body has become ... From the top of your head ... to the tips of your toes ... deeper and deeper ... Your eyelids have become very heavy ... the fog coming down to your jaw ... all the muscles in your jaw have become limp and relaxed ... coming down ...deeper and deeper ... your tongue rest gently on the top of your mouth ... Feeling more and more relaxed as the fog descends through your body ... the relaxation spreads down through your neck, and shoulders ... you are relaxing ... deeper and deeper ... and all the way down to your arms and your fingertips ... coming down with the fog ... Your arms feel heavier and heavier ... and you soon become aware of a growing peaceful feeling inside ... a feeling of harmony and contentment through your whole body ... You feel your chest and abdomen become floppy and relaxed ... You are completely relaxed ... your back is relaxing ... all the way down to your spine... the fog gently relaxing you down to your legs ... You feel more and more limp and relax ... and as you drift down deeper and deeper relaxed ... you let the relaxation spread all the way down to your legs ... so that your legs become very loose and motionless ... And every muscle in your legs becomes limp and relaxed ...deeper and deeper ... All the way to the tips of your toes ... relaxing deeper and deeper ...

The outside world ... fades more into the background ... As you begin your journey into your own inner world ... just let go ... more and more relax ... Which will continue to take you deeper and deeper ... into a wonderful state of relaxation ... and you may soon find that your mind begins to wander ... and it doesn’t matter where you drift ... where you go ... My voice will travel with you at all times ... So you will continue ... To respond to me on an unconscious level.
Garden Induction

By Patricia Ramsey, CHT

Imagine that you are standing in a beautiful redwood forest, mighty redwood trees surrounding you. In the distance you notice an old, old tree, giant compared to you. It has a large opening big enough for you to walk into. You are drawn to this opening. It is so inviting. It seems to call to you. As you enter the mighty redwood you are feeling relaxed, at ease. Begin to picture yourself descending the trunk, floating effortlessly, down into the moist earth. Feel yourself moving through the tree’s roots, down, down, lower into the earth. Allow yourself to float through the bedrock, lower, lower, feeling more and more relaxed. Now imagine yourself reaching a stream. Lie there in the shallow stream, feeling the warm water flow gently over your body. So soothing, so relaxing. Let the water carry away any negativity you may be feeling, any anxiety, any fear. Let go of all negativity and see it washing away from your body. Now allow yourself to float down the stream, easily, effortlessly, so soothing, so relaxing, leaving all your tension behind. Soon you come upon a beautiful, lush garden. Step out of the stream and enter the garden. Notice the magnificent colors in the flowers, the plants, the butterflies. You may hear birds chirping in the trees. Up ahead you notice a small meadow. Go there. Find a large rock to sit against. As you rest there, notice the cool, crisp grass underneath you, the wind rustling through your hair. The sky is the most beautiful blue you have ever seen with a sprinkling of white fluffy clouds rolling by. You are so deeply relaxed, enjoying the serenity of this special place, the tranquility, and peace. Feel the relaxation move gently through your body, the sunlight gently warming your face, relaxing you further as it moves down your neck and shoulders, down through your back and chest. Feel the golden warmth penetrate your legs … your thighs and then your calves, so warm, so soothing, so deeply relaxing. Feel the light move through your ankles and your feet and finally to your toes. You are completely loose and limp, totally relaxed.
Garden Scenery

By Barbara Carter, CHT

Close your eyes and take a deep breath....and another deep breath.....and a third deep breath holding it for about 3 seconds....now exhale slowly feeling more relaxed as the air leaves your chest....getting yourself comfortable to enter a quiet and peaceful place...a place where you can relax .. slow down...experience your inner mind.

You feel very comfortable as you begin to feel your muscles relax from the top of your head to the bottom of your feet. Feel your whole body go limp as you sink into your chair...be aware of the chair as it touches the back of your shoulders as they become more and more relaxed ... down through your spine...now notice the relaxation of. your hips and thighs ...your calves ...feel the bottoms of your feet as they rest gently on the floor beneath them

Outside your window you see a beautiful patio lined with yellow...purple... and bright red flowers. You step outside and feel the warm sun beating down on your face. You can smell the sweet fragrance from the flowers in the gardens... A light gentle breeze is blowing through your hair. Off in the distance you see a colorful butterfly sitting on top of a yellow daisy...as you move closer to the flower you see the butterfly gliding down into a meadow full of dandelions. You follow the butterfly down a staircase made of stone that leads to the open field. With each step down you find yourself becoming more and more relaxed...10 feeling relaxed....9 even more relaxed...8 feeling tired and drowsy....7 just letting go 6...5....4...very comfortable....3 ....2...1 feeling completely and totally relaxed.. you are doing good...now continue to relax deeper and deeper so that you can be absorbed in your own thoughts...allow your mind to drift.. allow your mind to enjoy not having anything to do right now.. allow your conscious mind to take a break....relax and allow your mind to drift into a way that is useful ...enter script...
Magic Cloth - Body Scan

By JoAnn Dworman, CHT

I’m going to have you imagine a magic cloth about the size of a small towel that can change size and shape to fit to each part of your body. This magic cloth is soft and warm, and when it touches any area of your body, it will immediately bring soothing relaxation to that area. As I mention each part of your body, the magic cloth will gentle rap it’s warmth around or near it and all tension and stress will be released and each part will relax.

Imagine the cloth now wrapping gently and completely around your head including your forehead bringing your head into complete relaxation. The warmth is soothing and relaxing. Now move the cloth over your closed eyes and as it lays across them, you let go of all stress and tension in your eyebrows and eyes . . . . Move the cloth to both sides of your cheeks, . . . relaxing, and then to your mouth and lips, noticing that where you place this cloth, all tension is released. Wrap it around your chin and jaw and allow those areas to completely relax.

Move the cloth now to the back of your neck and relax into its softness and warmth releasing all the muscles in your neck . . . relaxing. Let it slide to the muscles of your upper back and feel the tension just melting away. It feels so good to let go of any stress in from this area . . . Slide the cloth gently to your lower back, warming all the muscles and relaxing them . . . Move the cloth back up your back and over your shoulder to your chest bringing relaxation to your upper torso . . . The cloth magically splits in half and each piece wraps your entire arm allowing them to let completely . . . It gloves your hands in warmth, relaxing all your fingertips.

Bring the cloth to your stomach area relaxing all your stomach muscles and then to your hips, relaxing as the warm cloth touches them . . . The magic cloth again becomes two pieces and each piece goes down your thighs and wraps around them relaxing them completely. And like a warm comfortable sleeve, the wrapped cloth moves to your knees . . . relax . . . and then to your calves, releasing all tension . . . and down to your feet and toes . . . where the warmth of the cloth wraps them in perfect relaxation. You drift deeper into relaxation.
Massage-Hypnotherapy Induction

By Dr. Frank Slezak, CHT

(This induction can be used at the beginning of a Therapeutic or Medical Massage treatment after the patient has begun to relax on the treatment table.)

Take a deep breath . . . as you exhale, begin to feel your body relaxing. As you listen to the air rushing out of your body feel the warmth of the table flowing into your body . . . take another deep breath and exhale slowly allowing any tension that you may have to flow out with your breath. Take a third deep breath and hold it for a count of three . . . as you exhale, feel the muscles of your body melting into the table. With each breath that you take you are becoming lighter and lighter. As you exhale, feel the tension leaving your body.

As you lie here, you have a feeling of complete serenity. The soft music in the background and the warmth of the sheets around you make you feel warm and safe. Although you may hear other sounds around you, you are focusing only on the soft music and my voice.

Focus your thoughts on the muscles of your feet . . . your toes and your ankles . . feel any tension that may be there flowing up into your legs . . your feet are becoming very light and relaxed. Feel your calves relaxing as the warm relaxation moves up from your feet through your calves and into your thighs. Feel the muscles of your thighs becoming limp, warm and completely relaxed. Now the muscles of your hips are relaxing . . feel how they are molding into the warm table. Feel the muscles of your lower back becoming lighter and lighter as the warmth moves up your back . . feel that warmth spreading into your upper back, into your shoulders and into your neck. Your body is becoming completely relaxed.

Feel the muscles of your hands under the warm sheets becoming light and relaxed . . . the warmth and relaxation are moving up into your lower arms as they become lighter and lighter. The relaxation is now spreading into your upper arms and into your neck. With each deep breath that you take you are getting more and more relaxed. Listen to your breathing . . . listen to any remaining tension leaving your body as you exhale.
You are deeply relaxed and feeling wonderful. All of the tension that you may have had when we started this experience is now gone. Imagine that your body is completely weightless. Your body feels like it is floating in the air on a beautiful, warm, summer day. Feel yourself drifting effortlessly in the air as your body rises off of the (table or chair). You may see the most radiant blue sky all around you and feel the warmth of the air as you rise into the air, completely relaxed. Although you may hear other sounds around you, the only things that you will pay attention to are the sound of my voice and your inner thoughts. Listen to my voice carefully as I guide you through this beautiful, warm, floating experience.

As we begin your massage, you will feel the warmth of the oil and the gentle, relaxing movement of my hands on your skin. This soft motion will cause you to relax even further. Focus on the sounds of your breath as you inhale warm, clean air and exhale any remaining tension. Experience the wonderful aroma of the essential oils as they add to your beautiful experience. Let your mind drift. There is no need to think about anything right now . . . you are completely relaxed and at peace.

(This induction should be followed by the Massage-Hypnotherapy Awakening.)
Progressive Relaxation

By Rene A. Bastarache, CI, CHT

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

I’m going to have you relax, every part of your body starting from the top of your head all the way down to the bottom of your feet. And as you relax each part of your body, I’d like you to use your imagination to visualize … and even feel … each part of your body relax and let go completely … starting with the top of your head … your scalp and your forehead … your eyebrows and your eyelids … and feel that relaxation going down through your cheeks and your nose … relax your mouth and especially all those muscles around your mouth and lips … make sure your teeth are not clenched together … and just relax … relax your chin and your jaw … and allow all of those muscles in your face to just let go … and a neck relaxes … starting with the front part of your neck … and the back part of your neck … all the way down to your shoulders … just feel your shoulders relax completely … get rid of any tension that might be in your shoulder area … it should feel good to do that … and your arms relax … starting with your upper arms … going down to your elbows … relax your wrists … your hands … and even the fingers relax and let go … And notice how deep and regular your breathing has become … just so much more than just a few moments ago, when we began … feel your breathing … feel the rhythm of your breathing … notice the contraction and expansion of your diaphragm and your chest … and allow your chest muscles to relax completely … all the way down to your stomach … just feel your stomach muscles relaxing and letting go … get rid of any tension that might be in that area … just allow everything to let go completely … and your back muscles relax … those larger muscles in the upper part of your back … going down your spinal column … and into your lower back … and allow all those smaller muscles in the lower part of your back to relax as well … and your hips relax … and especially your legs … starting with your thighs … your knees … and feel that relaxation going down into your calves … and your ankles … relax your feet … and even your toes just relax completely … as you begin to drift into a deep relaxed state … just letting yourself go … letting your mind and body become one … just feeling so good …
In just a moment I’m going to count from 20 down to 1 ... and as I do ... you can allow yourself to relax at your own pace ... but before I do that I’d like you to use your imagination ... I’d like you to imagine a custom cloud snuggling up to your body in the shape of a chair ... and imagine that this chair has arms on it ... it’s a very warm and comfortable cloud ... ts your personal cloud ... notice how it snuggles up to your body... now it is going to take you to a very beautiful place ... a special place in your life ... a place where your happy ... a place where you feel good ... and a place were your totally relaxed ... So as I begin counting just allow yourself to relax completely on that comfortable cloud and let it take you to that wonderful place where your happy ... relaxed ... and very calm ... just allow yourself to be there for a moment as I begin to count ... and you allow yourself to go deeper and deeper into relaxation.

20 ... just let yourself go completely ... 19 ... 18 ... all the way down deep ... 17... 16 ... deeper and deeper ... 15 ... 14 ... just let yourself go ... 13 ... 12 ... give yourself the permission that this is what you want to do ... 11 ... 10 ... allow yourself to just to let go ... 9 .. 8 ... deeper and deeper ... 7 ... 6 ... all the way down deep ... 5 ... 4 ... tired and drowsy ... 3 ... 2 ... so very relaxed ... and finally ... 1 ... Deep ... deep ... relaxation.
Sunset Induction

By Gail Nowak, CHT

Begin with me now by taking a nice deep breath. Slowly exhale. Take another deep breath and again slowly exhale. Take one more deep breath and this time hold it to the count of three. One. Two. Three. Now slowly exhale.

I want you to now picture in your mind a beautiful orange sun just sitting on the horizon. It is as beautiful as any sunset you have seen in the past. As the sun slowly begins to descend you become more and more relaxed. You notice all the beautiful colors in the sky. The evening is so peaceful. You continue to breath deeply as the sun slowly descends. As you breath in, breath in that wonderful peacefulness and calmness and relaxation. And as you exhale, breathe out all the worries and tension and concerns you may have. Just let them leave your body through your breath.

I am going to begin to count backwards beginning with 20 and with every number I want you to continue to breath deeply and continue to focus on the sunset. As I continue to count, perhaps reaching the number 12 the sun will be completely set and as the sun completely sets, you will be completely relaxed … 20 … becoming more relaxed … 19 - 18 … deeper … 17 - 16 … more and more relaxed … 15, 14, 13 … deeper still as you absorb the peacefulness and the beauty of this incredible sunset. Your eyelids are becoming very heavy as you go deeper and deeper in relaxation … 12- 10 … becoming more and more relaxed, breathing in total relaxation and peacefulness … 9 - 8 … deeper still … 7 - 6 … the sun has completely set. You are so totally relaxed … 5 - 4 … so very peaceful … 3 - 2 … all the way down deep, and finally … 1 … deep, deep, relaxation …
Underwater Induction

By Clive A. Housley, CHT

Please sit comfortably in your chair with your feet flat on the floor. Place your arms comfortably at your sides, on the arms of the chair, or in your lap. Close your eyes. Take a deep breath in through your nose and slowly exhale all the air out your mouth as you relax. Take another deep breath in through your nose and out through your mouth as you relax even further. Continue breathing deeply becoming more and more relaxed with each breath.

As you continue breathing deeply and relaxing more and more, we are going to go on a magical journey....as you relax, I want you to imagine you are standing at the edge of a great pool of water. As you look down into the brilliant blue water you get a feeling of peace and relaxation coming over your body. The water looks very inviting to you and you have a powerful urge to place your feet into the pool. I want you to imagine placing your right foot into the pool....The water feels nice and warm and as the water covers your foot your foot is flooded with a warm relaxing feeling....More relaxing than anything you have ever felt before. Now, you place your left foot into the water and it is met with the incredible warm relaxation as well. Now I want you to imagine that you start wading into the pool at first, very slowly. Up to your knees. As you do this, the warm relaxation travels up your ankles, and your calves, up to your knees. Just warm relaxation. As you travel deeper now into the pool there is no fear at all. Just the warm relaxation your body needs. It’s like the pool is feeding your body nourishment that it has always needed but has until this moment been unable to find. Relax.....Relax.... Up to your waist now, feel the muscles letting go as the warm relaxing water hits them. Slowly, you travel deeper into the pool. Up to your abdomen. You feel the muscles in your stomach and lower back relax as you journey deeper and deeper. Up to your chest and upper back, relax... relax. Up to and above your shoulders. Relax... Relax. The water is now covering your entire body up to your neck with wonderful relaxing warmth. There is no fear as you venture further into the pool. The water is slowly rising up past your chin as your face starts to relax into the magical warmth. You realize that you can breath naturally while under this magical water and there is no fear at all as the water rises up past your cheeks and nose. Just relaxation as you venture further in past your eyes...relax... up past your forehead...relax. Up past your scalp until your entire body is suspended in the
wonderful, warm, relaxing water.

Now, as you are floating there in total relaxation, I want you to imagine a brilliant gold ring is shimmering at the bottom of the pool. In a moment, I will begin counting backwards from 20 to 1. As I do this, I want you to imagine drifting down deeper and deeper towards the bottom of the pool. When you do this, you will feel no fear as you can breath normally in this magic water. You will also feel no pressure. Just an increased amount of peace and relaxation as you travel deeper and deeper into the pool. 20..... Deeper and deeper. 19.... 18..... 17 more and more relaxed as you go. 16.... 15 You are getting closer and more relaxed with each count. 14... 13... 12 The ring is getting clearer and your body is getting more relaxed the deeper you go. 11... 10... 9... As you get closer to the ring, you realize that it is attached to the lid of a large old wooden trunk. 8... 7... 6... Deeper and more relaxed now, the ring is almost within your grasp. 5... 4... 3... Even more relaxed now. 2.... and 1 as your hand reaches out to touch the ring you feel more relaxation than you have ever felt before. As you gently pull on the ring in your minds eye, I want you to imagine that the lid opens and a brilliant golden light pours out of the trunk. The light covers your entire body making it even more relaxed. This golden light represents all of your potential in life.... All of your creativity... All of your strength... And, all of your potential for good health, happiness and prosperity. It is available to you now for the first time ever, and in this relaxed state of hypnosis, you are able to draw from it to change your life in positive ways you never dreamt possible.
Walking in the field - Analytical Body Scan

By Judy McGlauflin, CHT

Imagine you are in the middle of a large field full of tall grass and wildflowers that come up to your hip. There is a dirt path that winds through the field. Walk along that path. You can feel the cool ground against the soles of your bare feet. Continue walking along that path. Put your hand out and feel the wild flowers against your hand as you walk. Their colors shine bright in the summer sun. You can hear insects chirping and birds singing. You can feel the warmth of the sun against the back of your neck. You start to sweat as the sun gets warmer. Keep walking. Up ahead you hear the sound of water flowing over rocks. Follow the path as it takes you out of the field and into cool woods. You can hear the water, follow that sound until you come to a flowing stream. You’re still hot from your walk in the field so wade into the stream and feel the cool water circle around your feet, ankles and knees. Wade out deeper into the stream and feel the water as it comes up to your waist and shoulders. Lean back and float in the lazy cool stream and let yourself drift slowly downstream. Relax and enjoy the gentle coolness of the water as you drift slowly downstream. Listen to the gurgling of the stream as the water flows around you. The birds are chirping in the trees overhead. Relax and enjoy the moment.
The purpose of deepeners is to assist your client in letting go and relaxing more during the session. This will help them to be more open to suggestion. Although deepeners can be used on anyone, you will find them more successful if used on non-analytical clients.
Arm Drop

By R. Ryan Van Otten, CHT

OK, I'm going to reach over and pick up your left arm (picks up arm until arm is extended as if sleepwalking). You will find that this arm will stay up all by itself for a little while (keep supporting arm, lessen the support until arm stays up by itself). Good. Now, I'd like you to, as your arm begins to feel heavier and begins to want to drop down to your thigh, relax more deeply and let your arm come down as an indication that you are relaxing more deeply and fully. That's good, allow that arm to come down only as quickly as you relax much more deeply, fully good... and as that arm touches your leg you become twice as relaxed, (arm touches leg) ... good.
Bubble Deepener

By Marilyn Boucher, CHT

Imagine yourself in a bubble, like the kind of bubble you blow out of a ring with the sappy liquid. It is light and delicate but it will not break. You are floating in this bubble. It is comfortable and a pleasing room temperature to your liking. There is plenty of air, crisp air to breath in and out. Take a deep breath now and hold it for three seconds and then exhale. It is a beautiful day outside with the sun shining and puffy white clouds; lots of fun clouds. In a moment I want you to imagine yourself in this bubble bouncing from cloud to cloud, working your way across that beautiful sky. I will begin with the number 20 and work down to 1, bringing you deeper and deeper into sleep as you bounce from cloud to cloud. When I get to number 1 you will be completely relaxed and will not hear everything I say but you do not need to listen to me. Your subconscious mind will do the work for you. All I want you to do is to relax and go deep into sleep. Feel yourself breathing as you go deeper and deeper. We will begin now.

20...you are getting sleepy, 19...your eyes are staying closed, 18...deep sleep, 17...puffy white clouds all around you, 16...bouncing from cloud to cloud, 15...sleepier and sleepier, 14...breath that crisp air in and out feeling sooo good and sleepy, so relaxed, 13...deep, deep sleep, 12...bouncing from cloud to cloud, 11...your eyes will not open, 10...deep, deep, sleep, 9...oh sooo tired, 8...sleep, sleep, 7...breath in and out and sleep, 6...relaxing more and more, 5...eyes completely closed, 4...deep, deep sleep, 3...relaxed, oh so relaxed, 2...tired, tired, and...1...deep, deep sleep so that you are completely relaxed now and will not open your eyes but your subconscious mind will hear everything I have to say.
Imagine in your minds eye a single candle that is lit.

Focus your mind on the flame of the candle, notice the flickering and dancing of the flame as the yellows and reds swirl around.

Keep the candle in your mind as you go very gently and very deeply, into a profound state of relaxation … and as the flame flickers and dances, you may notice a warm glow around the flame… See the wax melt from the wick and drip down, down, down and just relaxing at the base… And if you find your mind wandering away from the flame of the candle, just bring it gently back to the warmth of that flame … And as you keep the flame of the candle there in your mind, I will count down from 10 to 1 … Each number will make you 10 times more comfortable and relaxed than you are now … And as I count down each number you will see that candle’s wax drip down, down, down further into relaxation … See that warm light as a halo above the candle…

10 … A drip of wax beads near the flame…
9 … 8 … columns are forming along side the shortening candle…
7 … The flame flickers making you feel more relaxed…
6 … Dripping down, down…
5 … 4 … Deeper, deeper, you are feeling very relaxed…
3 … Deeper more
2 … Feeling as relaxed as can be…
1 … deeply, deeply relaxed…
aaaaannd zero.

You are now very deeply relaxed and each and every suggestion that is made will go deeply into your mind.
I’d like you to use your imagination for a few moments now. I’d like you to imagine … to think about … yourself lying down … outside … on the most comfortable piece of furniture you can imagine … It is a warm, gorgeous day … The sun is just beginning to set … The temperature is just right, just the way you like it … Best of all, there are no insects anywhere to distract you… It is as if this place were made just for you … You find yourself alone and completely safe … comfortable … So go ahead and imagine that piece of furniture that you are on right now … Describe it to yourself in detail … What is the color? … The size? … The texture? … Get it clear in your mind so it becomes “real” to you … It is more comfortable than the softest feather bed … And as you lay there you are gazing up at the beautiful dawn sky … You notice the colors … the shades of reds … blues … and yellows … The many colors, as the dance upon the few scattered clouds … As you continue to gaze … effortlessly at the sky … You watch the clouds begin to form into shapes … Some look like animals … Some look like trees … All different shapes that let your imagination begin to roam … When suddenly you notice one of the clouds that is nearly above you begin to form into the shape of a number … It looks just like the number … 25 … and as the soft breeze blows on it, you see it begin to dissolve and blow away as easily as it formed … Then you notice another cloud coming by that forms into the number … 24 … and that one begins to dissolve in the soft breeze too … You notice that this keeps happening … slowly … as the clouds form in to the number … 23 … then dissolves away … and then … 22 … and it continues this way going down … down … in numbers … very … very … slowly … 21 … and you notice that in between each numbered cloud … as it blows away and as the next one forms … 20 … that you are becoming soooo … soooo … very tired … 19 …sooo … sooo relaxed … and you enjoy this wonderful relaxation … 18 … and you find yourself, even allowing yourself, to let go completely … 17 … You give yourself the permission that this is what you want to do … 16 … as you continue to see the clouds forming into the numbers … 15 … and you continue to observe them … slowly on your own … 14 … and with each one … as it goes bye … 13 you become twice as relaxed … twice as much as the one before … 12 … as you observe them … 11 … dissolving … just passing bye … 10 … you are so comfortable … soooo open … 9 … deeper and deeper … in to this wonderful
relaxed state … 7 … All outside sounds … seem to help you to let go even more … 6 … as you allow yourself … to be there completely … 5 … totally relaxed … 4 … … Totally safe … 3 … and completely at ease … You fall into a wonderful dreaming state … 2 … until finally you see the last cloud form into the number 1 … and as it dissolves … you allow yourself to let go completely … deep … deep … so very relaxed …
Comfortable Slide

By Bryun Holt, CHT

See yourself at the top of a very long slide. This slide is padded and soft. Visualize the slide in your favorite color. It has a very warm and inviting feeling. You are looking forward to begin your journey down on this slide, into total relaxation. At the bottom of the slide, you notice there is a big, white fluffy bed. It looks so very comfortable and cushiony. You are looking forward to this descent and landing softly and comfortably on the bed below.

I will begin to count from 20, down to 1. As I do this, you will descend farther and farther into relaxation and peace. Remember, you are completely safe on this slide. It is cushiony and soft. It feels like smooth silk across your body as you slowly slide down closer and closer to the bed below. This is a peaceful ride down, as if you are quietly slipping into a wonderful dream state where your mind remains alert but your body is totally and completely relaxed. Let’s begin the descent…

20…You begin to gently drift down this comfortable silky smooth slide.
19…
18…Sliding down, down, towards complete relaxation and peace.
17…
16…
15…You are so comfortable and relaxed
14…
13…
12…Deeper and deeper. Completely relaxed and safe.
11…
10…Half way down the slide now. More and more relaxed.
9…
8…
7…
6…Just feel all your cares melting away, letting go completely. Just very, very relaxed.
5…
4…
3…Deeper and deeper. Almost at the bottom to that billowy bed below.
2…And…
1…You have now landed onto that wonderful, soft bed. Feel it hug your body. Feel yourself completely and deeply relaxed.
Crystal Funnel

By JoAnn Dworman, CHT

Now, I’d like your imagine that you are sitting in a chair outside on a sunny day. The temperature is perfect for you, and you feel really comfortable just being where you are on this beautiful day. Visualize in front of you a spiraling, crystal funnel standing up on it’s tip, like a gleaming, shimmering, sculpture where you can see through all of the levels of it, as they funnel down to the smallest that meets the ground. This crystal funnel is sparkling and shining in the sun. It is so beautiful to look at. You see that there are 18 levels to the crystal funnel, and a small silver ball at the top level ready to roll slowly down all the levels to the bottom tip where it fits perfectly. In a moment, the shiny silver ball will be released and I will count all the levels as you watch it descend. At every level you will feel yourself becoming more and more relaxed. When the ball reaches the bottom, you will be completely and totally relaxed.

Now imagine the silver ball releasing and I will count as we go.

18 . . . feeling relaxed
17 . . .
16 . . .
15 . . . completely letting go
14 . . .
13 . . .
12 . . . deeper relaxation
11 . . .
10 . . . more and more relaxed
9 . . .
8 . . .
7 . . . deeper and deeper
6 . . .
5 . . .
4 . . .
3 . . . so relaxed
2 . . .
1 . . . all the way into deep, deep relaxation
Elevator *(Department store)*

*By James A. Greer, CHT*

As you sit there, very comfortable and relaxed - I want you to visualize that you are on the top floor of a large department store. I want you to visualize an escalator that is moving people down to the lower floors. The escalator is moving very slowly and the people are holding on to a hand rail that is moving at the same speed as the escalator. It is very safe. You watch as the people are moving down, down, down. Very comfortably, you step forward holding onto the hand rail, and you start moving slowly down, down, down. Riding down this escalator will take you deep into relaxation.. and as I begin to count you will find that the lower you go, the more comfortable and the more relaxed you will become.

10 - Deeply relaxed as you pass the men's department  
9 - Let yourself go more and more  
8 - Your are passing the bridal department now  
7 - Deep, Deep, More relaxed  
6 - As you pass the children's department you become more and more relaxed  
5 - Deeply relaxed, sooo comfortable  
4 - Past house wares now - deeper and deeper  
3 - More and more relaxed  
2 - one more floor to go, now  
1. There, deep, deep relaxation

Now that you have reached the bottom floor, and you are totally relaxed... just let yourself go completely as you do deeper and deeper.
Falling Leaves

By Larry A. Roth, DC

Now that you are sitting back comfortably in your chair, I want you to imagine that it is a beautiful autumn day. The outside temperature is just right, not too warm, and not too cold. You are now imagining that you are sitting in a park outside and noticing the trees. You see some oak trees and some maple trees and chestnut trees that are near where you are sitting. Many of the leaves on the trees have now changed to their fall spectacular colors. You see the reds and oranges and yellow colors of the leaves. You are also noticing that the leaves, being autumn, are falling to the ground. As each leaf from the trees falls to the ground, you are feeling more and more peaceful, more and more comfortable and are going deeper and deeper into a relaxed state.

You notice that the tree just in front of you has lost most of its leaves. In fact there are only 20 leaves left on the tree. A wind is starting to blow. This is making the leaves to lose their attachment to the limbs and these leaves start to fall. As each leaf fall to the ground, you feel yourself going deeper into relaxation, now there are only 19, 18 leaves left...you are going deeper and deeper. 17, 16, 15 leaves remaining and you continue to go deeper and deeper and more relaxed as each leaf falls. 14, 13, 12, 11 leaves are now remaining. You are falling deeper and deeper into relaxation. The wind is picking up and the leaves continue to fall to the ground. 10, 9, 8, 7, 6 leaves are remaining now. You are allowing yourself to fall even deeper into relaxation than you felt before. As the last leaves fall, from 5, to 4, to 3, to 2, to the last leaf, you feel yourself going even deeper than you have felt all day.
Falling Leaves II

By Ginger Flowers, CHT

Imagine that it is Fall in the mountains. It is twilight and a bit cool. Visualize your warm cozy cabin. See the heavy, solid log walls and the substantial gray stone fireplace inviting you with its beautiful, orange blaze burning brightly. Hear the reassuring crackle as moisture heats and expands in the logs. You are warm, safe and happy.

You look out through an expansive window and notice a large maple tree quietly dropping leaves as winter approaches. You watch each leaf on its journey downward. Focus now on the leaves as they drift to the ground. One leaf at a time; you watch them fall, concentrating on only one leaf... following its descent...breathing deeply and relaxing more and more. The next leaf begins to drop...you too are dropping deeper and deeper into a wonderful, relaxed state. Each leaf that falls, one by one, allows you to become more relaxed than the previous one until you are more at ease than you ever thought possible. Still concentrating on the leaves, begin to count downward, one falling leaf at a time.

Ten … Breathe deeply
Nine … Watch how gracefully the leaf falls
Eight … Another breathe, more relaxed
Seven … Down and down
Six … All tension is gone as the leaves continue to fall
Five … Completely relaxed
Four … and three …
Two … and as the last leaf falls you are so warm, so safe and so, so relaxed
One
Floating

By Dr. Frank Slezak, CHT

Close your eyes. You are about to experience the state of total relaxation. Place your feet flat on the floor and your hands on the arms of the chair. Listen to my voice carefully as I take you into the wonderful world of tranquility.

I want you to use your imagination. Imagine that your body is beginning to feel weightless. As I count from 1 to 5 your feeling of serenity will deepen.

1 . . . your mind is beginning to quiet down

2 . . . all of your muscles are becoming limp . . . you feel no discomfort or pressure

3 . . . although you are aware of the music playing in the background, your mind is focused on the sound of my voice

4 . . . your body and mind are now totally relaxed . . . you feel wonderful.

5 . . . your body feels like it has no weight whatever . . . in fact, you can’t even feel the muscles of your body . . .

Your body feels like it is floating in the air on a beautiful, warm, sunny day. Feel yourself drifting effortlessly in the air as your body rises out of the chair. As you look straight ahead you see a radiant blue sky and feel the warmth of the air as you rise higher and higher into the air, completely relaxed. Although you may hear other sounds around you, the only thing that you will pay attention to is the sound of my voice. Listen to my voice carefully as I guide you through this beautiful, warm, floating experience. You are completely at peace . . .
Fountain

By Richard Kohsiek, CHT

I want you to imagine you’re in a beautiful garden. The scent of flowers drifts past… You are safe, comfortable, relaxed and content… There’s a fountain in front of you with twenty bowls of dripping water from one level to the next…

Think about the fountain. Envision it’s height, width and color. Imagine it’s material: is it cement, cast iron, fiberglass, or stone? Does it have elaborate figurines of people, animals or flowers or does it have a simple decorative borders? Does the water flow evenly over each bowl or does the water funnel into one opening per level?

You’re in such a comfortable place and so happy to be in the garden, you feel a great sense of peace. Hearing the water trickle from bowl to bowl in the fountain is so soothing.

A petal drops from the wind into the top bowl. In amusement, you’ll see it drop from the top of the fountain to the twentieth bowl at the bottom, carried by the water and floating as it goes. As that petal enters each bowl, you’ll allow yourself to become even more relaxed… more comfortable… You’ll go deeper and deeper than ever before…

First, though, imagine the petal. Think about what kind of flower it came from, its color, its size. Is it fragrant? You determine how it spins or calmly floats on top of the water. Now imagine looking up to the top bowl…

The petal drops from the top bowl into the nineteenth and you feel yourself more relaxed… It goes around that level with the flow of the water and then drops off the side into the eighteenth… You allow yourself to go deeper and deeper… Now the seventeenth… more and more relaxed… The sixteenth… more comfortable… the fifteenth and the fourteenth… safer and more serene… The petal drops to the thirteenth bowl, now the twelfth, now the eleventh… deeper and deeper… It falls gently to the tenth, then the ninth and you’re more relaxed… down… down, down to the eighth and the seventh… You allow yourself to go deeper and deeper… The petal goes down to the sixth, now the fifth and then the
fourth... As it goes down, down, down you are more comfortable, happier, more content... It’s dropping to the third and now to the second and you give yourself permission to be fully relaxed... It drops to the bottom, first bowl and you are fully at ease- more comfortable and relaxed than you’ve ever been. So deep and serene.
Garden Adventure

By Angela Minervini, CHT

Imagine that you are at the top of a stair case. There are seven stairs, and with each stair you descend you find yourself becoming more and more relaxed. Going down …
7 … 6 …. more at peace,
5 … going deeper,
4 … feeling very relaxed,
3 … feeling serene,
2 … deeper now,
1 …

At the bottom of the stair case you notice a door. You are drawn to this door, for it is illuminated. It beckons you to open it. As you begin walking you notice a wooden archway that is white ahead of you. You walk toward it and as you get closer to it you notice a pathway that extends beyond the white archway. You are drawn to it and walk through it and as you walk along the path you notice a beautiful garden. The garden is filled with flowers of every kind and color. There are red roses, pink tulips, white lilies, purple geraniums, yellow daffodils. The flowers are so vibrant and fragrant. You stop and pause allowing yourself to take in this beauty. You take a deep breath. Take a breath now. In the center of the garden you notice a magnificently large fountain. You move toward it. You even have the strong urge to stand under it. You feel so safe and free. You decide to stand under it. As you stand under it. The water is warm yet refreshing. You allow the water to cleanse you from habit and fears that prevent you from living a fulfilling life. You are feeling even lighter and more. Anything is possible for you now. You notice a grand castle at the edge of the garden. You walk toward the castle. It is the castle of empowerment (substitute any word here that fits what the client is working on).

You enter the castle and walk down a long hallway that leads to the room of empowerment. You enter this room. In this room there is a magical mirror that grants you with your desire to be confident. You close your eyes and allow the energy vibrations of this mirror to fill you from the top of your head to the tips of your toes. You open your eyes, and when you look in the mirror. You notice … (start script here)
Garden Scenery

By Barbara Carter, CHT

Close your eyes and take a deep breath....and another deep breath.....and a third deep breath holding it for about 3 seconds....now exhale slowly feeling more relaxed as the air leaves your chest....getting yourself comfortable to enter a quiet and peaceful place...a place where you can relax .. slow down...experience your inner mind.

You feel very comfortable as you begin to feel your muscles relax from the top of your head to the bottom of your feet. Feel your whole body go limp as you sink into your chair...be aware of the chair as it touches the back of your shoulders as they become more and more relaxed ... down through your spine...now notice the relaxation of. your hips and thighs ...your calves ...feel the bottoms of your feet as they rest gently on the floor beneath them.

Outside your window you see a beautiful patio lined with yellow...purple... and bright red flowers. You step outside and feel the warm sun beating down on your face. You can smell the sweet fragrance from the flowers in the gardens... A light gentle breeze is blowing through your hair. Off in the distance you see a colorful butterfly sitting on top of a yellow daisy...as you move closer to the flower you see the butterfly gliding down into a meadow full of dandelions. You follow the butterfly down a staircase made of stone that leads to the open field. With each step down you find yourself becoming more and more relaxed...10 feeling relaxed....9 even more relaxed...8 feeling tired and drowsy....7 just letting go 6...5....4...very comfortable....3 ....2...1 feeling completely and totally relaxed.. you are doing good...now continue to relax deeper and deeper so that you can be absorbed in your own thoughts...allow your mind to drift.. allow your mind to enjoy not having anything to do right now.. allow your conscious mind to take a break....relax and allow your mind to drift into a way that is useful ...enter script...
Gazing at the Stars

By Phoenix Schneider, CHT

Now that your body is in a state of complete relaxation I would like for you to imagine that it is a warm beautiful summer night... You are lying outside on the most comfortable bed you can imagine. Visualize yourself lying on this comfortable bed with the most comfortable pillow underneath your head... There are no bugs around you or outside tonight... There are no outside noises to distract you from experiencing complete relaxation and peace. You are feeling even more relaxed than before... A refreshing breeze hits your face as you inhale a breath of clean crisp fresh air... And as you exhale you can feel your whole body relax twice as much as you were relaxed before. You are even more at peace as you let go of any tension in your body... As you let go of all your worries and stress your mind becomes crystal clear... As you gaze up into the sky you notice the many beautiful shining stars gleaming down on you as you lay so comfortably and peacefully on this beautiful summer night. You feel compelled to look at and count each bright and shining star... and you notice that when you gaze at each star... the star immediately turns into a shooting star... as you watch it descend... until it fades into the distance... leaving nothing but star dust... You begin counting the stars... starting at 10 and continuing until you get down to 1... and as you count each star you are watching each one fall, descending... fading into the distance... you feel yourself becoming more and more relaxed... and going deeper and deeper into relaxation...

10 – feeling peaceful and relaxed
9 – sooo... sooo very relaxed
8 – feeling more and more relaxed with each falling star
7 – deeper
6 – deeper still and extremely relaxed
5 – becoming more relaxed with each descending star
4 – deeply relaxed
3 – totally safe and at peace
2 – deeper
1 – totally and completely relaxed

The last star has fallen and all of the star dust has dissolved leaving the beautiful summer night sky clear and beautiful. You feel completely relaxed.

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Hill

By Dawn McGinley, CHT

I want you to close your eyes and use your imagination. Imagine yourself at the top of a beautiful hill… the grass is green… the sky is a beautiful shade of blue… the sun is shining… you can see for miles… you can see above the trees… you are looking out upon lovely green fields. There is a lake at the bottom… deep, blue, water. The lake is so beautiful… the water sparkles in the sunlight… you would like to see this beautiful lake. As you take steps down to the lake, I am going to count to 20. And as I count, you will relax even more… you notice a path… it leads to this pretty lake…

Now you take a step downward, towards the lake… 1 2. You continue to walk down… 3… you are noticing the treetops… 4, so relaxed… so comfortable, 5… everything is sooo pretty… 6… you are walking down this lovely hill… 7… to the lake at the bottom… more relaxed… 8, 9… walking down the path, relaxing, relaxing… 10, 11… it is so peaceful and tranquil… 12, 13… and so beautiful… you feel one with the universe… 14, 15… relaxed and comfortable… 16, 17… happy and peaceful… down the path… 18, 19… and now you are at the lake… notice how relaxed and comfortable you feel… 20…
Indirect Deepener

By Rene A. Bastarache, CI, CHT

(This is something you can do at any time during the session.)

Anytime you hear this sound during the session (snap your fingers - or tap table with a pen etc.) you will immediately relax twice as deep

(It works best if repeated at 4 - 6 different times during the session. You only need to give the instructions once and the snapping of your fingers should be done anytime you want the client to relax more. Snapping can be done while talking so it will be responded to subliminally.)
Journey From the Meadow

By Martha Affeld, CHT

It is a beautiful day and you have just stepped off of an old path through the forest into a meadow. The meadow stretches so far into the distance.

A soft breeze caresses your cheek and you catch the scent of the sweetest flowers that are in bloom.

A smile plays at the edge of your lips as you look across the meadow … you see a bounty of flowers strewn across the tall grass … You can’t help but to place the last of the days burdens at your feet like a heavy pack and begin to spring across the meadow … The sun is warm against your back and as you run … you begin to hear the sound of a tinkling spring filled with cool clean water.

The long stems of grass brushes against your legs as you continue to run smiling through the meadow just like you would as a small child … Your eyes catch what looks like an old chimney in the distance … It is not very tall and it looks like it is red … Maybe it is made of bricks.

You are overcome with curiosity as your feel your feet begin to slowly glide across the soft grass of the meadow … A butterfly catches your attention and you feel yourself gliding … closer and closer …

Your fingers graze the top of a tall flower stems … and for a moment your eyes catch a glimpse of the most delicate flower you have ever seen … You stop as you look upon this small jewel and you wonder how such a frail thing could even exist … You can’t seem to stop yourself and you pick the tiny flower … You bring the flower to your nose and the scent is sweet and dark with an intoxicating essence …. You breath deeply and a smile again kisses your lips … and you realize that as you breath in the scent of the flower you begin to go deeper and deeper into a calm and happy state …

You continue to walk toward the red brick chimney and as you get close you realize that you have found a very ancient house … You are surprised and excited and you look across the ground at what had been a most wonderful place …
You see a well and you begin to walk towards it... You step closer and closer to the edge... This is not a wishing well, nor does it have walls... It is a 6 foot circle that leads into the ground... As you kneel to look down you feel a soft coolness emanating from the bottom, and it smells as clean and sweet as the stream running through the meadow... You smell the flower and smile, flowing deeper into a state of relaxation... you realize there are stairs running along the inside edge of the well. You are again struck with curiosity, why would a well have steps?... You decide you will find out where they lead...

You place your foot on the first step, and as you look down you can see that there are 20 steps, each step taking you deeper, and into a calm, relaxed and safe place. Your step down...20...19 you place your hand against the cool rocks along the side of the well. The stones are soft and velvety from the moss that climbs along the walls of the ancient well... 18... the granite steps are wide and they are not slippery, you feel safe and excited about what you will find at the end of the staircase... 17...16... you look down the center of the well and you see a faint light glimmering... 15...14... a drop of water lands in the gentle waters that lay at the bottom of the wall. Each drop echoes and is enveloped by the sweet cool waters below... 13...12... The dim light grows stronger, but it is very hard to see in the light cast down the well from the sun... 11...you still can not seem to make out the glowing at the bottom of the well...10... The sun is fading and you walk know with your hand on the rock that encircles the wall. It is smooth, worn soft by clinging moss and the countless hands that have brushed along these walls... 9...8... Each step brings you closer to the depths, and each breath brings you into a deeper state of relaxation. You begin to feel a very clear minded Euphoria that spreads energy and light inside your body... 7...6... You want to go faster as this sense of finally understanding all you have sought grows within your heart and mind. For the first time you feel truly at ease, nothing to long for, nothing you haven’t achieved, you are a complete being. Each step brings you closer to this realization... 5... You begin to see that the light is very bright... but small... it is why you could barely see it from above... 4...3... You see that there is a landing. On the landing there is a door that opens into the side of the well... 2... As you get deeper you see that the light is coming from behind the closed door... 1... You are now on the landing... You realize that you have a choice... You may enter this door or you may continue down the well. You will encounter the same door after the next twenty steps... It will be the same door. You will simply be more deeply relaxed if you choose to go down to the next door... You may choose... If you choose the door you will, in a totally relaxed state...
simply say the word door ... This will not in anyway change how relaxed you are feeling ... It will simply allow you to make a choice ... Tell me now which choice you prefer ... Say door or stairs

(stairs)

You are so curious about what is behind the next door that you move quickly down the next set of stairs, anticipating the first glimmer of light from under your door ... 20 ... 19... your feet feel as if they have walked this set of stairs a thousand times ... 18 ... 17... 16 ...The faintest glimmer of light catches your vision. 15 ... 14 ... 13 ... 12 ... The light is growing brighter now ... 11 ... 10 ... 9 ... 8 ... 7 ... You realize that as you go deeper it is growing more and more cold and damp. You are ready for it to be brighter and warmer when you open the door ... 6 ... 5 ... 4 ... 3 ... 2 You are excited now and you can see a gleam from the brass door knob. You reach out as your foot reaches down ... 1 ...You are in a deep state of relaxation and enter this room. You step inside with an open mind and an open heart.
Lake Visualization

By Katherine Lee, CHT

I would like you to imagine you’re by a beautiful blue lake at the top of a wild mountain ... the water of the lake is warn blue and clean ... many beautiful exotic plants and wild flowers around it ... There are also so many huge rocks standing between those plants and flowers ... The sun is shining and there is a cool breeze ... The temperature is just as you would like it ... As the air here is pure and fresh ... and as you marvel at the vivid colors all around you ... you hear the relaxing sound of birds singing overhead ... I would like you to take a deep breath ... and as you breathe out ... you relax deeper and deeper... deeper and deeper...

As you stroll around the lake ... feeling the little rocks underfoot ... you wander towards a huge rock ... huge but flat ... You climb up upon it and lie down ... You feel more relaxed than you have ever experienced before ... The clouds in the sky are richer shapes and softer than you ever seen ... Take a deep breath again ... and inhale the soft, warm, sweet smelling air ... And as you exhale relax deeper and deeper ... As you continue on enjoy the blue sky ... your mind begins to wander ... relaxing deeper and deeper with every different shape of the cloud ... You gaze out into the distance ... and see the vastness of the sky ... You watch how the clouds change their shapes ... in a never ending sequence ... One after another ... And you see the leaves falling down from an old oak tree ... One after another ... falling down slowly and quietly ... as you relax deeper and deeper ... the more leaves falling the deeper you relax ... You feel a growing feeling of peace and calm ... as the leaves lightly brush your skin ... you feel more and more relax ... the leaves fall all around you ... on your face ... more and more relax ... your chest ... deeper and deeper ... your legs ... even on your toes ... your whole body is covered by leaves ... everywhere from your head to your toes ... You fall into a deep, deep state of relaxation ... Every single muscle ... limp and floppy ... a wonderful state of relaxation ... You relax deeper and deeper than ever before ... In a few moments time ... You will hear me say the word ... Nowwww... and when you hear me say the word ... Nowwww ... your body ... Will continue to sink down ... becoming more and more limp ... more and more relaxed ... and comfortable too... Just feel yourself sinking down into the chair ... Your head sinking down ... as if into the pillow ... becoming even more comfortable ... feeling completely at peace ... and calm and contented ... As you continue to drift
down ... really enjoying this wonderful feeling of complete relaxation ... as you continue to go deeper and deeper relaxed ... Deeper and deeper relaxed...

*(Throughout your future session, occasionally repeat the word Nowwww do allow your subject to go deeper)*
Leaves Falling

By Gail Nowak, CHT

Imagine it is a beautiful autumn day. The leaves are turning a wonderful array of bright oranges, reds, and golden browns. As you sit in your hammock and watch the trees, you feel the wind begin to pick up. As the wind blows the leaves begin to fall from the trees. As you watch the leaves fall, you feel yourself going into a deeper state of relaxation. As each leaf falls to the ground, you watch it with your eyes and you feel yourself going deeper and deeper.
Moving Sidewalk

By Verilyn C. J-Downing, CHT

I’d like you to visualize being in a long hallway with a moving sidewalk continuously moving down the lane of the hallway. Down at the end of the moving sidewalk is a big overstuffed, soft, luxurious chair just for you, where you become sooooo comfortable and relaxed. Along the moving sidewalk are five signs with messages just for you.

   Visualize stepping onto the moving sidewalk and approaching sign five, it reads … you are more and more relaxed.

   Sign #4 reads … you are deeply relaxed.

   Sign #3 reads … let yourself go more and more.

   Sign #2 reads … you’re almost at the end of the hallway. Moving, moving down towards

   Sign #1 reads … relax all the way … as you are seated in your luxurious, overstuffed, soft chair … sooooo comfortable and relaxed.
Mystical Stairwell

By Niki Gilbert, CHT

Imagine yourself walking on a forest path on a perfectly warm Spring day. On either side of the path are beautiful trees, some tall and slender, others wide and burly, all kinds of trees, laden with new Spring growth. As you walk along enjoying the clean crisp air and the sun on your shoulders and back, streaming down through the trees creating lovely shadows on the path you notice not too far off in the distance, an opening in the thick trees. A bright, wide stream of sunlight illumines this opening. You walk up to it. There is a glowing warmth surrounding you and you are hardly surprised to see in the clearing before you, a luminous spiral stairwell circling down into a grove below. There are fabulous clouds beneath you, beckoning you. A banister appears and you take hold of it. You notice a step directly in front of your feet and are ready to descend. As I count down, you will walk easily down the 12 steps going deeper and deeper into relaxation. You seem to float down the steps beginning with….

12 – calm and relaxed
11 – your feet carry you into deeper and deeper relaxation
10 – more and more relaxed
9 – deeper still
8 – you are floating from one step to the next to
7 – greater and greater relaxation and
6 – deeply relaxed
5, 4, 3 – almost at the bottom….relaxed, safe, calm…..floating down into
2 – deeper and deeper relaxation
1 – totally and fully relaxed

You have now reached the bottom and feel as though you are floating in a sea of clouds, completely, deeply relaxed.
Outdoor happy day with friends

By Jeremiah Siggard, CHT

I want you to imagine a time and place when you were happy. A time when you were surrounded by your best friends, by your family. A time when you laughed spontaneously. A time when everyone that was with you was happy.

I want you to imagine a camping trip, you and your family are hiking along a trail. The day is warm and comfortable. There is a light cool breeze blowing across your face. The trees are tall and green. The smell of pine crosses your nostrils. You hear the birds chirp their love songs. You see the squirrels scamper up and down the trees. You hear the thunder of a waterfall up ahead. As you round the bend you see the waterfall. The mist carries a beautiful and vivid rainbow that brings a smile to your face, and the face of your friends and family. There is a large green meadow with many colorful flowers. You see the butterflies dance around the red, purple, and yellow flowers.

You roll out a red and white checkered blanket. Your friends bring out the food that you have prepared. The smell of good food fills your nostrils. As you sit down to eat, you feel the cushion of soft grass. As you sit there you enjoy your meal with your friends. The food tastes good. The conversation is light and joyful. You enjoy the companionship and time together. The sun warms you gently as you laugh and joke with your family. After your meal you and your friends go down to the nearby stream. You jump in the cool water, it is refreshing. You splash your friends playfully. You frolic in the water splashing and playing like little kids. This is a peaceful and happy time for you. You are carefree.

After such a joyous time in the mountains, you and your friends prepare for the evening. You watch the sun set over the valley. The sky is filled with various hues of light oranges, reds and purples. The scene brings a feeling of satisfaction, a feeling of happiness, a feeling of joy. Your life is goodness and happiness.
Pool of Clarity

By Holly Kline, CHT

Now that you have allowed your breathing and your body to become SO deeply relaxed, I'd like you to imagine your mind as a deep pool of clear, refreshing water. Just see your thoughts floating along the surface of this pool. And notice that they, too, begin to settle, just as sediment settles to the lowest point. Each and every thought becomes just TOO heavy to stay afloat, and so it slowly and gently begins to sink ever deeper and deeper, gently drifting down, and down, and as these thoughts begin to drift from the surface, the pool is returning to its natural state of crystalline clarity. Drifting and drifting, just too heavy to remain on the surface... All these thoughts, which have obscured the beauty and purity of this elixir, are now just settling to the bottom ... they are no longer needed ... so just imagine yourself as you calmly see these thoughts drift away, drift to the bottom and settle ... Settle ... Look deeply now into this inviting pool, see the beauty and clarity and life within it. Give yourself a moment to appreciate the gift that it offers you, and recognize that when you enter it, all the tensions and stresses of everyday life will be washed away, and you will be bathed in a feeling of peace and comfort. Take a deep breath now, hold it for a moment and release it and now gently and easily allow yourself to enter...

In just a moment I am going to ask you to do something which you have done many times in the past, but in a very different way. I'd like you to count to thirty, but this time as you do that, I'd like you to say the word quietly in your mind, and then spell it ... first forward, then in reverse. For example: ONE ... o...n...e... then ONE ... e...n...o... Then proceed to the next number: TWO ... t...w...o... then TWO ... o...w...t... And so on, until you reach the number thirty. I'd like for you to try that right now ... See the word ONE in your mind's eye, perhaps writing it out, or perhaps just seeing it appear before you. Then as you see it, I'd like you to spell it, first forward, then backward. O...N...E and E...N...O... Very good. When I tell you to begin, you may proceed until you have reached the number thirty, taking your time to see each number in your mind and spell it carefully and correctly first forward and then in reverse. As you are doing this, please pay no attention to the words I am saying. Continue until you reach the number thirty knowing that as you do so, your subconscious mind is receiving and understanding every word that I am speaking. You will find that it is easy and
effortless to allow my suggestions to become a part of you, although you make no effort to hear or understand me. Once I have instructed you to begin, simply go ahead with your task, paying no attention to me until I ask you to listen again. Once I have asked you to do so, you will be in a deep state of relaxation, and you will easily and effortlessly be receptive to all my suggestions, making them a part of you, from this day forward, for as long as they are of use to you.

Very good. Now, I’d like you to begin. Start with the number ONE… See it, then spell it, first forward, then in reverse. (pause, allowing client to follow instruction.) Excellent! Now TWO… (pause) … Great! Now just continue, counting and spelling, allowing my voice to fade away, until you have arrived at the number THIRTY … As you go along, you will relax more and more deeply, becoming more and more relaxed as you count, and paying no further attention to me until I ask you to … Good … Counting and spelling, and relaxing more and more.
Relaxing by the Stream

By Rene A. Bastarache, CI, CHT

You can continue to breathe easily and freely, as you feel yourself becoming more calm and peaceful ...

Allow yourself to move into a very deep, peaceful state of relaxation ... as I continue talking to you, you can keep relaxing more and more... not caring how deeply you relax, just happy to continue becoming more calm, more peaceful, and more at ease ... continuing to breathe easily and freely ...

Your subconscious mind will always be aware of what I'm saying to you, so it is not important for you to consciously listen to my voice ...

Your subconscious mind can hear and understand everything I tell you, whether you are listening to me consciously or not and your conscious mind can relax completely ...

You are continuing to experience perfect peace of mind, and can feel yourself moving into the situation I describe to you ... it's going to happen automatically, and you don't even need to think about it ...

Now I want you to imagine yourself lying in a comfortably near a stream of clean, crisp water, in a beautiful forest on a perfect summer day ...

There is a warm, gentle breeze, and the air is fresh and clean, the sound of the stream is very relaxing ...

It keeps becoming less important for you to consciously listen to my voice because whether you listen to me or not consciously or not your inner mind accepts everything I say ...

In your mind, you are enjoying the beauty of nature, as the sunlight shines through the trees and you listen to the gentle flow of water and the birds singing cheerfully ...

You are lying there, comfortably relaxing ... it is so peaceful that you continue feeling more relaxed than ever before in your entire life ...

As you continue enjoying this peaceful, pleasant experience, a soothing
drowsiness is coming over your whole body, from the top of your head to the bottom of your feet ...
You continue feeling calmer, more relaxed and more secure ...

And now, as you lie there with your eyes closed, you are so relaxed and comfortable and happy that you continue moving into a more peaceful, more detached state ...
It may seem like you are drifting into a state of sleep ...
and that's okay…From now on you will be influenced only by positive thoughts, ideas and feelings ...

The following thoughts come to you … I feel calm … I feel secure… I feel in control
….and as you continue to relax… listening to all the sounds around you and taking in the beauty of this perfect location … I am going to count from 20... down to one.. And on each count I want you to allow yourself to let go and relax yourself more and more … the more I count down, the more relaxed you allow yourself to become, releasing all anxiety, stress, and tension, until I finally reach the number one and you are in a deeper state of relaxation than you have ever imagined possible…

So now lets begin with 20 … deeper and deeper ... 19 … just allow yourself to relax all the way down ... 18 ... 17 .... just let yourself go … 16 ... 15 ...
 enjoying this wonderful day relaxing by the stream ... 14 ... 13 ... all the way down deep ... 12 ... 11 .... allowing yourself to let go completely ... 10 ... 9 ...
deeper and deeper ... 8 ... 7 ... so very relaxed ... 6 ... 5 ... you have no place else to be but right here ... 4 ... no worries, no concerns ... 3 ... totally relaxed ...
... 2 ... and when I reach the number one you will have let go completely ... and finally ... 1 ... totally relaxed and completely at ease.
Imagine yourself on a beach. The sand is nice and warm to the touch. It's a beautiful day with the sun shining in a clear blue sky. The beach you are on has no one else except for the person you would like to have there beside you. Give yourself permission to play in the sand for the day with the one person you have chosen. This person will be your friend for the day. Perhaps it is a child, grandchild, best friend, a parent, anyone you would like, just the two of you playing in the sand. In a moment I am going to ask you to teach your friend how to build a sand castle. While you are building your castle you will explain to your friend why you are doing it, what the function is. As you are doing this you will be teaching your friend how to build sand castles. I will give you step by step instructions on how to build your sand castle so even if you have not built one before, you will be able to now and at the same time teach your friend how too as well. You are the boss of your own creation. Use your imagination. We will begin.

On the warm soft beach you are constructing a sand castle with a friend that you have chosen for the day and you are teaching your friend how to build it. You start by finding a comfortable place to build your sand castle, somewhere close to the water but not so close that the waves are going to topple it over. Now get some water from the ocean with pails, both of you going back and forth several times. You pass each other in doing so and smile at one another knowing this will be fun (give them a minute to do this). Now you are kneeling on the sand, you and your friend, and making hills with the sand. Now you take turns filling up your buckets with damp sand and dumping them upside down onto the beach, forming pail shaped cones. First you do it then your friend does it, then again and again until you have formed several pail shaped cones, all close together to form a circle. Keep count of how many pail shaped cones you make. (Give them a little time). Just have fun, you and your friend and keep track of how many you are building. Now you are making a deep, deep circle in the sand around your castle so that you can make a moat. Tell your friend to start at one end and you start at the other and then meet in the middle. When you meet you smile at each other.

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because this is fun. Now you go for water, again and again, several times, you and your friend, and each pail of water gets emptied into the moat. You're almost finished now. All you need to do now is to add a twig into one of the pail shaped cones to represent your flag. You look around the beach and there by the water are some pieces of drift wood. Some are small and some are large. Chose a piece of this wood that would best fit for your flag. Take the flag and add it to your sand castle. If you are still telling a story you can finish with it now. You and your friend are feeling happy and good, positive, and relaxed. You have enjoyed your time together. Now it's time to say goodbye to your friend. Both of you feel good about spending time together and having fun. Now you are completely relaxed.
Sailboat

By Rachel Power, CHT

I want you to think real hard right now…. Using your imagination, I want you to think about being on a beautiful tropical island. I’d like you to imagine you lying on the beach in a comfortable hammock. You’re listening to the soft rumble of the waves as the palm trees sway above you, keeping you shaded from the sun. Imagine you relaxing there in your hammock. …..Relaxing…. Having no worries… It’s a beautiful day. The temperature is perfect, you couldn’t ask for anything better.

Best of all, there’s nothing there to disturb you. Go ahead and imagine that there’s no loud music, crying children ….there’s nothing there to distract you. You find yourself completely safe, comfortable and relaxed. See yourself, as you sway in the gentle breeze. Now, you notice 20 beautiful sailboats across the horizon. You can’t help but notice all the wonderful colors of their sails. Look at the multi shades of blue…..red’s…..Even purple. They’re floating ever so effortlessly across the sea foam green colored ocean water. The sailboats are softly bouncing in a slow rhythmic movement.

As you look more closely at the sailboats, you notice each sail is numbered. The first one you see is number 20. Notice that it bobs over the horizon out of sight. But as the wind blows… the next sailboat is in sight and in the folds of the sail is the number 19. You are just taking it easy in your hammock, deeply breathing in the aroma of the ocean air. As sailboat number 19 disappears…..sailboat number 18 appears. Your imagination has you mesmerized in a deep trance…Relaxing you to the point that you feel you may go to sleep. But you can’t take your eyes off the sailboats….Number 17……..Number 16, moving smoothly across the water… Almost dissolving into the waves….. Number 15, continues on its way…. Number 14 blows on by and you are becoming very …. Very tired. Sailboat number 13 arrives and you find yourself soooo relaxed and you can’t help but enjoy this… so completely… you allow yourself to let go. Number 12… You consent to fall into the wonderful dream. Number 11…..Number 10… you continue to see the sailboats sail by with the numbers displayed adamantly on their sails…. Number 9… passes by. Number 8, you become twice as relaxed as before. Number 7, as you observe the sails…6, you are sooo comfortable…..5, you’re open and totally safe…..Number 4, sooo
relaxed. Number 3, and as you watch, you swing back and forth….Number 2, you’re going to a dreamland. As you see the last boat go by, … Number 1, You finally arrive… Let yourself go….Completely….relaxed.
Sinking in the Sand

By Clive Housley, CHT

I’d like you to use your imagination now. Just imagine you are on the beach…relaxed…peaceful…content. It is a very warm day…no clouds in the sky…a faint breeze. Just a few feet from where you sit, the cool, clear, refreshing water is inviting you to come closer. In just a moment, you will rise from your chair and walk slowly to the water’s edge. Ten steps forward will lead you to a more relaxed, comfortable, deep peacefulness.

10 Standing in the water, your feet sink into the soft wet sand…feeling the soothing, cool, blueness lapping around your ankles…
9 You begin to feel relief from the heat…stepping slowly…going deeper and deeper into the water…relaxing…
8 With each step you go deeper… feeling your body become lighter and lighter…
7 You continue moving forward, going deeper into relaxation…
6 The blue silky blanket embraces you…feeling calm…
5 Your arms begin to float… weightless…so peaceful…
4 Completely comfortable…so serene…
3 Weightless, worry-less…
2 Deeper into the calmness…
1 Completely relaxed…

Now that you are completely bathed in relaxation, calmness, serenity…just allow yourself to let go… deeper…
Snow Falling

By Gail Nowak, CHT

Imagine it is the first snowfall of the winter … It’s a beautiful winter day … It is just beginning to snow … You take notice of each snowflake and realize that each one is unique … One by one the snow flakes slowly fall … With the falling of each flake you feel yourself going deeper and deeper into relaxation …
Spelling Number Countdown

By Rene A. Bastarache, CI, CHT

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

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

By Rachel Power, CHT

While you sit comfortably and relaxed, I want you to visualize, deep inside your mind, a gorgeous wooden spiral staircase. This stunning spiral staircase has shiny dark cherry wood railings. As you gaze down the staircase, the steps have an exquisite thick burgundy wine colored carpet. As your eyes follow the steps down, you notice there are 15 steps leading to the ground level. These steps are cascading gently downward.

Down….Down….Down….Sending you into a deep relaxation state. In a second, as I begin to count, you will descend this spiral staircase. And as you go down each step, you will find that you will feel more comfortable and more relaxed. The further you descend, the deeper your relaxation.

Now visualize walking over to the staircase and slowly starting your descent. You step down on the first leading step,

10 - Let yourself relax
9 - Soooo comfortable
8 - Deeply relaxed
7 - Let yourself go
6 - More and more relaxed
5-4 - Down…Down…Down
3 - Deep, deep relaxation
2 - Only one more step to the landing
1- All the way down, Your in your deepest relaxation

Now that you’ve arrived at the bottom landing, you are completely relaxed. Permit yourself to relax freely and completely. Go deeper….Deeper
Staircase

By Rene A. Bastarache, CI, CHT

As you sit there, very comfortable and relaxed - I want you to visualize a staircase in front of you …

A beautiful staircase with a beautiful banister running down alongside and a deep, rich carpet underneath your feet. As you look down the stairs you notice that there are ten steps leading gently down … Ten steps leading down, down, down …

These are the steps that will lead you deep into relaxation - and in a moment, as I begin to count you will walk down those steps and you will find that the deeper down you go, the more comfortable and the more relaxed will you become.

So as grab hold of the banister and begin to slowly descend the stairs starting with the top step …

10 - deeply relaxed…
9 - let yourself go more and more…
8 - more and more relaxed…
7 - deep, deep relaxation…
6 - 5 more and more and more relaxed…
4 - deeply relaxed, soooo comfortable…
3 - more and more relaxed…
2 - almost at the bottom now, just one more step to go…
and
1 - deep, deep relaxation, all the way down…

Now that you have reached the bottom step and you are totally relaxed … just allow yourself to let go completely as you go deeper and deeper …
Stairway to Beach

By JoAnn Dworman, CHT

I’d like you to imagine that it is a warm summer day and that you are standing on a grassy cliff overlooking the ocean. The waves meet a beautiful pink sandy beach below the cliff. You want to go to this beach and feel the warm sand on your feet. The only way down is a stone stairway that descends back and forth across the cliff. You know that the stones that create the stairway will be smooth and warm when your feet touch them. There 20 steps to reach the beach. In a moment, I will count these steps for you and as I do you will walk down each one becoming more and more relaxed as you go. On the last step, when your feet finally sink into the warm sand, you will be in a deep state of relaxation. Okay, now, we’re going to begin. The stone stairway is welcoming as you peacefully descend onto the first step.

20. . . You are deeply relaxed
19 . . . You feel yourself completely letting go
18 . . .
17 . . .
16 . . . Deeper and deeper into relaxation.
15 . . . This step takes you even deeper.
14 . . .
13 . . Relaxed
12 . . .
11 . . . Letting go completely
10 . . .
9 . . . Deeper and deeper
8 . . .
7 . . . More and more relaxed
6 . . .
5 . . . so relaxed now
4 . . .
3 . . . almost to the bottom now
2 . . . deep, deep relaxation
1 . . . All the way down now into deep deep relaxation.
Submarine

By Tracey Tucker, CHT

Now that you are in that pleasant and relaxed state, I want you to imagine that you are going on a submarine. As you board the submarine you feel confident and relaxed about the journey you are about to take… Your purpose for boarding this submarine is purely for relaxation…there is no danger…As you descend the ladder leading to the main level of the submarine you feel yourself relax deeper and deeper with each rung of the ladder…deeper and deeper until you reach the main level…Here you find a relaxing chair by a window which will allow you to see all the beautiful life of the sea…you feel the hum of the submarine as it starts and feel the swaying motion as the submarine begins to descend into the beautiful ocean… As you go deeper, the sway of the submarine rocks you into a deeper state of hypnosis…As you look out the window you can see the sunlight shimmering on the water’s surface…this light slowly fades away, as you descend deeper and deeper into the ocean…As I count down from 10 you will see the light slowly fade and beautiful scenes of sea life will over take you….10, just a glimmer of light…
9..8...7..6, so deep just the deep blue of the ocean…5….4...3, deeper and deeper you are relaxed safe and unafraid…2….1 feeling totally relaxed.
Vacation Packing

Dr. Jane Greer

Imagine yourself getting ready to take a long awaited trip. You are very excited about your vacation and can hardly wait to begin packing. Imagine taking out your big empty suitcase and unzipping it. I now want you to start to fill it up with all your essential belongings and clothes that are needed for the trip. Make sure you remember all your personal toiletries and jewelry as well. When I tell you to go ahead and start, you will continue with the task paying no further attention to me until you have completed your packing. You will hear my voice speaking to you however pay no attention to it because I am speaking directly to your subconscious and it will hear exactly what it needs to hear. Stay focused on your packing task and when your suitcase is full you can listen to my instructions once again.
Winters Day

Michelle Ginn, CHT

I’d like you to use your imagination for a few moments. Imagine a crisp Wintry day. The sky is blue and there are no clouds in the sky. You are warm and cozy dressed with the softest coziest jacket you have ever felt. The warm cozy jacket is so soft it feels like cotton. You realize a light snow begins to fall. You gaze up into the sky and see a large fluffy snowflake begin to descend from the sky. The snowflake is falling extremely slow. This allows you to get a good look. The detail of each snowflake is amazingly intricate and beautiful. Each snowflake that you notice falling is more and more beautiful and detailed then the previous one. You decide to catch the next snowflake coming out of the sky. You suddenly notice the most gorgeous uniquely formed snowflake you have ever seen. It is 20 feet above you and is falling down, down, down. The snowflake 20 feet above you will lead you deep into relaxation, and in a moment, as I begin to count you will watch the snowflake fall down. You will find that the deeper the snowflake falls, the more comfortable and relaxed you will become. So begin to notice the snowflake descending the sky from above.

20- Deeply relaxed
19
18 Let yourself go more and more
17 More and More relaxed
16 Deep, deep relaxation
15
14
13 More and more and more relaxed
12
11
10 Deeply relaxed, soooo comfortable
9 More and more relaxed
8
7
6 Almost at the bottom now, just a few more feet
5
4
3 Almost at the bottom now, just two more feet to go
2 Deeper and deeper
1 Deep, deep relaxation, all the way down

Now that the snowflake has reached the bottom, and you are totally relaxed just allow yourself to let go completely as you go deeper and deeper.
Wishing Well

By Martha Affield, CHT

It is a beautiful day and you have just stepped off of an old path through the forest into a meadow. The meadow stretches so far into the distant. A soft breeze caresses your cheek and you catch the scent of the sweetest flowers that bloom on the Earth.

A smile plays at the edge of your lips as you look across the meadow you see a riot of flowers strewn across the tall grass. You can’t help but to place the last of the days burdens at your feet like a heavy pack and begin to spring across the meadow. The sun is warm against your back and as you run you begin to hear the sound of a tinkling spring filled with cool clean water.

The long stems of grass brush against your legs as you continue to run smiling through the meadow just like you would as a small child. Your eyes catch what looks like an old chimney in the distance. It is not very tall and it looks like it is red. Maybe it is made of bricks.

You are overcome with curiosity as your feet begin to slowly glide across the soft grass of the meadow. A butterfly catches your attention and you feel yourself gliding closer and closer across the tall grasses of the meadow.

Your fingers graze the top of a tall flower stem and for a moment your eyes catch the most delicate flower you have ever seen. You stop as you look upon this small jewel and you wonder how such a frail thing could even exist. You can not seem to stop yourself and you pick the tiny flower. You bring the flower to your nose and the scent is sweet and dark with an intoxicating essence. You breath deeply and a smile again kisses your lips and you realize that as you breath in the scent of the flower you begin to go deeper and deeper into a calm and happy state.

You continue to walk toward the red brick chimney and as you get close you realize that you have found a very ancient house. You are surprised and excited and you look across the ground at what had been a most wonderful place.

You see a well and you begin to walk forward. You step closer and closer to
the edge. This is not a wishing well, nor does it have walls. It is a 6’ circle that leads into the ground. As you kneel to look down you feel a soft coolness emanating from the bottom, and it smells as clean and sweet as the stream running through the meadow. You smell the flower and smile, flowing deeper into a state of relaxation, you realize there are stairs running along the inside edge of the well. You are again struck with curiosity, why would a well have steps? You decide you will find out where they lead. You place your foot on the first step, and as you look down you can see that there are 20 steps, each step taking you deeper, and into a calm, relaxed and safe place. Your step down….20….19 you place your hand against the cool rocks along the side of the well. The stones are soft and velvety from the moss that climbs along the walls of the ancient well. 18… the granite steps are wide and they are not slippery, you feel safe and excited about what you will find at the end of the staircase. 17…16… you look down the center of the well and you see a faint light glimmering. 15….14….a drop of water lands in the gentle waters that lay at the bottom of the wall. Each drop echoes and is enveloped by the sweet cool waters below. 13…You raise the sweet flower to your lips, feeling the velvet smoothness. Breathing in very deeply you take another step… 12…The dim light grows stronger, but it is very hard to see in the light cast down the well from the sun. 11…you still can not seem to make out the glowing at the bottom of the well. 10…The sun is fading and you walk know with your hand on the rock that encircles the wall. It is smooth, worn soft by clinging moss and the countless hands that have brushed along these walls. 9….8…The scent of the flower begins to grow stronger laying heavily upon the sweet air. You breath in deeply becoming more and more relaxed. Each step brings you closer to the depths, and each breath brings you into a deeper state of relaxation. You begin to feel a very clear minded Euphoria that spreads energy and light inside your body. 7….6…You begin to want to go faster as this sense of finally understanding all you have sought grows within your heart and mind. For the first time you feel truly at ease, nothing to long for, nothing you haven’t achieved, you are a complete being. Each step brings you closer to this realization. 5…You begin to see that the light is very bright…but small it is why you could barely see it from above 4…breathing deeply you again take in a fresh sweet breath of your fragile flower mixed with the sweet air of the well. 3…You see that there is a landing. On the landing there is a door that opens into the side of the well. 2…As you get deeper you see that the light is coming from behind the closed door. 1…You are now on the landing. You realize that you have a choice. You may enter this door or you may continue down the well. You will encounter the same door after the
next twenty steps. It will be the same door. You will simply be more deeply relaxed if you choose to go down to the next door. You may choose. If you choose the door you will, in a totally relaxed state simply say the word door. This will not in anyway change how relaxed you are feeling. It will simply allow you to make a choice. Tell me now which choice you prefer. Say door or stairs (stairs)

You are so curious about what is behind the next door that you move quickly down the next set of stairs, anticipating the first glimmer of light from under your door.

20….19…your feet feel as if they have walked this set of stairs a thousand times.
18…17….16…The faintest glimmer of light catches your vision.
15…14…13….12….The light is growing brighter now…
11…10…9…8…7….You realize that as you grow deeper it is growing more and more cold and damp. You are ready for it to be brighter and warmer when you open the door. 6…5…4…3…2 You are excited now and you can see a gleam from the brass door knob. You reach out as your foot reaches down…
1…You are very ready in a deep state of relaxation to enter this room and recognize the truth and value you will learn within the room.
You step inside with an open mind and an open heart.
The only way to determine how relaxed your clients have become and whether they are open to suggestion or not is through the administering of a depth test. The following are very effective and simple to conduct. Take the time to read through them to understand how they operate before you actually use them with the client.
Daisy - Depth Test

By Raluca E. Bastarache, CI, CHT

I would like you now to think about a Daisy, a beautiful Daisy. This Daisy has 10 petals on it. I want you to visualize that you’re pulling out each petal, one by one, thinking that the number 10 is the most relaxed that you can be and number 1 the least relaxed you can be, while pulling the petals out, stop at the number that best reflects how relaxed you are right now . . .

(Wait a few seconds and give them time enough to complete the task)

Now tell me what number are you relaxed at?
I’d like you use your imagination right now, imagine that your (left or right) hand has an extremely powerful magnet connected to the back of it and as I place my hand above yours imagine that my hand also has a very powerful attracting magnet. As I lift my hand slowly away from yours you can feel the very powerful magnet pulling your hand up off of the chair. You can feel the magnet, pulling your hand up, up, up. You can feel the lightness, starting in your fingers as they start to rise and it moves into your hand as it gets lighter and lighter and rises from the chair. Feel the magnetic pull, pulling your hand up, up, up. Feel your hand and allow it to raise up off of the chair and rise higher and higher in the air. (continue this way until their hand is in the air.) Now on the count of three I am going to lightly touch the back of your hand and as soon as I do the magnetic pull will be gone and your hand will drop back down to the chair very heavily and you will drop into a very deep relaxed state, even twice as deep as you are right now. One … two … and three (touch) Allow yourself to go deeper and just relax.
Spot on the Hand

By Rene A. Bastarache, CI, CHT

In just a moment I am going to have you bring your right hand up in front of your face with your palm facing you, about 8-10 inches away, fingers pointed upwards and lightly press together ... Then I am going to have you try to open your eyes and focus on one spot on the palm of your hand, looking no where else in the room, just focusing on that one spot ... The one thing that you must accomplish is you must remain totally relaxed, and completely at ease, even with your hand in that position ...

So now remaining totally, completely relaxed ... I'd like you to raise your right hand up in front of your face with your palm facing you, about 8-10 inches away, fingers pointed upwards and lightly press together ... that’s good ... Now try to open your eyes and focus on one spot and only one spot on the palm of your hand ... and as you focus on that spot your fingers are beginning to separate ... that’s right as you focus on that spot, your fingers are separating ... wider and wider, more and more relaxed ... and don’t let it bother you now that your fingers have separated now ... it’s a very natural and normal sensation, and in just a moment as I begin counting ... you’ll notice that your eyelids are becoming heavier and heavier ... that’s right heavier and heavier ... as your fingers separate even more ....

1. Your eyelids are becoming heavier.

2. The more you concentrate ... the more your fingers separate ... wider and wider.

3. All outside sounds are just fading away into the distance ...

( NOTE: If their fingers have not separated by now continue adding in more numbers until you are satisfied of the results or return to more deepeners.)

4. So tired and drowsy ... Let your eyes close all the way down ... and

5. Return your hand down to your (lap or chair), and go deeper into relaxation.
Yardstick Test

I would like you to use your imagination. Imagine a yardstick if you would … as you know a yardstick has numbers ranging from 1 to 36. Imagine that the number one represent the least relaxed you could be … as if you were wide awake …. and the number 36 represents the deepest that you could be relaxed … Between 1 and 36 there are many numbers … one of those numbers best represent exactly how relaxed you are at this present time … I’d like you to think about how relaxed you are right now, and about which numbers best represents that relaxed feeling … In just a moment I will ask you to tell me which number it is that you are relaxed at … So now remaining totally completely relaxed … tell me, what number are you relaxed at right now?  *(If they are not relax at a high enough number then do another deepener)*
Analytical subjects are usually people who do not enjoy relaxing as the majority of the public does. Many of them will not respond well to relaxation techniques as a way to create suggestibility. Rather than relaxation techniques it is often times better to keep their minds busy “occupied” doing something else at the same time that you give suggestions. These analytical vehicles below have been designed as a technique to keep the subjects mind occupied so you may deliver the suggestions without resistance.
For this exercise I would like for you to use your imagination. I want you to imagine that there is a plastic box in front of you that has three drawers. The first drawer is where all bolts that are square are placed. The second drawer is for bolts that are shaped like a triangle. The third drawer is for bolts that are shaped like a circle. Again.. use your imagination. I want you to visualize a table to the right of your chair that you are sitting in. On that table are 50 bolts. You are to start at the number 50 and count backwards to 49, 48, 47 and so on for each bolt. Again.. the first bolt will be shaped like a square, the second bolt will be shaped like a triangle and the third bolt will be shaped like a circle. You will go through all fifty bolts visualizing in your mind that you are putting them in the box in front of you three at a time. I will be speaking to you of course and you will be hearing me but I will be speaking directly to your subconscious mind which always hears and always pays attention. So.. just concentrate on your task and try to not listen to what I am saying.. try not to follow my instructions until you have finished the whole job and then you can listen to me once again. At this point you will be very relaxed.. and your mind will be open and receptive to the suggestions that I will be giving you. So lets begin this task now and remember…. pay no attention to me, to start with the first bolt which will be number 50 and place it in the first drawer in front of you where all bolts shaped like a square are placed and go to the next bolt 49 which is shaped like a triangle which goes in the second drawer and the next bolt number 48 which is shaped like a circle which goes in drawer three. You will process three bolts at a time in that order.. square, triangle and circle. After you finish this task you will be completed relaxed again not paying any attention to me. With each bolt you place in each drawer you will go deeper and deeper into a hypnotic state and you will be more open to suggestions, more and more relaxed and receptive. The closer you get to the number 1, the deeper into relaxation you will go.
Choose a Name Vehicle

By Rene A. Bastarache, CI, CHT

For this exercise I would like you to use your imagination. I’d like you to imagine that you are doing research to get information for a new book that is going to be written. It is a name book for children’s names. To begin your research you will need to find a girls’ name and boys’ name for each letter of the alphabet…

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

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

By Verilyn C. J-Downing, CHT

For this exercise I would like you to use your imagination and visualize being an adventurous exotic animal caretaker and your job is to gather up 2 animals for each letter of the alphabet from all parts of the world starting with the letter A to Z. These beautiful common and exotic animals will be sent to a wonderful paradise set-aside just for them. Here's how you are going to do that. You are going to start by quietly thinking of an animal that starts with the letter A get it clear in your mind … good, now think of an another animals' name that starts with the letter B … take your time, if you can think of many types of animals that start with the letter B, choose the one that you like the best … it is important that you take your time and concentrate on the task that you are doing … good, just hold on for a moment and let me explain to you the remainder of what you will be doing. In just a moment you will go ahead and continue finding names of animals starting with the letter C, then D and so on until you go through the entire alphabet, all the way to the letter Z. When I tell you to go ahead and start, you will continue with the task, paying no further attention to me, until you have finished the entire job. I will be speaking to you of course and you will be hearing me but I will be speaking directly to your subconscious mind which always hears and always pays attention … so just concentrate on your task and try to not listen to what I am saying … try not to follow my instructions until you have finished the whole job of naming animals, and then you can listen to me once again. At that point you will be very relaxed ... and your mind will be open and receptive to the beneficial suggestions that I will be giving you.

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

(Begin suggestions here)
Close your eyes and take a deep breath........good...take another deep breath..........very good...take one more, but this time hold it for the count of three, then let it go slowly........good. You’re doing very good.

In your imagination, see a clock hanging on the wall. Look at it closely...see the numbers on it...the metal around it...the minute hand. You notice that it only has a minute hand on it. Also, you notice that the hand is moving backward...it’s moving toward...55. The numbers on the clock start with 55 where the 11 should be, 50 where the 10 is, and so forth. There is a 5 where 1 normally is, and 60 where 12 usually is.

Concentrate on the minute hand...moving backwards. See that hand moving toward 59...as it touches each number, you say it to yourself without speaking......slowly move on and then 58...then slowly to 57...56......55.........You continue as long as you can...don’t listen to what I’m saying, but keep counting backward as the hand of the clock moves.

As the subject counts backward. Your body is relaxing and you are very comfortable. Your mind is open to suggestions. You WILL accept the suggestions and act upon them accordingly. Everything here will be remembered and acted upon long after you have completed this session. You will accept these suggestions freely. You are going deeper and deeper...very relaxed...very open to suggestions...

(continue with tests and deepener.)
Clouds

By Patrick Koh, CHT

As you sit there so relaxed and comfortable, I want you to imagine you’re in a huge green field and above you there is a clear blue sky with lots of soft, fluffy clouds in the various shapes of the alphabet. As you look at the clouds floating in the sky, you can make out the various shapes of the alphabet starting with A… B… C… and so on…. Interestingly, they appear just as you know the letters in the alphabet, starting with A and ending with Z, all in a row across the sky. They look so inviting, so relaxing, so beautiful. Never have you seen such a wonderful sight before….

You’re so tempted to reach out to the clouds to explore them. The more you look at the clouds, the more relaxed you become. You know that if you can reach the clouds, you will be able to go deeper and deeper into relaxation. Just by looking at the clouds already make you feel so relaxed. You want so badly to be able to let the clouds envelope you, to feel them snugly surrounding you, to feel the soft and comfortable and cottony feeling around you. It makes you feel good just to think of it. The magic here is that the more you think of the clouds, the closer you get to the clouds. It is as if there is a magnet pulling you to the clouds……. Feel the magnet attracting you to the clouds…….. Reach out for the clouds and you will find yourself floating to the clouds……. So very relaxed… such a wonderful relaxed feeling…..

You reach the first cloud which is in the shape of the alphabet ‘A’. Over here you are surprised to see lots of beautiful fruit trees. In order to move on to the next cloud, you have to write down the name of a fruit that starts with the letter ‘a’. Take your time now, if you can think of more than one fruit that starts with the letter ‘a’, choose the fruit that you like the best…….. it is important that you take your time and concentrate on the task that you are doing. Good……….. now write the name of the fruit on the special cottony paper that you see there before proceeding to the next cloud.

Let me explain to you what you will be doing. You have now moved on to the next cloud which is in the shape of the alphabet ‘B’. What you need to do is write down the name of one fruit that starts with the same alphabet as the cloud, which in this case is the alphabet “B”, before proceeding to the next cloud which would
be in the shape of the alphabet ‘C’, writing the name of one fruit starting with the alphabet ‘C’, and so on until you go through the entire alphabet. Each time you move to the next cloud and write down the name of the fruit with that alphabet, you will drift more easily and more readily into hypnosis….. The closer you reach the letter Z, the deeper into relaxation you would have gone into….. deeper and deeper into the hypnotic state………….

You don’t have to listen to me. I will be speaking to your subconscious mind which is always alert and paying attention. Your job is to go through all the clouds and write the name of the fruit according to the alphabets in succession. Pay no attention to me until you have completed your job, then you can sit back, relax and listen to me again. By that time, you would have reached the state of deep relaxation and you would be in a deep hypnotic level. Remember, when I tell you to go ahead, you will continue with your tasks of going through the alphabet clouds and naming the fruits all the way to the letter Z. Once you have finished, you can listen to me once again.

Now it is time to begin your special journey through the clouds. Concentrate on your tasks on hand. Keep going and pay no attention to me. Remember your job to explore the clouds and write the names of the fruit trees according to the alphabets… Each cloud you pass and each fruit you write will bring you deeper and deeper into relaxation.......... deeper and deeper into hypnosis.......... so very relaxed.......... so very comfortable........
Computer Keyboard

By Linda Smith, CHT

For this exercise I would like you to use your imagination. Imagine you are sitting at your computer keyboard. Your computer screen is directly in front of you, and it is blank, ready for you to type.

This is what you are about to do. Look at your keyboard and find the letter “A”…good, now type the letter A first in upper case and then in lower case. See the letter A on your computer screen,… now you will hit enter. Next you will find the letter “B” on your keyboard, …now type the upper and lower case B

Visualize the letter B on your computer screen and hit enter on your keyboard,…good, just hold on a moment and let me explain to you what you will be doing. In a moment you will continue finding the rest of the letters in the alphabet on your keyboard from C to Z and continue typing each upper and lower case, hitting enter each time. You will pay no more attention to me until you have finished the entire job. I will continue speaking to you, and you will try not to listen to me, but concentrate on your task at hand. Try not to follow my instructions until you have finished typing all of the letters.

At this point you will be very relaxed and your mind open and receptive to the beneficial suggestions I will be giving to you.

Now let’s begin…Start with the letter “C”, typing first upper case and then the lower case paying no attention to me, hitting “enter” and moving on to the next letter.

Concentrate on your task until you have finished and at that point you will be very relaxed going deeper into the hypnotic state, more open to suggestion. And as you get closer to the letter “Z” you will go deeper and deeper into a relaxed state…

Begin suggestion …. 
Conveyor Belt

By Clive A. Housley, CHT

I want you to sit in your chair with your feet flat on the floor, your hands comfortably at your sides, on the arms of the chair or in your lap. Very good. Now I want you to close your eyes, and take a deep breath and exhale slowly. While you exhale, I want you to relax your head and neck and let your head go comfortably back, or hang down comfortably in front of you. Very good. Now, I’m going to give you a small task to complete while I talk to you in the background. Don’t concentrate on my voice, just hear it and let everything I say sink into your subconscious mind. Okay, here we go. I want you to imagine that you are standing in front of a large conveyor belt in a factory. The type of belt that is bringing items past you one at a time. You look down and notice that on the conveyor belt are cardboard boxes coming past you. Behind you, you notice a large table with chocolate chip cookies on it. Your task when I tell you to begin is to turn around and count ten cookies then pick them off the table and turn around and put them into the cardboard box in front of you. When you have filled a box, push the big red switch on the front of the conveyor belt to move to the next box and start over. Do it when I count 3...2...1... begin.
Create Your Utopia

By Phoenix Schneider, CHT

For this exercise I would like for you to use your imagination. I’d like for you to close your eyes and imagine that you are on a remote island with no one and nothing material in site. You look on the ground and you find an envelope and in the envelope there is a note. The note reads: “You are the first person to ever be on this island. It is your job to make this island into your home, into your own personal utopia.” To get you started off in making this place into your home, you will need certain necessities and possibly will want some luxury items too. You are being given the opportunity to select one thing, and it can be anything, for each letter of the alphabet to have on your island.

Here are your instructions on how to begin to create your utopia. You are going to start by quietly thinking of something that you want to have on your island that starts with the letter A…get it clear in your mind…if you can, visualize it…imagine having it on your island. If you cannot see an image, you can just think of the word itself. What will you use it for? Focus on what you want to bring on your island…good. Now think of something that you want to have on your island that starts with the letter B. Take your time, if you can think of a lot of things that start with the letter B, choose one thing you really want most to have on your island. It is important that you take your time and concentrate on the task that you’re doing…good, now just hold on for a moment and let me explain to you what you will be doing. In a moment you will continue to think of the things you would like to have on your island starting with the letter C, then D, and so forth until you go through the entire alphabet, all the way to the letter Z. Once you begin again, when I tell you to start, you will continue the task, paying no attention to me and what I am saying, until you have finished the entire alphabet. I will be speaking to you and you will be hearing me but I will be speaking directly to your subconscious mind which always hears and always pays attention…so just concentrate on your task and try not to listen to what I am saying…try not to follow my instructions until you have finished the whole task and then you can listen to me again. At that point you will be very relaxed…and your mind will be very open to the positive suggestions that I will be giving you.

So let’s go ahead and begin now. Start with the letter C…choose something you would like to have on your island…pay no attention to me, just choose
something you want to bring…try to think of an image of the thing you chose or you can just think of the word…continue to concentrate on your task. Move on to the next letter, pay no attention to me, just choose the thing you want on your island…continue to focus on your task, until you have finished completed the job. At that point you’ll be extremely relaxed. With each thing you choose for your new home you are becoming more relaxed. With each item you choose you are going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed and receptive. The closer you get to the letter Z, the deeper into relaxation you will go.
Drawing in the Sand

By Judy McGlauflin, CHT

Keep drifting down the stream. Up ahead is a sandy beach. I want you to drift over to the beach. The sand is warm from the sun. Stretch out on the beach and dry off. Feel the sun warm your body. A gentle breeze is drying you off. Once you are dry, sit up and with your finger make a large circle in the sand. Next, draw the number “100” inside the circle. With the palm of your hand carefully erase the number “100” and replace it with the letter “99”. Write carefully so you do not damage your circle. Carefully erase the number “99” and replace it with the number “98”. Now erase the number “98”. In a moment I want you to continue to carefully write and erase all the numbers from “97” down to “1”. I will be talking but don’t pay any attention to my voice. Your job is to write your numbers and erase them without damaging the circle. When you are finished raise your right hand so I know you are done. You can then relax your hand and listen to me.

Now, I want you to start writing the number 97 within your circle. Carefully erase and move on the number 96, taking care not to damage your circle. Continue until you have reached the number “1”. You are very good at these tasks and enjoy having a task to do. You have a lot of energy and determination but today I want you to put that energy and determination aside and I want you to relax. You want to relax and now is the time. As you draw your numbers, let yourself go. You can feel yourself falling deeper and deeper with each number you write. Each time you erase you are falling deeper and deeper into relaxation. Every time I say the work “sleep” you will let yourself go into a much deeper state . . . . Sleep . . . . . You can feel yourself letting go, it’s only a matter of time until you are totally relaxed. No inhibitions, no worries. Sleep . . . feel yourself letting go. It’s what you want. Sleep . . . go deeper and deeper. You are totally relaxed now and willing to accept what I say. I know you’re not done with your numbers yet, but take a break and stretch back out on the sand. Relax and feel the heat of the sun warm your body. Sleep for just a moment. We will be going on a journey and you need a short rest. Sleep.
Familiar Names

By Marc Snowman, CHT

I would like you to use your imagination. You are going to start by thinking to yourself of all the name’s of everyone you know. Start with your immediate family, your wife (husband), your children, your Mother, Father, siblings. Then going to your relatives, friends and neighbors. When I tell you to start you will continue with the task paying attention to me. I will be speaking to your subconscious mind and pay no attention to what I am saying until the task is completed.

Now begin with the names of your immediate family and you will become more and more relaxed with each name you say and enter into a deeper hypnotic state. Your will become very relaxed with each name you hear and more open to suggestions. As you get closer to the end of your task you will be increasingly relaxed and more receptive.
I’d like you to close your eyes and imagine walking in a field of flowers. You notice the grass is as green as emeralds. You look up into the sky and realize the sky is clear blue. The only clouds in the sky are bundled together just off in the distance. You look straight ahead and notice a comfortable chair. You walk over to it and take a seat. As you sit, the bundle of clouds start to drift closer and closer. As the cloud bundle begins to drift closer toward you it begins to take the shape of an animal that begins with the letter A. Once the animal has taken complete shape you begin to notice it changes back into a bundle of beautiful pillowy white clouds again. Next, the clouds begin to form in the shape of another animal. This time the bundle of clouds begins to change shape of an animal that begins with the letter B. After that you begin to realize the animal shape begins to change back into a beautiful bundle of white fluffy clouds. Next, you search out an animal shape that begins with the letter C. This process continues going through the alphabet until you reach the letter Z. Remember, a different shape for each animal forms in the sky from the white pillowy clouds.

Once you begin watching the animal shapes in the sky do not listen to me anymore. Do not make any effort to listen to me. I will be speaking of course and you will hear me, but don’t try and listen to what I am saying. Do not follow my instructions. I will be speaking directly to your subconscious mind. The subconscious mind hears and pays attention. Just focus on the pillowy white clouds forming animal shapes until you have finished seeing all the animal shapes beginning with the letters of the alphabet. When you are done seeing the animal shape that begins with the letter Z simply relax and listen to me again. By this time you will be in a deep relaxed hypnotic state.

Remember, you will continue watching the clouds turning into animal shapes and you will pay no further attention to me until you have come to the end of the alphabet at which time you can listen to me once again.

Now it is time to begin watching the white fluffy clouds in front of you begin to take shape of an animal that begins with the letter C. Keep going, but paying no attention to me. Each animal shape you see causes you to relax more and more. Each animal shape causes you to drift more easily and more readily into hypnosis,
deeper and deeper. The closer you come to the letter Z, the deeper into hypnosis you go. Each animal shape allows you to drift down and down, deeper and deeper into the hypnotic state.
Floating Induction

By Dr. Frank Slezak, CHT

Close your eyes. You are about to experience the state of total relaxation. Place your feet flat on the floor and your hands on the arms of the chair. Listen to my voice carefully as I take you into the wonderful world of tranquility. I want you to use your imagination. Imagine that your body is beginning to feel weightless. As I count from 1 to 5 your feeling of serenity will deepen.

1 . . . your mind is beginning to quiet down
2 . . . all of your muscles are becoming limp . . . you feel no discomfort or pressure
3 . . . although you are aware of the music playing in the background, your mind is focused on the sound of my voice
4 . . . your body and mind are now totally relaxed . . . you feel wonderful.
5 . . . your body feels like it has no weight whatever . . . in fact, you can’t even feel the muscles of your body . . .

Your body feels like it is floating in the air on a beautiful, warm, sunny day. Feel yourself drifting effortlessly in the air as your body rises out of the chair. As you look straight ahead you see a radiant blue sky and feel the warmth of the air as you rise higher and higher into the air, completely relaxed. Although you may hear other sounds around you, the only thing that you will pay attention to is the sound of my voice. Listen to my voice carefully as I guide you through this beautiful, warm, floating experience. You are completely at peace . . .
Going on a Picnic

By Phoenix Schneider, CHT

For this exercise I would like for you to close your eyes and use your imagination. I’d like you to imagine that you are going on a picnic. Take a moment and try to visualize a picnic basket that you will use to put your things in for your picnic. What color is it? What shape and what size is it? In order to make the picnic the most enjoyable you will want to pack things you will need in your picnic basket. To make sure you have everything you need for your picnic you will select one item for each letter of the alphabet to add to your picnic basket.

First I will explain how you are going to do this. You are going to start by quietly thinking of one item that you want to bring on your picnic that starts with the letter A. Get it clear in your mind…you can think of an image of this item or you cannot visualize the item, just think of the word itself and what that word looks like to you. Try to visualize yourself putting the item in your picnic basket. Focus on the item you want to bring…good, now imagine yourself putting that item in your picnic basket. Now think of an item that starts with the letter B. Take your time, if you can think of a lot of items that start with the letter B, choose the one item that you really want to bring on your picnic. It is important that you take your time and concentrate on the task that you’re doing…good, now just hold on for a moment and let me explain to you what you will be doing. In a moment you will continue to think of items to add to your picnic basket starting with the letter C, then D, and so forth until you go through the entire alphabet, all the way to the letter Z. Once you begin again, when I tell you to start, you will continue with the task, paying no attention to me and to what I am saying, until you have finished the entire alphabet. As I will be speaking, you will be hearing me but I will be speaking directly to your subconscious mind which always pays attention and hears everything I say. Just concentrate on your task and on completing your task. Try not to listen to what I am saying…try not to follow my instructions until you have completed the task and then you can listen to me again. At that point you will be very relaxed…and your mind will be very open to all the positive suggestions that I will be giving you.

So let’s go ahead and begin now. Start with the letter C…choose an item to bring on your picnic…pay no attention to me, just choose the item you want to bring… visualize the object or just think of the word if you don’t see an
image…continue to concentrate on your task. Move on to the next letter, not paying any attention to me, just choosing the next item for your picnic. Continue to focus on your task, until you have finished completed the job. At that point you’ll be extremely relaxed. With each item you choose for your picnic basket you are becoming more and more relaxed. With each item you choose you are going deeper and deeper into hypnosis, and becoming more open to my suggestions…you more relaxed and receptive than ever before. The closer you get to the letter Z, the deeper into hypnosis you will go.

(Begin suggestions here).
Grease Board Vehicle

By Rene A. Bastarache, CI, CHT

I’d like you to imagine that directly in front of you within your arms reach is a white grease board. I’d like you to imagine that you are picking up a black marker and drawing a large circle in the center of the grease board about 15 inches in diameter. It is important the you do not damage that circle in any way throughout this whole exercise. It must remain in tact

Now I’d like you to imagine that you are drawing a capitol letter A in the center of the circle, but you draw it small enough that it does not touch the circle at any point so as not to damage the circle. Draw it as perfectly and as crisp as you can.

Now with your non-writing hand, imagine that you are picking up an eraser and erasing the letter A that you just drew … being careful not to damage the circle … Good

Now draw a capitol letter B but this time draw it backwards … Smaller than the circle … careful not to damage it … as perfectly as you can … good … Now erase the capitol letter B ….

Now draw a capitol letter C backwards … Taking your time … concentrating on your task … and now erase the letter C …

Now hold on for a few moments while I further explain your instructions. When I tell you to go ahead … you will continue drawing each letter of the alphabet in the circle, starting with the letter D backwards, and then the letter E, drawing each letter backwards, and then erasing it, and then the next one … Being careful not to damage the circle … taking your time to draw them as perfectly as possible … but once I have you begin … once you start, I want you not to listen to me anymore, not to follow my instructions … I will be speaking to you of course, and you will be hearing me … but try not to follow my instructions as I will be speaking directly to your subconscious mind which always hears and always pays attention … You job will be to continue drawing each letter of the alphabet backwards until you get to the letter Z … Once you have drawn and

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erased the backward letter Z you can then listen to me once again … because at that point you will be very relaxed and open to suggestions ...

So lets go ahead and begin now by drawing the letter D backwards … smaller than the circle, and erasing it … paying no further attention to me … then drawing the letter E backwards … and erasing it … and then the next one.

With each letter you draw in the circle … and each letter you erase … you become more open to suggestion ... With each letter you draw and each letter you erase, you are more peaceful, more relaxed ... The closer you come to the letter Z the more open you become … with each letter you draw you are becoming more accepting … absorbing all of the positive suggestions you are about to receive … With each letter you draw you come closer, and closer to attaining your goal …

(BEGIN SUGGESTIONS)
Grocery Shopping

By Christine Sincavage, CHT

For this exercise I would like you to use your imagination. I’d like you to imagine that you are going grocery shopping. I want you to fill your cart with any item that can be found in a supermarket. However, I need you to fill your cart with items in a certain way. I want you to put the items in your cart in alphabetical order. For example, first I want you to find an item that begins with the letter A and put that in your cart, then I want you to find an item that begins with the letter B and put that item in your cart. And so on, throughout the alphabet.

Let’s begin. First, imagine yourself getting a cart at the store entrance. Now, walk down the first aisle. You see some apples. Put the apples in the cart. Now, continue walking down the aisle. You come to a pile of bananas. Pick up a bunch of bananas and put them in your cart. Take your time, if you see a few different items that begin with the same letter, put the one you want the most in your cart. It is important that you take your time and concentrate on the tasks that you’re doing. Now, choose an item that begins with the letter C. Good, hold on a minute and let me explain to you the remainder of what you will be doing. In just a moment you will go ahead and continue finding grocery items that start with the letter D and put one of them in your cart, then E, and so on until you go through the entire alphabet, all the way to the letter Z. You can put any item you might find in a grocery store in your cart. It doesn’t need to be food. Anything can go into the cart, just continue sequentially through the alphabet.

Once you begin, when I tell you to go ahead and start, you will continue with the task, paying no further attention to me until you have finished the entire job. I will be speaking to you and you will be hearing me, but I will be speaking directly to your subconscious mind which always hears and always pays attention. So just concentrate on your task and try to not listen to what I am saying. Try not to focus on what I am saying until you have finished the whole job. Then you can listen to me once again. At that point you will be very relaxed and your mind will be open and receptive to the beneficial suggestions that I will be giving you.

So let’s go ahead and begin now. Start with the letter D. Choose another item
for your cart. Then walk on and find an item that begins with the letter E. Pay no further attention to me, just choose an item and go to the next letter. Choose an item for that letter and going on to the next one, paying no further attention to me, just choosing the items, concentrating on your task, until you have finished the entire job. At that point you’ll be very, very relaxed. With each item you choose you are becoming more relaxed, with each item you choose you are going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed and receptive. The closer you get to the letter Z, the deeper into relaxation you will go.
Keyboard Mall

By Christine Sincavage, CHT

For this exercise I would like you to use your imagination. I’d like you to imagine that you go to your computer to type a letter and see that all of the letter keys are missing. You will need to replace the keys. I want you to imagine that there is a certain place where you will go to buy your new keyboard keys – the keyboard mall. I want you to imagine a big mall filled with many, many stores. Each letter of the alphabet is sold in a different store. The As are sold at the A store and the Bs are sold at the B store and so on. I want you to go into each store and purchase each letter of the alphabet for your keyboard.

Now go into the A store and get an A. Now we are going to go to the B store to get our next letter, but before we get there we see three stores that begin with the letter A. There is an apple store, an Asian art store, and an armadillo store. In between each keyboard letter store are 3 stores that begin with that letter. Now, continue walking through the mall. You come to the B store. Go in a buy a B. Now, come back out and look at the three B stores you will find before you get to the C store. Take your time and say the names of the three B stores to yourself. Good. Now, go into the C store and purchase a C. Great, now hold on a minute and let me explain to you the remainder of what you will be doing. In just a moment you will go ahead and continue walking through the mall and buying your keyboard letters. In between each store you will see and name to yourself three more stores that begin with the letter of the alphabet that you just purchased. Say the name of each of the three stores to yourself before you go into the next letter store and purchase your next letter.

Once you begin, when I tell you to go ahead and start, you will continue with the task, paying no further attention to me until you have finished the entire job. I will be speaking to you and you will be hearing me, but I will be speaking directly to your subconscious mind which always hears and always pays attention. So just concentrate on your task and try to not listen to what I am saying. Try not to focus on what I am saying until you have finished the whole job. Then you can listen to me once again. At that point you will be very relaxed and your mind will be open and receptive to the beneficial suggestions that I will be giving you.
So let’s go ahead and begin now. Walk past the three C stores and say their names to yourself. Then walk on and go into the D store and buy a D key. Pay no further attention to me, just buy your letter key and walk past the three stores, then buy the next key. Think of three stores that begin with that letter, and then go on to the next one, paying no further attention to me, just concentrating on your task, until you have finished the entire job. At that point you’ll be very, very relaxed. With each letter key you buy you are becoming more relaxed, with each letter you are going deeper into the hypnotic state, becoming more open to suggestions, more and more relaxed and receptive. The closer you get to the letter Z, the deeper into relaxation you will go.
Mall Script

This technique works very well with the analytically-minded individual. In doing the Analytical body scan or the test find out how much money they could spend at the mall in 1 hour, double it then take an odd amount away.

Use this numbers in the script below

Just close your eyelids count to 3 and open your eyelids and count to 2 and close your eyelids count to 3 and open your eyelids and count to 2 and close your eyelids and keep opening and closing them till I tell you to stop and close your eyelids

You are aware of everything, and yet you are not aware.

You are listening with your subconscious mind, while your conscious mind is far away at the Mall with a credit card that has $4,962.21 on it exactly, and you have to spend all of the money except $75.43 and as you are shopping you are not listening.

Your conscious mind is far away at the Mall, and not listening. Your subconscious mind is awake, and listening, and hearing everything while your conscious mind remains very relaxed and peaceful at the Mall.

As your eyelids are getting heavy you can relax peacefully because you know your subconscious mind is taking charge, and when this happens, you will stop and close your eyelids and let your subconscious do all the listening.

Your subconscious mind knows, and because your subconscious mind knows, your conscious mind does not need to know and can stay at the Mall, and not mind while your subconscious mind stays wide awake.

You have much potential in your subconscious mind which you don't have in your conscious mind.

You can remember everything that has happened with your subconscious mind, but you cannot remember everything with your conscious mind.

You can forget so easily, and with forgetting certain things you can remember.
other things. Remembering what you need to remember, and forgetting what you can forget. It does not matter if you forget, you need not remember what you can forget.
Your subconscious mind remembers everything that you need to know and you can let your subconscious mind listen and remember while your conscious mind is at the Mall and forgets.

Keep your eyes closed, and listen with your subconscious mind, and when you're listening very, very carefully, your conscious mind will not mind what it forgets, because your subconscious mind will remember what it has forgotten. As you continue to listen to me, with your subconscious mind, your conscious mind shopping at the mall is counting down the money on the C/C coming as close to the to the budget as you can. Let your conscious mind stay at the Mall after hours to get all the shopping completed on that card, and let your subconscious mind listen to me.

Insert Suggestion Script here

During the Awakening of the subject ask how close to their final $ amount did they came? Telling them how well the conscious mind has done and next time they will have more money.
Name Search

By Tracey Tucker, CHT

For this exercise, I would like you to use your imagination. Imagine you are doing research for a book of children’s names. To begin your research you will need to find as many girl and boy names as you can. First, listen to these directions. You will start with the letter A and name as many girl names as you can think of beginning with the letter A, when you can no longer think of girl’s names move to boy’s names starting with the letter A, then B names, and C and on through the alphabet.

Now continuing to feel relaxed begin to think of as many girl names starting with the letter A as you can, then boy names and so on…thinking of as many names as possible…(begin script)
Number Countdown

By Martha Affeld, CHT

Over the next few minutes I will be giving your mind a task. It is very important that you listen and follow the instructions... Follow them exactly as I say... If you hear noises, it's okay... They will only serve to make your state of hypnosis twice as deep as before... Just continue to listen and pay attention to your task. There is nothing that is as important as completing your task.

I want you to imagine that in your lap you are holding a small chalkboard. The kind they give to children when they are in elementary school. Imagine that you are holding the chalkboard with one hand and in the other you have a piece of chalk. Imagine that you also have an eraser that ties to a piece of string so that it is easy to reach the eraser.

I want you to imagine yourself writing the number 1000 at the very top of the board... Now write an addition sign and add the number 1... Draw a line to complete the equation and write down your answer... Underneath your answer draw a subtraction sign, then subtract the number 2... Draw a line on your chalkboard and write the answer... Remember that answer... On the top of the board you will write the answer you got, the number 999... You will then add 1, and write the sum on your chalkboard... You will then take your answer and subtract three... That is right, showing all of your work on the board subtract three... When you have solved this equation erase the entire board, being sure to remember the answer, 997... Now write 997 on the top of the board, again add one, but this time subtract 4... Always showing your work... You will continue this process, always adding one and subtracting one more then the last equation.

You will now begin to work silently as I continue to talk... Do not listen to what I am saying, you are instead focused on the task at hand... Adding and subtracting until you get down to 0... You are not listening to me. It is important that you go from 1000 to 0 without making any mistakes... Do not take any shortcuts in your work... Slowly methodically keep working out your numbers on the board, erasing and creating your new equations. Remember to pay attention to your math work because you do not want to make any mistakes. I will keep talking but you will work until your task is complete only paying...
attention to solving your equations.

(Insert Script Here)
Painting

By Michelle Ginn, CHT

I’d like you to close your eyes and imagine 26 blank painting canvases lined up side by side in a row. You notice on the ground at your feet a huge bucket of red paint and a paintbrush. You pick up the paintbrush and dip it into the red paint bucket. The only canvas you are focusing on is the first one. You begin to paint in cursive writing an uppercase letter A. Then you dip your brush into the red paint bucket and go back to canvas number 1 and paint a lower case letter a in cursive writing next to the uppercase letter A. You step back and realize how beautiful the red curves of the upper and lower case letter A look. You pick up the bucket of red paint and move down to the second blank canvas. You dip the paintbrush into the red bucket of paint again. Next, you begin to paint in cursive the uppercase letter B. Then you dip your brush into the red paint bucket and go back to the canvas number and paint a lower case letter b in cursive writing next to the uppercase letter B. You step back and realize how beautiful the red curves of the upper and lower case letter B look.

Next, continue to paint red upper and lower case letters that begin with the letter C going through the alphabet until you reach the letter Z. Remember, you should use a different canvas with each letter of the alphabet you paint in cursive writing. Once you begin the task from that point forward do not listen to me anymore. Do not make any effort to listen to me. I will be speaking of course and you will hear me, but don’t try and listen to what I am saying and do not follow my instructions. I will be speaking directly to your subconscious mind. The subconscious mind hears and pays attention. Just focus on the red cursive letters of the alphabet that you are painting until you have finished with the upper and lower case letter Z. When you are done painting the letter Z simply relax and listen to me again. By this time you will be in a deep hypnotic state.

Remember, you will continue painting red upper and lower case letters of the alphabet on blank canvases. You will not pay any further attention to me until you have come to the end of the alphabet at which time you will put down the paintbrush and take a seat, relax. At this point you can listen to me once again. Now it is time to dip your paintbrush into the red bucket of paint and begin painting on the canvas in front of you. Begin painting on the blank canvas in front of you the letter C and keep going, but paying no attention to me. Each letter
you complete painting causes you to relax more and more. Each red cursive letter causes you to drift more easily and more readily into hypnosis. The closer you come to the letter Z, the deeper into hypnosis you go. Each painted cursive letter allows you to drift down and down, deeper and deeper into the hypnotic state.
Renaming Your Body Parts

By Karen Shinkle, CHT

For this exercise you will use your imagination. I would like you to use your imagination to pretend that the medical profession has decided that all of the parts of the body need new names because it has been getting boring teaching new students the same old names and they’d like to have some new, fun names to call the different parts of the body. They would also like to make it even more difficult for others to know what doctors and nurses are talking about when they go for medical care because the public has become too knowledgeable and too aware.

So your job will be to start from the top of your head. Just imagine the tip of your head, starting with your hair. And come up with a new name for it that also begins with the letter “h”. It may be best to try to use people’s names, like “Helen” or “Hilda”. Then go on to the head and rename that. Next you can think of the face and the parts of the face. Gradually work your way down to the neck, the shoulders, and so forth, all the way down to the toenails. Give each part a different name as you move slowly down. You will also see that as you focus on a particular body part … it becomes extremely relaxed and comfortable, so you will be helping each part let go of any tension it may have as you focus on it and then move on.

So go ahead and start by quietly thinking of a new name for the head. You may think of a few and pick the one you like best and then move onto the hair. It is important that you take your time and concentrate on what you are doing. Go ahead and start to think of a name for hair … Good … any name will do … No name will be incorrect for this exercise. Now, I will explain to you what I will be doing while you are working on this exercise. As you go on to the next body part while you work your way down, getting as detailed as you like and even skipping around if you need to… I will be speaking directly to your subconscious mind which always hears and always pays attention… So you can go ahead and continue to find new names for each body part while I go on talking … So just continue to focus on your task instead of what I am saying … until you are finished naming all of the body parts that you can think of … then you can listen to what I am saying. At that point you will be very relaxed … and your mind will be very receptive to the beneficial suggestions I will be giving you.
So go ahead now and begin to focus on finding a new name for the face … forgetting about me while you do so … noticing how relaxed your face becomes as you find a new name for it … and becoming more and more deeply relaxed as you progressively find name after name for each of the body part you choose. You will become more and more relaxed as you do this, and with each new name you choose you will be going more and more deeply into the hypnotic state, and be more and more open to the helpful suggestions I will be giving you, and even more and more relaxed … and receptive. The closer you move to your feet, toes, and toenails, the more and more relaxed you’ll be.

(begin suggestions here)
Seashell Vehicle

By Nancy Trombino, CHT

Using your imagination, I’d like you to picture yourself on a beautiful beach with pink sand and light blue water. The palm trees are swaying in the soft breeze, birds are singing and ever so faintly in the distance you hear very soft relaxing music that is rhythmic with the waves. This beach is known not only for its beauty, but also for the most magnificent pink and blue pearlized seashells that wash up onto the beach all day long. As you stand at the water’s edge, you see so many of these seashells that you want to begin collecting 25 of them for your family and friends. The waves are very gentle and very slow. This is good because it allows you time to review each shell and decide the perfect one to begin collecting. First, I want you to collect 13 blue shells and then 12 pink shells. As the first wave comes in, I want you to chose one blue shell…only one. Once you have chosen your favorite, look around for a safe spot to place this shell so it does not get damaged. Place the shell down carefully and walk back to the water’s edge and wait for the second wave to gently wash ashore and begin looking for another perfect blue shell. Once you have chosen the second blue shell, walk over to your safe spot and place it gently down next to the other blue seashell…wait for a moment…wait for my instructions before moving on.

In a moment, you will continue collecting the remaining 11 blue and 12 pink seashells….once I have you start, I do not want you to pay any further attention to me. I will be speaking to you….to your subconscious. Your subconscious will hear and pay close attention to every word I say. While I’m speaking, I want you to focus upon keeping track of the remaining 11 blue and 12 pink seashells you must collect. Once you have collected all 25 seashells, I want you to raise your right hand so I know you have completed the task. Once you have completed the task, envision relaxing on the beach next to your beautiful collection. At this time you may listen to me. You will be in a much deeper state of hypnosis than you were previously.

Let me repeat the instructions so they are very clear. When I tell you to begin…with every gentle wave that comes ashore, you will begin collecting the remaining 11 blue and 12 pink seashells. Once you have collected all 25 shells, you will raise your right hand, which will signal me that you have finished and then you can begin to listen to me again.
Let’s begin. Standing at the water’s edge you notice another gentle wave coming ashore with beautiful seashells remaining on the beach as the water recedes. Concentrating on finding the perfect shell, paying no further attention to me until you finish your task. With every shell you collect, you become more and more relaxed. Deeper and…deeper into a hypnotic state. With each shell you collect you become more and more open to suggestions. Your mind is open and ready to receive these absolute and favorable suggestions that I am about to give you.

Begin suggestion…….
Shopping (Analytical)

By Richard Kohsiek, CHT

I’d like for you to participate in a little exercise with your eyes closed. Please imagine for a moment that you purchase the foods for a large restaurant. The chef wants you to get a wide variety of items. You should see a shopping list in front of you on a table . . . Look across the room. You’ll see the restaurant’s cooler and pantry. Go to the cooler and pantry and see the layout of each. Even if you can’t see this room, just imagine that you can see it.

You are going to choose a vegetable that begins with the letter A, check the cooler or pantry and, when you find out the restaurant is out of that item, you’ll write it on the list. Then you’ll choose any vegetable beginning with the letter B . . . You’ll decide what vegetable and you’ll have to determine whether you check the cooler or the pantry. If you can’t think of something for that letter, you’ll skip it and go back to it. But before you start that project, I want you to understand you’ll go through the whole alphabet and then you’ll start with the fruits needed by the restaurant, from A to Z, checking the cooler and pantry before adding to your list. When I tell you to start, you’ll begin with your lists, and form then on, don’t listen to me anymore. That means you won’t try to listen to me or follow my other instructions. Even though I’ll be talking and your mind will be hearing me because your subconscious mind always listens, but your only function will be to keep up with the list. You’ll be making that vegetable and fruit shopping list. If you finish while I’m still talking, you can sit back and relax and listen to me once again. By that time you’ll be in a deep state of hypnosis.

Remember, when I tell you start, you’ll be running through the alphabet on your vegetable and fruit shopping lists, each time checking the cooler and pantry paying no attention to me until you have finished that shopping list, A-Z, vegetables then fruits.

Now you can begin so start completing your list and with each entry you’ll find you relax deeper and deeper . . . You’ll slip into a more comfortable and relaxed hypnotic state. With each item on your list you’ll go deeper, more relaxed, drifting down, down, down.
I’d like you to do an exercise now. Use your imagination and see yourself buying a new home. This house has many rooms. These rooms are empty and are in need of decorations. Now imagine that you have all the money in the world for which to shop with. You need to buy everything for your new home, towels, dishes, appliances, furniture, etc. You will devote your full attention to filling each room with everything you need to make it warm and inviting for yourself and your house guests.

So let’s try this exercise for a moment, starting with the kitchen. You will need to purchase a refrigerator. What type is it? What brand? What does it look like? See this refrigerator and make note of where it belongs in your kitchen. You then need a dishwasher and dishes…again, make note of what each item looks like. How many dishes do you need in order to entertain in your brand new home? Continue to make note of all the things you will need to make your kitchen function and purchase those items. What color do you want the walls? Feel a sense of accomplishment and joy to make these purchases and know that with every purchase you make the more and more relaxed you are becoming. When you have finished with the kitchen and have it set up with everything you need, move on to the next room in the house, which ever order you want to move in. This is your house and you can decorate it in however you want and in whatever order you want. Continue to buy and decorate each room, becoming more and more relaxed as you go…It is at this point that I would like you to stop paying attention to me. Focus completely on your task…on your decorating….

I am going to continue to speak but I will only be speaking to your subconscious mind. You just continue to decorate each room and as you complete each room, and move on to the next you will sink deeper and deeper into a relaxed state….
Song Script

This technique works very well with the analytically-minded individual. In doing the Analytical body scan make the suggestion that in Radio is playing in the back ground it is on that one station that plays all the good songs. Just close your eyelids count to 3 and open your eyelids and count to 2 and close your eyelids count to 3 and open your eyelids and count to 2 and close your eyelids and keep opening and closing them till I tell you to stop and close your eyelids.

You are aware of everything, and yet you are not aware.

You are listening with your subconscious mind, __ while your conscious mind is far away listening to the Radio__ that is playing in the back ground it is on that one station that plays all the good songs.

You know the one that plays the songs that you sing in your Head __ and you are not listening to me.

Your conscious mind is far away listening to the Radio, __ and not listening to me.
Your subconscious mind is awake, and listening, and hearing everything while your conscious mind remains very relaxed and peaceful listening to the Radio. As your eyelids are getting heavy you can relax peacefully because you know your subconscious mind is taking charge, and when this happens, you will stop __ and close your eyelids __ and let your subconscious do all the listening.

Your subconscious mind knows, and because your subconscious mind knows, your conscious mind does not need to know and can listening to the Radio, and not mind while your subconscious mind stays wide awake.

You have much potential in your subconscious mind which you don't have in your conscious mind.

You can remember everything that has happened with your subconscious mind, but you cannot remember everything with your conscious mind.

You can forget so easily, and with forgetting certain things you can remember other things. Remembering what you need to remember, and forgetting what you
can forget. It does not matter if you forget, you need not remember what you can forget.

Your subconscious mind remembers everything that you need to know and you can let your subconscious mind listen and remember while your conscious mind is listening to the Radio and forgets.

Keep your eyes closed, and listen with your subconscious mind, and when you're listening very, very carefully, your conscious mind will not mind what it forgets, because your subconscious mind will remember what it has forgotten.

As you continue to listen to me, with your subconscious mind, your conscious mind is listening to the Radio that is playing in the background it is on that one station that plays all the good songs

You know the one that plays the songs that you sing in your Head, Now let your subconscious mind listen to me.

Insert Suggestion Script here

During the Awakening of the subject ask how close to their final $ amount did they come?

Telling them how well the conscious mind has done and next time they will have more money.
Sticks and Tones

By JoAnn Dworman, CHT

I’d like you to close your eyes and imagine that in front of you is a white screen. To the right of the screen imagine a bell that when you ring it, it tones the most beautiful low tone that you have ever heard. Just below the bell, there is a basket filled with short sticks.

You are going to take this bundle of sticks in your left hand and using your right hand, you will place one stick at a time vertically at the top left corner of the screen where it will securely adhere. The next stick is placed to the right of the first and so on, until you get to the fifth stick which you will place across the others indicating that it is a group of 5. This is like the way you learned as a child to count by 5’s. Every time you adhere another group of 5 on the white screen, you will say in your mind, the total number of sticks and you will ring the beautiful toned bell. For instance, after the first group you will say 5 and ring the bell. After the second group you put on the screen you will say 10 and ring the bell. After the second group you put on the screen you will say 15 and ring the bell. After the third group of 5, you will say 15 and ring the bell and so on and so on until you reach 100 sticks on the screen. You will have just enough sticks for the entire task.

As you start counting, you will no longer be hearing me, but I will still be speaking directly to your subconscious mind which always hears and always pays attention. . . So just concentrate on the task and try not to listen to what I am saying. . . try not to follow my instructions until you have finished the whole job and then you can listen to me once again. At that point you will be so relaxed, your mind will be open to all the beneficial suggestions that I will be giving. Everytime you ring the bell after counting the group of 5 sticks, it will bring you even deeper into relaxation. Sticks . . . bell . . . sticks . . . bell.

Let’s begin. With your imagination pick up the bundle of sticks with your left hand and and pull one stick out placing it on the screen in the upper left corner. Working from left to right put up the next stick . . . and the next stick . . . and the next stick . . . place the 5th stick across the others making the bundle. Say to yourself 5 . . . and ring the beautiful bell. The bell relaxes you even more. Next to the last bundle of 5 place the next stick . . . and the next stick . . . and the next stick and the next and the fifth stick across indicating another bundle and say to
yourself 10 . . . and ring the beautiful sounding bell.

With each stick you place on the screen you are becoming more and more relaxed, with each bundle of 5 you create, you are going deeper and deeper into a relaxed state, becoming more and more open to suggestions that will benefit you. More and more relaxed and receptive. The closer you get to 100 sticks on the screen, the deeper into relaxation you will go.

(Suggestions: You are a great counter.)

[After subject finishes, bring them out of relaxation back to full awareness, feeling wonderful and refreshed.]
U.S. Map Vehicle

By Katherine Lee, CHT

What I would like for you to do now, with your eyes closed, is to imagine that right in front of you, within your arm’s reach, is a postcard on the wall about 4 x 6 feet … so close to you that if you were to reach out, you could draw on it … See it in your mind’s eye … Now imagine a big map of the United States covered the whole postcard but without any color or letters on it … It is a map that you will use to find the cities and write their names on it … Look to your right and you’ll find a small table just beside you, and a colored pencil set is right there on the table … There are 36 colored pencils in it … Use your eyes … scan the map from left to right … and scan back from right to left … Now maybe you see the map pretty clearly in your mind’s eye … And maybe you don’t … either way, just imagine you can see it … Now scan the map with your eyes and find any city on the map in which the spelling begins with the letter A… Point it out on the map with one of the colored pencils … any color pencil you like … and write the city’s name down on the top of the point where the city is with the colored pencil you chose… Then, scan it again to find the second city which spelling begins with a letter B … Point it out with a different colored pencil and write it’s name on the top of the point with the colored pencil you chose.

Just hold it a moment and wait for my further instructions … When I tell you to go ahead, you will continue to search for the cities which spelling begins with the letter C … and write the name down with a new color pencil just like you did with the letter A and B before … Then, search out a city begins that begins with the letter D … and write the name down and so forth … Remember, you should use a different color for each city … Once you begin your tasks … from that point forward … don’t listen to me anymore … By that I mean, don’t make any effort to listen to me. I will be speaking, of course, and you will be hearing me, but don’t try to follow my instructions or what I am saying, because I will be speaking directly to your subconscious mind which always hears and always pays attention … Your job is to keep going, finding each city on the map, going through the alphabet … finding and writing each city with a different color pencil in succession … paying no attention to me at all … until you have finished the whole job … then you can just sit back, relax and listen to me again. By that time, you will be in a deep hypnotic level … Remember, when I tell you to go ahead … you’ll continue going through the alphabet, paying no further attention.
to me until you have found and written each cities name and have gotten all the way to the letter Z … and once you have finished … you can listen to me once again.

Now it’s time to begin … so scan the map and find a city beginning with the letter C … and keep on going, but paying no further attention to me … Just find the city and write it’s name down … another one and write that one down … on and on in succession through the alphabet … Each city you find and each city you write down causes you to relax more and more … Each city you find and each city you write causes you to drift more easily and more readily into hypnosis … The closer you come to the letter Z, the deeper into hypnosis you go … With each city you find and each city you write down, you drift down and down, deeper and deeper into the hypnotic state …

© (You may start your script here.)
Writing in the Sand

By Barbara Carter, CHT

Close your eyes and take a slow deep breath...take another slow deep breath...with your third deep breath inhale slowly holding your breath for at least three seconds...now slowly exhale allowing all of your stress and worry to leave you as the air passes out of your chest....feeling more relaxed as the air passes your lips....all stress and worry leaving your body as you become more and more relaxed....pay attention to your breathing...with each breath you are becoming more calm and relaxed...now use your imagination to see a beautiful walking trail with large trees lining both sides of the path....as you walk down the path notice the sound of the birds ....the light and fluffy clouds in the bright blue sky above...as you walk down the path you notice a beach off in the distance...as you walk closer to the beach you feel yourself becoming more and more relaxed.....you come up to the beach and you notice there is a chair on the beach with a large stick lying beside it... you walk over and sit in the chair....using your imagination....feel the warm sand under your feet...the sound of the waves crashing on the beach...the seagulls calling in the background...you notice the stick beside the chair. I would like you to pick up the stick and draw a large circle in the sand approximately 20 inches around........using your imagination I would like you to draw numbers inside the circle being careful not to touch the lines of the circle... start writing the number 50 inside the circle ...remember to be careful to stay in lines of the circle without touching the outside of the circle.....now using your right foot you erase the number 50 and write the number 49....I want you to continue writing and erasing each number in the sand continuing to count backwards from the number 50...with each number you write and erase you are feeling more and more relaxed........48.....feel the warm sand under your foot as you erase the number 48.....being careful not to erase any of the line of your circle...47.....becoming more calm and relaxed.....46......45......keep going you are doing great.....continue working your way back towards the number 1....don’t feel like you have to listen to my words as you complete your task....work at your own pace...
The word “script” is a shortened term for “prescription”. Here you will find many scripts designed to help your clients with virtually anything they may be in need of. The length of a script is not nearly as important as the content. The purpose of a script is simply what you would need to tell the subconscious mind of your client to correct the specific behavior, once you have its attention.

Keep in mind that these scripts are simply a track to run on and if your client has specific needs, simply add in their needs and delete what does not pertain to them.
Abundance

By Rene A. Bastarache, CI, CHT

You are successful in all things you attract all that you need in surplus. Abundance surrounds you and you know that you will always have plenty. It is because of your conviction that this is so. You always imagine yourself with abundance, You see yourself as having attuned your goals to completion. Success follows you and is attracted to you as a magnet. Because you put our positive thoughts you find that whatever it is that you desire comes to you. Positive attracts positive.

You are abundant… You now act and think as someone who already has abundance … Positive opportunities come to you … You deserved to be abundant … it is your divine right … You have earned it and now is your time … It is OK to be successful … You are prepared for success … and it is attracted to you … Good times are here … You are physically, emotionally and financially secure … You walk with your head held high, proud of your success which is reflected to others by your actions.
Abundance II

By Andrea Mitchell, CHT

Relax and let go of the belief of scarcity and lack. Take 3 deep breaths and with each breath imagine you are breathing in abundance and prosperity and exhaling lack. This is your truth: You are one with the abundant universe. There is no lack in the universe. The universe is your source of supply. Visualize yourself being prosperous. You are successful. You are open and ready to receive abundance. You look at life with an open mind. You seize opportunity and create wealth for yourself. You draw abundance to you. Money flows freely to you.

You understand the laws of the universe. Money is a circulatory system. You give freely and you received freely. You see yourself as wealthy and allow yourself to walk in that path. Your divine self knows the path and creates abundance in your life.
NOTE: Before you begin this script, come into agreement with the client when and how long they will study.

Every … (day or weekday or evening) you study for at least … (one, two, three) hours. You are able to think much more clearly and you concentrate much more easily. You are so deeply absorbed and interested in the subject that you are studying that you want to give it your full attention … 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 read … and all the things that you read become part of your memory to enable you to remember them more easily … You now have perfect recall … and you find that on a daily basis your memory improves and you find it so much easier to study … and in addition to remembering what you have read, it is so much more easy to recall it without difficulty, whenever you need to do so … You just think about it, have the desire and it comes to mind.
Accomplishing Goals

By Patricia Ramsey, CHT

You have come to a point in your life where you are preparing to move beyond any blockages to your ability to succeed. You are making a commitment to yourself to focus on allowing yourself to experience the exuberance of being a successful person. You have an amazing ability to attain all your goals with persistence and dedication. The suggestion to be successful in all your endeavors is stored deeply in your subconscious mind. Relax … breathe deeply and easily as you focus on the idea of accomplishing all your goals, overcoming any obstacles to your success.
Addiction (guilt and shame)

By Dawn McGinley, CHT

You’re going find it easier to forgive yourself…the mistakes you made in the past were just that…mistakes…because of your disease, which is addiction. Addiction is the same as any other disease…the mistakes you made are in the past…you no longer live like that. You have GOOD emotional and mental health now…and the fact that you have these guilty feelings are evidence that you ARE a good person. You only have to discuss these feelings when you feel very comfortable doing so…Your guilt and shame are leaving you…your past is the past, and your future is bright.

Accepting the feelings of guilt and shame are ways the subconscious mind allows you to punish you for things you feel you have done wrong…but there is a boundary to the amount of punishment a person has to take, and it is time to stop punishing yourself and to forgive yourself… You took the first step…the worst is over…You look forward to positive, rewarding thoughts and experiences. You will view yourself and your life as it is now…good, strong and happy…every caring person understands that…this is the time for you for be kind to yourself…because you DESERVE kindness…especially from you.
Anorexia

By Rene A. Bastarache, CI, CHT

(it is important to inform your client that they should seek out professional help for anorexia. While hypnosis can be helpful throughout the process is not a replacement for the professional medical assistance they require.)

The disorder of anorexia that you have been afflicted with in the past began at a certain time of your life. It had not been there forever. Therefore at some time you had made a conscious choice of this behavior. Knowing that, it is important to realize that just as the disorder began through your thought process, with a decision that you had made, it will be eliminated in the same manner.

It has been proven that thoughts become things. The thoughts that you are have placed your focus and attention on from the past have made you the person that you are today. The thoughts that you place your focus and attention on right now will determine the person that you will become.

The mind operates according to images and feelings. So the way that you are going to the alleviate the disorder now is by first having a desire, and then taking action by doing something about it. What you are going to do is to use your imagination right now to change your self-image.

I’d like you to imagine right now that you are sitting in a movie theater watching a movie of yourself on the screen in front of you. Imagine seeing yourself on that screen having already achieved your goal. See yourself acting in a scenario where your disorder has gone. Doing something that will show your success. See yourself feeling healthy, looking healthy, having attained your goal permanently … and as you see yourself on this movie screen having attained your goal, take a moment to identify the feelings that you would be feeling being the new successful you.

What feelings are you experiencing exactly? Are you feeling joy, excitement, peace of mind, or satisfaction? Take a moment to identify the positive feelings that you are experiencing now that you have attained your goal.

Take a moment now to think of what steps you may have taken to attain this
goal. Is there anything that you may have had to do differently than you are right now? If there is, be honest with yourself and take note of it mentally. These are the steps that your subconscious mind is telling you that you must take.

See yourself for just a few moments longer being successful, realizing that this is you. Allow yourself to accept this image, and feeling of success. You are healthy and you will remain healthy.
Attention Deficit Hyperactivity Disorder - Adult (ADHD)

By Susanne Fred, CHT

You are in control. You have the ability to focus on whatever assignment (task, project,) you are working on. Your ability to focus is Powerful. You are able to concentrate fully because you are in control. You begin your assignment (task, project) and know that you are able to complete it on time. Assignments (tasks, problems) are now positive challenges. When you start an assignment (task, project), you give it your complete attention. You will determine the priorities. You will give yourself permission to take in your surroundings, all the time maintaining focus on your priority. You will give yourself permission to take breaks. You are able to sit and concentrate better for longer periods of time. Success belongs to you. Your new ability to focus gives you more confidence that you will be successful. You can realize your goals by accepting, acknowledging distractions. With everyday that goes by, your confidence grows in your ability to focus. Distractions are welcome. Distractions strengthen your concentration and focus. You no longer worry about achievement, completion. Worry is a distraction. Acknowledge it, then say “goodbye” to it. Your self-esteem grows with each completion.
African American Racial Affirmations

By Verilyn C. J-Downing, CHT

You do the tings everyone else does. Your skin is darker, facial features are more ancestrally African. You were taught good character. You were taught it is more important than good looks—but society has taught you to prize the physical … the tall white or light skinned women/men with flowing hair … are heralded as images of perfection. You are beautiful as you are, dark, short, wide flat nose, hair that don't always sway in the breeze, nappy, kinky curly. You must journey to self-love. Let go of self-hate. In the mirror of self … visualize seeing your darker skinned sister / brother / mother / father. YOU ARE BEAUTIFUL. Let the revolution inside continue. Loving who you are in God's image physically for you. You have value, worth … you are loved. You have to let go of this narrow stereotypical definition of what is beauty. You are responsible to care and love your dark skin … your flat wide nose, your kinky hair, your body. You ca live with your physical self-appearance, however, it is important to change your thoughts and feelings. You are committed and driven to be the best you can be. Your internal personal transformation happens in you, by you, for you. Let go of the shame, self hate right now. It is the subconscious mind I am speaking to. From this moment on, starting right now … you no longer look at yourself with self hate … you are confident, you are beautiful, you take control of your thoughts of your inner and physical beauty! Visualize yourself healthy, happy … beautiful … magnificently created. You accept and honor yourself right now.
Alcohol

By R. Ryan Van Otten, CHT

Now that you are feeling relaxed and because you are feeling this you begin the sensation of freedom from all your anxiety, tensions, and fear. You realize that you are more confident and sure of yourself because you have taken an enormous first step towards helping yourself.

Now as you are feeling this strength from inside yourself, it is motivating you to overcome any and all obstacles that may be in your way of your professional life, social life, family life, and happiness.

You will find that from this moment on you are developing more self-control. You now face every situation as a calm and relaxed individual. Your thinking and creativity is clear. You are sharp at all times.

You begin to feel that your self respect and confidence are growing more and more each and every moment; day by day in all of your ways. You now are aware that in the past your drinking was an escape and a weakness that you are replacing with self-control, strength, and confidence. You are becoming a person who is now happy and a person with a positive attitude towards life. Now you are succeeding and you have all the abilities and tools for this success.
Alcohol - Releasing Negative Messages

By Niki Gilbert, CHT

Now that you are deeply relaxed and feeling wonderful, you are able to see yourself as the unique individual that you are. People who tell you negative things about yourself, your habits, your past and your future dissolve without so much as a thought. They disappear into thin air and you remain relaxed, in the moment, full of energy and ready to take on all the many adventures opening up to you in your life. You are perfectly clear about the time you need to heal, without having to hold to calendar dates. You are exactly where you need to be, healing moment by moment, getting closer to your own real goals. You are in control of your life in every way. You are able to manage habits that in the past have hurt you. None of these hurt you any longer because you are in control and want only good things for yourself. When you feel any anxiety, anger, excessiveness of any kind you remember you are in control and can manage everything in your life very, very well. Your unique past gives you the power and presence to take on whatever comes your way and you continue to heal yourself, day by day, getting all that you need as you need it. Nothing comes too soon or too late. The now feeds you in every way.

Now that you are open to your deepest desires and highest self, I’m going to take you back to an exercise where you found yourself at a fork in the road. (do you remember this? Raise a finger) Good, now continuing to stay connected to this renewed self who is command of herself in all ways, you face these two paths with curiosity and wonder. You have been told certain things about the positive and negative aspects of each path but these aspects no longer exist. Both paths lead to anything and everything you need in your life. It is an arbitrary choice to go left or right. Nothing along either path can hurt you and you are able to come back to this crossroads anytime, knowing that no matter which path you chose to walk down you will be given the tools you need to conquer any old patterns or behaviors if they arise. You are free now of all negativity created by the former exercise and can go about your day to day life with greater happiness, creativity and physical well being.
Anger Management

By Martha Affeld, CHT

You are in control of your emotions and how you feel. You can easily prepare yourself to deal with hard situations more effectively. You know instinctively that your methods up until now have not been as effective as they should be. You can and will deal rationally with situations that upset or confuse you.

Fear and the unknown are easily dealt with if you think rationally. You must control your mind to be able to think rationally. In the past situations that were out of your control or scared you created a sense of anger. You now recognize that if you take control of yourself you will take control of the situation. There will be no need to be angry.

You are a strong person who assumes the best about people’s intentions. Many times when people do things that affect you negatively you realize that they may not realize what they have done to offend you and may not have even paid enough attention to realize you were there to be hurt. You will recognize this and dismiss thoughtless behavior as just that, thoughtless behavior that was not meant to hurt or offend you.

You are in control of your emotions. You will never again allow another person to take control of you by making you angry. You are intelligent and balanced and you can deal with anything without an excessive emotional display that makes you weak because it keeps you from making intelligent decisions.

Intelligent people are rational and they can control their emotions. You are intelligent and you can control your own emotions. You will always be able to control yourself from this moment on.
Anger / Temper

By Rene A. Bastarache, CI, CHT

You are in control of your emotions and your feelings. Whenever you find yourself in a situation where you might have lost your temper you are no longer angry. From this moment on you are no longer a reactor, instead you are now an actor. As an actor all of your actions are now original and not a result of someone else’s actions. You value other people’s opinions, but you realize that they are just that, someone else’s opinion. They are not a fact. You realize that everyone has a right to their own opinion and now you allow people to express that right. You no longer get angry because their opinion is different from yours. You are in control of your own emotions and no longer react with negative.

Instead of becoming angry when you hear an opinion or a view that you do not agree with you now react with understanding and acknowledgment. However you do it in a calm relaxed manner. It makes you feel wonderful and gives you great confidence that you are now in control. You are an actor and not a reactor. You are calm, relaxed and in control. You enjoy being calm, relaxed and in control. You are a happy person in control of your emotions, and anger is a thing of the past. You have a great sense of accomplishment now that you have overcome negative emotions.
Anger Controlling

By Eugene Johnson Jr., CHT

I would like for you to take a deep breath now… and hold it for a few seconds… exhale and relax.. Now take a second deep breath, as deep as you can.. and as you exhale just allow any anger you may have to just let go. And one more time take a third deep breath.. as deep as you can.. hold it… and as you exhale… just think to yourself the words “relax now”. You have come to this relaxed state because you would like to control your anger towards others. You would like to get rid of this negative emotion in your life. You are a very important person to others. Others see you as a leader with having confidence and integrity.

I want you to use your imagination and think of a very pleasant place. It is a very peaceful place. You like how this place makes you feel. Don’t you? Just nod your head when you are there. In the future when you come across a situation where you feel anger, I want you to take a deep breath and say to yourself.. relax and treat others with respect. I want you to think of this very pleasant place that you are experiencing right now every time you experience anger. You do not want to show anger anymore to your co-workers or family. You want to show others that you are a very pleasant person. You are confident and a professional person in your work and private life. From now on you will take control of your anger, people will respect you more…. People will appreciate you more. By being courteous to others will show that you care about their feelings.

Again.. In the future when you come across a situation where you feel anger, I want you to take a deep breath and say to yourself.. relax and treat others with respect. I want you to think of this very pleasant place that you are experiencing right now every time you experience anger. You do not want to show anger anymore to your co-workers or family. You want to show others that you are a very pleasant person. You are confident and a professional person in your work and private life. From now on you will take control of your anger; people will respect you more…. People will appreciate you more. By being courteous to others will show that you care about their feelings.
Anorexia

By Rene A. Bastarache, CI, CHT

(it is important to inform your client that they should seek out professional help for anorexia. While hypnosis can be helpful throughout the process is not a replacement for the professional medical assistance they require.)

The disorder of anorexia that you have been afflicted with in the past began at a certain time of your life. It had not been there forever. Therefore at some time you had made a conscious choice of this behavior. Knowing that, it is important to realize that just as the disorder began through your thought process, with a decision that you had made, it will be eliminated in the same manner.

It has been proven that thoughts become things. The thoughts that you have placed your focus and attention on from the past have made you the person that you are today. The thoughts that you place your focus and attention on right now will determine the person that you will become.

The mind operates according to images and feelings. So the way that you are going to the alleviate the disorder now is by first having a desire, and then taking action by doing something about it. What you are going to do is to use your imagination right now to change your self-image.

I’d like you to imagine right now that you are sitting in a movie theater watching a movie of yourself on the screen in front of you. Imagine seeing yourself on that screen having already achieved your goal. See yourself acting in a scenario where your disorder has gone. Doing something that will show your success. See yourself feeling healthy, looking healthy, having attained your goal permanently … and as you see yourself on this movie screen having attained your goal, take a moment to identify the feelings that you would be feeling being the new successful you.

What feelings are you experiencing exactly? Are you feeling joy, excitement, peace of mind, or satisfaction? Take a moment to identify the positive feelings that you are experiencing now that you have attained your goal.

Take a moment now to think of what steps you may have taken to attain this
goal. Is there anything that you may have had to do differently than you are right now? If there is, be honest with yourself and take note of it mentally. These are the steps that your subconscious mind is telling you that you must take.

See yourself for just a few moments longer being successful, realizing that this is you. Allow yourself to accept this image, and feeling of success. You are healthy and you will remain healthy.
Anti-Aging

By Rene A. Bastarache, CI, CHT

The aging process can be slowed down quite a bit simply by desiring it. It’s only limitations are those you place on it. All functions having to do with aging, healing and breathing are controlled by your subconscious mind. It processes unlimited amounts of commands and functions whether you are aware of it or not. It continues to work when you are asleep, at work or whatever tasks you are doing consciously.

You now choose to slow down, to halt and change your aging process. The amount, and how you do this is according to your desire, faith and commitment to the task. If it is truly important to you then you will accomplish it. Whatever your prevalent thoughts and desires are will come to pass. You are creating the new you that you desire right now. As you hear these words you are changing your mind and the aging process in your body.

Visualize the new you, the you that you wish to become. Imagine what you would like to look like and see as many details in your mind that you can. Keep this picture as if you are creating a sculpture of yourself and allow your strong subconscious to create it. Believe that it can be done and it can. Welcome to the new you.
Anti-Social

By Phoenix Schneider, CHT

You are a friendly and caring person. You are extremely likeable and fun to be around. You have a great sense of humor and a kind heart. People listen to you and think you have a great personality. You believe in yourself and are confident that you can talk about different topics that come up in conversations with people. You do not fear going out and you enjoy meeting new people and making new acquaintances. You no longer accept staying home alone for an entire day without interactions with people. You desire talking to and being around people more often. You will make the effort to go out and meet up with friends. You will make the effort to pick up your phone when you get a call or make the call yourself to ask people to go out. You are no longer the shy anti-social person you once thought you were. You are a delight to be around and people genuinely enjoy your company.

You feel more confident and happy now that you are a more friendly and social person. You initiate conversations and reach out and contact people you want to spend time with. You find it easy to have conversations with people about different topics and feel comfortable opening up and sharing a part of who you are. You are a kind, intelligent, compassionate, creative, loving, and caring person and you get along with people easily. You are the kind of person that everyone wants to get to know you. You feel confident and believe in yourself knowing 100% that you are beautiful and worthy of being loved.
Anxiety Control

By Rene A. Bastarache, CI, CHT

You are going to now learn the art of controlling anxiety. As a result of this session you will no longer suffer from anxiety and you will be in control at all times. You will feel happy and so confident that you are now in control.

What I would like you to do right now is to use your imagination … I want you to imagine a scene in your mind … to visualize yourself at a wonderful place … a place where there is no anxiety whatsoever … It could be some place that you have been before, or if you cannot think of an anxiety free place you may go ahead and create one in your mind … it can be a fantasy place, or a real place … just visualize it and imagine it … Maybe you can see it clearly in your mind … and maybe you can’t … if you can’t imagine it … just think about it and the same purpose is being served … You can even surround yourself with things and activities that you find extremely enjoyable, without any stress at all. Take a few moments and create this scene in your mind …………… and as soon as you have this scene in your mind, nod your head for me … so that I know you have it… (wait until they nod their head before continuing.) Now in just a few words … describe, or tell me what the scene is that you are imagining right now… (Wait for their response. If no response, asked them again) Good … now visualize that place and see it very clear in your mind. It’s a wonderful place isn’t it.

Now while you are in your comfortable place right now I would like you to take a deep breath and as you exhale allow yourself to feel twice as comfortable and wonderful as you do right now … and take your second deep breath … and as you exhale allow yourself to relax even more … and on the third deep breath, as you exhale, allow yourself to feel wonderful … realizing that you are in a place where nothing affects you, where there is no anxiety, where you are completely safe … Now commit this place to memory … every detail … because in the future, any time you find yourself confronted by what used to be an anxiety provoking situation, or any kind of stress whatsoever, all you need to do is take your three deep breaths and allow yourself to remember … and come back to this wonderful anxiety free, stress free place, that you have created for yourself.

Let’s go ahead and try it right now to insure you understand the concept. Right now, I would like you to think of something or a situation that may have
caused you a small amount of anxiety in the past … and as soon as you feel a little bit of anxiety, nod your head for me so I will know … (wait for the response, repeat if necessary)

Take a deep breath and just let the negativity flow away … take your second deep breath and allow yourself to feel wonderful, coming back to your special place … and take your third deep breath, and allow yourself to relax completely … You are now anxiety free … It feels great doesn’t it.
Anxiety of Interacting With Others

By Eugene Johnson, CHT

As you continue to drift on down, deeper and deeper into relaxation, so calm and peaceful, I am going to present some suggestions to your subconscious mind that will be reasonable, acceptable and in your best interest. As you drift down deeper and deeper, continuing to relax with each breath you draw in, you are beginning to surface from inside you. The reason you wish to have this session is because you want to start being more sociable with people. You want to start making more friends. You no longer want to be shut in or have to stay in your house because you are afraid to meet people. From now on this negative trait of not meeting people no longer exist. You are a very talented person. Other people want to meet you. You are attractive, intelligent, and professional and have a lot of knowledge to offer others that you meet. Your mind will be open to meeting people to see what knowledge and wisdom that others have to share. This will be a new adventure for you. You are looking forward to this great adventure. You will make a lot of friends that will be able to help you later in life. You will be eager from this point on to converse and meet people to make friends. Remember you are in control of how many friends you can make. You will use good judgment as to what friends you select.

Again… You want to start making more friends. You no longer want to be shut in or have to stay in your house because you are afraid to meet people. From now on this negative trait of not meeting people no longer exist. You are a very talented person. Other people want to meet you. You are attractive, intelligent, and professional and have a lot of knowledge to offer others that you meet. Your mind will be open to meeting people to see what knowledge and wisdom that others have to share. This will be a new adventure for you. You are looking forward to this great adventure. You will make a lot of friends that will be able to help you later in life. You will be eager from this point on to converse and meet people to make friends. Remember you are in control of how many friends you can make. You will use good judgment as to what friends you select. You will also be very happy to meet others and you will gain great self esteem and confidence in doing this.
Anxiety of People

By Michael Grady, CHT

You ARE comfortable around people.

People enjoy you and they enjoy what you have to offer in their world. You enjoy people and what they have to offer in YOUR world.

People are fun. People are fun to talk with, people are fun to sing with, people are fun to laugh with, people are fun to be close with, people are fun to joke with, and people are fun to meet….

It is very exciting to meet new people. It is exciting to be around people you know. It is exciting to acknowledge people whoever and wherever they are.

New and familiar faces alike send you a surge of creative ways to interact with them either individually or in groups. You are fun to be around. Being around any person, you feel playfulness and you feel TOTALLY comfortable. Comfortable to be the person you are.

You like sharing what you know with people and you like sharing what you have to give to people. They can and will do the same.

When you see people you have just met, it has you feeling very comfortable, so very comfortable that you can be at ease as if they are your best friends. Meeting people is a situation where you are free, free to be yourself and express how you feel.

New people bring new opportunities to meet MORE people, have MORE friends and meet MORE business contacts. This gives the opportunity to attend more parties, learn about new places, learn new skills, take more trips, broaden your intelligence by sharing information, and learn more about yourself…. The possibilities with people are limitless.

Interaction with anyone is fun no matter his or her reaction. You are in TOTAL control. Total control of how you want to be and how you will be with or without people around you.
You are personable with people. You look them directly in the eyes when talking to them. You are completely honest with everyone. You shake hands well and enjoy it.

Now, take a nice, long, deep breath. As you exhale you bring yourself to a situation where you are completely at ease with yourself. A place where happiness is infinite and the joys of life are contagious. A place where you are free to be yourself, with no limits. You are very content with this feeling. Feel this moment… Take it in… Now, you are going to enable yourself to call upon this feeling whenever necessary or whenever wanted. Just simply rub your right earlobe and you will feel this happiness, joyfulness, free-fullness and contentment. Just rub your right earlobe. Go ahead, rub your right earlobe. These feelings will be associated with you rubbing your earlobe. You may do this anytime and anywhere. You are a people person and friends come easy.
Anxiety of Spending Too Much While Shopping

By Eugene Johnson, CHT

You are calm relaxed and in control. The reason you have requested this session is based on the fact that you want to start controlling your spending while shopping. You are a very intelligent person. Your mind is the most powerful computer in existence and now you will be able to use that computer to help you control spending. I am going to place in your subconscious mind some suggestions that will be very beneficial to you. From now on when you get paid, you will first add all of your living expenses. After you add all of your expenses, you will make sure that the electric, rent, phone, gas bill has been paid. You will also make sure that any other bills that are due will be paid. When you go shopping and see something that you like, you will say to yourself “stop” and ask yourself “do I really need this”.

You will think about the bills that you have to pay and you will also think about your living expenses. After adding all of your bills each payday, you will pay all bills that are due. Only after all bills are paid you will set a certain amount of money aside for shopping. When you go over that amount you will not have any desire to go shopping. Instead of spending when you run out of money, you will seek other ways to save money. Again…. when you go shopping and see something that you like, you will say to yourself “stop” and ask yourself “do I really need this”. You will think about the bills that you have to pay and you will also think about your living expenses. After adding all of your bills each payday, you will pay all bills that are due. Only after all bills are paid you will set a certain amount of money aside for shopping. When you go over that amount you will not have any desire to go shopping. Instead of spending when you run out of money, you will seek other ways to save money.
Appointments on Time

By Rene A. Bastarache, CI, CHT

You have come to this deep relaxed state because you have decided to change a negative habit from your past … You have decided that now is the time to take control of your life… to meet your engagements each and every day, on time… And the way you are going to be on time from now on … is by changing some of your past negative behaviors … into new positive behaviors … You are going to be on time for all appointments, engagements and functions because you want to be … The first step in being on time to appointments is to change your thinking towards them … From now want you will give a new importance to your appointments … You feel an urgency to get there on time … In fact you feel they are so important to you that you want to get to you’re appointments early … You’ll always plan from this moment forward to arrive at your scheduled appointments a minimum of 15 minutes early, and even earlier than that if time permits … By doing this you will find that you will arrive at your appointments on time, even if unexpected things occur on the way, such as bad traffic, or any other hindrance … by leaving early you will still have time to spare … You do not have to worry about wasting time because you realize that if you arrive at an appointment early you can put the additional time to good use … One way to do that would be to bring a book that you have been wanting to read with you … or maybe some paperwork or a notebook with you so that if you have additional time you can make plans or accomplish other tasks … From now one you give importance to all your appointments … You are professional in your thinking and arrived early … By doing so, others will see you as a professional … They will see you as a successful, courteous person … Showing up to an appointment on time or especially early, shows that you are courteous and care about the appointment that you have … People will respect you more … People will appreciate you more … You will feel more confident that you are in control of your time … Remember the slogan … “If you fail to plan … you plan to fail.” … From this moment forward you manage your time successfully.
HYPNOTHERAPY SCRIPTS - Manual From A-Z

Arthritis Reduction

By Rene A. Bastarache, CI, CHT

NOTE: In any situation regarding pain it is important to realize that pain is a warning system from the body that there is something not quite orderly within and requires attention. Therefore the first step should be to check with a medical professional to have it take care of. If it is something that has been treated and the pain is not required then the use of hypnosis is a preferred choice of treatment to reduce or eliminate it.

SCRIPT BEGINS HERE

I’d like to speak to you about pain and discomfort for a moment. Pain is your bodies natural way of letting you know that something is not orderly inside you and needs immediate attention. It is similar to an early warning system. Therefore it is a good thing. Just as a smoke alarm in a home is a good thing … it is designed as an early warning system to alert you of danger, so you have a chance to check the home and take action.

If the pain or discomfort is still with you even after serving it’s purpose, letting you know of danger or you have already been treated by a medical professional and the pain is still there and not required … then hypnosis is a great tool to lessen or eliminate the pain or discomfort. It is actually a simple process. Just as your strong subconscious mind is what created the warning or pain as a way to help you … it can also easily release or stop it at will. All that is required is the knowledge of how to eliminate it … the use of your imagination … and a desire for it to be gone.

Everyone has an imagination .. If you are not able to see clearly in your mind the instructions I will be giving … then simply think about them and the same purpose will be served.

So lets go ahead and begin your process of relief.

First I would like you to concentrate on your discomfort for a moment … and
as you do I would like you to use your imagination … and give your discomfort the shape of an object in your mind … I’d like you to give it the shape of a tunnel … Give it the shape of a large tunnel … one that is large enough to drive a car into … It is a safe and inviting tunnel … And imagine that as you are looking into the tunnel you cannot see any light on the other end …

Now imagine that you are stepping into the entrance of the tunnel, and as you do you can feel you discomfort intensify, just a little bit … just enough for you to notice it ... And as you do you notice that you can now see a small light in the other end of the tunnel … So you begin to walk towards it … and you notice that with each step you take towards the light in the tunnel that your discomfort is becoming less and less … with each step you take you are felling better … and the discomfort or pain is fading away like an unwanted memory ... The closer you come to the other end … the healthier … the better, you feel … You are amazed and delighted how much better you feel as you continue waling towards the light at the other end of the tunnel …

Keep imagining yourself walking towards that light … felling better and better … until you finally come to the other end of the tunnel … and once you emerge, your discomfort will have gone … and you will feel so much better than you have in such a long time … So continue walking through that tunnel … allowing ... and giving yourself permission … to feel better and better… with each step that you take … Realizing that you have a right to feel good … You deserve to feel good … With every step that you take you fell better and better … healthier and healthier … until you finally emerge from the tunnel … Feeling wonderful … Feeling relieved …

Now that you have experienced this wonderful method of feeling better … you can re-use it in your mind any time you wish … simply by listening to this exercise again, or simply closing your eyes, and imagining the same scene over again ... You can do it over and over as many times as you like.

It is your method … that works for you
Assertiveness

By Rene A. Bastarache, CI, CHT

You are an important person, your ideas and views are excellent. People like you, and they like your ideas because they realize that you are always on the cutting edge. You believe in your ideas and your abilities and you have no fear to speak up, or to show what you know. Just because you haven’t done something before does not stop you because you know that you can do anything as well as the next person, and even better. You always give 100% effort in everything that you do. You enjoy showing your abilities and are very assertive.

You always go the extra mile in whatever you are doing. You always perform to your best abilities. When you have an idea or a good concept you are not afraid to share it with others, in fact you are excited to do so. You are excited to try new things. You volunteer your ideas and your abilities, and you find that people are always impressed by you. When you find yourself in a situation that requires leadership or guidance you take control of the situation and lead it in the way that you know it should be done, and you’ll always succeed. You are a natural born leader, and people love to follow you, people love to be around you and hear your ideas.
Atkins or Similar Type Low Carb

By Rene A. Bastarache, CI, CHT

From this point forward, starting right now you no longer have the desire to snack between meals or get a late night snack. Snacking no longer appeals to you because you are totally satisfied by low carb meals. Meats, fish, quality cheeses and low carb foods satisfy you as never before. You now read labels when shopping or cooking and are aware of the carb content of all the foods you eat. You remain conscious of the carbs and feel a sense of pride and accomplishment when you are creative in finding low carb, healthy meals. You feel healthy, you feel lighter, you feel stronger and the better you feel the more you are dedicated to continue towards your goals. It is easy for you to do a low carb lifestyle. It is healthy for you to do it also. As the pounds come off you see the results and are very encouraged, you dedicate yourself more and more each day to your new healthy lifestyle.

You find yourself drinking more water than ever before. That wonderful, clear, refreshing water satisfies your thirst more than anything else. You find yourself craving water and enjoying it. Water is good for your body, water cleanses and nourishes your body, it is one of your many allies to help you attain your goals, and once you have attained your goal, once you have achieved the results you desired you will be able to maintain your results easily. You realize that proper nutrition is very important and you take all the quality vitamins and nutrients that you may be in need of.

You find yourself being more active than before. You enjoying doing more than you ever have before whether it be an exercise program or just parking further in a parking lot and walking more. You are more energetic. You feel great. Activity helps you to attain your goals. You are now successful in every way.
Attracting Money

By Raluca E. Bastarache, CI, CHT

Every day I am becoming more and more lovable and understanding. I am now becoming the center of cheer and good will to all those around me. I am happy, joyous and grateful.

Perfect health is mine, and the law of harmony operates in my mind and body.

I like money, I love it, I use it wisely. Money is always circulating in my life. I release it with joy, and it returns to me multiplied in a wonderful way. Money flows to me in avalanches of abundance. I use it for good only, and I am grateful for the riches of my mind.
Attracting Your Perfect Soul Mate

By Patricia Ramsey, CHT

Imagine attracting your perfect soul mate, drawing him/her to you with each and every breath you take. Know that the universe wants you to have whatever it is you desire. The universe will respond to your request for your perfect mate by creating an opportunity for you to meet. Begin by imagining this person, their physical attributes, their character traits.

Now imagine yourself floating effortlessly up the branches of a very tall tree. Float to the top of it’s highest branch and see a ladder reaching up, into the sky. Climb the ladder letting each step take you higher, up into the clouds, above the clouds, and into the heavens. There you are greeted by a guide who takes you to a special room where all requests are heard. When asked of your heart’s desire, you tell your guide you are looking for your perfect soul mate. You are handed a large tablet and writing instrument and asked to make a list of what it is you are looking for. What are their qualities, their characteristics? Who is this person you are seeking? Be as specific as you can be. When your list is complete, hand the tablet back to your guide.

It is now time to begin your return journey, but as you turn to leave, you notice someone standing in a doorway on the other side of the room. The person is bathed in a bright light so it’s hard to clearly make out their features, but you feel their presence. You are filled with a profound sense of love and joy. You turn to leave, making the journey back down the ladder, down the branches, and back to present time, bringing back with you the feeling of their presence and the feelings of deep love and joy. Bask in the feelings. This is your perfect soul mate. Know that the universe is conspiring in you behalf to bring him/her into the present. It is happening now. Believe it!

Recall a time when you were successful at something. Remember the feeling of happiness and pride you felt. You deserve to be successful. You deserve to be happy. You deserve to accomplish any goal you set for yourself. Remember that you have been successful in the past. You are successful NOW, and you will continue to be successful in all you do.

Concentrate now on the confidence you feel as you accomplish your goals. Notice how that feeling moves throughout your body, lighting you up from the inside.
This feeling of confidence spreads to every cell in your being. You are unstoppable. You succeed easily and effortlessly and carry this feeling with you wherever you go, whatever you do. Your mind remembers this feeling and you automatically create opportunities to succeed. You are relaxed and confident as you follow through to experience the success you deserve. You feel self-assured, content and successful.

You feel wonderful now, more relaxed with the idea of being successful. You are in control of your life. You are at peace. You are successful with everything you undertake.
Awakening Feelings

By Rene A. Bastarache, CI, CHT

You are now alive with feelings coming from deep down within you. Feelings come easier for you to identify each day as you are becoming more sensitive to them.

Whenever something interesting happens … you now take a deep breath and take the time to identify your feelings … How do you feel about it? … It is okay to identify them … It is fun to identify your feelings ... Are you feeling sad? Happy? Silly? Angry? Are you excited? Embarrassed?

Awareness if the first step in awakening your feelings… by becoming aware of different feelings you can later identify them easily and allow them to increase.

Be accepting of your feelings and embrace them. All feelings are there to embrace and learn from. Even sadness and anger are important feelings as they aid you in appreciating happiness and excitement. Without one you could not feel the other. It is opposites that help us to learn. Think of this wonderful gift we have … These feelings can only be experienced with a body. This wonderful body that we have the opportunity of living in, is the only way we can feel them. Each feeling is different ... Unique from the last one.

From now on you are very aware of any feelings that you encounter… When you have a feeling you identify to yourself exactly how it is affecting you. How is it affecting your body and attitude. Be as descriptive as you can just as if you were a child experiencing this feeling for the very first time. Learn from it, embrace it. You are a feeling individual. Be proud of your feelings as you continue your growth process.
Awakening - Massage Hypnotherapy

By Dr. Frank Slezak

(This awakening should be used after using the Massage-Hypnotherapy induction.)

Your mind and body are in a state of complete relaxation. During the last hour you have experienced complete serenity. Your body feels weightless and your mind is tranquil. Your massage has created a sense of completeness as your mind and body have reached a deep sense of relaxation. But the deep relaxation that you have experienced here is not over. From this moment on, each time that you feel discomfort in any area of your body, you will remember this experience and feel the discomfort replaced by relaxation.

In just a minute I am going to count to 5. When I reach the number 5 you will awaken feeling totally relaxed and refreshed. You will take with you the memory of this experience and you will use that memory whenever you feel discomfort.

1 . . . you are beginning to hear the background music more vividly
2 . . . you are beginning to feel more alert
3 . . . your eyes are beginning to open
4 . . . all of your senses are at their peak levels
5 . . . you are feeling relaxed and refreshed . . . you feel wonderful!
Bed Wetting

By Rene A. Bastarache, CI, CHT

You no longer wet your bed. Every night when you go to bed you feel confident that you are now successful in going to bed without wetting.

You no longer sleep through wetting the bed, that is part of your past, from this moment it is a distant memory, it is completely over. As soon as you have the urge to go to the bathroom, you will wake up immediately and will not wet the bed. You will then get up and go to the bathroom. The reason you have been wetting the bed and not waking up in the past is that you have been sleeping too deeply. From now on you will not sleep so deeply, you will sleep lighter than you have before so that when you have the urge to urinate you will realize it immediately and be able to wake-up to go to the bathroom. Even though you are not sleeping deeply anymore you will still receive the rest that your body requires. In fact you'll find that you will wake-up more relaxed and refreshed with the added confidence of knowing that you no longer wet your bed. You are in control.

When you wake up in the morning you will remember having gotten up during the evening to go to the bathroom and this will give you confidence in your new ability and help you to become more and more successful. You feel good about yourself because you are successful. There is no one to blame, and you have done nothing wrong in the past, you have just been sleeping too deeply and that habit has now changed. You now sleep lighter during the evenings and you wake up immediately upon having the urge to go to the bathroom.
Believe in Yourself

By Rene A. Bastarache, CI, CHT

You believe in yourself … you are confident .. You have many qualities that you like about yourself and there are many qualities in you that others are attracted to.

Take a moment now to identify your good qualities … What do you like about you? Do now be bashful … Be as bold as you can and come up with a as many good qualities about yourself as you can whether they be great big qualities or even very simple ones. (pause)

Now take a moment to list the reasons that you feel others are drawn to you. Friends, family or whoever you may be close to. (pause)

These are the reasons they believe in you and the reasons you believe in yourself. You are self sufficient, you are independent, you are a force of nature a strong minded person.

Allow all the traits you just thought of to grow within you and become even stronger.
Blushing

By Rene A. Bastarache, CI, CHT

You are in control of your emotions and your bodily functions. You no longer blush no matter what the situation you are put into. You are in control! Anytime you find yourself in a situation where you feel that you might blush or you can feel your heart beating faster, you simply take a deep breath and it never happens. Taking a deep breath calms you down. From now on instead of blushing it is being replaced by taking a deep breath. You now find that whenever you take a deep breath you will not blush because you are in control of yourself.

Visualize yourself now in a situation where you may have blushed in the past … (pause) … and as soon as you feel you are about to blush take a deep breath … Right now … feel yourself relaxing … becoming comfortable … and in control once again. You no longer blush … you are in control.
Body Image

By Rene A. Bastarache, CI, CHT

From now on starting this very moment you have a positive image of your body. Whether your body is exactly where you would like it to be or not at this particular moment in time, whenever you look at yourself or think of your body image you will do it in a positive manner. Looking at your body in a positive manner will help you to feel good about yourself and to continue to progress towards the body image that you really want. You no longer think bad thoughts or say negative things about your body. Your body is your temple. It is your sacred private property. You own it and you want the best for it. So from now on you think only positive thoughts and have positive feelings toward your body. You are happy, confident, and progressing towards making yourself the best you that you can be.

Visualize yourself right now standing right in front of you facing yourself … visualize your body looking and feeling exactly as you would like to … as if you had attained all of your goals already…. Imagine yourself wearing, the exact type clothing you would love to wear … the exact style … size… and color … realize that this person standing in front of you … is you. You are this person … this person is in you and you are in this person … Feel good about yourself … see yourself in front of you as the “goal” you … You are on a journey to attain your goal but realize that on any journey … every step that you take is very important … even more important than the destination … and from this moment on … you take each step in a positive, enthusiastic manner … having a good self image … and continuing to move onward … you are in control and you are positive about your appearance and your image. You are happy being in control and you feel confident being in control.
Boundaries

By JoAnn Dworman, CHT

When you think of yourself, you realize you really do know who you are. You know your likes and dislikes. You know when something doesn’t feel right to you and you know when something is just right for you. Since you know yourself, you respect who you are and you love who you are and what you are becoming. You have good thoughts and feelings about yourself and because of that, you will no longer allow others to effect how you feel about yourself. So, if you are in a situation or with a person that does not support your great feelings for yourself, you will simply remove yourself from that situation or from now on, when necessary you will indicate to anyone that attempts to change how you feel about you and what you need, that although you appreciate their opinion, you know yourself best and you know what is right for you. You can still be a caring and concerned person, if that is who you are, but you know longer have to sacrifice your self worth for another person. You are a confident and powerful person. You know who you are. You know what you want and where you’re going. You feel inspiration and strength within and it shows in the way you walk and in the way you confidently speak your mind. If there is a negotiation, you will only accept that which you know to be right for you. Because of that, people will know where they stand with you and they will respect you for your honesty and strength of character. You will practice self-empowerment with ease, accepting only that which resonates with your true nature. . . Accepting goodness and respect, you walk through your day with deep regard for yourself. Honoring your essence, your life is all that you want.
Breast Enlargement

By Rene A. Bastarache, CI, CHT

There is a part of your mind… the part of your mind that is listening to my voice right now… that knows how to make changes in your physical body. This part of your brain knows how to heal a cut or a wound, how to grow cells and tissue, and it knows how to stop healing when your body is well. This part of your brain is very powerful and amazingly wise. It knows how to make you gain weight and lose weight, how to be warm or cold, to speed up your metabolism and slow it down. This wisdom place is your subconscious mind… it is the special place that is hearing my voice right now.

Now, this part of your mind knows how to regulate blood flow, cell growth, tissue growth, muscle growth and everything that happens in your physical body. I would like for you to take an interesting journey down into your body. If you would use your mind's eye to see and feel this journey… you will discover some amazing things, and learn some new ways to help yourself to make these changes that you want and deserve.

Now I’d like you to use your imagination … imagine how it would be if you could go inside your body right now and see behind your eyes. Notice the color, the textures, the way it feels to be inside your body. Go down to your neck and all around your spine and see how interesting it looks. Feel yourself taking a journey down into the spine one vertebrae at a time. Notice all the nerves, blood vessels, tissues….

Follow this down to the area around your breasts and actually allow yourself to see and feel the experience of being inside of your breasts. You may even hear the sounds of the blood flow, the movement and activity of the electricity of your body… you may experience this in so many ways … you may discover just how fascinating your body really is.

Now, this part of your mind that is hearing my voice right now, is going to do a very interesting thing for you.

In a moment the blood flow will begin to increase to the breast tissue, and you
will begin to feel the effects of this as I speak.

   You may feel it as a warmth slowly spreading throughout your entire chest… (pause) or you may feel it as a tingle in only certain places… (pause) or you may notice the color changing in the fatty tissue and skin surrounding this area.

   I don't know just how many ways you will notice it… but one thing I know is that you will be amazed to notice how quickly your mind can make this happen now.
Now, notice how this increased blood flow is affecting the cell growth in the tissue of your breasts.

   Notice how rapidly the cells are growing, increasing in number, becoming stronger… and something that you may not have noticed yet, is a heaviness in your chest area.
It may have already occurred to you, or you may just be noticing it now as I mention it… that heaviness in your breasts, that seems to as if your breasts are actually growing right now.

   For the next few minutes, I would like to ask your mind to continue to do everything it needs to do… to help your breast tissue to become larger, fuller and firmer.
Burning Memories

By James A. Greer, CHT

You have come to me today because you are having difficulty in getting over someone you used to love that is no longer with you. I want you to visualize that you are sitting in a very comfortable chair in front of a fireplace with a beautiful warm fire burning in the fireplace. Looking out the window, there is a light snow falling. You can hear the fire popping and see the sparks go up the chimney. You can smell the very pleasant odor of the wood smoke. Take a couple of minutes to just enjoy the peaceful scene. Sitting next to you is a box which contains all of the memories of the person that you need to cleanse from your mind. Reach into the box and take one of the memories and toss it into the fire. As you do so, you will feel your heart become lighter as the memory burns and turns to smoke and goes up the chimney. Look outside at the snow slowly covers the landscape. It is becoming fresh and clean, the same as your heart as you free it from the memories of the person you want to forget. Reach again into the box of memories and toss another one into the fire. You feel a big weight being lifted from you as your heart becomes lighter, and lighter. Continue tossing the memories into the fire until the box is empty. Now looking out the window, the landscape is clean and white as it is covered with the new fallen snow, just as your heart has become so clean and light as it has rid itself of the nagging memories. The memories have left and since they have burned, they will not return. Your heart is clean and no longer hurts with the weight of those memories. You are now ready to continue with your life without being weighted down with those unpleasant memories.
Burping

By Rene A. Bastarache, CI, CHT

You have come to the point that burping has been more than a bodily function and has began to get out of hand, a nuisance and at times even an embarrassment. Now you have decided it is time to do something about it.

You are aware that what the mind can conceive the mind can achieve and burping cessation is something on the list that the mind can correct. I say correct, because when anything becomes out of the ordinary or excessive it becomes a dis-order. You have the ability within you to eliminate ANY dis-order by following a few simple steps.

The first step … is to decide that you want to. You must be committed. Obviously you have done that as you are listening to this session but it is important that you want it so badly that there is no doubt in your mind that it will and can happen. A laser beam type of focus and a commitment second to none. A 100% commitment. Anything short of that is a desire but not a commitment. Hypnosis is not a magic spell and will not do it for you, if you do not have the desire … but if you do, it is the biggest help of anything available on the market, holistically or anywhere else. It is your strong subconscious mind that you are unlocking to help you in your goal.

The second step … is to have faith that you can and will be free of the dis-order. How do you build faith? Faith is built through repetition. By doing something over and over it eventually becomes part of you, a new habit. A new habit that replaces the old one.

Which leads us to the third step … The third step is creating a new habit to replace the old one. You are going to do that by repetition as I mentioned in step two. In just a moment you will listen to an exercise called the theater of the mind in which you will be asked to use your imagination and visualize yourself as the goal you… having already attained your goal … You must imagine yourself as having successfully attained your goal … being free of your disorder .. And maybe even in a situation that you were embarrassed in earlier but this time being successful free of the past disorder … replacing that embarrassment with pride.
and confidence feelings. The reason for this exercise is that the mind accepts information best through pictures and emotions so the more you put of each in using your imagination the stronger the positive suggestions for change will take place. Remember, you are in the drivers seat and in control here … It is also important that you listen to the additional mp3 that came with this one each day for the entire 21 days which also includes the theater of the mind. This additional session is much shorter but will create the new memories required to create a new of orderly behavior in your mind …
Cancer, Eliminating

By Rene A. Bastarache, CI, CHT

The fact that you are having these sessions, and have committed yourself to be hypnotized the, reveals that you are determined to get rid of the pain from every part of your body and have your body restored and rejuvenated to a healthy, strong body…

Be in a hypnotic state causes your body to relax and that enables the processes of your body to function more perfectly…, of course, causes the healing properties of your body to function properly, and has the power to heal many ailments, including your pain.

Your conscious mind is continuing to relax now, and you’re not trying to think of anything in particular, and you subconscious mind is hearing and receiving everything that I say, and is causing your body to respond to everything I tell you…

You will be very pleased that you decided to commit 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 fall Into every cell of your body.

It isn’t necessary for you to consciously remember what I’m saying to you while you are hypnotized, because you subconscious mind will remember and will cause everything I tell you to begin working immediately…and you will be happy to notice a continuous improvement in your health…

You subconscious mind knows how to work out solutions to problems you are experiencing…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 soul came into existence…and your mine knows how to access that Information and clear out information that has been misunderstood and to resolve the problem completely…

Your subconscious mind can begin reviewing and examining the information
and the storehouse of your mind that has caused the problem…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 the solution and cleanse the sickness out of your body and the healing energies of your body can function properly and heal your body completely…

Continuing to relax now, keeping your eyes closed until I tell you to open them, and you can begin experiencing wonderful feelings and sensations in your body…you can begin noticing a very pleasant healing warmth flowing from your system…

You are already beginning to experience some pleasant changes that will bring you much greater happiness and joy…and you will be pleased with your ability to make true everything I tell you…

Getting rid of the sickness is not likely to happen all at once. Instead, you will probably get rid of some of the illness today, and tomorrow you’ll get rid of the little more of the illness the following day a little more will be gone and a healing, cleansing processes will continue, and will cleanse all the illness out of your body completely.

You may not consciously understand what caused the illness to develop…what other caused it is passed now…your subconscious mind is understanding 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 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 its natural for your subconscious mind to receive what I tell you and can cause the process of your body to function properly and restore your body to its perfect healthy, strong condition…
Your body needs protein to keep you strong, so you will need the proper amount of foods to supply your body with a protein 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…always remember to drink water for hydration of all healthy cells and to keep you refreshed and relaxed.

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 task all of keeping your bones healthy, causing It here 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 your illness…but you are realizing that whenever caused it is passed now, and you are developing a healthier 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 soul came into existence. the information is there, and it belongs to you…its there for you for your own self-Improvement and to help you overcome your illness completely…

I want you to use your imagination now and pretend 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 a time and look around carefully and till you have spotted (the cancer cells), (the tumor), (pause) let me know when you have spotted them by moving the index your of the right hand.
Now I want you to see your white blood cells…they are three healers of your body…there are thousands of them…see them carefully…and notify me when you do in the by raising your right forefinger.…(Pause)

You may see those white blood cells as nurses, or may be as white friendly animals, or perhaps you may see them as soldiers…what other image your mind gives them so they can help clear the cancer out of your body is just fine… let me know when you have given them an image again by raising your right forefinger slightly…(pause)

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 and an easy, natural way through the processes of your elimination system…

And you can see thousands more of the white blood cells remaining in that area to protect your body and keep improving your health…..

Now send a second command to your red blood cells to carry nourishment, to give strength, and edgy and vitality to every part of your body where it is needed to keep your body healthy and strong…(pause)

And now your mind is receiving the message to keep your white blood cells in your red blood cells functioning properly keeping your body healthy and strong…

When you see are blood cells doing their work properly and know that changes have started and your body is being healed, one of the fingers on your right hand will lift up to a ceiling and will remain up until I tell it to go back down.
Charisma

By Rene A. Bastarache, CI, CHT

You have a rare trait found only in certain personalities called charisma. You are very charming and have a 'magnetic' personality and appearance. You find that your charisma is becoming more and more evident from those around you. Others are attracted to your charisma and enjoy being around you.

Some additional personality traits of charisma are the ability to persuade, inspire, and influence people. You do this easily and draw the attention and admiration to you from all those you come in contact with.

When others describe you they speak of you as someone with an abundance of grace, exuberance, positive energy and electricity. People like and enjoy being around you because you like and enjoy being around them.

I’d like you to use your imagination right now. Imagine yourself as if you were sitting in a movie theater watching yourself on a movie screen directly in front of you. As you look at the screen, see yourself as the main actor. Imagine yourself as the person that you want to become having already attained your goal of having increased charisma. See as many of the details as possible. The mind works according to pictures and feelings. So see yourself as clearly as possible and even feel the feelings that might be attached with having attained your goals. Imagine your charisma is growing stronger and stronger. See yourself as someone who projects unusual calmness, confidence, assertiveness, authenticity and even a laser beam type focus. Imagine these qualities grown stronger.

Your charisma is always growing more and more each and every day. you have attained your goal. Every day you are becoming more charismatic. Be happy that you have this rare trait and thankful that you can share it with others.
Chewing Tobacco, Quitting

By Joshua Magalich, CHT

You are very relaxed…. So relaxed that everything I say to you gets implanted in to your subconscious mind many times stronger than any other suggestions. As you are relaxing, I want you to imagine yourself tobacco free. You have no urge at all to opening up a can of chewing tobacco and taking a “dip”. See yourself getting up each morning and knowing that you do not have to reach out to get your can of chewing tobacco. Take a deep breathe through your nose. The smell of chewing tobacco is not there … only fresh air. Now I want you to imagine yourself going through your day doing whatever you would be doing tobacco free. Imagine how great you feel … How proud you feel …

Imagine yourself laying there in bed before you go to sleep, thinking about your chewing tobacco free day. Recap all the compliments you received throughout the day just because you did not have a chew all day. Think about your (kids/wife/girlfriend/family/friends) and the smiles they had on their faces when they saw your accomplishment. You like this feeling. You feel as if your determination has made you a better person… a healthier person. You believe in yourself now that you have the will to do this every day… tobacco free. Each day you wake up, you will feel healthier. You are not a non-chewer. You are now successful.
Christmas Spirit

By Robert L. Green Jr., CHT

As a result of this session and by using the power of your imagination, you will easily be able to access the Spirit of Christmas at any time, any place, and under any circumstance.

I want you now to envision with crystal clarity a perfect Christmas. You are receiving beautiful Christmas cards filled with welcome and heart-felt messages from family, friends, & acquaintances. Some of these cards are from people you have not heard from in quite some time and it is especially nice that they are thinking of you. How glad you are to get them!

Imagine a particularly beautiful Christmas tree. Picture now its perfect size and shape. See the rich color and smell that Christmas fragrance. Watch in delight as the lights sparkle and twinkle. Isn’t it beautiful? It is a perfect tree!

Feel the lightheartedness of a care free youth. Feel the expectation…the anticipation…the excitement of the approach of Christmas.

Now, imagine a sense of perfect peace, charity, and goodwill. Perhaps you can imagine this coming from a quiet of a place of worship…from the kind acts and cheerfulness of strangers at this time of year…or perhaps these feelings come to you from a quiet walk through freshly fallen snow. Can you feel heaven drawing nearer to earth; touching your heart? Enveloping you in a love beyond measure?

From this moment forward, the peace, love, excitement, joy and goodwill of Christmas will be with you forever. These images and emotions shall be vividly clear and heartfelt whenever you think of Christmas.
Claustrophobia, moderate

By Martha Affeld, CHT

You are ready to become a person who is comfortable in all situations. You know that there are moments that make you uncomfortable. They hold you back and prevent you from enjoying the conveniences of today’s world. Today you will permanently overcome these moments. You are a changed person.

Small places, tight places, dark places allow your heart to slow, to feel okay. Small Places are comfortable, they contain you and help you to feel safe and comforted like the warmth of a soft down cover on a cold winter night. Small places feel good.

Tight Places…will allow you to take a deep breath, slow your heart….slow…slow…and allow a sense of warmth to grow all the way up from your toes and arms into your whole body because tight places are like a sweet hug from someone that you love. SO wonderful that you wish they wouldn’t end. You enjoy tight places now because you realize they are like the hug of someone you love. You love to be hug you love tight places. You are already feeling like a different and more confident stronger person.

Dark places are like the moments between the sweetest of dreams. Dark Places…slower breath…slower breath…You feel comforted and you know that you are safe. In dark places you feel giddy, and you slowly and with confidence can find a source of light. You are struck with curiosity like that curiosity you feel before an amazing dream. You are confident and careful and you have conquered all other emotions.

Let any other sensations you may have had from past experiences to evaporate like water on a sunny day. You are confident, and you enjoy tight small dark places from this moment on!
Computer Anxiety

By Martha Affeld, CHT

The computer is a slave to your desires. In time you will be able to learn the method in which you bring your slave into your control. The computer is nothing more than a very complex tool that acts as your slave. Once you understand the basics of its use you will be able to easily work with your computer to create or develop anything you want. You will be able to surf the internet. You will be able to resolve simple issues. You will enjoy using your computer.

Computers are just tools. There is no reason to respond differently to a computer then you would respond to a telephone. Once you learn the basic ways in which to interact with your computer you will be able learn everything else there is to know.

Computers are simple. You will not break your computer while you are learning about it. Computers are user friendly today. You are confident about using and enjoying your computer and any modern technology. You will be able to learn everything you need to know. Simply remember that you can ask for help. You will not break your computer by learning how to use it. You can always ask for help and almost anyone can help you.

You are confident and excited about using your computer and even the internet. You will become proficient and you are excited and anxious to learn everything you desire about the computer because you know this tool can enrich your life.
Concentration

By Rene A. Bastarache, CI, CHT

You are calm, relaxed and in control. From this moment on you are able to concentrate, infinitely better than ever before. You are able to concentrate and focus better, because you are giving it 100% of your attention. Whatever task you are doing you now give it 100% of your attention, by doing so, you find it more interesting and enjoyable. You find all your studies or projects interesting and you are able to concentrate so much more easily than ever before. Your new ability to concentrate infinitely better allows you to remember what it is you are studying or learning. You now have 100% recall because of this.

Your mind is the most perfect computer in existence and now your computer is able to concentrate and remember better than ever before and this new ability will stay with you because you have interest in what you are now doing … because you can focus totally on what is before you. Feel the confidence that you now have being in control … Feel the confidence that you now have that you can attain your goals … that you can now concentrate … that you now enjoy what you are doing … Allow this confidence to surge throughout your body … and to grow as you feel it expand to every part of you … Feeling wonderful in every way … that you “are” a success … and that you will be successful in all that you do.
Concentration for a Child at School

By JoAnn Dworman, CHT

Tomorrow, when you wake up, you will feel rested and ready for a great day. You will want to help yourself get ready for school by washing yourself, dressing yourself, and brushing your teeth, all without being asked to do so.

When you get to school, you will go through your morning routine, easily and happily. You’ll stay organized, putting all your things in the places where they go and passing in any work that you have completed.

Your thoughts are clear, and you can easily focus on what the teacher is teaching you. You are happy to learn new things. You understand completely what you are learning, and you show that you understand by participating in class and doing the school work you are asked to do.

When it is time to learn something new, you happily and easily stop thinking about what you are doing and turn your attention and understanding to the new subject or lesson. You are able to open your mind to learning new things, and it comes easily to you as you carefully listen to what you are being taught. Your friendships are terrific at school. You get along with everyone you meet. You’re kind to everyone and happy to know your classmates.

Your energy is wide awake all day, so that even at 1:00 or 2:00 in the afternoon, you are ready to learn. You are clear and focused.

You respect your teacher(s) and always treat her with kindness. You want to do your very best at school and with your homework, as well. You love to show your teacher, your parents and yourself that you are smart and that you’ve learned a lot. Everyone is proud of you. Your teacher is proud of you. Your parents are proud of you, and most of all, YOU are proud of YOU. You feel really happy inside about who you are.
Confidence I

By Larry A. Roth, DC

I want you to imagine that you are living in the 24th century. Now I want you to imagine that you are aboard the Federation ship, the Enterprise. You are imagining you are a crewmember on this ship going to the far reaches of the universe. Your captain, Captain Kirk has given you an assignment to go on an away mission. The assignment entails traveling from your ship to a distant planet. In order to get to your destination, you must use the transporter.

You imagine traveling down to the transporter room, where Lt. Scott is manning the controls. You have every confidence in his expertise, since you have traveled this way many times before.

You imagine that you are starting to “beam” away. At the same time your confidence levels are strong having faith in the equipment and the operator. First you notice that your feet have disappeared and are still confident of a successful journey. Your legs have now disappeared as well as your hips and abdomen. You are gaining even more confidence since you have assured yourself that you will be resuming to your normal self in a matter of a couple of seconds. Your chest, shoulders and head finally disappear. Your confidence improves even stronger now, knowing that you are now starting to reappear in another place. Your feet now start to reappear. Your confidence improves knowing that all is going well and nothing now can interfere with your total reappearance. Your legs now appear at your new destination with your hips, abdomen and chest quickly following. With each part of your body reappearing, your confidence grows and grows. Now you have fully reappeared with your confidence higher than it has ever been before.
Confidence II

By Rene A. Bastarache, CI, CHT

You are a confident person. You are in control in all that you do. You believe in yourself and in your abilities. You know that anything you attempt to do, you will give it to 100% of your abilities and are confident that you will succeed. You are successful in all areas of your life. Believing in yourself and being positive gives you the confidence that you need to take on any task.

When attempting something new, the first thing that comes into your mind are the words “I can do it.” You realize that, “what the mind can conceive the mind can achieve” and you move forward with all things. Just because you haven’t done something before doesn’t stop you. Just because you may not know how to do something doesn’t sway you. You are open-minded and move ahead with confidence that you can and will succeed. You are a winner, you are confident, and you are in control.
Confidence III

By Greg Cooke, CHT

You are learning now, how to truly relax. To release all anxiety, tension and nervous energy and just simply relax and let go. You are in control of all aspects of your life now. Every day you will notice yourself relaxing more and more. You will notice yourself becoming more confident and more in control than ever before. You will notice every day that your attitude is becoming more cheerful and free of serious concern about life's daily problems. You will direct your mind to drift to positive, happy constructive thoughts. You are in control, and you choose to feel happy, Important and worthy. You will feel positive that everything in life will work out for you. You are becoming more aware everyday of an inner peace and calmness that will give you more control over all aspects of your life.
Confidence and Determination

By Dawn McGinley, CHT

It is now time for you to let go of fear-based emotions, like anger, blame, and jealousy. After all, fear is just anger turned inward…and that part of your life is over… you no longer blame yourself for past mistakes…you detach yourself from those negative emotions. From now on, you see the positive aspects of life…you now experience tenderness and joy…and you reap the benefits of your positive outlook.

Your mind is now calm and focused…you enjoy your peaceful and happy experiences. Your self-esteem is increasing…and you are enjoying your newfound confidence. You can now focus on the task at hand, and feel good about yourself. You are enthusiastic about your new life…you look forward to your future experiences…any problem that may present itself is now an opportunity for growth…you look forward to this growth...as well as any other opportunity.

You see yourself as a responsible, important person…who is self-assured. You no longer worry about situations that you cannot control. You enjoy being relaxed…you enjoy your ability to focus…you like being alert and aware and in control. You enjoy being a secure and determined person…and creating your own reality. You are confident, secure, calm, focused, and determined…you love who you are.
Confidence, empowerment

By Angela Minervini, CHT

I’d like you to use your imagination and imagine yourself dressed for success … What would you be wearing as a confident, in charge, successful person? You feel a surge of confidence going through your body. As you look into the mirror you notice how magnificent you look. You stand tall in your new found power. You stand with your shoulders back and your head held high. You now know that you walk with purpose and pride. You are an intelligent person. You express yourself freely and find it easy to make eye contact with people when you speak with them.

People respect you, because you respect yourself. Say the word respect now as you touch four index finger to your thumb. Do this again; touch your index finger to your thumb as you say the word respect. Any time you need a boost of confidence when interacting with people touch your finger to your thumb as you silently say the word respect and you will instantly be filled with confidence.

You are relaxed and find it easy to speak to coworkers, family members. You even find it easy to talk to authority figures with confidence and assertiveness.

You set boundaries when needed because you respect yourself, your feelings, ideas and opinions. You respect the beliefs of others, yet you still hold to your beliefs and ideals. You are willing to compromise with others only when it creates a win win situation.
Confidence for Therapists

By Rene A. Bastarache, CI, CHT

No matter what kind of therapist you may be … realize that you attained that title by training ... and learning how to use the many tools you have available to help your clients. In other words ... You know how to do what it is you need to do, or you would not be in this occupation.

What sets you apart from your clients is that you have the proper training and knowledge to help them. Whereas they do not. That is why they are coming to you.

Keep that in mind. You are the professional in your field … you know more about what you are doing than any of your clients, therefore you can rest assured and be confident that you are in control. They come to you for guidance and help that you know how to deliver. You are confident.

It is important to exude confidence when treating or working with them. You must build expectance in them from the moment they enter your office. Just as a parent shows confidence to their children that they can help them … the child’s expectance is one that the parent can do anything. It is an interesting placebo type of effect in action that the child believes that the parent can cure anything … and in many cases they are able to, due to that unwavering faith in them.

This same placebo effect can work for you if you begin right away exhibiting confidence in your abilities and build expectancy in your client. Just as with the child it is the clients faith in you and your abilities that will begin the healing process. Their faith is the strongest placebo and cure that you have at your fingertips … cultivate it and use it to your advantage. Do it with confidence.
Confidence, for young women

By Niki Gilbert, CHT

Your breathing is deep now and each inhalation and exhalation brings you closer and closer to the best you can be, complete and happy, safe and secure.

Now, I’d like you to imagine yourself outside on a beautiful warm, sunny day. You might be in the city or the country, on a road, or in a field. Let yourself be there now. Look around and notice the lovely surroundings. As you scan your environment you notice an incredibly luxurious but fairly small rectangular, fringed carpet. Curious and ready for adventure, you get closer and closer to it, and before you know it, you find yourself seated comfortably in the middle of this fabulous carpet, made, it would seem, just for you. Notice its colors, the feel of the material – it might be wool, or cotton, or some other fabric – feel its thickness, notice its smell….you are completely comfortable sitting in the middle of the carpet and as you take a deep breath the carpet seems to know your every wish and you are instantly lifted up, up into the air like a bird in flight. You are amazed at how natural this feels and you sit totally comfortable and relaxed as the magic carpet floats effortlessly through the atmosphere. You find yourself among the clouds and when you look down you notice that you are floating high above your own neighborhood – you can see your own residence as well as those of your closest friends and worst enemies. Perhaps you see your school, too, and places you frequent in your day to day life – movie theatres, clothing stores, restaurants……..everything appearing in miniature below you. You begin to wonder how these places that seem so small from your vantage point have seemed to have such power over your day to day life up until now. The people who are coming in and out of these places are miniature too and you realize that they have no power over you in any way. You are your own best friend and know everything you need to do to become completely whole, completely healthy. Up until now you realize you’ve allowed these people and places to have much control over what you do and how you see yourself but these effects seem to vanish as your magic carpet takes you further and further up into the gorgeous sky. You feel every part of your body relax way up here and begin to experience the magnificence of your own being. You are exactly as you want to be, feeling the exhilaration of this glorious state of equilibrium. As you float away from the influences that have created ideas of who you should be, you find your true self.
And who you are is a healthy, happy, self confident person ready to bring to your life all that is meaningful and rich. Your growing confidence brings you great joy and peace. You sit now, among the white, billowy clouds and relish your authentic self, your true being, knowing that you can remain loving and generous even to those who are unable to support your remarkable being.

Your carpet ride for today is going to be over soon but you can jump on your magic carpet anytime you need a reminder of this true being, this wonderful, happy person that you are. Relaxed and content, you direct your carpet back through the clouds, down into the open sky, warm and sunny, down further and further, relaxed as you have never been before and in the full knowing of your remarkable self, down, down until you gently touch ground, you atop your carpet, content, and ready for all that life brings you. Nothing at all can stand in your way. You are confident, safe and complete.
Confidence in meetings

By Rene A. Bastarache, CI, CHT

You are confident in meetings. From this point forward you find that you have more confidence than ever before especially in the area of meetings. Whenever you attend a meeting you feel very confident in your ability to speak clearly, precisely and calmly.

You are prepared. Because you have taken the time required to prepare for your meeting you feel confident of the knowledge that you have. You speak with confidence, and others are interested in what you have to say. Others look to you as the authority in what you do because of the confidence that you portray.

You are a good listener. In addition to being prepared, you show interest in what others have to say. By showing interest in what others have to say, they are also interested in what you have to say.

You commend others for their good work. You are the first to congratulate and tell others of a good job that they have done.
Confidence in Your Abilities

By Robert L. Green Jr., CHT

The direct result of your hypnosis session today will be that you feel complete confidence in yourself and in your ability to accomplish any task that you undertake.

Know that anything you set out to accomplish will be perfectly completed. Your awareness and abilities will be at their sharpest perfection. Your attempt to complete any task will be perfect in form, function, and execution.

I want you now to visualize a task to complete. It does not matter what this task might be. I'll give you a moment to think of a task. Nod your head when you have selected a task. (PAUSE UNTIL ACKNOWLEDGED) I want you to see yourself as being completely prepared. You have done everything you needed to do in order to prepare and you have everything essential to completing your task in perfection. Feel your confidence rise. Now you feel excited to begin. You are confident that you are perfectly prepared…perfectly capable…and with 100 percent certainty you know you will successfully complete this task…any task!

In all that you do from this point forward, you will be confident, calm, and exhibit clear and focused thinking. You will utilize all of your abilities to their fullest extent, and feel certain that you are performing at your very best.
Confrontational Drivers - How to Deal With

By Dr, Manuel Simet

You are relaxed and feeling wonderful. Driving is fun and pleasurable. While driving, when the driver behind you start rushing you, pull to your right whenever possible and let him/her go bye. The person might be in a real emergency, and even if not, let them go bye. No longer will you rush the driver in front of you. It’s not his/her fault that you are running late. Whenever you are going to drive somewhere, give yourself plenty of time.
Constipation

By Rene A. Bastarache, CI, CHT

You are now free from the constipation of the past. The reason that you are free now is that you understand the basic causes of constipation and are now taking active measures to be healthier. From this moment forward these are the steps that you will take.

You now eat a well-balanced diet that includes fiber such as beans, bran, whole grains, fresh fruit, and vegetables. After eating you set aside time for undisturbed visits to the toilet.

You now drink plenty of liquids. You find that water is more refreshing and satisfying than ever before. Water will help you in so many ways. You drink liquids every day, however liquids that contain caffeine, such as coffee and cola’s should be limited as they can cause dehydration. Alcohol is another beverage that causes dehydration. It is important to drink fluids that hydrate the body rather than dehydrate it.

Another cause of constipation is lack of movement due to sudden changes such as pregnancy or the lack of movement due to injury. From this moment forward you are active. You seek out opportunities for movement of your body on a regular daily basis.

When you feel the urge to have a bowel movement, you immediately take the time to go to the bathroom. You are aware and responsive to your urges, and once you are in the bathroom you take the time required to complete your task.

You are now healthy, regular, and in control of your system.
Control Freak - Letting go

By Martha Affeld, CHT

You have always wanted to make the world a better place. You try by helping others make their decisions. You work to make everything go according to plan. It is okay to do these things to some extent. The world needs order, many people ask for direction. You will learn to separate the difference between being controlling and being a helpful friend or a concerned citizen.

You already know inside when you are being controlling. When you tell others what to do you are being controlling. When you force others to do things your way or else you make them feel bad you are being controlling. Friends ask for advice and guidance. They are not asking for you to order them around. You UNDERSTAND the difference between advice and directives. You only give advice. If someone doesn’t listen to your advice that is okay. You are only giving them the benefit of your knowledge. They are not insulting you by doing something besides what you tell them to do. Someone who doesn’t do what you tell them can still be your friend. Making the world go smoothly isn’t your responsibility.
Control Issues

By Rene A. Bastarache, CI, CHT

In the past you have had what you felt to be control issues. You may have felt that you had to be in control of everything and everyone in your life which caused much tension. You have finally come to the point in your life where you see it affecting things in a negative way and have a strong desire to let go. You now wish to improve the quality of your life and relationships with others by being less controlling.

You now want to be healthy in your relationships and you allow others to excel and express themselves. By doing this you often find that others will surprise you and will act unexpectedly which can be very pleasant and entertaining.

Let things happen … You can still feel your importance without exacting demands on others. Allow them their creative space as you enjoy to have yours. It is a common courtesy that will be appreciated in the long run.

Enjoy seeing how things unfold. By letting go of control of others you will shortly find that you are more in control of your abilities. You are now able to control your self in being a bigger person. You now have more sound judgment can experience improved health and happiness in all your dealings with others and yourself.
Create Wealth

By Rene A. Bastarache, CI, CHT

I’d like you to use your imagination ... Imagine your own mind as a garden. You are the gardener and you are planting seeds ... The seeds are your thoughts, all day long you are planting thoughts or seeds in your subconscious mind based on the way that you normally think ... The way that you think, and you sow the seeds in your subconscious mind are the same way that you will reap the reward in your body and your surroundings.

You must begin to sow new seeds. You must plant seeds of peace, happiness, right action, prosperity, and wealth. Think quietly right now on the qualities that you would like to sow in your garden ... in your mind ... and accept them fully in your conscious, reasoning mind. Continue to plant these wonderful seeds in the garden of your mind and as they grow you will reap the benefits of your deepest desires.

Change the way that you think from now on. You will no longer end a negative statement. When you find yourself saying something negative immediately stop yourself and finish it positively. Each negative statement that you make is planting a negative seed in your mind whereas each positive statement is planting a positive seed. Your subconscious mind takes everything literally and when you make a negative statement or a positive statement it will try everything within its power to make those statements come to pass. From now on you want only positive statements such as “I can afford it” or “I can do this”.

The law of life is the law of belief. A belief is a thought in your mind. Do not believe in things that can harm you or drag you down. Believe in the power of your subconscious mind to heal, strengthen and cause you to succeed. What the mind can conceive, the mind can achieve.

You are always on the look-out for good, positive opportunities. New opportunities easily and frequently come your way. You are on top of your game and recognize all opportunities as they occur. You always seem to be at the right place at the right time.
Change your thoughts and you change your destiny. See yourself the way you want to be. Visualize yourself right now as the prosperous person that you would like to be, realizing that you have a right to be this person. You deserve prosperity. Prosperity, health and happiness are natural. Meagerness, sickness and sadness are un-natural. Therefore imagine the natural you, as that healthy, happy and prosperous person. Get it clearly in your mind. What are you wearing? What are you doing? Focus on how you are feeling emotionally and physically as this healthy, happy and prosperous person. See yourself no longer having stress from bills as you now have more than enough money to pay bills, invest in your business, your future and even plenty for vacation and travel. You now have more than enough! This person that you are imagining right now is you, accept it as you. Allow it to become you. As you accept it and acknowledge yourselves as this healthy, happy and prosperous person, so will it become. Commit everything about this person to memory, how you look, how feel and how you are acting, so you can remember and see yourself as this person as often as possible. As long as you can keep these positive thoughts and memories alive, they will become your reality.

You keep moving forward. You no longer accept things as they are… you are always keeping yourself positive and never give up. You keep on pushing onward and moving upward.
Creating a Safe Space

By Rene A. Bastarache, CI, CHT

I’d like you to use your imagination right now, just imagine that you are in an empty space and you are going to create a beautiful, relaxing, peaceful room. This will be a room that you can resort to any time you like. A safe place that no one else knows about but you.

First of all, I would like you to create the most comfortable chair or piece of furniture that you can imagine. It can be something that you already own, or something you have seen in a store or on television, or maybe even something that you have created in your mind that doesn’t even exist yet. Just create the most comfortable piece of furniture that you can think of whether it be a very plush recliner or even an overstuffed featherbed. Create it in your mind right now, see all the details of it, the color, the texture, even experience the smell of it. See it as clearly in your mind as possible. Now imagine yourself sitting or lying on this piece of furniture and relaxing completely as we continue our task.

Imagine the walls of this room. How big or how small would you like the room to be? What are the walls made of? Imagine that you have an open expense account that you never have to pay back so whatever you want to imagine, you can have. You can create anything you have ever seen or maybe even things that do not exist yet. The only limitation you have is that of your own imagination. So once again imagine the walls, are they painted? Are they made out of cement? Or plaster? Are they wooden or glass? Now I would like you to take a moment and imagine what you would like to have for a floor. What is the floor made of? Is it made of wood, cement, tiles, linoleum, sand or maybe even grass? Make it out of whatever you would like. It can also be whatever color you would like. Just see it clearly in your mind’s eye. Now how about the ceiling? What is the ceiling made of? You can make it as fancy or as simple as you like. You can even put recessed lighting, or even a chandelier if you care to. Create the ceiling now and make it look however you would like to. You have now created the complete parameters of your room. Look around now and see if there is anything else you would like to add to the parameters of your room before we continue, such as windows, doors, skylights or any other permanent fixtures.
Take a moment to finish any of these tasks.

Now it is time to put the other furnishings in the room. What other kind of furniture would you like to create in this room that would help it to be a very relaxing, comfortable place for you to be in? Go ahead and create now any other pieces of large furniture that you would like, maybe a bureau, or tables, a desk, vanity, maybe even an easel so you can do some art work. Whatever you would like create, do it now and see it in as much detail as possible. Take your time and be creative …

Now that you have created the larger furniture, create any smaller furnishings you would like to have in this room. You may want to create some lamps, knickknacks, books, maybe a small bookshelf. Create everything down to the smallest detail, even picture frames, figurines and personal items. Take a few moments now to create all the little things that will make this room comfortable and personal to you. All the things that make you happy, safe and secure.

Now look around at everything you have created in this room and commit it to memory. Look at every detail so that you can remember it at a moments notice any time in the future. Also, remember that you can change this room anytime you like. You can add items, remove items or even change the main features of the room if it suits your liking. So take some time and remember this room as clearly as you can. Any time in the future that you desire to come back to this room you can do so and you’ll return to being as relaxed, safe, and content as you are right now. All you need to do to come back to this room whenever you like, is to take a deep breath and as you relax, simply say to yourself “relax now”. Immediately upon saying “relax now” you can allow yourself to return to this room. It is a safe place that no one else knows about but you, a place where you can come to when you are stressed and in the need to relax or unwind. You can also come here when you want to meditate, think, pray or need a place to simply be creative.

Another feature of this room is that whenever you are in this room you will always be completely safe from any harm. Nothing can harm you in this room as you are totally protected from all negative. This is also a great place that you can use as a starting point in many metaphysical practices if you choose to. For example, you can invite the spirit of anyone you like to come into this room and visit you, and they will do so. This is your special place away from the world.
Creating Your Heart’s Desire

Exercise, Motivation

By Nancy Trombino, CHT

I want you to think about going on a trip or vacation. Think of this excursion as taking you to your heart’s desire. Trips require careful planning, just as the development of your desires. Once you have decided upon your destination, or in your case….. your desires. You must review a map to decide upon the most direct and convenient route to travel. Without a map, how would you know where you were going, or how would you even know when you arrived.

When you are in a quiet spot you will take the time to physically list on paper what you desire. This list may represent events, physical items, situations, certain people….whatever you desire. This list represents your destination. For each item, think about how it would feel to have these things: What does it look like……How does it make you feel emotionally….. what does it smell like…. what do other people say when they admire your item or circumstance…these feelings and emotions represent your map.

Actually feeling these emotions will create positive vibrations, which, in turn will attract these desires to you. You will think in terms that are believable to your subconscious. For example, you may develop a sentence that phrases what you desire by saying….I’m in the process of finding a new career, or I’m in the process of attracting my ideal mate. Just insert your specific desire in the correct spot.

From now on you will be very careful in selecting your words or thoughts. Words and thoughts are things and create vibrations. Your dominant thoughts create vibrations and your reality. You are a living magnet. Vibrations travel far and have the ability to attract your desires. Think of them traveling to areas of the world you have never seen, or to people you have never met…the perfect situations just fall into place.

Sit back…let go…relax and wait patiently for your desires to fall into place…they are being transformed into reality right now. You have faith and know your desires will happen at the perfect time…
Creativity I

*By Rene A. Bastarache, CI, CHT*

You are a creative person and you will find that each day your creativity will grow more and more. Your mind is much more open and you can easily reach into your subconscious to increase your creativity. Your subconscious mind includes all the knowledge you have ever experienced since your birth and all that knowledge is now at your fingertips.

You are constantly open to new ideas and new concepts. You look at everything with a positive attitude, being open-minded. Because you are open-minded you learn more each and every day. Every day that goes by you have more knowledge then the day before. Ideas flow freely through your mind and many times you need to stop to take notes because you have so many new and interesting ideas.

You are becoming more and more creative each and every day. You have the ability to retrieve creative ideas and knowledge from your subconscious mind on a constant basis that you have not been able to retrieve before. You are truly becoming the person that you wish to become.
Creativity II

By Rene A. Bastarache, CI, CHT

As I give you the following suggestions, I want you to quietly repeat them to yourself.

I am constantly improving each and every day. I am creating a better and more improved me. Once I have decided the traits and abilities I would like to have I create those abilities in myself. I allow myself to become that person. My subconscious mind accepts all of the positive
Creativity Script

By Clive A. Housley, CHT

Now that you are in this relaxed state, I want you to think about the importance of creativity in our world. I am going to tell you that creativity is much more important than talent, or ability and I want you to believe it with every part of your being...... It is the person who comes up with the creative solution to a problem previously thought unsolvable that receives the biggest reward.. It is the person who creatively finds new markets for his product that enjoys the most success in business.... And, it is the person who creatively finds ways to successfully manage his time that is the most successful in every area of his or her life. I want you to realize how lucky you are to have a mind that is so creative, and I want you to realize that you can be even more creative in the future. From now on, your mind will be more open to creative ideas. It will see new opportunity in places it previously didn’t and it will want to work hard to make those ideas a reality. No longer will you suffer with writers block, nervousness or anxiety when you try to create. Your precious brain waves will be used for creative thoughts, relaxation and happiness. You realize that thoughts and ideas are tangible things because you see them all around us in the form of every building, car and product. These too were once just a creative thought in someone’s head. You realize now that a single idea could be worth millions of dollars, or could literally change the world. This is the power of the creative mind, and yours is now running at an all time high efficiency. Use it to go forth and live all your dreams.
Dancing (with partner)

By Martha Affeld, CHT

You are graceful and lithe. As you step onto the dance floor you are prepared to be the best dancer that you are capable of being. You move with grace in perfect time to the music whether you dance alone or with someone else. You love to dance and you glide smoothly across the floor as you take on the role of dancer.

You create proper connection with your partner and your mind becomes almost as one mind allowing you to dance as if you were one entity. You dance with confidence, knowing that you can beautifully move across the floor in any pattern and with any step. You are graceful, and beautiful.

You move smoothly and learn each step very quickly. After only one or two attempts you understand the move and are able to move divinely in spins, basic steps, turns and fans. You have total confidence in your partner and you know that each step will flow gracefully into the next to make you feel even more confident and more graceful with each and every movement.

You are flexible and graceful. You are a great dancer you will continue to dance with grace and beauty learning every time you dance no matter who you dance with. You are amazing.
Darts

By Rene A. Bastarache, CI, CHT

You excel at darts … It is your game … You are the best at your game … Your strategy is the best … you know what you are doing … You make the right moves at the right times … all the time … It is easy for you to do … You are steady, in control and totally focused… you are always playing at your best … You are successful and always on top of your game … It is natural for you to win … You are calm, in control and luck is always on your side. You are positive minded of your success … you believe in your success… You expect to win and therefore you do.
Dealing With Divorce

By Rene A. Bastarache, CI, CHT

Dealing with the negative feelings associated with a divorce is a very common occurrence … You are not alone in any means … The fact is that you will feel better, and, you will have a happy life again … Everything will improve although it may seem difficult at the present … The most important change that is required right now is the changing of your mind.

What most people don’t realize in situations like yours is that the feelings you are feeling are normal due to the situation you have and are going through.

You can put a stop to it right now. The way you are going to do that is by putting a stop to your present way of thinking about your situation. You will in a manner of speaking, retrain your brain. Focus on different thoughts and keep that focus through repetition.

Thoughts are very strong… and whatever you think about for a repeated time becomes your reality. Yes, in a nutshell … thoughts become things!

Who you are today is a reflection of your recent and past thinking … and who you will be tomorrow is a reflection of the thoughts you are having now.

So lets begin the process of creating your positive new future.

Your first step is to let go of the past and look to the now and the future. Whatever happened in the past … it is behind you… that is why it is called the past. You cannot live what has happened you can only live the present…

Now, I’d like you to use your imagination and think about all of the positive things you do have in your life. You have had plenty of time up until now to dwell on the negatives .. So let them go right now and do the opposite … dwell on the positives.

What do you have in your life that is positive? No matter how large or insignificant they me seem … think of them. (pause)
Now think of what you want in your life ... When I say that I do not mean what you don’t want ... I mean exactly what I said. What DO you want? List them ... Small ones and the major ones ... Do it now (pause)

From this moment forward you will focus on the positives in your life and on your wants... Let go of any thought that do not begin with I DO want or I can do it or similar positive statements. You now focus on the positive side of your life and release the negative.

You are becoming more and more confident each and every breath you take... This is the new you ... you can do it... you deserve happiness, peace and confidence. You expect it. You can have it if you allow yourself to ... It is right there in front of you ... All that is needed is for you to take it.
Debt, managing

By Verilyn C. J-Downing, CHT

You have come to this deep relaxed state because you have decided to learn to take smart money moves … to reduce your debt. You have realized you must act on your financial matters in a way that puts you back in control of the money going out. Yes, life has challenges, trials, and situations you must confront head on … on life's terms staying in control of finances. You have decided to set up a plan of action to restructure payments of bills in and out of collections, maintain one's place of shelter, get educated regarding money matters … and acquire assistance if need be from a professional with budget and assistance to make ends meet in 6 months. So you are going to begin today to downsize in areas that allows your necessities to be met in an adequate and comfortable manner. You will write down and review weekly each items you spend money on or for and ask yourself is this a need or a want? You will give more importance and thought regarding each item purchased. You will lower grocery bills by using foods already in the home, saving money you spend eating out too frequently. You will eliminate breakfast costs by eating at home … you will practice the noble art of sacrifice -- scaling down phone bills and features on the phone, cable costs, entertainment expenditures to increase savings. You will build emergency fund or a savings fund rather frequently using a credit card. You will begin to sock away $XXXXX monthly or more as your budget allow until you can bank 10% of your salary per payday. You will keep track of what you owe. Money can be a source of great encouragement, but if mishandled a source of great stress. You will stick to a monthly spending plan … this will allow you to prioritize your expenses, allocate money effectively and see where you can cut costs creatively. You will review your finances each pay date … pick a specific time during the week to review your check/debit register to ensure you are living within your means, paying down debts. YOU CAN DO IT! You will move aheadâ€¢ with confidence that you can manage your debt, you are in control, you have positive cash flow. You will operate on a cash basis more often than not. You will separate monies for groceries, gasoline, eating out to ensure you stay within spending limits and save money. You will feel calmer, confident and looking toward the future with a renewed hope. You are in Control. You have a positive plan … you have positive cash flow.
Decision Making

By Rene Bastarache, CI, CHT

You make good decisions from this point forward … because you want to … and you realize that you are able to … You have the confidence in yourself that you can make the right decision…

In the past … worry or fear may have kept you from making the proper decision … Think of that statement … worry and fear … Where are they? … Can you see them? … If not then where do they reside? … That’s right… they reside in your head only … no one else sees them but you … Therefore since they are only thoughts or feelings in your head, and not real … then they have no business being part of any decision … They do not exit in the actual decision making process … They are a hindrance from your past that interferes with the decision making process … Let them go … Keep them in the past as they have no productive place in your decision … Instead they are replaced by increased sensitivity to your intuition … Your intuition is that voice from within that helps you to know when something is right or wrong … You have it, to help you make decisions … and now you are sensitive to it and use it …

Intuition is a feeling that is guided through your strong subconscious mind … It is the signal from within that helps you to find answers and make decisions … In order to utilize it … you simply need to clear your mind … relax … and follow your inner feelings … Your feelings of what feels right … your gut decision … the initial feeling of right or wrong … You have sound judgment … You research what has need of being researched … You are intelligent … You have the knowledge you require within you … so clear your thinking … relax … take a deep breath … see which choice feels right … and make a decision.
De-Clutter your Life

By Rene A. Bastarache, CI, CHT

We all accumulate things we don't need. We keep them as souvenirs to remember parts of our past, but they can also get in the way of our future growth. Many of the items you have clung on to may be useless and meaningless and tend to pile up, to take space in your life. The thought of letting go of the familiar feels scary.

With less clutter you will be able to focus more on what you really need and want in your life.

You will be freeing up space in your mind and life just like freeing up space on the hard drive of a computer. Valuable space that can be used for what is important in life.

Imagine your life stream-lined and clear with space around you and more time. You have moved on and are now progressing.

You have lost nothing because you have all of your memories still in your mind. You can remember whenever you want without having clutter around. You are more effective, productive and now able to progress.
Deep Relaxation

By Rene A. Bastarache, CI, CHT

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

With each breath that you count you are becoming more and more relaxed … more and more peaceful … The more that you count and concentrate on your breathing … the more you realize that you are allowing yourself to let go … Right now … That you have the right to be relaxed … With each breath that you take … the more you relax … Deeper and deeper … as you concentrate on your counting … you become more and more peaceful … More and more relaxed … so continue to count your breaths on your own … as I stop speaking for a while … giving you time to enjoy the music … continuing to count your breaths … and let go more and more … with each one that you take … until you hear my voice once again …

(Wait until enough time for 25 to 30 breaths then … AWAKENING)
Dental Distress

By Rene A. Bastarache, CI, CHT

You are very relaxed…comfortable…and safe. Even when you are sitting in the chair for your dentist’s office, you will be safe, and will remain calm. In the past you have experienced anxiety when visiting the dentist. As of today, that will be no more. You will remain calm and relaxed once you sit in the dentist’s chair. The entire day of your visit will help to keep you calm and relaxed when thinking of the dental visit. The dentist is there to help you keep your teeth healthy and working for you for years and years to come. His goal is to help you feel good for years to come.

When you visit your dentist’s office, you will remain relaxed and follow the instructions of the dentists staff. When you are asked back to the exam room, you will feel at ease and easily find your way to the dentist’s chair. As soon as you sit in the chair, with your head comfortably rested, you will join your hands in your lap.

When you join your hands, you will immediately return to this level of hypnosis, or even deeper. Here, you will remain relaxed but be aware of the instructions given by the dentist or his staff. You will be completely aware of all actions and will feel no discomfort or pain of any kind. Whenever they have completed part of all of the exam, you simply bring your hands apart and wake feeling better than before…remembering all of the work done, but none of the anxiety, pain, or discomfort you have felt in the past.

Remember…when you are sitting in the dental chair, the act of clasping your hands together and placing them in your lap will return you to this level of hypnosis where you will hear and react to everything you are told or asked, and wake up by separating your hands when the procedures are complete.
Depression - Filling the void

By Martha Affeld, CHT

For a very long time now you have felt sorrow. There is a place inside your body that feels like a black hole that stretches on forever …. you sometimes wonder if the hole will ever be filled with anything but emptiness.

Find that spot … explore the outside edges as if you were a scientific observer. Don’t let the hole suck you in or cause you to feel sorrow right now. Simply explore how deep it really is and what it is filled with. Imagine that you are a cartographer. Mapping out this darkness so that you have an exact measure on just how much it will take to fill that hole.

As you work creating the dimensions I want you to think about the things you have tried to use to fill that hole … List them off … the things you have used to occupy yourself in hopes that somehow that empty void would be full … money ….possessions … accomplishments … Sometimes your significant other … children … pets … television … You know that those things don’t fill this hole … You WILL stop wasting time and happiness by trying to fill this hole with something that just disappears inside ...

Now you should have your measurements exact … Imagine now that I have given you a small crystal bottle … It is beautiful, inside is something shockingly bright and swirling with every color you have ever seen … Whatever is inside does not hurt your eyes but instead makes you almost wish you could dive inside the bottle and glide through the contents … There is a large diamond that serves as the stopper. The bottle is deliciously warm in your hand ...

You feel yourself smile now for the first time in a really long time it is a real smile that feels good all the way through your entire body … You walk to the edge of the small void and you pull the top from the bottle ...

The contents of the bottle begin to swirl out of the top and fill up the entire void of the black hole that has been inside you … Perhaps now you know what was in this bottle … The void is no longer a void but a dazzling brilliant beautiful
spot within yourself ... It begins to shrink ... smaller ... smaller ... smaller ... until it is the size of the diamond stopper in the bottle which has disappeared from your hand ... You now have a small and radiant diamond and the black hole CAN NOT come back ... The radiant diamond is a reminder that you no longer have to feel the sadness again. Whenever you see a diamond it will remind you that the void is no longer a void but instead a place inside you filled with beauty and light. The diamond serves as a reminder that you are whole and that you are a being of beauty and light.
Depression - Parts Method

By Martha Affeld, CHT

Imagine a large cloud slowly approaching you … it is beautiful and fluffy and it looks warm and inviting. Imagine allowing yourself to lean back and be enveloped by the cloud. It is so soft and warm and it conforms to your shape. Just like the most comfortable chair in the entire world. Slowly the cloud begins to rise just a few feet above the air. You feel safe and calm. You relax into the soothing comfort. You feel a sweet sensation rising through your body like those times when you are gently tired and dreams come up around you and caress you into sleep.

The cloud is slowly floating toward a sunny green meadow. There are pretty little flowers dotting the grass. There are no trees and it smells so fresh and so clean. You are amazed at how wonderful the world around you has become. Each breath takes you deeper and deeper into hypnosis. The deeper you go into hypnosis the stronger you WILL become …

The scent of meadow grass is wonderful. You smile as the cloud slowly hovers toward the rise of a small hill. You find yourself gently lowered into the ankle deep grass. You slowly sit and the grass is so soft and wonderful that it forms a cushion. You smell the deep rich scent of Earth and a soft perfume from the flowers. The scent of the grass mingles and you have to inhale deeply so that you can enjoy these scents. Take a deep breath now and go further into hypnosis.

Now as you sit I want you to turn your attention on yourself. You feel safe and you know that no one and no thing can hurt you. Breathing deeply you turn into yourself. Feel yourself and all of the emotions you have right now …… Now it is important to pay attention to the sadness … don’t let the sadness overwhelm you just pay attention to it for a moment … Now that you recognize your sadness I want you to pay attention to where the sadness lives in your body …… point to the place where the sadness lives in your body (wait until they point).

Now it is important to not let this sadness overwhelm you. You are in control of the sadness. Take a moment now that you have found the place where the sadness lives in your body … it is time to learn about this sadness … Sometimes sadness has a name ask your sadness what its name is … Most of the time it will
tell you … If you know its name, tell me what it calls itself … (wait for a response, if needed reiterate that the person should not let the sadness overwhelm them. Not everyone will be able to get a name for the sadness but allow adequate time.)

It is important to now describe to me what the sadness looks like. What does your sadness look like to you? Take a moment if it is hard to see it. You can even tell me what it feels like if you cannot see it. Describe it to me now … (if the person can not describe it ask leading questions, Is it Black? Does it have nails instead of fur. Does it have a lot of teeth? The creature should look ugly in most cases.)

Now that you can see the creature and you maybe even know its name it is time to help your sadness.

Take your sadness in whatever from it is and instead of recoiling and hating your sadness I want you to instead hold your sadness close to you in your arms like you would a baby … Now I want you to begin to stroke the sadness like you would pet a small soft pet bunny ... Even if it has nails instead of fur or frightening teeth it won’t hurt you ... Just stroke the sadness until you can begin to feel it changing into something sweet and wonderful like a small bunny ... You can rock this sad little creature if you want … you can sing to it … but keep petting and petting it ... Make your sadness feel loved ... Its all right ... When you have finally soothed your sadness you will nod your head three times… (allow the person plenty of time to work out the scenario).

Now you know what your sadness is ... It is a small creature that needs love and when the sadness gets out of control you will remember to stroke it and love it and it will respond ... You don’t need to be sad anymore ...
Depression to Happiness

By Larry A. Roth, DC

As I continue to speak to you I want you to go deeper and even deeper into your relaxation state.

I want you to think about the feeling you have been having regarding being depressed. It is not uncommon being depressed, however, this is only a temporary state that you are experiencing. In fact this feeling is not far from where you actually want to be, happy. You have the confidence, the ability, the desire and the will to change from the depressed state you are feeling to the sense of happiness where you want and need to be. You have felt happiness before and I want you to remember what that feeling was like. Your state of well-being was good, your friends and family were around you giving you support in every thing you have done. You were able to accomplish each and every task you set your goals for. In essence very little has changed. You still have your family and friends that support you. You still have your state of well-being. With each breath you take you are changing you mindset to a feeling of happiness. You have all the people around you that love and support all that you do or want to do. You are fully able to accomplish all of the goals you want to set for yourself. You know that all that I have said is true and you can easily change that feeling of despair into a feeling of happiness because you know that you are loved by your friends and family and that they support all that you want to do. You are in a good sense of well-being and everyone around you wants you to feel happy. As you continue to breathe deeply, your state of mind feels happier and happier.
Developing Peace in Life

By Rene A. Bastarache, CI, CHT

You have a desire to develop and keep peace in your life ... You are going to develop a few new techniques or qualities that will help you to keep peace with your family, friends, co-workers and even with strangers ... In order to keep peace you must be aware that it takes a conscious effort.

Think about that for a moment ... it takes an effort to keep the peace in your life.

People are all different ... You must give them room ... leniency ... and be tolerant of the differences. ... We all have our weaknesses ... Don’t expect others to be perfect ... You must make allowances for the imperfections and weaknesses of people ... Everyone is allowed to have a bad day once and a while ... Believe in the best in people and stop keeping a “record” of everything that they do wrong, to be brought up at a future time...

Do you want to be right all the time ... or do you want to have peace? ... Sometimes you have to be a bigger person, and overlook a few things ... you must be tolerant ...

You must also learn to stop being offended so easily and frequently...

Don’t make a big deal out of things that are really not a big deal ... By letting enough insignificant things build up, they will eventually become significant ... too big to deal with ... Let go of the insignificant things ... rise above them, be the big person ... It’s not about winning all the time, it’s about keeping peace in your life ...

When dealing with relationships ... it is important to realize that opposites attract each other ... and in many cases the things that attracted our partners or friends to us ... were their differences ... They have “different” strengths ... and most likely different thoughts, feelings and beliefs ... They do not think the same way that we do ... Because of these differences ... we should complete each other and not compete with each other ... Our differences are our strengths ... We must overlook their weaknesses ...
In a moment I am going to name some of the new qualities that you are going to develop ... to help you in this growth process of bringing peace in your life ... As I mentioned each one of them to you, I want you to repeat the quality to yourself, quietly in your mind ... and take a moment to dwell on each one ... to think about what it means to you ... and how you can use it ... 

The first one is maturity ... think about what it means to be mature ... especially in dealing with others ... and in developing peace ... and being mature enough to let go ... Take a moment to dwell on this quality ... and think about what it means and how you can use it ... (pause) ... The next quality that I would like you to repeat to yourself quietly ... and to think about is tolerance ... (Give them a few moments of silence for them to dwell on it) ... The next quality is forgiveness ... Take a few moments to think about forgiveness and how it can help you in this goal ... (pause) ... good, and the next quality is mercy ... (pause) ... Now take a moment to think about the next quality which is sensitivity ... (pause) ... The next quality is “being non judgmental” ... and the next one is being loving ... (pause) ... and the final quality you will develop, that I would like you think about is that of being accepting ... (pause)

Now take a deep breath ... and exhale ... and relax and allow all these suggestions to become part of you ... 

You’ll find that you will follow your intuition ... When you get those feelings or prodding ... that “still small voice” ... that you should walk away ... or let go... FOLLOW IT! ... and do just that ... It may not be “fair“ ... but be the bigger person ... Because you are now able to let go, to keep the peace? ...

Don’t give negative a place to start ... You do everything you can to “keep the peace“...

Let go ... move on ... accept ... rise above ... agree to disagree (in quiet)! ... be flexible ... adapt ... adjust ... forgive ... do it now! ... Peace starts with you! ... Your reward for all your efforts ... will be the “peace itself“ ... as well as happiness ... strength ... and added health.
Doctor and Needle Phobia

By Barbara Carter, CHT

As you continue to become more relaxed.....I’m going to give you some suggestions to help your subconscious mind so that you are comfortable and relaxed when you go to the Doctor’s office. As you begin to drift deeper into relaxation....using your imagination... you will feel peaceful and calm as you see yourself in the Doctor’s office. You will feel that the Doctor is there to help you maintain a healthy lifestyle. You will see that any time you need to have your blood drawn that it too is way for you to take better care of your physical well-being. It feels good to know that you are taking care of your health, and understand that you are seeing the Doctor because he is there to help you.....It is also good to know that you only need to visit the Doctor when it is absolutely necessary to maintain your health.... Most of the time you are able to have a healthy lifestyle on your own without visiting the Doctor...and you know that you are always in charge of your own well-being by exercising regularly and eating a healthy diet.... Most of the time you are feeling well and do not need to go to a Doctor’s office or have your blood drawn.... When those rare times occur that you do need assistance from a doctor, you know that your office visit is necessary because you need to be there to stay healthy. You will see those rare visits to the Doctor as important to your life and your health. You will be able to sit in the waiting room, see the Doctor, and have your blood drawn and feel the same comfort and relaxation that you feel right now. ..You no longer will worry before your visits or during your visits because you know that you are there because you are taking care of your health and well being. In fact you will feel comfortable and relaxed at the doctor’s office because you know that it is helping you to achieve your greatest physical health and well-being
Don’t Rock the Boat

By Jamie Tyndel, CI, CHT

Very good…you are doing excellent. You have said that your fear of boats and the possible effects of ocean travel have kept you from enjoying this very enjoyable mode of travel.

Imagine yourself standing on the deck of a boat, far out in the ocean. You know the boat is moving through the water, and you may even be aware of the boats’ motion as the waves pass by. But also notice the beautiful sunset…sinking into the ocean…the boat’s motion far from your mind…effects of ocean travel far from your mind…the motion of the boat serving to soothe and relax you…helping you to be comfortable and relaxed then entire time you are on the boat.

It’s so easy to remember that the motion of the boat makes you feel good, and erases all effects of ocean travel. You will always feel the motion of the boat and ignore it. Whenever you do notice it, simply put it out of your mind and relax. Remember that you are safe, and that you always follow the instructions of the captain and crew.
Dream Recall

By Rene A. Bastarache, CI, CHT

From now on you remember your dreams upon waking up because you want to. Before going to sleep each night you think to yourself that you have a desire to remember your dreams. You keep this thought active in your mind until you actually sleep. By doing this you will find that you are training your subconscious mind to remember what you dream about.

You will keep a paper or journal handy by your bed with a pen for when you awaken and before getting up you will take a few moments to write down any dreams you had in as much detail as you can while they are still fresh in your mind.

One of the traits of the subconscious mind is that it responds exactly to what the conscious mind desires and you now desire to remember your dreams. It is easy to remember your dreams. It is enjoyable to remember your dreams.
Driving Anxiety

By Robert L. Green Jr., CHT

As a result of this session today, you will always feel calm, comfortable, and capable in any driving situation.

Now, I will ask you to use your imagination and your senses. Note how relaxed, calm, and peaceful you feel right now. Feel how easy and regular you are breathing...how relaxed your muscles are...how you feel both safe and comfortable...peaceful. This is the feeling that will always remain with you when driving.

When you are driving, your sense of sight and hearing will be sharper. This will allow you to be more centered and focused while still remaining in a calm and tranquil state of being. Your heightened awareness and focus will allow you to feel more confident; more relaxed, and make you a better driver. You are a good driver. You are a safe driver. You are capable and comfortable in all driving situations.

This state of calm-confident awareness will now always be yours when driving; wherever you may be and under any road or weather conditions.

Using your imagination, I want to picture yourself driving with total confidence, sharp awareness, and the calm relaxation that you now feel. Imagine yourself surprised, even delighted, at how good driving in this state feels and how enjoyable driving has become.

You will be able to recall this image and the feelings associated with it whenever you desire. From this moment forward, now and everlasting, every driving experience will be a positive and rewarding one!
Driving Exam Success

By Raluca E. Bastarache, CI, CHT

Allow yourself to relax and when the time comes for you to take your driving test you will have all the confidence you need and give 100% attention to your driving. You release all anxiety and fear while driving. Tell your subconscious mind that it is OK to relax while driving and this way you will rid yourself of being nervous at your test.

You overcome fear, anxiety and nerves about your driving test and give yourself the best chance of passing. You know you can drive and feel confident about taking the actual driving test. You have prepared and practiced much before arriving at the test and because you have practiced you are now prepared and ready. All a test is … is showing what you have learned … Showing by a test of your knowledge and since you have practiced and know what you are doing it is simple and enjoyable to pass your test. You are successful.
Drug Abuse

By Rene A. Bastarache, CI, CHT

You now realize that you are more confident and sure of yourself because you have taken this enormous step toward helping yourself.

You begin to feel this strength from within, motivating you to overcome any and every obstacle that may stand in the way of your happiness and your freedom from drugs.

You will find that from this moment on you are developing more self control. You will now face every situation in a calm, relaxed state of mind. Your thinking is very clear and sharp at all times.

You begin to feel that your self respect and confidence are expanding more and every day in every way.

You are becoming a happy person now with a positive attitude toward life. You are succeeding now and you have all the abilities necessary for you to break the negative patterns of the past. This is your decision. You can do it. You can easily do it.
Dyslexia

By Rene Bastarache, CI, CHT

You have made the first step to eliminating your disorder of dyslexia by being here. You have finally come to the decision that this disorder has run its course. That it is now time to replace the disorder with order, the dysfunctionality with functionality … And the way you are going to do that starting right now, is by utilizing the power of your strong imagination. That’s right, just by using your imagination.

The subconscious mind has the power within it to return any dysfunction back to your initial blueprint of health. That initial blueprint that you had when you were born as a healthy child. All that is called for you to return to that healthy state, is your determination, desire and faith.

Yes it is a proven fact that thoughts become things. That whatever you dwell upon will eventually happen. In fact you yourself are a result of this. The thoughts that you have had throughout your life have made you the person that you are today. Keeping with that line of thought, the thoughts that you create and keep within your mind right now will determine the person you are going to become.

Therefore you will began right now creating the new you that you desire. So use your strong imagination right now. I would like you to imagine yourself sitting in a movie theater watching yourself on the picture screen. Using your imagination visualize yourself, having attained your goal. See yourself … what you would look like and how would you feel having already succeeded at eliminating dyslexia from your life ... Seeing yourself having already attained your goal, imagine yourself in a situation, where you may have had problems in the past, but now rising above it and even excelling with your new, perfect sight. Get the picture as clearly in your mind as you can and as you do describe to yourself all the details that you see. Where are you … what is around you … what are you wearing … what are you doing? Continue using your strong imagination. How do you imagine you would feel like having already attained this goal? What emotions are you feeling? Maybe satisfaction … relief … excitement or extreme happiness. What exactly are you feeling? …
The mind reacts according to pictures and emotions … therefore see that picture and feel the feelings of what you would be feeling with as much detail as possible. You are creating new memories, right now. The subconscious mind reacts to imagined memories and real memories the same way. So continue to use your imagination for a little while longer as your subconscious accepts these new memories and is beginning to right now use them to replace the old ones.

Allow the negative disorder from the past to leave right now, because you want it to. You are in charge. It is your mind. You are the only one in control, you are the creator of your own life and your own health. So take advantage of that control and decide to create a new you.
Easing Someone from Your Mind

By Rene A. Bastarache, CI, CHT

You are calm, relaxed and in control. You detach yourself from all negative associations in your life. Negative associations and undesirable memories no longer affect you because you are a confident person. You no longer allow negative memories or thoughts to affect you. Any future thoughts or association with (person’s name) will no longer bother you any more. Even though they may have affected you in the past they no longer have any effect on you now or in the future. You are confident and in control. (person’s name) has no effect on you now.

You can allow the influence of (person) to lessen and lessen as you move on with your life looking forward to new and exciting situations and challenges. You are now free to begin new relationships, to meet new friends and to have new interests without any influence from the past. You are a strong, self-assured, confident person. It is now time to move on with your life in a positive happy manner.
Eating After Dinner

By Larry A. Roth, DC

As you breathe you continue to relax deeper and deeper. You are breathing very deeply and continue to relax more and more with each breath.

I want you to imagine that you have just had a very full meal consisting of your favorite foods. You have had a full plate full of food and have finished every last morsel on your plate. You are feeling full in your stomach. You feel very satisfied without feeling stuffed or bloated. If you were a car you would have a full tank full of gas. You are taking a journey in your car and fortunately you recent fill-up with gas allows you to go hundreds and hundreds of miles on this one tank of gas. With the great mileage you are getting with your car you can travel hours and hours without a need to refill you gas tank. You don’t have to stop during your drive to get gas because of the mileage your car gets. The same holds true with the meal you have just eaten. The food you have just eaten will allow you to go straight through to morning without the need or even the desire to eat anything more tonight. With each breath you take you continue to have a full feeling without need to eat anything more after finishing your dinner. With the fuel you have in your car and the fuel you have in your stomach, you have no desire or need to put anything more into your mouth tonight. You feel satiated, you feel full, you feel there are other positive things you can do tonight other that putting more into you mouth, since you tank can’t hold any more fuel. You feel great, you feel full.
Eating Disorder

By Linda Smith, CHT

I’d like you to take a deep breath now………………hold it a few seconds, let it go and relax. Take another deep breath very deep, hold it …and as you exhale allow all of the stress and anxiety you have let go and free yourself. Take another deep breath in and imagine only positive energy coming into your body…and as you exhale feel relaxed.

This is your new way to think about eating. When you think of eating you will remember,.. that food nourishes your body. Just as a beautiful red rose needs sunshine and rain. Eating gives you strength, and energy to achieve your daily activities.

You are now able to allow yourself to think of eating as a wonderful way to be healthy and well nourished.

You are able to see yourself free of the anxiety, it is a thing of the past. You give yourself the permission to be nourished, healthy and strong. You are in control……and feel happy and positive, enjoying the opportunity to feed your body ……becoming a healthier, and stronger you.
Ego Strengthening, Confidence & Success

By Holly Kline, CHT

Allow yourself to just relax comfortably in your chair … I would like for you to remember and reflect on what a wonderful and remarkable person you truly are … All that you have achieved and accomplished in your life so far, relying on your amazing mind and your natural abilities to grow and learn, to become stronger and more capable within every day … I'd like you to think about how easy and natural this is for you … You've been doing it since the very moment you were born … You came into this life programmed for success, and you have had much more than you could ever count … First you learned to crawl, and then to walk … Perhaps later you learned to ride a bike, and even later to drive a car … When you were born, you hadn't yet learned to speak, but in a very short time, expressing yourself with words became second nature to you … Now you are able to express yourself in even more complex ways, and learning to do so has come so naturally to you, because you were born to continually grow and succeed … Think of your early years in school, the challenges that you overcame, the subjects you mastered … Every success built upon the last … I’d like you to remember with pride the many new situations that you entered, and how so many of them became experiences in which you took great pleasure … as you have continued you grow, you have made friends, and held jobs, experiencing so many wonderful things along the way, because it is in your nature to grow and learn, to seek out and enjoy new experiences in life, and to create an interesting and satisfying life.

Just as you had completed so many successes in the past … and this pattern was natural ever since your were born … to continually grow and succeed … the same pattern still exist in your life … and it will continue … for as long as it is useful to you … You will continue to have successes each and every day … because you are confident … and in control of your life … You realize that what your mind can conceive your mind can achieve … and you realize that you deserve to achieve greatness … that whatever you desire … can happen if you give it your full attention … your full commitment … You will succeed in all that you do … because you are a wonderful, remarkable person … and you have within you … a remarkable computer … your mind … with abilities … far beyond what you have ever imagined … Allow these abilities to show themselves … Allow your creativity to open up … Now is your time … You deserve all that
life has to offer … You are confident … You are in control …
I want you to use your imagination. Take a deep breath and hold for a second, as you breathe in imagine yourself breathing in pure energy from the universe. You can even visualize this energy as being a bright white healing fluffy substance. Each time you exhale you release negativity and discomfort. Each time you inhale you inhale more of that pure white energy until it fills you up completely. Imagine that as the energy goes in it remains with you until you are completely filled. Now make a mental scan over your entire body to see if you have any energy leaks. As you do, if you see any leaks you will see the white comfortable energy visibly escaping. If you see any of these leaks, use your imagination and imagine yourself repairing them. Just imagine it and it will happen. Until they are all repaired (pause a few moments).

Now that you have completely repaired any leaks, you can allow the energy to continue to flow through you. As you inhale and exhale the energy both enters and can flow outwards continually keeping you energized and feeling wonderful. As you continue to imagine this energy flowing in and out of you and filling you up, it seems to absorb itself into every cell of your being. It fills you up so much that it seems to form a protective shield around your body. This protective shield protects you from any negative. No longer can the influence of anyone or anything drain your energy any longer.
Energy boost

By Shay Magidov, CHT

As you are calm and completely relaxed, you are open and willing to receive and accept my rewarding suggestions.

Although your thoughts may be drifting away from here, your subconscious mind is attentive and records every positive suggestion I offer you. You are still very relaxed and comfortable, you are happy and you enjoy it. You are ready and willing to accept any challenge that may face you. More than that, and you are anxious to face another challenge as you deeply know that you are fully capable and potent.

You are strong and full of confidence. You feel better than you ever felt before. You feel young and fresh. Full of energy and happiness. You want to try new things. You want to prove to the world that you can do it. As you already know. You sure can.

As you take each breath, you feel how high your spirit is. You feel excellent. You feel better and better. Stronger and wiser. You can do and achieve anything you desire. You are happy and very confident of yourself. You enjoy life. You are seeing goodness everywhere and you know, you, are part of it.
Exam Anxiety

By Rene A. Bastarache, CI, CHT

You are calm, relax and clear minded. You are focused. You no longer have anxiety about taking tests. Anxiety is part of the past, like a distant memory that doesn’t effect you any more. You realize that the purpose of taking a test is to show your knowledge on a subject and because you have improved your steady habits and because you are prepared you look foreword to and enjoy taking tests. You are anxious to prove that you know your materials. From this moment on test taking is a pleasure, because you are prepared. You are focused and everything you have studied is in your subconscious mind. You have 100% retention and you also have immediate recall at will, as soon as you read the question on your test the answer immediately comes to you.

You realize that a test is only answering a series a questions from your teacher to ensure that you understand the materials that you studied. You are prepared for your test and you approach your tests in a confident and enthusiastic manner. You always do well because you know what the answers are. You read the question and the answer immediately comes to your mind. You remember all that you have learned. You recall the correct answers because you are prepared. You are calm and relaxed during your tests. You feel very confident because you have studied and are prepared. When you have finished answering the questions you’ll be surprised to discover that you actually remembered far more about the topic than you actually needed.

There is no confusion when you read the questions on a test as to what is being asked. You understand your questions clearly and you know what they are asking for. Everything you have ever studied is completely recorded in your subconscious mind and when you read the questions the answers come to you because you are prepared and you have studied.

You no longer become nervous during tests because you are prepared and anxious to show the knowledge that you have acquired on the subjects your being tested for. If any time you feel anxiety may be coming on, you simply take a deep breath and then you exhale and you will relax completely. Your mind will open up to remember the answers to the questions you are being asked. You will do well on all of your tests. You are confident and relaxed. You are in control.
Exchange of Energy

By Rene A. Bastarache, CI, CHT

The universe has a limitless supply of energy available to us all … to enhance us … to nurture us … to give us energy … and to help us to progress… That energy is there for us to draw upon each and every day … This universal supply of energy is always available … whether we choose to draw from it or not ... At times when we feel drained, or exhausted ... it is not because the universe has cut us off … rather, it is because we had failed to draw from it … to be receptive.

Many times we find it easier to draw energy from each other rather than from the universe … However, in drawing energy from each other … for one person to increase in energy … the other one must decrease … it is as if we all have a small personal storage supply of energy that we carry around with us on a daily basis ... a sort of reserve tank that keeps us going throughout the day ... If we allow others to continually drain our reserve of energy … we will eventually become weak, tired, drained, and even sick. Therefore it is important to protect your reserve of energy … and it is especially important to realize how these individual reserves of energy, that we each carry with us are able to be drained, so we can learn not do it to others as well.
Excuses, no more

By Rene A. Bastarache, CI, CHT

From this point forward I am taking responsibility for my own actions ... I am no longer making excuses for my actions or placing blame with anyone else ... I take responsibility ... I am becoming truthful with myself ... especially in the area of my actions ... I own them ... I alone and responsible for what I do ... whether I am experiencing happiness or difficulties with my life ... I now realize that they come from me ...

I am now able to look inside ... to go beyond the surface ... and then even a little bit further ... By looking deep inside myself ... and becoming honest with myself ... I realize that I no longer have to rationalize ... or make excuses ... for the occurrences of things that happen in my life ...

I realize that in order to change anything in my life ... that change begins with me ... I realize that by being honest, and facing the truth about myself ... that only then can change take place ... I realize that who I am today, is a direct result of the decisions that I made yesterday ... and who I will be tomorrow, will be dependent on the decisions that I make today ...

I am now able to take the time to examine myself and my life ... to find the things that make me upset or frustrated ... Once I have found these things, I am able to change them ... and in so doing progress ....

From this moment forward ... these are the new life-changing steps that I embrace willingly, and happily ... to find happiness in my life ... I now take the time and effort to examine myself by looking inside ... I face the truth about myself and my actions ... I take responsibility for my actions ... I no longer make excuses ... I do not blame any other person such as parents, friends, or even society, for my situations or my actions ... I am in control ... and responsible for my own destiny ...
Exercise

By Christine Sincavage, CHT

You will take some time each day to get some exercise. Every day you will enjoy exercising more and more. Each time that you finish exercising, you will enjoy it more and more.

Each morning when you get up you will do some light yoga exercises. Each day you will notice that you are becoming more and more limber. As you see yourself becoming more flexible, you will want to practice yoga more and more.

You will take some time out of each day to do some exercise, even if it just taking a 15 minute walk. Every time you have the option, you will walk somewhere rather than drive. During the work week you will set aside at least three days to go to the gym at lunch time. No matter how busy you are, you will take a break and go to the gym. You will begin craving exercise during the work day. Exercising will help you control stress. It will become an essential part of your day.
Exercise, Motivation for

By Nancy Trombino, CHT

Imagine right now that you are a child, full of energy, running around playing tag with your friends, playing baseball, jumping rope…or whatever you enjoyed playing as a child. Remember being in elementary school and how you could hardly wait for recess period to come around to get out in the fresh air and play with your friends. The morning and afternoon recess was the highlight of your day.

This energy and vitality can be yours again….all it takes is to gently begin to move your body through exercise. To begin….you will be very gentle with your body by slowly easing your muscles into activity. Every day you will make a point of finding new ways to gently increase your body movement and activity. In fact, it will become a fun game to identify different ways of doing this….whether it is walking up the stairs at work instead of taking the elevator, or parking farther away from a store or your office building…. you easily and creatively think of ways to increase your breathing and movement. As each day goes by you will be amazed at how your energy level increases and how good you feel.

Now that your body is being oxygenated and being given new life, you begin to notice the impact and positive difference you feel not only in your in your physical well-being, but in your emotional well-being. You have developed a wonderful outlook on life and feel fantastic. Your body looks incredible and you are now able to wear all the great clothes in your closest. Your friends and family take notice and comment about how different and fun you are to be around. Each day your body becomes stronger and stronger…and as you become stronger and stronger you will be motivated to gently increase your activity each week. Your body and mind will enjoy the challenge of this increased activity. Exercise will become an every day event in your life and you will look forward to doing it. You feel and look better and better every day.
Exercise, Self Care for

By Dr. Jane Greer

With each day that passes you feel more and more and confident and self-assured to take care of yourself healthfully. You feel very successful and very competent in your ability to plan and execute your exercise goals. You look forward to the opportunity to move your body and create physical power and strength. Each time you exercise you are filled with an extraordinary sense of well-being both physically and emotionally. You are excited at the changes you see taking place in your body and at your new found strength.
Face Lift

By Rene A. Bastarache, CI, CHT

Stress, tension and worry cause the muscles in the face to conform to that frowning type of movement. This is what causes worry lines.

After a hypnosis session people always look fresher and younger with smoother skin.

Because the face has many muscles which hold tension. Frown lines are caused when we hold tension too long. Allowing your face to deeply relax gives the skin a chance to smooth out, to rejuvenate … a form of hypnotic face-lift…

Allow all of your face muscles to relax right now … to let go and feel the tension leave it completely … Use your strong imagination and allow your face to let go completely and begin the rejuvenation process … You can imagine and even feel it begin right this very moment as all the stress lines and frowns have let go … and you are allowing circulation to flow freely through those areas … Healing and refreshing your face … which in turn makes you look younger and more vital … Feel that vitality move through your entire face … With each breath you take it works more and more to rejuvenate and re-charge your face.

You also want to drink more water than ever before… that wonderful clear, crisp, refreshing water taste better than ever before and it helps you in this rejuvenation process.

You’ll find yourself eating healthier also because you want to take an active role in keeping your skin looking great and smooth.

Other areas that will help immensely are to avoid smoking, direct sunlight as much as you can … It is your face, your skin .. And you are in control…
Fear of bees and wasps

By Rene A. Bastarache, CI, CHT

You have had a fear of bees and wasps in the past, and you are here now to correct this disorder. While it is important to have a respect for bees and wasps, and even to be cautious of them, you can allow your fear of the past to fade away like an unwanted memory.

Fear is a completely subjective item. No one else can see it, hold it or touch it. You can’t show it to anyone. It is completely in your head. Therefore, if it is in your head, it is controllable. The best way to rid yourself of fear is to change the very nature of fear from subjective to objective.

Here is how we are going to do that. Right now I would like you to use your imagination and take a moment to think about the fear. If you were to put it in a box, how large of a box would you need?

If you were to associate a color with the fear, what color would it be?

If you were to associate a taste with your fear, what do you think the fear would taste like?

If you were to associate a smell with the fear, what would it smell like?

If you were to hold the fear which is in your box, and imagine the color, taste and smell of the fear inside of the box while holding it, how heavy with the box be?

Now take a moment and think about the fear once again and you will realize that it is gone.

The reason for that is that you have taken the fear of which is a subjective thing and changed its nature by making it objective. Since you have changed its nature it is no longer what it used to be. Therefore it is no longer fear.

Anytime in the future that that you may feel fear, you can use this technique to eliminate it immediately.

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You are no longer afraid of bees and wasps, you have a respect for them as they have their task to do on this earth, and you allow them to do that.
Fear of Cats

By Rene A. Bastarache, CI, CHT

Fear of cats in most cases began somewhere. It usually comes from a traumatic event that occurred in your past. Maybe you can remember it and maybe you can’t according to the severity of it. Sometimes the subconscious mind will even cause amnesia as a way for you to not remember the event. However in this extreme event … even if you do not remember the event, it can still cause stress when confronting a cat even if not remembered.

The good news is that you can let go of it if you have a desire to. The human mind has the power to heal any condition just by using your imagination. Whatever you imagine, if you do it on a repeated basis will become a reality in your subconscious mind because the subconscious mind does not understand the difference between and imagined and a real memory. Therefore you can create new positive memories to replace the old negative ones of the past.

Another helpful thing is that stress only exist in the past and in the future. It does not and cannot exist in the present. Knowing that, when you make a decision having to do with cats or have a situation when you are in contact with a cat, realize that your initial response is not of the actual occurrence but 90% of that decision or feeling comes from the past. This is the case in all of our decisions. 90% of the decision comes from how we feel about it from your past experiences and only 10% is from the actual event. When ever you have this happen, from this moment on you simply take three deep breaths and bring yourself to the present and be away of what is happening now… only in the now… The past is gone and behind you … each new situation that occurs in your life is just that … a “new” situation.

You now allow negative fears of the past stay in the past. You are replacing negative memories with new positive ones … you are bringing yourself to the present with three deep breaths and concentrating on the present only to make present decisions.
Fear of Commitment

By Rene A. Bastarache, CI, CHT

From this very moment … right now … you welcome commitment … You want commitment in your life and are committed to whatever it takes to have it … You realize that by being committed to whatever you do, everything will be better.

You are committed to following-through, to finishing … You now finish whatever tasks you begin … Leaving things unfinished or half done is a thing of the past … You excel and move forward … giving whatever task you are doing 100% of your efforts … You take pride in your abilities and getting things done … You have satisfaction in a job well done and strive, always to do your best.

You are committed in relationships, you now work at making your relationships the best they can be … You put all of your effort into making your relationships happy, positive and successful … When dealing with relationships you focus your attention on the task at hand … caring about what is going on … Having great interest in the other party involved.

You are committed to your word … Your word is your bond, and when you give your word you will back what you say … You can be trusted to do what you say you will. You can be trusted to follow-through in all things … When people rely on you they can rest comfortably that you will do what you say … By doing this you will be greatly respected by others and you will respect yourself more than ever before.

You are committed to your family. Your family is important to you and you give them your commitment to being the best you can be … You are committed to doing what you say in a happy, loving manner … You only make promises that you will keep and you will keep them happily as you accomplish them totally in a timely manner … This will help your family relationships to grow even stronger.

You are committed to your work. You finish tasks that you start … When you offer to do something, you do it … and you do it to the best of your ability … giving it you total attention … You are proud of your work … You do your very
best and everyone notices how you excel.

You are committed to commitment … You follow through … You finish your tasks totally … quickly … and happily … You have pride in your abilities and in your new sense of commitment.
Fear of Confrontation

By Rene Bastarache, CI, CHT

Fear is a completely subjective thing. It can not be seen or touched. It has no smell nor does it have a taste. So if it cannot be seen or touched and is not physical then it obviously it exist only in your head.

When you are afraid of confrontation no one else around you realizes that you are afraid. Since it is something they can not see, they can not be aware of it also. Because of this fact, the only one that is affected by fear in a confrontation, is yourself. Releasing the fear of confrontations of the past will help you to progress in many ways. By not having fear, your mind will remain clear and help you in dealing with the situations more easily. A calm level headed mind is what is required to remain in control in any sort of confrontation.

Here are two simple techniques that can be used to release fear. Many times people tend to over exaggerate their situation and become afraid of all of the things that may happen. This can also cause a person to spiral downward exaggerating more and more as they go. The solution to this would be to think of the situation that you are afraid of and work it through your mind. What are several or more of the possible outcomes of the situation. Often times by working through the situation mentally you will find that the possible outcomes are not nearly as severe as you had initially thought, thereby relieving the fear.

Another way of releasing fear is by changing its nature. Fear by nature is subjective. By changing it to objective you have changed its nature and thereby changed what it is. It no longer is fear and therefore no longer exists. Here is how to change a subjective fear to objective.
Fear of Criticism

By Rene A. Bastarache, CI, CHT

In order to deal with criticism it is important to understand exactly what it is. Criticism is “judgment” based … In order to be criticized, someone has to have decided to make a judgment over you … It is their interpretation or observation of how “they feel” you “should be” …

Most people deal with criticism at an emotional level … and therefore are uncomfortable handle negative feedback … which may leave them to be upset or negative minded … You no longer do that … You now look at criticism totally different … From this moment on you enjoy criticism and take it for exactly what it is … a judgment from someone else on how they feel you should be.

You no longer take criticism emotionally… instead you look at it as positive feedback that “may be helpful” in your progress. Kind of like when you watch a child first learn to ride a bicycle … You give them positive feedback on how to ride it better … helpful tips … from your experience … designed to help them better themselves … Therefore the criticism … positive feedback … is a welcome, helpful thing.
Fear of Dentist / Doctors

By Rene A. Bastarache, CI, CHT

Allow yourself to relax completely and let your mind go free, realizing that you are completely safe. As you are relaxing I’d like you to think about what part of going to the dentist or doctors office you actually fear. Is it just certain parts of the experience or the entire visit… Does the fear begin at the office or even before you go in the preparation before the visit.

Now allow your mind to let go of the doctors visit completely and focus your mind on a memory from your past. I’d like you to go back to some positive situation from your past where you felt completely comfortable, safe and happy. Think about that time and get it clearly in your mind as possible. See the sights... Describe as many details to yourself as possible. Feel the feelings associated with this wonderful, happy safe place.

Now that you have this happy feeling in your mind I’d like you to associate them with your next visit to the doctor or dentist. You realize that the purpose of going to the doctors office is to help you. That is the only reason you would be going so think about your visit to the doctor and also bring back that happy thought or place form your past that you just had.

Whenever you think of the doctors office you will feel that association of your past memory and feel much better about going there. You will actually feel good about going there … safe and happy.

Allow yourself to relax and once again think about your happy place and then associate it with the doctors office… you are now in control of your emotions and can go to the doctors office with confidence that the negative feelings of the past are indeed just that … the negative feeling of the PAST…
Fear of Failure

By Rene A. Bastarache, CI, CHT

Fear of failure is now gone, and you let it go as part of the past ... It has been replaced with expectations ... Expecting to be successful ... Expecting to accomplish whatever you put your mind on.

You now follow-through and finishing whatever you start. You know that you will succeed ... You look at all of your tasks as NEW tasks ... new experiences that you approach with excitement ... That you can focus 100% of your attention on ... accomplishing to completion ... doing this gives you great satisfaction.

Whenever you take on a new project or even an old or existing one you look at it with the eyes of a child ... with curiosity ... with excitement ... anxious to get to it and do it ...

Children have no fear of failure ... they are curious ... excited ... and give their all in everything they do ... They play hard ... they work hard ... they enjoy new challenges ...

You too are developing this childlike quality in your life ... you are doing this because you want to ... You are excited to attempt things for the first time ... you are excited to succeed ... You expect to succeed ... And therefore you do.

You now approach success with curiosity, excitement and willingness ... You are happy to succeed ... and welcome it with open arms.
Fear of Friday the 13th.
Parting with Paraskavedekatriaphobia

By Jamie Tyndel, CI, CHT

(Note: The Stress Management Center and Phobia Institute in Asheville, North Carolina estimates that in the United States alone, $800 or $900 million is lost in business each Friday the 13th because some people will not travel or go to work.) You’re doing very well…remain relaxed and breathing deeply. You know that the number thirteen is just another number in the infinite cosmos of numbers. It is just a number without special significance at all. It has no more power than you give it.

Imagine you’re looking at the calendar. You check your watch to see what the date is. You notice that your watch says today is the thirteenth. You look at the calendar and notice that it’s also a Friday…Friday the 13th. But you take notice only of the time and continue through your day. Not long after lunch, you glance at your watch…it’s now the one o’clock hour (the thirteenth hour of the day). The exact time is “13:13:13 on Friday the 13th”. You make a mental note to go out to dinner, and continue with your day.

At no time in the day, do you give any power to the number thirteen. It has no special significance over you and has nothing to do with your day.
Fear of Heights

By Rene A. Bastarache, CI, CHT

Fear of heights is now gone, and you let it go as part of the past ... It has been replaced with good feelings … You expecting to feel good … Expecting to accomplish whatever you put your mind on.

Fear comes from the past and the future. From what you have done and what will happen. You now focus on your task at hand when in high places. Focusing on the present is where fear does not reside ... Focusing on the task at hand occupies your mind … Allowing you to let go … to be relaxed … in the moment … You know that you will succeed ... doing this gives you great satisfaction and confidence.

Fear of heights is gone like a negative memory of the past that is no longer important to you and now you can move on as you focus on the present.
Fear of Others Vomiting

By Rene A. Bastarache, CI, CHT

Fear of seeing others vomiting in most cases began somewhere. It usually comes from a traumatic event that occurred in your past. Maybe you can remember it and maybe you can’t according to the severity of it. Sometimes the subconscious mind will even cause amnesia as a way for you to not remember the event. However in this extreme event … even if you do not remember the event, it can still cause stress when confronting others vomiting even if not remembered.

The good news is that you can let go of it if you have a desire to. The human mind has the power to heal any condition just by using your imagination. Whatever you imagine, if you do it on a repeated basis will become a reality in your subconscious mind because the subconscious mind does not understand the difference between an imagined and a real memory. Therefore you can create new positive memories to replace the old negative ones of the past.

Another helpful thing is that stress only exist in the past and in the future. It does not and cannot exist in the present. Knowing that, when you make a decision having to do with being around people who vomit or where it may occur often like hospitals or doctors offices or have a situation when you are in contact with such people, realize that your initial response is not of the actual occurrence but 90% of that decision or feeling comes from the past. This is the case in all of our decisions. 90% of the decision comes from how we feel about it from your past experiences and only 10% is from the actual event. Whenever you have this happen, from this moment on you simply take a deep breaths and bring yourself to the present and be aware of what is happening now… only in the now… The past is gone and behind you … each new situation that occurs in your life is just that … a “new” situation.

You now allow negative fears of the past stay in the past. You are replacing negative memories with new positive ones … you are bringing yourself to the present with three deep breaths and concentrating on the present only to make present decisions.
Fear of Public Speaking I

By Dr. Jane Greer

You are confident, capable and in complete control totally safe in your professional role. Everything you need to know is immediately accessible and you speak clearly and steadily presenting the material in a knowledgeable way. You are the expert and possess a tremendous base of information and wisdom which you are eager to share with your audience. You see the enthusiastic looks on their faces as they take in all the new information you are presenting to them. This completely relaxes you and you are free to interact and joke as you connect with your audience.
Fear of Public Speaking II

By Patricia Ramsey, CHT

I believe that I can be anything. I want to be and I choose to become an effective public speaker. I have valuable information to share, and people want to hear that information.

In the past, my fear has prevented me from expressing myself openly and clearly, I may have been unable to communicate easily, but that was in the past. Now I realize that the fear I experienced was simply adrenaline – my body’s natural energy available for me to use and control at the right time. I use this abundant energy to accomplish the goals I set for myself. Controlling this energy keeps me focused, and I am able to calmly and effectively deliver the information I wish to communicate. The satisfaction I derive from this creates a feeling of confidence and vitality which is infectious to my audience. They sense my enthusiasm, and the clear and interesting way I present my information makes it a very enjoyable experience for them.

As I breathe deeply and fully, I realize that any anxiety I may have been feeling is easily and quickly transformed into excitement, allowing me to easily organize and focus my thoughts so that my information is clear and understandable.

I am speaking effortlessly and effectively. I am confident in my ability to get my point across in an enjoyable and captivating manner because I am well prepared and knowledgeable of the subject matter. I am providing valuable information that my audience can use. I enjoy sharing my gifts with them, helping them to learn and grow.

I am thankful to my audience for this experience. Their applause and positive comments demonstrate to me how well I have done. I am grateful for this opportunity to share my knowledge and expertise.
Fear of Rejection

By Rene A. Bastarache, CI, CHT

Fear is driven by emotion (what you feel) rather than by thoughts. It is not thoughts that cause you to act this way, but rather the way that you feel. Fear cannot be seen by anyone else but you. You can’t show it to anyone, buy it or sell it. In other words it only exist in your head.

Fear of rejection comes from your past … it can usually be traced to a time when you may have been rejected by someone. Past memories and experiences account for about 90% of any decision we make. Only 10% of a decision comes from the actual stimuli of the situation. The majority of any decision is derived from your past memories.

You want to improve and let the fear of rejection go away like a bad memory. You can do it … and the way you are going to do it now is simply by letting it go … right NOW. You leave the past in the past. It is behind you and you want to move forward. Where you are going is so much more important than where you have been. Let it go NOW.

Your life is an open book that you are continually writing. Imagine that book in front of you. This very moment you are looking at the book you see that the pages ahead are blank. You can write whatever you want on them as you are in control of your life. You are! Not your past memories! They are on the pages that have already been written. You read and experienced that already. It is time for you to write something new. Write a new chapter about letting go of the past. About giving yourself the gift of health, of release.

You now focus on positive, happy and joyful thoughts. You are calm and in control. You expect the best in all that you do. You are accepting of others and they are accepting of you.

This is a new page in your life, a new chapter, a new story … make it a great one!
Fear of Rollercoaster Rides

By Patrick Koh, CHT

Now, I want you to sit down and relax. As your eyes are closed, I want you to breathe in slowly…… As you exhale you will feel more relaxed….. Take a second breath in and as you exhale you will allow yourself to feel more and more relaxed….. Now I want you to take a third deep breath….. And as you exhale, I want you to allow yourself to relax deeper and deeper and deeper……..

I want you to imagine yourself on a rollercoaster ride. As the train starts to move, your feeling of anxiety is no more there. Instead you are looking forward to reach the top, eager to complete the loop, yearning for the train to start moving along the tracks. You are so excited that all your fears are gone. All you can think of is to reach the top and enjoy the ride which you know can be such a thrilling and exhilarating ride. To get rid of any uneasy feelings, just scream as loud as you can. By screaming, all your fears will have disappeared and the only thing left to do is to enjoy the exciting ride just like any other normal kid. Yes, by screaming, all your fears will be gone. Just release any tension or tightness of the nerves you may be experiencing by screaming. There is nothing to be afraid of, nothing to be fearful of. It’s pure fun and you can see everyone else enjoying themselves. You will be there and you will enjoy the ride as well. It will be pure fun and such a thrilling experience, one that you will want to go for again and again. Everything is alright and you know that you will be safe. You will have such a wonderful time and you will be eager to go on any rides in future. There will be no more hesitation. Just fun and enjoyment all the way.
Fear of Spiders

By Rene A. Bastarache, CI, CHT

Fear is driven by emotion (what you feel) rather than by thoughts. It is not thoughts that cause you to act this way, but rather the way that you feel. Fear cannot be seen by anyone else but you. You can’t show it to anyone, buy it or sell it. In other words it only exist in your head.

Fear of spiders comes from your past … it can usually be traced to a time when you may have come in contact with them. Past memories and experiences account for about 90% of any decision we make. Only 10% of a decision comes from the actual stimuli of the situation. The majority of any decision is derived from your past memories.

I want you to think of something from your past that makes you feel wonderful, safe and happy. Get it clearly in your mind … as soon as you have it nod your head so I know … Now, whenever you think of spiders I want you to immediately think of your happy thought. Every time you think of spiders … associate them with your happy scene … you think of it immediately. Then let the thought fade away like something that is not important. You can do it … You leave the past in the past. It is behind you and you want to move forward. Where you are going is so much more important than where you have been. Let it go NOW.
Fear of Success

By Rene A. Bastarache, CI, CHT

In the past you may have felt as if you were being held back from success ... Now you let that go! ... You let the negativity of the past go like a bad memory that is no longer important to you.

You are now successful ... You feel successful ... you deserve success and are prepared to have it ... to enjoy it.

From this moment on you feel a renewed sense of success ... You realize that you can attain greatness ... and all things are possible ... You realize that you now deserve success ... and you welcome it thankfully.

You expect success to come to you ... and you imagine it constantly in your mind ... How would your life be different? How much happier and simpler life would be ... With success in it.

You are a success magnet ... and success is attracted to you in all areas of your life ... You welcome success ... you deserve success ... you are comfortable with success.
Fear of Success, Overcoming

By Niki Gilbert, CHT

Now, as you relax more deeply I’d like you to visualize yourself walking down a beautiful path; flowers dot the landscape on either side along with trees of various shapes and sizes, all creating a feeling of protection, joy and serenity. Frustration and fear seem to melt away as you continue walking. Looking ahead you notice a bridge. It stretches across a quickly moving stream…. Water rushes over various shaped boulders and rocks, bubbling and careening out toward the sea. You hear the water rushing and feel its power… You get closer and closer to the bridge, your step lighter and lighter, your gait relaxed and purposeful. You approach the bridge with great confidence and excitement. This is because you know when you have walked across it and are on the other side, you will have available to you ALL the resources, inner and outer, that you need to accomplish your goals. Any remaining frustration and fear of success will be gone. Tasks of all sorts that were once difficult for you will be effortless and all that you need will come to you easily and readily…… Your breath deepens as you approach the bridge…… You are now upon the bridge and begin to walk across it. You stop to look down over the side and can see the blue, black water rushing along…… Take a deep breath now and experience the cleansing feeling of the water below. …..You are happy standing at the middle of this bridge, ready now to let go of all that has blocked you… and you are opening to full satisfaction and success in your life….. You reach in to your pockets now and find them filled with rocks. You take them out of your pockets, one by one, and throw them over the side of the bridge. As each one falls into the stream below it seems to have been there forever, as always part of this rushing stream. You notice that you feel lighter than you have ever felt before, standing taller, smiling brighter and continue to watch the water surround these rocks that you’ve thrown below, giving you confidence that everything is in its place and where and how it should be. You, too, are exactly where and how you want to be and you are ready now to finish walking across the bridge, leaving behind all ideas, thoughts, and feelings of frustration, negativity and fear. Each step brings you closer and closer to the success and happiness you have always wanted and that has been inside you always. As you reach the other side of the bridge, you know success and happiness are yours.
Feeling Positive Everyday

By JoAnn Dworman, CHT

In this very relaxed state, your subconscious mind is now completely opened and accepting of all the beneficial suggestions you will hear. Even though your conscious mind may drift through many different thoughts, your subconscious is keenly alert to these positive suggestions. In the past, you may have been influenced or even surrounded by negative remarks or negative feelings, or even the negative actions of important people in your life. We don’t have revisit any specific times or moments that might have effected you because your subconscious is now healthy and ready to accept new beliefs about yourself and the world around you.

From this moment on, you will no longer be effected by others negativity and in fact, as soon as you hear that kind of destructive talk or feel that kind or negative energy, you will immediately tap in to the knowing of what your already know, which is simply that “behind every cloud, there is a silver lining”. You create goodness in your world because of your good and healthy thoughts. You know that what is important is accepting and being grateful of this moment that you are in. Staying in the moment and experiencing the goodness of it, is the place you continue to create greatness in your life. So that if you ever find yourself in a place where someone is talking negatively, you won’t participate in mind or in words because you are just experiencing the goodness of being alive at this moment and you know that any negativity is just that other persons perspective. It isn’t what you believe. You know that where you are in this moment, you are continuously receiving support and abundance from the Universe.

You are prosperous and healthy and you have an abundance of love and creativity. And really, “every cloud does have a silver lining”. There is only perfection in this moment. And here you are, all parts of you basking in this perfection, . . . body . . . mind . . . soul. You’re old enough and wise enough to know who you are and what you really believe. You move through the day with the ease and comfort of knowing that all your needs are provided for and so you have plenty of space to create what you want in your life. Good health, prosperity, abundance, love and peace. You are intuitively aware of what is right for you and you always act upon that. Because of your good nature and positive outlook, you
attract others who also radiate happiness and goodness.

Now that you know that life is good, you sleep better, you eat better (more healthy foods), and your reactions to life are optimistic. You are open to all the goodness and joy that your life has offer you. You experience goodness and joy all through your day. Realizing the best. Seeing goodness everywhere. Feeling joy, Being gratitude. . . Being confident...Being Powerful . . .Being the good life. . . Being creative. . . Being goodness. . . Being Joy. . .Being in the moment . . . Being present.

I’m now going to count up from one to five and when I do, you will be wide awake and in the perfection of the moment.
Feminization

By Rene A. Bastarache, CI, CHT

With your strong subconscious mind you will enhance the natural un-forced feminization process. Your strong subconscious mind reacts best to images and feelings rather than words… and it is through using your imagination and feelings that you will attain your goals. Whether it be talking with a more feminine voice, walking with a more feminine gait, sculpt a more feminine figure, losing body or facial hair or looking and sounding more like a woman. You know more than anyone else what you really want or really need. So take a moment and think about what you desire … what is the goal you? What traits are you wanting to master …

The true process of feminization begins on the inside rather than the outside. It begins with you self image… How do you see yourself? … how do you describe yourself? … that is the key … from now on you will see yourself and describe yourself as the feminine person that you want to be. You will feel like the “goal“ you, having already attained what it is you seek after. You are the person that you naturally feel you are and desire. You are allowing the feminine side of you to emerge, quickly and safely. There is no time limits in the subconscious mind so allow it to happen NOW. You do not have to wait or progress to your goal. Simply allow it to happen, to take over, to be natural, the way you are meant to be.

Being trapped inside the wrong body is a thing of the past … Allow it to fade away like an unwanted memory .. Let go of it now … you are finally the woman you crave to be … the woman you were meant to be. You see yourself as a complete woman … you are a complete woman … It is easy for you to be this way … it is natural for you …
Fibromyalgia Script

By Marilyn Boucher, CHT

You are feeling calm and relaxed. You are in control of how you are feeling and will continue to be in control. From this moment on you are able to let your muscles relax and stay relaxed. You will feel at ease of movement. Use your imagination and see a beautiful rainbow along the ground. It is laying very gently right in front of you, about 7 feet high so that when you walk into it, it will surround you with its glowing warmth from head to toe, and about 12 feet in length so you do not have to walk a very long time, even though you may want to continue on. Notice all the beautiful colors in it. Reds, oranges, blues, yellows, and greens all mixed in together, glowing with health and vitality. You want to enter this energized field, but first you must feel your pain. Feel every muscle in your body aching. Move your body a little so that you feel the pain you are in. Feel the tiredness and disharmony. Know you are in pain. Now, walk slowly into the rainbow. Just little baby steps will do. Take your time, no hurry. You are now on a journey, one that will take you to the end of the rainbow. Stand there a moment while I explain your journey to you. Feel the warm glow of all the intermixed colors. Each step and color I say you will take another step toward your new way of life. By the time you reach step 8 and the end of the rainbow, you will feel positive, life changing, and a vibrancy that you have not felt before and you will let go of any and all pain that you had been holding on to. Take a deep breath and exhale slowly... With each step you will feel the colors as I explain to you what they will do for you. Feel the different colors enter your body as I say them, every fiber of your being, allowing these colors to enter your bloodstream, flowing through your circulatory system, going into every cell of your body, your mind, and your thoughts.

We will begin on your journey now.

STEP 1... See and feel the color red. Know it is taking care of any burning sensations, nerve pain, or internal adjustments that may be going on. It makes you feel a comfortable warmth and helps you with a concentrated focus.

STEP 2... See and feel the color orange. It is the light of a sunrise and sunset, beautiful to look at and wonderful to experience. Orange and red mixed together gives you new energy. It helps you to explore your creativity and to brighten up
your life and return it to a positive state of balance.

STEP 3... See and feel the color yellow. It is the light of the morning sunshine upon your body as it stimulates and enlivens, enriches your life, and activates every system of your body in a positive way. It brings clarity and awareness to your mind, clearing out the cobwebs that may be there. Yellow and orange mixed together brings a golden healthy glow that gives solidity and assuredness, a rich round sensation of inner warmth and peace. It will release all confusion and indecision, fear and anxiety. The golden glow will work with your digestive difficulties, allowing you harmony within the gastrointestinal parts of your body.

STEP 4... See and feel the color green. Know that this light gives balance to your muscles, a sense of freedom that helps you to relax the emotional and physical tensions within them. Green allows you to have good changes happen, gives new ideas, and is physically quieting the aches in your muscles. This color of nature brings in the new and gives you the motivation to help restore your equilibrium.

STEP 5... See and feel the color blue. It is a peaceful and restful color, giving you the energy as you need it. The blue found in the sky and the sea help to free your mind from its normal activity, allowing it to relax, giving solitude and rest when needed. It will give you feelings of tranquility and expansion of energy with every move you make. Blue encourages effective flow of peace and understanding, enabling you to communicate clearly and calmly.

STEP 6... See and feel the color indigo. This light radiates and sedates your mind, your body, your spirit, and your life. It will put all positive energies into you so that you feel healthy. It will relieve you of your physical, mental, and emotional pain and confusion. In an indigo state of awareness, the stillness of the mind is uninterrupted by thoughts that come and go, like fish moving through deep waters.

STEP 7... See and feel the color violet. It is the combination of blue and red, stabilizing the energies within you now. Violet combines the balance of dreams with reality. It is quiet and meditative. It is healing as it speeds up the naturally healing energy of your body. This color gives a need to calm hyperactivity or energize lethargy or depression. It encourages the flow of imagination and helps remedy sleeplessness or restlessness. It makes your headaches go away and gives quietness to your pain.
STEP 8...All the colors of your rainbow combined give a new healthy way of life. Whenever you are feeling out of sorts due to any pain symptoms, just think of this vibrant rainbow that has healed you, giving you a quality of life that is worth living. Picture this rainbow in your mind now so that you will be able to recall it as needed. It will always be a glowing warmth of colors that energize and heal. You have reached the end of your rainbow. Walk out into the light of the day feeling fresh and revitalized, healthy and positive, new and refreshed. On three you will open your eyes.
Finding Lost Objects

By Rene A. Bastarache, CI, CHT

Before you attempt to find your lost object it is important to understand the purpose of the sub conscious mind. It’s purpose is to store information. Like the hard drive of a computer. Every thought, sight, sound or piece of information you’ve experienced since birth is stored there in perfect clarity right now. Therefore in order to find a lost object, the information of where you left it last IS stored in your subconscious. All that is called for to retrieve it is your willingness to relax and desire to know the information.

You can allow yourself to recall where you left an item but if someone else took or moved the item from that location then your subconscious does not have that information. It can find where YOU left it.

In order to retrieve the information all you need to do is relax. To let go … In the relaxed state you are in now .. I would like you to clear your mind from all outside thoughts and happenings and let your mind go back to the last time you actually remember seeing or knowing the location of your item in question. Answer to yourself the following questions…
Were did you see it last?
When did you see it last?
See it in your minds eye and get as many of the details as possible…
Is this actually the most recent time you remember seeing it?

If so … I’d like you to let your mind roam and allow yourself to progress from this moment to recreating whatever you were doing that day at that specific time. Go moment to moment as if you were watching a movie, seeing… and examining as many details along the way as you can … until you finally find the item… Be patient as you do the process … Let your imagination run free without second guessing what is going through your mind… Take your time … relax … and allow yourself to recreate the events that led to you misplacing whatever you are looking for until you find it… Take a few moments now to begin your process.
Fitness

By Rene A. Bastarache, CI, CHT

The key to achieving your fitness goals is to get excited about it. And from this moment on you are totally excited about the new you that you are creating.

You now focus on the end results of what you would like to look like and how you feel as the goal you. See yourself as the goal you already and realize what it took to get you here. Excitement, exercise and motivation.

You are very eager to attain this goal and each day you wait in anticipation for the moment to come that you can begin exercising knowing that you are becoming the goal you each day. Just as a sculptor chips away at the excess pieces of wood to find the masterpiece that is within. You are the masterpiece already and are simply chipping away at the excess … uncovering the true beauty that has always been there… undiscovered.

It is now enjoyable to exercise, it is enjoyable to be motivated… You are developing a regular routine or habit of exercise … feeling better and better each day.
Food for Health

By Barbara Carter, CHT

You are so very deeply relaxed that your mind is open and receptive to everything that I am saying … The unconscious part of your mind is allowing these things to make a lasting impression over the way you think about food … Eating has always been a pleasurable experience, but you find that you will have better control over the food that you eat when you think about each bite that you are taking … If you take the time to chew each bite you will find that you are able to notice the color, texture, and flavor of the food… You will find that by eating slowly and enjoying each bit you will want to eat less and eat only the foods that are healthy. When you eat in this way you will notice that you are eating less food and yet you are feeling totally satisfied. You are not hungry between meals and you will no longer want to eat your food without enjoying each bite … You will begin to think of food differently and understand that it is a way for you to feel healthy and happy. You will see that when you focus on the food you are eating you are learning to enjoy food because it helps you to maintain health… You will see food as a way to keep you healthy and will no longer use it for any other purpose.
Forgiveness

By Verilyn C. J-Downing, CHT

People, love ones, and friends make mistakes. You can get through infidelity, hurts, betrayal, and abandonment. Allow the many different feelings you have run their course. You may never forget the experience but you need to dissolve the current anger, hurt, and resentment today. You can get through (name the negative experience), heal and have honest and intimate relationships again. Be gentle with yourself, be patient with yourself. When challenges arise, when someone wrongs you, your duty is to forgive. Not to punish. Nothing good comes from a spirit of hurt and revenge. The choice is yours. True forgiveness occurs only when you treat the subject as a closed matter. Forgiveness breaks down walls. Before true feelings can occur, you must let loose all old hurts and start fresh. Grant yourself comfort and peace. Forgiveness gives you a clean start. You need to heal your wounds. A positive spirit is like a powerful medicine. A positive spirit has a great deal of power to heal. You have to accept others’ flaws and all. You can hope to receive no more than what you are willing to give in this life. So let go, move on, and get peace! give the gift of forgiveness.
Forgiveness of Self and Others

By Nancy Trombino, CHT

Picture yourself sitting on a jetty with the ocean hitting upon the rocks. Take notice of all the sounds…the water splashing, the sound of the waves…smell the salt air, notice the seagulls and the noise they make as they fly above…how graceful they are as they soar up and down toward the water. The sun is warm on your body and you feel perfectly safe and happy. The whole scene is so beautiful and makes you appreciate the beauty of nature. As you look next to you, you see a path in the sand where people have walked. You carefully climb down the rocks and safely reach the bottom. Notice the sand is warm and inviting… the pathway is clear as many people have recently walked before you. This path leads you to a beautiful and inviting alcove. You stand there to appreciate the calmness and beauty of the entire moment. Take notice of the waves as they slowly wash ashore and deposit the most beautiful seashells you have ever seen. Notice how your feet sink into the sand as the water returns to the ocean. Bend down and pick up one of these seashells and write down “I love you”…take a moment and write down the names of the special people you want to remember….loved ones who have passed and are still with you. Now watch the sea wash around your ankles… and as it returns watch your message of “I love you” be taken back to sea. Since this felt so good, write down “I love you again” and beneath, write the names of people who you may have slighted and the names of people who have been unkind or hurtful to you. Again, the wave rushes past your ankles and takes the names and your message of “I love you” out to sea. Walk further out into the sea…far enough that your entire body is emmersed…the water is so beautiful, warm and inviting. As you float you feel the love and beauty of life enveloping and cleansing your body and soul. Now it is time to return to the beach…pick up your seashell and remember the freeing and loving feeling you just experienced. Now turn around and say “good-bye” to the ocean. As you do this you feel refreshed…loving and forgiving of everyone in your life. You appreciate the wonderful people in your life and have let go and washed away all unpleasant experiences and people in your life. You have let go…forgiven.. and are renewed.
Frustration

By Phoenix Schneider, CHT

You are relaxed and in control of your emotions and feelings. You realize that although there are people and situations that are out of your control, that you have complete control over your own actions and reactions in any given situation and in your interactions with people. Whenever you find yourself in a situation in which you might have felt frustrated, you no longer let yourself get frustrated. When you find yourself in a situation in which you start to feel frustrated, you will say to yourself stop! You will then take three deep breaths and feel completely relaxed with a clear mind. You realize that you feel much more confident and healthy when you don’t allow yourself to get frustrated. You are in control of your emotions and your actions and there is no reason for you to feel frustrated any longer.

Instead of becoming frustrated when you hear something said that you don’t agree with or when you don’t get your way, you will now react with more understanding and respect for other people’s opinions. You will accept that not everything goes exactly how you planned and that it is ok. It is now ok to not agree with everyone and everything in life. You enjoy being calm and relaxed and at peace with yourself. You are a happy person with a positive attitude. You feel a great now that you are a person who doesn’t get frustrated about things that are out of your control. It’s so wonderful to feel so healthy and stress free now!
Gambling Addiction

By Rene A. Bastarache, CI, CHT

You have stopped gambling … the allure of it is gone now but you are always vigilant and aware of the temptation. It is like a thief in the night seducing you into throwing away time, money, relationships, and self-esteem.

You now stand on your own two feet and say “NO MORE” You are in control.

Most people addicted to gambling know what gambling is taking from them but still get hooked.

If the compulsion to gamble comes over you, you no longer feel the attraction… instead you have lost your interest in it. It feels blank because you now know that it does not give back to you … it only hurts you and takes away from you. You now wonder what you ever saw in it … as it holds nothing. It is like wondering what you saw in someone you once liked who has seriously hurt you and you want nothing to do with now. It is simply something of your past that you used to do … you are now in control.

You have out grown it … It no longer feels like something you want to do … Instead you find something constructive to do. You replace it with happy things, uplifting things …
Golf Improvement

By Rene Bastarache, CI, CHT

An important lesson to learn is that the creative mind excels far beyond the competitive mind ... The only competition you have is yourself. By being creative you will improve your own game and enjoy it more as you do so.

Think back to why you were initially attracted to golf … When you first started to play it … you did so for the enjoyment of it … For the relaxation … Keep that feeling foremost in your playing …

From now on you are more relaxed and focused on your game than ever before … As you play you are able to concentrate on each shot and put out any outside distractions … Before each shot, you visualize yourself making the shot in your mind … You visualize yourself making the ball go exactly where you want it to … Then you do it!

Throughout your entire game you are positive minded and optimistic … You realize that each time you play you will now play your best game. You will do what other athletes call getting into the groove, or the “zone” … and then you will excel even further … Rather than compete with others, you will simply do better that you ever have. You will exceed your own standards and see that there are no limitations … You are positive minded and see the shot going where you want it, before you make it.

You now have the winner mentality … you keep your eye on the gold. When in competition you imagine yourself already having won your game … even before you start … If there is an award or trophy being given … you imagine yourself being presented the award … As you do so … you feel the feelings of victory, accomplishment, and pride of receiving it … You know it is yours … No matter who you are playing against … They are un-important … The game is only about how you can improve on your last game … on how much better you can do than before … There is no pressure from outside … It is only you and your game … that you love … as you are creative in improving on it … with focus and concentration … It is your game … It is your victory … and most importantly … It is for you to enjoy!
Grinding Teeth

By Rene A. Bastarache, CI, CHT

As of this moment, right now, you no longer grind your teeth. Grinding your teeth is a nervous reaction or vent which was your body’s way of dealing with stress and nervousness in the past and you no longer do it anymore. This was a negative habit, and you are letting it go. Letting it go as a negative thing of the past that you no longer want. You no longer hurt yourself as a way of dealing with stress. Your new way of dealing with stress is simply by taking a deep breath and as you exhale you let all the stress go. Remember, you are in control. You feel confident and happy that you no longer grind your teeth. You will find that your teeth are becoming healthier and your entire mouth feels better.

Things that used to bother you or upset you or stress you no longer affect you anymore. You no longer need a physical outlet or a nervous habit to relieve stress or tension. That negative habit is gone and being replaced with a positive, good habit. From now on you just take a deep breath, relax, and everything is fine. You are now in control.
Guitar

By Rene A. Bastarache, CI, CHT

You would like to play the guitar and you would like to be the best you can be. You have a burning desire to create wonderful music that you and others can enjoy…

You now find that as you practice that you are able to focus so much better than before. You are what athletes call being “in the zone”. This is your game!

Your memory improves so very much as you play and you realize that you remember the chords you are playing so much easier. It just seems to flow to you as you play, because you are enjoying what you do and you are relaxed. You have a natural rhythm while you are playing that makes everything fit together so much better.

As you relax, right now I’d like you to get a vision of yourself as the guitar player you would like to become. Use your imagination and see yourself as the successful you doing whatever you would like to do if you were at the level you desire to be at. This is your goal. Realize that you have the ability to do it and you are doing it right now.

You are successful as you continually progress at guitar playing. You are becoming all that you can be. You are a guitar player.
Hair Loss

By Patrick Koh, CHT

I’d like you to use your imagination. Imagine your scalp as a garden. You are the gardener and you are planting seeds into your scalp. The seeds are the fertilizer for your hair growth. You will water it carefully everyday and allow the fertilizer to work its way to the roots of the hair. This will make the roots stronger to hold the roots of the hair and prevent your hair from dropping.

As you fertilize the scalp, there will be more new and healthy hair growing. Allow your unhealthy hair to drop so that your new and healthy hair will have space to grow. As and when the weak and unhealthy hair drop, they will be replaced by strong and healthy hair and soon, all the old unhealthy hair will be replaced by strong and healthy hair.

Keep a positive mindset. Belief is a thought of the mind. Believe in the power of your subconscious mind to heal, strengthen and cause you to excel. What the mind can conceive, the mind can achieve.

You must begin to sow new seeds. Change the way that you think from now on. You will NO LONGER think negatively. When you find yourself saying something negative, immediately stop yourself and finish it positively. Each positive statement is planting a positive seed that will in turn fertilize your crown of hair.

You will no longer be concerned that you will go bald. There will be no embarrassment. Your strong and healthy hair will now be the crown on your head. Visualize yourself right now with this whole new crown of strong and healthy hair growing on top of your head. This will be the admiration of everyone, the talk of the town. Imagine the NEW natural you, healthy and happy, with a full head of beautiful healthy hair. Commit everything about this person to memory, how you look, how you feel and how you act. Remember and see yourself as this person as often as possible. As long as you can keep these positive thoughts and memories alive, they will become your reality. Believe in your thoughts and you will achieve it.
Happiness

By Rene A. Bastarache, CI, CHT

I want you to imagine a time and a place when you were happy ... a time when you were surrounded by your best friends, by your family ... a time when you laughed spontaneously ... a time when everyone that was with you was happy. I want you to imagine a camping trip, you and your family are hiking along a trail ... the day is warm and comfortable ... there is a light cool breeze blowing across your face ... the trees are tall and green ... the smell of pine crosses your nostrils ... you hear the birds chirp their love songs ... you see the squirrels scamper up and down the trees ... you hear the thunder of a waterfall up ahead ... as you round the bend you see the waterfall ... the mist creates a beautiful and vivid rainbow that brings a smile to your face, and the face of your friends and family ... there is a large green meadow with many colorful flowers ... You see the butterflies dance around the red, purple, and yellow flowers.

You roll out red and white checkered blanket ... your friends bring out the food that you have prepared ... The smells of good food fills your nostrils ... As you sit down to eat you feel the cushion of soft grass ... As you sit there you enjoy your meal with your friends ... The food tastes good... The conversation is light and joyful ... You enjoy the companionship and time together ... The sun warms you gently as you laugh and joke with your family ... After your meal you and you friends go down to the nearby stream ... You jump in the cool water, it is refreshing ... You splash your friends playfully ... You frolic in the water splashing and playing like little kids ... This is a peaceful and happy time for you ... You are carefree.

After such a joyous time in the mountains you and your friends prepare for the evening ... you watch the sun set over the valley ... The sky is filled with various hues of light oranges, reds and purples ... the scene brings a feeling of satisfaction, a feeling of happiness, a feeling of joy ... Your life is goodness and happiness.
Happiness through a Higher Power

By Jeremiah Siggard, CHT

Your life has been difficult. You have suffered through much pain and sorrow. You have survived a great deal of turmoil. You have searched in many places to find strength and happiness. Your search appears to be in vain. You have been searching in the wrong places.

True happiness is found in new. You are already strong. The pain that you suffered has served to make you stronger. The sorrow that you felt has served to make you compassionate. The turmoil that you have suffered has made you more intelligent and wise. Every conflict and that you experienced, you have successfully overcome. You have overcome these obstacles because you, are, strong.

You have a powerful heritage. One that expands beyond the mortal world. Your Father is very powerful. He has overcome all trials and reach perfection. He loves you with all his heart. He has protected you. And helped you to overcome your trials. His love for you is deep. He knows your pain. He knows your trials. He knows your tribulations. He knows your potential. He knows you better than anyone else. He is your Father. He loves you.

You are the Son (Daughter) of God. He has placed you on this earth to grow. To become like him. You have the potential to become like him. You have grown so much since coming here. You have learned much. You have helped many people. You have changed the lives of everyone that you know. You have made a difference in the lives of others. You are a true friend to all you know. They love and respect you for who you are. They are grateful for the love that you have shared with them. You are their friend. They love you.
Heal Helper

By Michael Grady, CHT

Put the dis-ease into focus. Feel it as it is right now. If there is pain right now feel the pain, accept the pain. Feel your blood pump into it and through it. Watch, as the blood takes out the dead and rotten cells, and revives the area with new blood filled with vitamins, nutrients and everything it needs to heal quick and easily.

In this state of mind you are able to heal faster then normally. In fact you can heal 15 times faster while under hypnosis and after hypnosis. Feel the dis-ease ease. You are healing very well and you are feeling great.
Healing - Visualization and restoration

By Rene A. Bastarache, CI, CHT

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

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

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

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

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

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

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Positive affirmations to be given to the client to take home with them.
1. Repeat this to yourself for five minutes 3 times a day for 3 months (even if 
   healing occurs right away)
2. Make sure one of these times is just before sleeping.

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

By Rene A. Bastarache, CI, CHT

A healthy body means a healthy mind. You are focusing your mind on positive thoughts. Imagine yourself full of health and vitality, just the way you want to be and keep this image focused in your mind as you direct your awareness to your health. Feel and experience a new healthy you. Healthy energy is beginning to flow into you as you direct your mind to improve your health and increase your energy levels.

And because you are becoming so much calmer so much more relaxed than ever before your whole outlook on life is improving and you begin to take each day as it comes. You feel a sense of acceptance, a feeling of peace and serenity deep within you. Your breathing becomes more natural and your entire nervous system begins to function more efficiently as your automatic nervous system, which controls your heart and your breathing without you even needing to be conscious of it doing so, is working in peace and harmony together.

Your body heals faster by the day, faster by hour, your breathing becomes normal and your entire body becomes more balanced and stable.
Healing, Self

By Patricia Ramsey, CHT

See yourself floating in a vast sea of glowing white light. Feel this gentle healing light. This is the light within the deepest recesses of your being. It has always been there. Now you are learning to use its healing energy. Release any fears you have into the light. The light will transform them. Trust that everything will be fine. Allow this healing light to spread its warmth bathing every tissue, every cell, from the top of your head to the tips of your toes. Luxuriate in the healing glow of pure energy, bringing in strength and vitality, happiness and love. You are filled with a deep knowing that this light will heal your body, heal it rapidly, as soon as you allow it to do its job. You possess a positive attitude as your body is repaired and renewed, restored to it’s natural healthy state. You are feeling more relaxed and comfortable now as you allow the healing white light to cleanse and restore health to every cell within your body. You feel rejuvenated as your body comes back into balance. As you keep your mind happy and your body healthy this vision becomes reality.
Health, Obtaining

By Bryun Holt, CHT

See yourself surrounded by white light. This light is very warm and very bright. You are completely protected inside this light. This bright light is healing and soothing. Visualize this light entering your body at the top of your head and slowly moving down your body, filling up your head and face, down into your neck and as you allow this warm healing light to enter your body, focus for a moment on your feet and hands. Let’s imagine that there is a cork at the soles of your feet and in the palms of your hands. Now remove those corks. This allows for the release of the negativity and dis-ease to be pushed out of your body like a tube of tooth paste. That this negative, thick, black oily substance is being pushed out of your body by the pressure and force of the positive, white light as it enters your body and fills and replaces the spaces where the darkness, once consumed. Feel this pressure from the light pushing out the darkness. This darkness is filled with fear and sickness and negativity. Feel this light filling every inch of you as it makes its way down farther and farther, into your shoulders and chest and upper arms. Slowly filling you up and healing every cell and organ and tissue it encounters on it’s journey down, through your body. It is reclaiming your body and giving it nourishment and energy. Feel this healing light continue down your body. Traveling down your arms and chest, pushing down into your abdomen and fore arms and hips and hands and fingers and pushing its way all the way down your legs, your thighs, and calves, feet and toes. Accept this white, healing light as it fills your body, nourishing it. Protecting it. Loving every inch of your being. Take a moment to scan through your body. Make sure that there is light beaming out of every part of you. If you sense there are some spots where the negative charged, black oily substance has stuck, that’s ok. Just take a moment now to focus on those spots and blast them with white light. Force the white light into those areas and release that gunk and expel it from your body. Take a moment to feel this concentration of light and love and health radiating through your entire body and when you feel you have expelled all the negative gunk and have nothing but pure white light, nod your head and we will continue. Take a moment now…. Good, now that your body is completely filled with healing, nurturing and loving energy, lets put the corks back into our palms and feet, keeping this energy within your body so that it becomes concentrated and magnified. And let’s take a moment to really feel this new sense of health and happiness. Feel what it is like to be disease free. Free of discomfort. Free of sickness. Know, from this point on, that
sickness does not have a name nor a home. It is not a welcomed guest. No longer accepted. You are healed! You are healthy! You now feel and see yourself as a healthy person. You no longer fear sickness. You have released fear. You have released negativity. You have released stress. You have release dis-ease and you have released discomfort.

You are healthy. You are loved. You are positive. You are protected and you are strong! You have reclaimed your life. You have reclaimed your mind, body and spirit. From this point on, you will make positive decisions that involve the well-being of your mind, body and spirit. You live a life of health. You put that healthy outlook into practice, everyday of your long, healthy and happy life.

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

1. You are slowly coming back to the here and now, feeling relaxed and peaceful
2. Feeling over-joyed with health and vitality
3. Your mind is clear and alert
4. Your eyes are starting to open and you feel great! And…
5. Eyes wide open, alert and healed!
Health, wholeness and harmony

By Andrea Mitchell, CHT

Breathe in life and exhale negativity. You see yourself at your ideal body size and work toward it to make it so. You eat foods that are good for your body. Your body was made to exercise and you do it cheerfully. You love your body and take care of it. You release negative emotions that cause harm to your body that manifest as disorders.

Your natural state of being is a state of wholeness and good health. You are whole, healthy and well. You are balanced and at one with the universe. You draw peace and harmony into your life and reject chaos. Your energy fields are balanced and you are at your center at all times. Your mind, body and soul work together in harmony. You have peace of mind. Everything works together for you higher good.
Hemorrhoids

By Rene A. Bastarache, CI, CHT

Hemorrhoids can develop from many common sources of pressure to include:
• Constipation and the accompanying straining
• Diarrhea and the continuous expulsion of loose stools
• Sitting or standing for a long time, especially sitting on the toilet
• Obesity
• Pregnancy and childbirth

You no longer suffer from hemorrhoids. That type of behavior is a thing of the past. Allow yourself to let it go like a bad memory of something that used to happen, but not anymore. You are now aware of the causes of hemorrhoids and alert subconsciously to any behavior which may possibly be a cause of it. In other words you are cautious in a natural way to do things that are healthy now.

Examples of this would be from this moment forward whenever you go to the bathroom, you do so with ease rather than straining. You go to the bathroom when you feel a need to, get finished your business and move on. Staying there for a long period of time is a thing of the past.

Another thing that you are aware of is standing for long periods of time. When you realize that you will have to be somewhere for a prolonged period of time where you may have to stand for a while, you will attempt to find a way to sit and be comfortable while waiting.

You are now more aware of taking the time that is required to relax, to be free of strain and stress.

From this moment forward you look at yourself as a person who is free of this negative disorder from the past. You are relaxed, and you are in control.
High Blood Pressure I

By Patrick Koh, CHT

Now, I want you to sit down and relax. As your eyes are closed, I want you to breathe in slowly……. As you exhale you will feel more relaxed….. Take a second breath in and as you exhale you will feel yourself feel more and more relaxed….. Now I want you to take a third deep breath….. And as you exhale, I want you to allow yourself to relax deeper and deeper and deeper…….

I am going to give you some instructions to follow which will make you feel very relaxed and will bring your blood pressure back to normal. You’ll find yourself in control of your body fully…. Think of your heart. Relax the constriction of arteries. See your heart pumping easily. Notice that your blood is flowing smoothly with no obstructions. Flowing right to the very tips of your fingers and your toes. Right through every vein and artery in your body. Now look at your kidneys. See your kidneys functioning perfectly. Flushing away all the toxins in your body. You head feels clear. You feel a sense of energy and well-being.

You’ll feel more relaxed in situations that you may not have been relaxed in before………… no more tension……..no more discord……… and with your new found confidence, you will feel happier………… have a more positive outlook………. And enjoy all that you want to do………. All that life offers you. You are fully in control of every part of your body… Each and every part of your body will only react with your instructions.

Whenever you feel your blood pressure going up, just take three deep breaths…. With each breath as you exhale, you will feel more and more deeply relaxed and your blood pressure will go back to normal.

You will feel happy and so confident that you are in control. You will lead a healthier and happier lifestyle, one with more energy than you have ever had before.

You will only take food that is healthy. You will restrict the amount of salt in your diet, possibly even losing a few pounds. You will stay away from food that you know is not good for your body.
You will also begin a new positive habit ... one that will help you in every part of your life ... you'll find that from this moment forward ... water will taste better to you than ever before ... that wonderful crisp, refreshing water will quench your thirst like it never has ... that will help you in every step of the way to become healthier ... you have overcome your dis-ease and are replacing it with this new positive habit, of drinking water ... that wonderful refreshing water ... in fact you might even be noticing right now ... that by just thinking about water ... your mouth is beginning to become dry and parched … This is your bodies’ natural reaction to thirst ... you have more of a desire than ever before to drink that wonderful crisp refreshing water.

You will also have more energy to do simple exercises such as brisk morning walk or even swim. And as you exercise you will feel good and more in control of your body. Feeling stress free and healthier. Eager and excited to face this new, wonderful world in which we live.

Situations that used to bother you now seem as opportunities to feel relaxed and in complete control. No longer will you feel frustrated and bothered by any situation. The world is such a beautiful and wonderful place to live in. Remember that you are in control of your body. You will not allow your body to bring you dis-ease. Instead, your body will be at ease all the time and you will feel wonderful and energized.
High blood pressure II

By Mark Snowman, CHT

You feel calm and relaxed and totally at ease. As a result … your blood pressure lowers and you find yourself able to sleep more soundly each and every night. You will wake feeling completely refreshed and begin each day with an inner sense of peace. As a result your blood pressure is lower and you feel healthier and stronger with each and every day that goes by. Your blood pressure will return to normal and you will notice the improvement and be pleased that you have restored this disorder to order.
High blood pressure III

By Andrea Mitchell, CHT

I would like for you to take three slow deep breaths and focus on a happy place. Visualize everything being in harmony in your life, no chaos.

Everything is balanced in the universe. Nothing is ever out of balance in the universe. High blood pressure is a sign of unresolved emotional problems. You understand how these unresolved problems have manifested themselves in your body as an imbalance. You have the courage to face your emotions knowing that all is well and it’s beneficial for you. You can take care of unresolved emotional problem with love. You gladly release the past and allow peace and harmony into your life. You love yourself and your health. You have the blood pressure range that is healthy for you. And so it is.
Higher Power

By Marilyn Boucher, CHT

You are going to create an image of how your Higher Power looks to you. I want you to use your imagination. There are no boundaries or limits to what He/She/It will look like. We will begin. Imagine yourself in a special place with a HP. Where are you? What are the textures? Look around you and imagine any surroundings that make you feel comfortable and serene. You can add anything you like, piece by piece or a chunk at a time. Do you see a particular scenery? Go with your first instinct and thought. Create whatever it is you yourself believe in and are feeling. If you are having a difficult time creating something then picture someone or someplace special only to you. This person, place or thing should make you feel comfortable, happy, pleasant, and be able to help you to feel at peace. Does this feel right for you? Is there anything else you would like to add to this place? Colors or props? Do it now ... I want you to imagine and feel the presence of your HP. Make your HP real for you whoever or whatever it is. Visualize this person, place, or thing as part of your very being. Breath in this visualization and know it will stay with you always. Feel the presence of your HP in the room with you, in your mind, within your body, surrounding you with warmth and peace. Feel the gentle warmth within you growing, filling your entire body with love and care and gentleness. Allow this glowing presence to make you feel safe and secure, peaceful and tranquil. Put this presence of your HP into your memory. Whenever you need a safe and secure space to go to, think of this HP you have created. This memory of your HP will be with you at all times, day and night, day after day. It will fill the emptiness when you feel a void, it will fill you with confidence when needed, give you the strength and courage to go on when necessary. You will have a newfound faith, one that works. Your HP will be with you always, for your HP is with you always now. All you have to do is breath three times deeply and exhale, and this memory will come back to you. Know that your very own personal HP is there for you always, under any circumstances, at any time. There are no limits to what your HP can and will do for you. Breath three times and this memory will come to you and you will know your HP is with you, for your HP is with you mind, body, and spirit You have created It, therefore It is real to you, always. Breath deep...breath deep... breath deep….When I count to three you will open your eyes and feel the best you have ever felt, knowing you are healing with the spirit within you.
Honesty, Cultivating

By Rene A. Bastarache, CI, CHT

Honesty comes from within … No one else can gauge your honesty or know what is going on inside of your mind. You are the only judge.

You now want to increase and cultivate your honesty so as to improve yourself. You will do this by perseverance and dedication. You must keep on keeping on to coin a phrase.

The benefits of honesty is the honesty itself. By being honest in your dealings right from the beginning and staying that way .. you will have nothing that can come back at you … You were honest .. There is no covering up anything in the future or having to make up a falsehood to cover another. People will begin to look at you at face value realizing that what you say is what you mean. You will begin to be trusted by others and you can also be proud of yourself as you will be worthy of that trust.

Just as the old saying goes .. And the truth shall set you free … Welcome to the enlightened world of honesty and trust. Enjoy it as you have earned it.
Humor

By Rene A. Bastarache, CI, CHT

You have a great sense of humor and you like to show it.

You use good, positive, promoting humor

You are very interesting for people to listen to. It is enjoyable listening to you.

You develop your humor each day. It is something that you keep polished and pay attention to always improving.

You teach others many lessons through humor

You lead others through humor

It demonstrates your free thinking and develops your problem solving abilities. Others are drawn to you.

Humor has great health benefits, it makes people laugh and smile. It makes them happy giving them strength and enhancing healing abilities.

When you make others laugh they know you are good for them.

Humor is contagious and attractive

Being funny is fun for you as well as people around you.

You have awakened the comedy spark in you and increase your humor daily.
IBS Attacks, preventing stomach problems

By David Barr, CHT

Imagine a glass… It can be any kind of glass you want… See the glass being filled with a liquid substance… This is a very special liquid that will prevent anything from irritating your stomach… Picture a hand taking hold of the glass… This is your hand… Now imagine that your hand is raising the glass to your mouth… Good… Now drink the liquid… As it moves down to your stomach, you feel a relaxing feeling traveling down your body… Picture the liquid coating your stomach… As it does, you will notice how good your stomach feels… You now have a liquid shield coating your stomach… Nothing that you eat can bother you.
Impatience, overcoming

By Patrick Koh, CHT

As you remain in your deep relaxed state, I want you to concentrate on what I shall be saying and I want you to quietly repeat the words to yourself in your mind……

Life is beautiful. Everyone is wonderful. As each and every day passes, I will learn how to be more and more patient, happy and cheerful. Impatience is a word of the past and does not exist in the present and the future. Everyday I am becoming more and more understanding, tolerant and find more and more endurance. People will be attracted to me as they find me a changed person. This is now my natural state, being happy, cheerful, understanding, patient, enduring and tolerant. I am happy and grateful for this new way of life and look forward to more peace and serenity. There will be more cheerfulness everywhere around me and I will no longer be affected by any negative thoughts or people. I, and only I, can create my own happiness and I will not allow others to affect my own feelings anymore. Whatever I do, I will exude patience and everyone will see the peacefulness and serenity radiating from within me. This is what I choose to be and this is how I will live my life from now on.
Incontinence

By Patrick Koh, CHT

Now, take a deep breath in and exhale slowly. Take a second deep breath in and as you exhale this time, you’ll feel relaxed. Take your third deep breath in and hold it for three seconds, and as you exhale, you allow yourself to relax deeper and deeper and deeper.

By following some simple suggestions that I’m about to tell you, you’ll find yourself in control of your body fully. You’ll find yourself being relaxed in situations that you may not have been relaxed in before and with your new found confidence, you will be happier have a more positive mind. And enjoy all that you do. All that life has to offer. Whatever your body wants to do, you are in control. Only with your instructions can your body react.

Each time you feel the urge of going to the toilet, you will have full control of your bladder. Each time it is full, your bladder will not be released until you say so. Yes, you will have the time to go to the toilet before you allow yourself to urinate. You will have the confidence to control your bladder. You will feel happy and so confident that you are in control.

As you are in control, you no longer feel stressed. You will have more confidence in your daily social life and activities. This will no longer pose a problem to you. Just remember that you are in control of your body. You’ll find yourself being stress free in all that you do. You’ll feel more relaxed and more confident in your daily life.

Whenever you find your bladder over-reacting, you’ll immediately say to yourself the word “STOP” and as soon as you say the word “STOP”, you’ll find your bladder behaving. There will no longer be the urgent need to empty the bladder. You will always have time to go to the toilet. There will no longer be frequent urination during the day and night. You will be in total control. Incontinence will be a word of the past.

You will no longer feel uncomfortable doing things away from home. Your overactive bladder will no longer make you feel uncomfortable with people you
do not know or even with people you do know. You no longer have to live with an overactive bladder. It is NOT part of the normal aging process.

You no longer have to deal with incontinence. That is part of your past. From now on, it is a distant memory. It is completely over. As soon as you have the urge to go to the toilet, you will find yourself having the time to go to the toilet. You WILL make it to the toilet in time.

During the night, as soon as you have the urge to go to the toilet, you will wake up immediately and go to the toilet. When you wake up in the morning you will remember having gotten up during the night to go to the toilet and this will give you confidence in your new ability and help you to become more and more successful. Every night when you go to bed you feel confident that you are now successful in going to bed and being able to wake up to go to the toilet on time. You are in control. Yes, you are in CONTROL.
Infertility (unexplained)

By Rene A. Bastarache, CI, CHT

(Use in conjunction with goal visualization and 21 day for change)

Stress and mental clutter keep millions of women from conceiving. This is categorized as unexplained infertility.

In many cases there is no physiological reason for a woman not to become pregnant.

Although women often feel helpless upon learning of this “condition” it is actually great news.

Stress and a lack of confidence tend to be the top culprits that must be addressed with hypnosis for “unexplained infertility.”

Negative feelings left unexpressed and/or unresolved hold considerable energy which can block conception.

Where does all this stress come from and what can be done to stop it?

The first step is to realize where your stress is coming from and to eliminate that behavior. Here are some of the most common reasons . . . anguish, guilt or profound shame often felt after an abortion or issues involving sexual abuse or other trauma

Negative self-talk, self sabotage and often times guilt from feeling that you may be receiving punishment or retribution from God.

They all lead to a variety of stress-related symptoms including “unexplained infertility.”

And with more and more women in high stress jobs it's really no wonder that conception does not always occur immediately (especially in this want-it-right-now culture).
Hormonal problems also sometimes contribute to conception issues.

So whatever your particular reason is, whether it be known or unknown … chances are that it is stress related as so many other problems in society are and can be helped according to your faith, desire and commitment.

You may have been trying and wishing and willing it very hard and what I am going to ask you now it to focus on that I am saying 100%. You must give 100% of your commitment right now to letting go! That’s right, I want you to focus on not focusing, on relaxing and letting go and staying that way. Allowing your system to relax and to go back to operating properly …. Without stress.

Whatever the reason is subconsciously you have not been able to conceive or whatever you think it may be … just let go and relax. … allow your body to do what it was designed to do. Allow life to freely flow through it.

It is like a Chinese finger trap. A finger trap is a simple toy that is shaped like a small tube about 4 inches long, made out of a paper like material … just big enough to put your index fingers of each hand into. Once you do … and you go to pull them out … they become stuck … and seem like finger hand cuffs … the harder you pull .. The more they get stuck … some people will go frantic trying to get out of them and cannot. The secret to getting out of them is to stop trying … you must relax, and stop trying to get out and they will in turn loosen and fall right off of your fingers. Sometimes we try so hard to do something that we end up doing the exact opposite of what the desired intention was.

You allow yourself to relax and feel confident that your goals will be accomplished. You will succeed… You must believe in yourself as you once did in the past. I’d like you to take a moment to remember right now one of the most confident times in your life… a time when you were on top of everything and you felt happy, confident and in control. Get it clearly in your mind … (pause) Remember this feeling and associate it with your desire to be fertile.

What the mind can conceive, the mind can achieve but you must be relaxed, confident and open minded.
Influence, ability to

By Robert L. Green Jr., CHT

As a result of your hypnosis, you will strengthen your ability to influence other people’s opinions.

That which you hold to be true through strong conviction will be easily conveyed to others. Your voice will reflect both your confidence and authority. Your enthusiasm which comes from your deeply rooted belief will be evident in the twinkle of your eyes and your body language as you speak with conviction. You will radiate confidence and such enthusiasm it puts other people at ease and allows them to HEAR what you have to say and to CONSIDER it with an open and eager mind.

Imagine that once your convictions are put into words, they are like seeds in the wind. They settle in the mind of anyone who may be listening and take root and begin to grow. There they will blossom and grow in the same radiance of confidence and conviction that clearly emanates both consciously and unconsciously from you.

From this moment forward, you will be confident of your ability to influence the opinion of other people by using your own sincerity and determination to be of benefit to all others.
Inner Strength

By Rene A. Bastarache, CI, CHT

You will succeed in all that you do because you have an inner strength that guides and nourishes you. You will withstand any challenges. You are a winner.

You stay strong in all things and you go about your daily activities knowing that you are a force that can be relied upon. A force with purpose and conviction.

You believe in yourself and you have faith in your abilities. Just because you may have not done something before in the past does not sway you and you find yourself taking on new tasks with confidence and vigor. You are in charge.

You are positive minded and optimistic in all that you do because you have confidence in all your abilities and know that you will succeed in all that you do with flying colors.
Inner Strength and Peace

By Bryun Holt, CHT

Imagine you are standing in front of a giant Oak Tree. This mighty Oak is very old and very strong. Its roots run very deep in the ground. Its branches reach upward towards the warm sun. Listen to the breeze blowing gently through the leaves. Smell the lushness of the earth, plants and life all around you… Breathe that freshness in…As you breathe in, you breathe in life. You are at peace standing next to this Oak. It is tranquil here and you are safe.

Now, envision yourself as that mighty Oak, majestic and strong…Your feet are planted firmly in the ground. Your arms are raised and absorbing the divine light from above. With every breath you take, you breathe in vital energy…Feel yourself being grounded and centered…Feel yourself being nourished by the rich soil from below…and feel the divine light from above surrounding you with love and protection…With every breath you take, you become more and more at peace.

I want you to take three deep breaths now. With the first breath, breathe in harmony. Feel it enter your lungs and fill your body … As you exhale, release frustration…On your next inhale, breathe in affection … on the exhale, release anger… With the third breath, breathe in acceptance … and exhale judgment … Return to your normal breathing and just as normal as it is for you to breathe right now, feel the normality of your inner peace and strength … Allow yourself to feel at one…at one with yourself…and at one with the Universe … As you feel this connectedness to yourself and to those around you, you begin to realize that we are all part of the same celestial fabric…We experience the world in many ways that are unique to each of us…It is within this knowledge that you stand tall and secure and at peace.

We all have our own ways of processing events that occur in our lives…We cannot change a person, only influence them…You chose to be a positive influence in the lives of everyone you meet and also in your own life…It is fruitless to be anything other then positive, loving and nurturing…You are able to draw strength and inner peace from that mighty Oak Tree that is you. You do not allow dis-ease to enter your strong trunk…Any negativity you may feel is instantly released into the earth to become absorbed and transmuted back to
positive, nourishing energy.

Whenever life experiences bring you into contact with someone or something that is frustrating, aggravating or brings up negativity within you, you will recall the image of this peaceful, mighty Oak and relinquish your negativity and find that inner strength and peace. You will, from this point on, face challenging events in your life with a positive attitude and with a peaceful inner strength and knowledge that you shall overcome…You easily overcome any obstacle, whether big or small, ever drawing upon the strength of that mighty Oak.

Before I bring you back to this reality, I want you to take three deep breaths … With this first inhale, feel yourself grounded deeply in the earth. You are secure, strong and nourished…With this second breath, inhale the clean and crisp healing air. Feel relaxed and calm…With this last deep breath, feel the divine light from above radiating down to surround and protect you. You are centered. You are at peace and you are at one...at one with yourself…at one with others…and at one with the Universe.
Insecurity

By Rene A. Bastarache, CI, CHT

Anything in your life that is not in order is considered a dis-order … and that is the exact case with insecurity… It is a disorder, and you now wish to let it go and it is not useful to you and in many cases may have been a hindrance...

You are not replacing that negative dis-order of the past with self-esteem and confidence. You are confident in your abilities and realize that from this moment forward you are secure in all of your dealings with yourself and others.

Insecurity is caused by memories and by limited beliefs … of thing that may have not gone the way that you wanted them to … They are of the past … Yes, that means they are behind you and gone now … they are old news. It is now time to write a new chapter in your life.

You are confident and secure from this moment onward in your relationships and in all of your dealings with others. You have unlimited potential and trust in yourself. You move forward in all things and leave the past in the past. You live in the NOW. Welcome to your new life.
Insomnia I - (Sleeping to success)

By Rene A. Bastarache, CI, CHT

You want to get a full nights sleep, and awaken in the morning feeling completely refreshed and full of energy … and to receive positive, helpful suggestions at the same time … and the way you are going to do that tonight is simply by relaxing, listening to my voice and following my instructions … In just a moment I am going to lead you into an exercise that will take you into a deep … relaxed … sound sleep. Even while you are sleeping, your subconscious mind will be accepting the positive suggestions. It doesn’t matter whether you hear them consciously or not… so you can just allow yourself to fall into a deep, sound sleep You will sleep through the entire night and will not awaken until morning with the exception of emergencies. If anything occurs during the night that should require your assistance, you will awaken, take care of it and then be able to return to your deep relaxed sleep without any effort at all.

So just take a moment to make yourself comfortable right now, allowing yourself to breathe deeply and smoothly … you don’t have to look at anything specifically, just look forward, in a lazy, dreamy sort of way … In just a moment I am going to count down from 10 down to 1, and with each descending number I would like you to slowly close and open your eyes your eyes … You can slowly close them when I count the number … and then open them between the numbers … in slow motion … with every number … Let’s go ahead and begin now … 10 … Slowly close your eyes, and allow them to open again … 9 … Close, and open … 8 … 7 … 6 … 5 … 4 … 3 … 2 … 1 … Now just close your eyes … and you can keep them closed … The reason for doing this was simply to relax your eyelids … I’d like you to notice right now the feeling of relaxation … that you are noticing in your eyelids … That comfortable tired feeling … A pleasant heavy sensation … Whatever you are feeling in your eyelids … just allow that feeling to multiply, to magnify, and to grow … Allow your eyelids now to become totally and completely relaxed … You are totally in control of doing this … Nobody else can do this for you … You’re the one who is doing it … Take your time … and completely and pleasantly relax your eyelids now … Just let it happen … and as you relax your eyelids … allow that feeling of relaxation that is now in your eyes lids to flow outwards … in all directions … as waves or ripples on a pond … spreading out farther and farther …
Just allow it to relax your face completely … letting go of all the muscles … spreading out even more relaxing your entire head … feeling the rippling effect expanding even further down into your neck … and down into your shoulders … get rid of any tension that might be in your shoulder areas … as you just let go completely … down your arms … and into your hands …. Feel that wonderful feeling of relaxation … Allow it to go down your entire body to your legs … your feet …. All the way out to your toes … Completely relaxing your entire body … and letting go completely …. As you slow down a little bit … Just allow yourself to slow down and become calm … Continuing to let go … and slow down more and more as we continue … Remembering a time in your life when you felt completely safe and comfortable … In a moment I am going to count downward once again from 10 down to 1 … With each number that I say, allow yourself to slow down and relax even more … and at the number 1 you can allow yourself to be more relaxed than you ever thought possible … to be completely at ease and receptive … I will begin counting now … 10 … 9 … 8 … 7 … 6 … 5 … 4 … 3 … 2 … 1 … You are now in a comfortable, safe, relaxed state … One in which you feel comfortable at … fully aware of your being and surroundings … even though your body may feel asleep …. You can accept or reject any suggestions you are given … You are in complete control … more than at any other level of consciousness … You can give yourself positive mental suggestions … Suggestions that your mind can accept and act upon … Suggestions that are designed for your benefit …. To achieve the goals that you desire … See yourself relaxing completely and realize that this is exactly what you want to do … You have no place else to be right now … and nothing else to do … so allow yourself to be completely here … completely relaxed … Now is the time … as you take a deep breath ….you can enter a deeper and healthier level of mind … One with perfect harmony … More in tune with every breath that you take … At this point your subconscious mind is more open and accessible than at any other time … and suggestions given at this level are extremely effective … Whether you’re conscious mind hears me or not … it does not matter … You can simply allow your conscious mind to relax … and unwind … You can allow it to let go and think about anything you would like … Whether you a listening to the suggestions consciously, or not … it does not matter … because the subconscious mind … always hears … and always pays attention … Whether you are listening actively or not … your subconscious is present now … and can hear every word … You can take a deep breath now … and as you exhale and allow yourself to relax … you will notice that a drifting can occur … It’s natural that you’re conscious mind pays less and less attention to my voice.
Allow yourself right now to simply let go, relax and sleep ... as you feel a pleasant drowsiness taking over your body ... you find that you can let go of everything that happened during the day. It is all in the past ... Gone now ... Over ... and tomorrow is in the future... it hasn’t occurred .. It will be there waiting for you when you awaken ... So for right now ... all that matters is the present ... The here and now ... is all there is ... All that you need to concern yourself with ... You are feeling sleepier and sleepier with every moment that passes ... sleepier and sleepier ... Drifting down in to a deep relaxing sleep ... Deeper and more comfortable than you’ve felt in a long ... long time ... Feeling sleepier and sleepier with every moment that passes ... If you find that you are already asleep right now then you need not follow my further instructions of guiding you into even a deep, sleep ... But if you are still able to hear my voice ... then I’d like you to use your imagination right now ...

Just imagine that right in front of you within your arms reach is a blackboard, so close that if you were to reach out, you could write on it ... just imagine it, see it in your mind’s eye ... if you can’t imagine it, then just think about it and the same purpose is being served ... Imagine that there is a piece of chalk and an eraser on the tray at the base of the blackboard ... Now imagine that you are taking a piece of chalk in your writing hand and taking your time ... you draw the number 99 in the center of the blackboard ...... draw it very clearly ... and taking your eraser in your non writing hand erase the 99 ...... Now draw the number 98, taking your time and once you have completed it ...... erase the 98 ...... draw the number 97...... and erase the number 97... Now just hold on for a moment and wait for my further instructions ... In just a moment I am going to have you continue drawing and erasing the numbers backwards ... but once I tell you to begin, don’t pay attention to me any more ... by that I mean don’t listen to what I’m saying, don’t try to follow my instructions ... I will be speaking to you of course and you will be hearing me however I will be speaking directly to your subconscious mind which always hears, and always pays attention ... your job is to continue drawing and erasing each number in succession, taking your time ... allowing yourself to relax ... and some time in the process of the drawing and erasing your numbers ... maybe at the number 85 ... maybe 80 ... or maybe even at 75 ... it will become tiring, and inconvenient to continue with the task ... and you will want to stop ... and whenever that point arises ... where you become tired ... or it becomes inconvenient or a nuisance to continue with the numbers ... simply stop drawing and erasing the numbers ... and just allow yourself to quiet...
your mind and drop into a deep relaxed sleep … Even though you may continue to hear my voice … You can allow yourself to go into a deep sleep …

So let’s go ahead and begin now by having you draw the number 96 … taking your time and now erase the number 96 … Paying no further attention to me … just continuing to draw the next number and erase it … and the next one … continuing on downward … taking your time … paying no further attention to me … With every number you draw … and every number you erase … you become more and more tired … With every number you draw and every number you erase … you become so sleepy … so relaxed … The more you continue to draw and erase … The closer to sleep you come … Until you just allow yourself to let go … and stop writing the numbers … and fall into a deep, deep, sleep … you are falling into a deep REM sleep … which is a d…e…e…p sleep of dreaming … a d…e…e…p sleep that will leave you completely refreshed and recharged … The sleep you are entering into now is such a d…e…e…p sleep that you will find that your body will completely rejuvenate itself … This is the level of sleep where healing occurs three times faster than any other time … and if you have any aches or pains … or discomfort … you can allow it to just go away … You have no need your desire for it … as you are so relaxed … You are in control … and “deserve” to feel wonderful … You are healing … and becoming stronger in every way … With every breath that you take … Every beat of your heart … You are becoming better … and better … Feeling strong … Feeling relaxed … and recharged … So just allow your body now to drift off into a d…e…e…p d…e…e…p relaxed sleep … just let go …. and allow your mind to drift off … into a wonderful dream state … A wonderful state of relaxation … As you stay asleep d…e…e…p d…e…e…p s…l…e…e…p. And when you wake in the morning … You will feel better … then you ever have … More refreshed … and energized then you could have thought possible … You will find that each and every night … you can attain this level of deep relaxation … deep sleep … very quickly and easily … You’ll drop off to a deep sleep at will … Any time you desire … So now just allow yourself to continue to sleep … and recharge your system … until you wake up energized … healthier … stronger … and refreshed in the morning …
Insomnia II

By Martha Affeld, CHT

Sleeping is a natural normal Physiological process that is important to everyone. You are ready to return to sleeping like other people sleep. You are ready to learn the habits and behave in the ways that are important to prepare your mind for sleep. More importantly you are ready to relax and make sleep and rest your friend.

You will consistently get the sleep you need from now on. Decide right this minute how many hours of sleep you normally need before you are really feeling great when you wake up. From now on you will make sure you are in bed without distractions at an hour that will normally allow you to get this many hours of sleep. You will turn off the television, put down your books and finish any other activity before this time comes. If you must you will take any distractions out of your bedroom so you can sleep.

You will lie down and if you do not yet feel sleepy or you do feel tired you will be okay. You will continue to lie with your eyes closed and appreciate the rest. You will welcome rest. You will be content. Your body will allow you to sleep eventually. Allow yourself this rest.

You will get up even on the weekends after you have gotten your predetermined amount of sleep. It is important that you allow yourself the sleep.

You go to sleep and rest and you get up and feel refreshed. You do not give in to the distractions around you. You will be able to sleep from this night on as long as you follow these directions exactly.
Insomnia III

Focusing technique

By Rene A. Bastarache, CI, CHT

This script has been designed to be read into a recording device and played back to the client once he or she is comfortably settled in bed ready for sleep. If you desire to use it from your office, you will want to read through it in advance and alter it to suit your needs.

Get yourself comfortable right now in your bed in a position in which you are ready to go to sleep … close your eyes … take a deep breath, and exhale and relax … take a second deep breath … and as you exhale … let go of any tension … or stress that you may have … and now take a third deep breath … hold it for three seconds … … … and exhale and relax …

You have a desire to sleep through the night … to sleep easily … to get to sleep quickly … and to stay asleep until morning … and the way you are going to do this … starting this very evening … is to learn the proper way to sleep …

The most important thing that you must learn to do in order to go to sleep easily each evening is to learn to quite your mind … One of the best ways to do this is to begin to relax for a period of time before actually going to bed … This is your minds time to quiet down before going sleep … without having relax time at the end of your day, before attempting to sleep, your mind is still working in the fast mode, thinking about the busy things of the day … It hasn’t had the proper amount of time to unwind and let go of the busy tasks it has been doing throughout the day … This is why it is important to teach your mind how to unwind … how to let go.

The way that you are going to do this is by learning to focus your mind on one item… or one task … The way that you are going to do this is by using your imagination … I would like you to imagine right now that you are in your bed, and you are more comfortable than you have ever been before … It is as if you are laying on the most comfortable feather bed that you can ever imagine … Get that vision clearly in your mind … Imagine what it would feel like to be in this
large, thick comfortable featherbed ... Imagine that you are now looking upwards towards the ceiling and you realize that there is no ceiling there ... instead you are able to look outside into the evening sky ... You notice that there is a full moon out and you are able to see very clearly ... It is a comfortable evening ... and the temperature is just right ... Even though you are able to see outside into the sky you realize that there are no insects or anything from the outside can come into your room ... It is very comfortable and very safe ... As you’re looking up into the sky you notice a cloud being moved by a gentle wind moving overhead ... As you focus on the cloud you notice that it seems to form into the shape of the number 99 ... Notice it closely as you see the numbers form ... You notice it for a few seconds and then the wind seems to blow the number 99 away ... and then you notice the clouds forming above your head into the number 98 ... Take some time to see the number 98 form completely ... Now you see the number 98 blow away ... and then another cloud forms overhead turning into the shape of the number 97 ... Once again the gentle wind blows it away ... As I am speaking, you notice that this pattern continues as the clouds form into the number 96 ... then blows away ... going slowly, as you continually watch and focus on these clouds forming into the next number going downward in sequence ... forming into a number 95 ... then blowing away and continuing on and on ... I would like you to continue watching the clouds from this point foreword on your own ... paying no further attention to me ... or any outside sounds ... Watch the next cloud form ... See it clearly for a few seconds ... and then fade away ... paying no more attention to my voice ... just watching the next cloud ... and the next one ... going down further and further ... With every cloud you see form ... and every cloud that blows away ... you will go deeper and deeper into relaxation ... With every cloud that forms and every cloud that goes away you will become more sleepy ... more drowsy ... more at peace ... as you can let go of everything that has happened during the day ... and just focus on your clouds ... until you get to the point ... where focusing on the clouds ... and counting them downward ... becomes simply to tiring ... too much of a hindrance ... or two inconvenient ... and when that happens ... you may just stop counting ... and allow yourself to drop off ... into a deep ... sound sleep ... and you will find ... that when you drop off into this deep ... sound ... sleep ... that you will be able to sleep until morning ... without any interruptions ... without anything disturbing you ... and you will not awaken ... unless there is an emergency ... or something that is in need of your immediate attention ... and should that happen ... you will awaken ... take care of the situation ... and when you go back to bed ... you’ll be able to fall deeply into sleep again ... very quickly ... All outside sounds ... fade away
completely … as you continue to countdown … even now … trying not to pay attention to my voice … or what I am saying you … and each and every time you listen my words … you’ll become more and more sleepy … You’ll be able to fall asleep so much quicker … so much deeper … Each and every time … you’ll find that you’ll become sleepy … just by thinking of this exercise … just by thinking of this session … You will find that after this session is over … you will be able to go to sleep on your own … very easily … because now you understand… the secrets … the procedures … of how to go to sleep … It is simply by focusing on one thing … and letting go of all the busy tasks … of the day … Whatever you haven’t finished today … will still be there tomorrow … Keeping your mind on it … or thinking of it … is not helping you to get the job done … or helping you to sleep … You must let go of the busyness of the day … and focus on sleep … focus on these clouds … as you continue to count down … each cloud … and eventually … it becomes tiresome … and you let go … into sleep … you may be feeling … like you want to let go now … or very … very soon … You may have let go already … and are just listening … to the sound of my voice … Either way … you find that you’re becoming more and more sleepy … more and more tired … more and more relaxed … Feeling better … and better … with every breath that you take … With every breath that you take … you are becoming more peaceful … more relaxed … feeling better … than you have before … You’ll find that when you dream … you dream pleasant dreams … you dream beneficial dreams … dreams that will help you … to become more creative … more productive … more successful … and more healthy … Each and every night … when you go to sleep … you gain the proper rest … required … to help you to function … at your peak … Each and every night you will feel better and better than the night before … You’ll be able to sleep quicker, deeper, and more easily than the night before … So now just allow yourself to go to sleep … this very moment … Sleep … sleep … go into a deep … sound … sleep… and you will stay in this sound sleep even after my voice goes away … and allows you … to sleep quietly … to sleep soundly … So now just sleep … sleep … sleep …
Internet Addiction

By Rene A. Bastarache, CI, CHT

You are no longer addicted to the internet. Any need or drive to be on the internet has faded away like a past memory that is not important to you anymore. Now instead you find more productive things to do that keep you busy and you enjoy. You only go on the internet if you Need to.. for work or projects that require it. Surfing for something to do is gone. You have plenty to do in the real world that keeps you busy. You’re finding yourself getting out more, being more productive. By doing so you have more energy and are enjoying life so much more than before. You are feeling better and better each and every day ... And each day it gets easier to live a computer free life.
Interview Success

By Rene A. Bastarache, CI, CHT

You are a confident person. You are in control in all that you do. You believe in yourself and in your abilities. You know that anything you attempt to do, you will give it to 100% of your abilities and are confident that you will succeed. Especially in the area of interviewing. You will be calm and level headed. You mind opens up and you are able to come up with the proper answers in a quick and precise manner. Your speech is perfect and you are articulate. You are successful in all areas of your life. Believing in yourself and being positive gives you the confidence that you need to take on this interview.

When interviewing, the first thing that comes into your mind are the words “I can do it.” You realize that, “what the mind can conceive the mind can achieve” and you move forward with all things. Just because you haven’t done something before doesn’t stop you. Just because you may not know how to do something doesn’t sway you. You are open-minded and move ahead with confidence that you can and will succeed. You are a winner, you are confident, and you are in control.
Jealousy

By Rene A. Bastarache, CI, CHT

Jealousy is a thing of the past. Something that is no longer there, a negative memory that you have let go. You now allow yourself to experience a new, healthy set of good, positive feelings.

You realize that there are much better ways of acting and feeling.

You know that people who feel jealous, often doubt themselves or others, they find it hard to trust people close to them. It robs them of happiness.

You have decided that you want happiness in your life. NOW! You choose trust, love and friendship. You choose to be open and accepting of others.

You are secure and self confident and you have a right to be happy.

You feel kindness and acceptance towards others

You are accepting towards others and others are accepting towards you.

You trust others and others trust you,

You respect the wishes of other people and in turn they respect yours.

Your life has changed and you are happy with these positive changes.
Jealousy, dealing with

By R. Ryan Van Otten, CHT

You are totally self confident in every area of your life… Other people will not bother you with their possessions, their remarks or their achievements ... You are a valuable contribution ... No one can offer what you have to offer except you ...

Caring is what you are, not what you do or say … When you find yourself in a situation where you feel jealousy, you will now easily release the negativity in your heart, your mind, your emotions with a simple deep breath and replace that discomfort with divine care…Feel this caring sensation coming from within you and encircling you with comfort and relaxation, filling your entire being, every cell and every fiber of your body… This feeling is complete trust and fulfillment.
Job Interview

By Susanne Fred, CHT

In this session, you are going to learn how to relax and actually look forward to interviewing for that new job. You have decided that you will be in control of the situation…the situation will not control you. You have no problem performing to your best abilities in…this interview will be no different. You always impress people with your efforts and abilities…this interview will be no different. You always get an A+ for doing your homework. You have prepared for this interview…you are enthusiastic about sharing the information…your excellent ideas… insights…all the while believing in yourself. You know you are qualified…you already know you can do this.

I want you to use your imagination now. Visualize entering into the building/office where the interview is being held…pleasantly greeting passersby with your head held high with confidence…hearing yourself saying…”Good morning (afternoon). Picture yourself entering the waiting area…announcing your arrival…confidently… to the receptionist. While you are listening for your name, you breathe deeply and slowly…becoming more relaxed…more confident with each breath.

Now, visualize sitting across from the interviewer…poised…relaxed…confident. You are confident because you have prepared…you are success oriented. You know about this company…the mission statement…the goals. You have a sterling record. You have the energy…the abilities…the experience to contribute to the success of the company…you can contribute to their bottom line. You are an excellent listener…taking in all the interviewer has to say…listening carefully…focused. Thanking the interviewer for this opportunity, “Looking forward to hearing from you soon”…you have reached today’s goal of interviewing with confidence.
Job, The Perfect One That Suits You

By JoAnn Dworman, CHT

I’d like for you to imagine that you are standing in front of a large open closet where there are hundreds of garments hanging. These clothes represent all the possibilities of the kind of work you may choose to do. Some of these garments, you may have already worn, because you might have done the kind of work they represent. Perhaps you have out grown some of them or they were uncomfortable to you. These will be the garments that you are not interested in because they do not represent who you are and the work you want to do. They do not feel right for you. 

Amongst all the many garments, or work opportunities if you will, you see that one stands out from all the rest. It is actually on a golden hanger as it represents a golden opportunity. It is the type of job or work you would like to do. It’s what you have always been looking for and it so attractive that you want to make it your own; for it to be a part of you.

We will now call this garment a suit since it “suits” you so perfectly. But it can be any kind of garment that you “love” representing the work you love. It fits easily over what you are already wearing so go ahead and put it on.

You feel that this suit fits you perfectly. It is the kind of work that you’ve always wanted. It’ has enough space for all your creativity and it is the kind of job that suits your personality. It completely supports the lifestyle you have always dreamed of having. You feel like you now have the best opportunity to reach your highest potential. It’s exactly what you’ve always wanted. Imagine this perfect job for you. Create it now, in your mind for the next few minutes, imaging all that you need from it. . .

Maybe it will be a career or your own creative kind of work. See what feels right to you. Feel it as what you really love to do and see all the prosperity that you have with it. In fact, reach into the pockets of this great work that suits you, and notice all the money that you can pull from it. It just keeps coming, because there is no limit to the amount of prosperity and abundance that comes with this work. Abundance to you could be money or free time. See it allowing you the free time that your need to keep your life in balance. You are completely satisfied and fulfilled with this job that you have chosen. It adds so much happiness to your life.
and you have such a feeling of well being while you are working. You have security and comfort, and if you choose, you have excitement.

You realize that this work belongs to you; it opens your mind to your own sense of power and a knowing that you can create, everything that you want to create, and be everything you want to be.
Language learning

By Rene A. Bastarache, CI, CHT

You are great at learning languages. Learning language seems to come to you very easily, because it is something that you want to do. If you want to learn.
You want to be able to express yourself in another language. You have an interest in this language and a strong desire to be good at it, therefore you are.

All information that you have ever seen, heard or felt since the day you were born is stored in your subconscious mind … and it is available to you … at will … if you desire it … All you need to do is to relax … to let go … It has always been there … and will always be … for your easy access.
It works the same way with language. Everything you learn, or have learned while studying this language is stored in your subconscious mind. It is all there for your easy retrieval. All that is called for is for you to relax, and allow yourself to retrieve it.

Reach in now and remove any block to your memory that you may have had … Anytime you feel a block coming back, take a deep breath and as you exhale … you can command that block to leave you … It is your mind … your cache of information … you own it … And you control it.

You now are able to learn language very easily and quickly … Remembering is now a priority for you and you absorb it like a sponge… and it is easy and natural for you to remember … It doesn't have to be difficult to be worthwhile … It can be very simple … What you need to remember is easy to remember. It is a talent for you to remember. Enjoy your new talent.
Life of the Party

By Rene A. Bastarache, CI, CHT

You are the life of the party. People love to be around you because you are such a nice person and so fun to be around. You are a breath of fresh air. You are confident in all of your abilities and self assured.

You show unique concern and interest in what people have to say. In turn you notice that they are also interested in what you have to say.

You care about others and others care about you. You are promoting of others and compliment them whenever you get a chance. By treating others the way you would like to be treated you are drawing more people to you.

In public you are energetic, happy and refreshing in your comments. You are always positive and never sarcastic or condescending.
Dealing With the Loss of a Loved One

By Nancy Trombino, CHT

Envision that you are lying on the most magnificent serene tropical beach. You can hear the waves gently breaking on the beach. The sun is so warm and comforting…you feel relaxed and perfectly safe. With your eyes closed you can see a beautiful shimmering white light above your body. This light is medicinal, all knowing, pure, loving, and perfect. As you look at the light you can feel its warmth and love touching every cell of your body and soul. You know that you are in the presence of greatness. This light is intelligent energy… life force… God, or whatever you fell comfortable in calling it. You know this light is, and has always been with you…will never leave you. As you lay there, you intuitively know that this supreme intelligence is with you to offer strength and guidance in dealing with your loss.

This warm gentle essence is love in perfection…. just like your loved one…this love brings peace and calmness that is so perfect and beautiful. This is what your loved one feels every moment of every day.

You notice that there is a very gentle vibration surrounding you…this is spirit…loving energy… energy never dies…it just changes form.

If energy never dies…it is proof that your loved one’s presence is still very much with you…they have just changed form. During quiet moments…just before awakening or falling asleep… you will experience an inner knowing and deep awareness of their presence in spirit.

This new awareness gives you peace in knowing your loved one is fine and happy. You know that their loving wish is for you to be as happy as they are now.

Every time you think of your loved one, you will think of loving… positive memories…. pleasant times… fun times laughing together. This is what life is all about….creating happy, memorable moments that live on….talking about your loved one will be pleasant… makes you feel close to them….this will help you in your healing process.
You feel so grateful and honored to have had this person in your life…. realize the difference they made in your life and everyone else they touched…..you too have this greatness…

This understanding makes you remember how important you are to the loved ones that are still in this realm…. they love and need you very much.

Remember…. we are all here for a purpose…. life is a gift….you will love and honor your life…you look for ways to make a difference…just as your loved one did for you.

Every morning you will wake up feeling at peace knowing that your loved one is happy. You will no longer feel the deep pain of loss because you know you can visit your loved one during quite moments and through wonderful loving memories…a deep… warm calmness stays with you throughout every day.
Martial Arts

By Rene Bastarache, CI, CHT

An important lesson to learn is that the creative mind excels far beyond the competitive mind ... The only competition you have is yourself. By being creative you will improve your own game and enjoy it more as you do so.

Think back to why you were initially attracted martial arts … When you first started to practice … you did so for the enjoyment of it ... For the exercise, enjoyment and discipline … Keep that feeling foremost in your art …

From now on you are more relaxed and focused on your art than ever before ... As you practice or compete you are able to concentrate on each move and put out any outside distractions ... Before you approach your art whether in practice or competition or any other scenario, you visualize yourself performing to the best of your abilities in your mind ... You visualize yourself as the goal you doing exactly what you would like to do … Then you do it!

Throughout your entire process you are positive minded and optimistic ... You realize that each time you will now do your best. You will do what other athletes call getting into the groove, or the “zone” … and then you will excel even further … Rather than compete with others, you will simply do better that “you” ever have. You will exceed your own standards and see that there are no limitations ... The creative mind is so much stronger, creative and powerful than the competitive mind, therefore you do your best and then exceed it each time. Your only competition is you.

You now have the winner mentality … you keep your eye on the gold. When in competition you imagine yourself already having won your game … even before you start … If there is an award or trophy being given … you imagine yourself being presented the award ... As you do so ... you feel the feelings of victory, accomplishment, and pride of receiving it … You know it is yours … No matter who you are matched up with ... They are un-important ... The game is only about how you can improve on your last time … on how much better you can do than before … There is no pressure form outside … It is only you and your art … that you love … as you are creative in improving on it ... with focus
and concentration ... It is your time … It is your victory … and most importantly … It is for you to enjoy!
Masculinity

By Rene A. Bastarache, CI, CHT

You are a man .. And you are proud to be a man … you are happy being a man. You are constantly developing and sharpening your skills of manly-hood.

Being a man is good … and having manly traits is also good … In today’s society it is encouraged to be sensitive and caring … and you can still be both of those without giving up the traits that are attributed with being a man …

Traits such as assertiveness, confidence, decision making abilities, stamina, self sacrifice, determination, strength of body and mind, courage, leadership, protectiveness … You now have all of these and they are being developed stronger and stronger every day.

Being a man means to be strong of character, good and self confident. Taking responsibility for your actions … but also being strong enough to stand up for yourself when you are innocent. You also have the confidence and courage to stand up for others being wrongly accused or treated unfairly … even if it is not popular … It means going for the gold. Being the absolute best that you can be.

It is also knowing how to treat a woman with respect … and courtesy … Able to still be chivalrous … opening doors … bringing them flowers or gifts for no reason al all … and walking them to the door for safety …. Being strong but not conceited …

It doesn’t have to do with your muscles or length of time on this earth. It is the attitude of manly-hood. The inner quality that sets you apart from a woman … or an overgrown boy.

You can be proud of being a man realizing that people will notice you and respect you for it.
Memory, Enhancing

By Dr. Jane Greer (modified)

Each and everything that is important for you to remember you do with complete ease. You recall exactly what you need when you need it, effortlessly and easily. Everything you need to know is committed to your memory and you are able to retrieve it spontaneously as the situation demands. As you remember more and more important information you grow confident in your memory ability.

Your strong subconscious mind stores everything you have ever experienced in great detail, since you were born, in your subconscious mind. Every thought, sound, site, taste, and even smell is logged in perfect clarity. Your subconscious mind is more powerful than the strongest computer ever made. The difficulty that most people have to remembering is that when it is important to remember something they become stressed. Becoming stressed has a way of closing doors to memory. This is why many people, when they are taking a test, and become worried about the test, have difficulty remembering. The more stressed that they become, the less that they remember. You may have noticed before that when you forgot something and needed to remember it immediately, the more that you forced it, it seems the more difficult it was to retrieve.

However the more that you relax, the more you are able to retrieve anything that you like. So from now on, whenever you need to remember something, all that you need to do is to simply sit back, take a deep breath, and relax ... knowing that the answer will come to you ... and it will. Have the confidence that your answers or whatever you need to remember is in your subconscious mind. Have the confidence that you can retrieve it, allow yourself to relax and it will come.
Memory Recall

by Rene A. Bastarache, DM, CHT

All information that you have ever seen, heard or felt since the day you were born is stored in your subconscious mind ... and it is available to you ... at will ... if you desire it ... All you need to do is to relax ... to let go ... It has always been there ... and will always be ... for your easy access.

Reach in now and remove any block to your memory that you may have had ... Anytime you feel a block coming back, take a deep breath and as you exhale ... you can command that block to leave you ... It is your mind ... your cache of information ... you own it ... And you control it.

You now have total recall at will ... Remembering is now a priority for you ... and it is easy and natural for you to remember ... It doesn't have to be difficult to be worthwhile ... It can be very simple ... What you need to remember is easy to remember.

As you receive new information you have total recall of this information at will ... you now have the ability to retrieve that information whenever you like.
Memory Retention - Programming your Computer

Includes deepeners

By Rene A. Bastarache, CI, CHT

This script is designed to teach your client a technique of preparing files in their mind to remember unlimited amounts of data. Become familiar with it before using.

Close your eyes … and relax … take a deep breath … and a exhale … letting it all out … take a second deep breath … very deep … and once again exhale letting it all out … and on your third deep breath … hold it for about three seconds … … then exhale and relax completely.

I’d like you to begin to relax even more … keeping your eyes closed … I’d like you to imagine that you are looking at a movie screen set up in front of you … that is slightly above your eye level … and approximately 10 feet away … I’d like you to imagine that you can see this movie screen even though the eyes remain closed … maybe you can see it clearly and maybe you can’t … If you can’t see it clearly, just think about it and the same purpose is being served … just think about what it would look like … imagine that you were looking at this screen in a lazy, relaxed sort of way … now imagine and the center of the screen you see the number five appear … about 18 Inches tall … I’d like you to visualize its coming across the screen, three times, and as you see it appear on the screen three times I’d like It also say the number five to yourself quietly three times as it appears … taking the time now I want to see and say to yourself quietly, the number four, three times as you see it come across the screen … allowing yourself to relax deeper and deeper with each number … now visualize and say to yourself, the number three, three times … with every number that comes across the screen you become twice as relaxed, feeling much better than you did before … now see the number two come across the screen, three times, as you repeated to yourself quietly … and finally, visualize, see, or think about the number one, come across the screen three times as you repeated yourself quietly … realizing that you are so much more relaxed than you were just a few moments ago … and each and every time you do this to yourself, each time you count backwards and visualize the number is five through one, three times each … you will be able to come back to this come, relaxed state, feeling better than that time before.
Notice how relaxed you have become, however you do have the ability to relax even more and you will relax even more as the session goes on …

Now, as a way to help you to relax even more, I am going to count backwards from 20 down to 1 … and with each number that I count, you can allow yourself to relax deeper and deeper back your own pace … with each number I say, and the closer I come to the number one, the deeper into relaxation you will go … until I get all the way down to the number one, at which time you will have entered the alpha state, or even deeper … you will have and to a state of relaxation, a state of the mind where you are more receptive to helpful suggestions … than at any other time … so as I began to count … you can visualize the numbers on that Imaginary screen just in front of you … allowing your self, and giving yourself permission to relax very, very, deeply. Let’s go ahead and begin now with the number 20 … as you visualize it on your screen .. and you see it fade away … then comes the number 19 … and you become more and more relaxed … 18, 17 … as you see the numbers appear and fade away, you allow yourself to go into a very deep relaxed state … 16, 15 … so very relaxed, feeling so much better than you did before … 14, 13 … deeper and deeper … 12, 11 … just letting go … allowing yourself to feel peaceful … 10, 9, 8 … leading itself relax, knowing that the more you allow yourself to relax, the more effective the suggestions will be … 7, 6 … allowing yourself to go all the way down deep … 5, 4, totally relaxed, feeling better and better … 3, 2 … and finally … 1 … totally relaxed, and in the Alpha State, which is that part of the mind where changes are made… where suggestions aren’t easily acted upon …

Now that you are in this relaxed state of mind I am going to help you to learn how to organize your mind to be able to remember as many things as you desire … the human mind is the most perfect computer ever built … it is amazing what it can do when properly used … unfortunately, it does not come with a user’s manual … so consider this lesson a small user’s manual that will show you how to use just one of the many functions of the mind …

Just as a filing cabinet utilizes alphabetical file folders and a computer stores information in various programs, so can the mind store great amounts of information, and if it is stored properly this information can be retrieved or accessed just as easily as finding a file in a filing cabinet … in fact you’ll be able to find information even easier and quicker once you have become proficient with
this exercise.

The first step in programming your mind to be a super memory machine, is to create a place to store the information that you will want to recall at a later time. The file folders that we will create, or as we will refer to them from this point fall word the anchors that we will create, will be the most vital part of this entire exercise. By creating the anchors within your mind, which we will do In just a moment, you will be able to use the anchors as a way to store is much Information as you desire, and you will be able to retrieve this Information at will, extremely quickly, and in any order that wish.

Let’s go ahead and began now … before we began it Is important to you to understand that the mind works in pictures, rather than words. So for this exercise I will be asking you to use your imagination, and visualize things as clearly as possible. Don’t worry if you do not have a vivid imagination or if you are not able to see the things that we speak of, if you cannot visualize them, a see them clearly, just think about it in the same purpose is being served. It doesn’t matter whether you simply think about it or if you are able to visualize it. He began we must create you’re anchors we’ll file folders within your mind. The way we are going to do that is by having you visualize the specific rooms within your home and some of the objects in each room. Here is what I mean. How would like to visualize the main door of you home. The door that you use, then you and to you home by the most often. In each room you are going to pick five items, but don’t go ahead of me only do It as I walk you through It. Let’s go ahead and began so you can see what I am talking about … a mansion that you have just stepped through that door of your home and as soon as you have stepped into the door I want to imagine that you stopped. Now looking at the room you notice that there are four walls, a floor and a ceiling. In most homes there are items in each room that tend to always be there such as a certain picture on the wall, you a window, the air conditioner or the radiator. it can be a kitchen sink, a bathtub, or a bookshelf. And each room there are certain pieces of furniture. I want you to start with the nearest wall to the left of you … what item is either on the wall, against the wall or near that wall that you would remember very easily? if it happens to be a bookshelf as an example, simply remember, #1 is book shelf. … now going further on the second wall, what is on that wall that you remember … you may choose a window for example, then the third wall directly opposite you, you may choose a large mirror on the wall, and then on the wall to the right of you, the last wall what is there, a doorway perhaps? now you
have chosen for items, and for the fifth Item, think of something that is in the middle of the room or on the floor. You may have a coffee table, a kitchen table, a recliner, or if nothing you may just choose the carpet on the floor. I will give you a moment to go back and redo this room on your own. A couple things to remember before you began, is that we will do this with all the rooms in your house. Because this is your house you should be able to remember each and every item in order, if you use the same format in each room, the format is you always began at the main door, as you step in the door you choose the wall closest to you on the last and go in a clockwise manner around the room. Once you have found an item for each wall you will then choose the fifth item either on the floor, or the floor itself. It is very important that you do not choose the same item twice within the house. Meaning do not choose a window in the bedroom and also in the kitchen as this will confuse you later on. If for any reason you can not find an item in a certain area you can either think of a time when there was an item in that area that would be memorable or if you need to you may just create one can picture it in your mind.

This way each room will have five items. When you have left the first room you will then imagine yourself walking to the doorway to the second room, choosing the next room in a clockwise fashion. Then he will choose the five items in that room, memorizing them will be Items six through 10, then go on to the next room again in a clockwise manner, and those items will be items 11 through 15 and so on throughout the house. For the sake of learning this exercise, you'll be gathering anchors for only the first six rooms or however many rooms you have in your home if less than six.

Let’s go ahead and began now. Imagine yourself at the main door, picture the wall just to the left of you. What item is near or on that wall that you will remember easily? … commit that kind of memory and move on to the second wall beyond that one … choose an item … something that has been there fairly permanently possible … now go on to the third wall, which should be directly opposite you … and now the fourth wall just to your right … now for the fifth item, choose something that you have on the floor of the room, and if nothing is there then choose the flooring itself, or maybe even a pattern or feature on the floor.

Now move on to the next room and a clockwise fashion … and choose your sixth item beginning with the wall just to your left … now the next wall … and
the next wall … and the wall just to your right … now choose an item on the floor of this room …

Now will walk to the next room, and as you enter look at the wall just to the left of you and choose item 11 … and now the next wall to the left … and the next wall … and the last wall … and now an item on the floor …

Now you will walk to the next room and a clockwise manner, if possible … as you enter the room look at the wall just to your left and shoes and item on or near that wall which will be item 16 … and then the next wall … and the next wall … in the next wall … and now something on the floor …

Now you will walk to the next room and a clockwise manner, if possible … as you enter the room look at the wall just to your left and shoes and item on or near that wall which will be item 21 … and then the next wall … and the next wall … in the next wall … and now something on the floor …

Now you will walk to the next room and a clockwise manner, if possible … as you enter the room look at the wall just to your left and shoes and item on or near that wall which will be item 26 … and then the next wall … and the next wall … in the next wall … and now something on the floor … this last item you have just chosen makes item 30.

Now as a review, to see how well you have chosen the items in your home, I will come from one to 30, and with the number I say you will think to yourself the specific item that corresponds to it. so imagine yourself just entering the house and one more time by the main entrance . items one through five will correspond to the items that you had chosen initially. answer to yourself now, what is item 1? that was the first Item you chose just to the left of you.

what is item 2?
Item 3?
Item 4?
Item 5? which is the item that was in the middle of the floor.
Item 6? which is the first Item in your second room.
Item 7 Mark
Item 8?
item 9?
Item 10? which is the item in the middle of that room.
now moving on to the next room …
and onto the last room 26? … 27? … 28? … 29? … and finally 30?

Very good, now that you have completed this exercise you had successfully created 30 anchors in your mind that will stay with you as long as you would like. With these anchors you’ll be able to memorize 30 items at a time. Of course if you would like to memorize more, simply create more anchors in your mind before hand. you can use other rooms in the house, either the second floor, the basement, the attic, your workplace, even your parents house if you desire. Since these are anchors that come from places that you are familiar with you will always be able to remember the anchors.

Now the next question is how do you use the anchors? This is what you will learn and the next exercise. In just a moment L. account to three, and that the count of three you will open your eyes but you will remain in this calm, relaxed state of mind.

One … two … and three … open your eyes and to sit back and relax for a moment as I gave you the further instructions …

At this point you will have them take a piece of paper and a pen. test them on the knowledge that they acquired during the session.

I would like you to take your pen in your hand, and on the paper in front of you I would like you to write down the first five anchors that you have created in your mind, which will be the first five items in your first room. Now I would like you to write down item number 15, right down item number 10, what is Item number 13 of you’re anchors? Now I would like you to write down the last five items in a backwards order, from 30 down to 25. now take a few moments and write down all of your anchors in order.
From this point fall when you do not even need to remain in hypnosis in order to continue with the program. The hardest part of the program is done which was programming your mind with the anchors or file folders. Now in order to use these file folders to store information call you will need is the information, and approximately 30 seconds to one minute per item to store the information. You’ll be able to do it much quicker per item once you get the swing of it.

cents you have 30 anchors created I will show you how to memorize any 30 items. I have here a list of 30 items and now I will show you how to memorize each one of them. As I mentioned earlier, the Mind works and pictures and not in words. the more outrageous, crazy or ridiculous the picture, the easier it will be for the mind to remember. Therefore when you must do is when I give you the first item that you are to remember, you will choose your first anchor and you will create a sentence that includes both your anchor and the Item you want to remember. This sentence must be as visual and out of the ordinary as possible. It helps if you use something bigger than life such as cartoon characters doing their crazy things. so as an example is my first anchor were this table, and the first item I want to remember is the word guerrilla, I might say something to the effect of … A 300 pound pink guerrilla popped out from under my table, fanned out a deck of cards on the top of it, and with a big smile said “pick a card!” … now as you can see that was a crazy, very out of the ordinary picture. But, if you would you close your eyes, you can visualize that very easily. And that’s the whole idea. So at any time in the future when I think of my first anchor, which is table, I will immediately remember the word guerrilla.

Another example would be if you’re anchor were a picture on the wall, and the thing that you want to remember is Beethoven’s fifth Symphony, you may say something to the lines of … I heard music coming out of my picture frame, and when I looked inside I could see the entire orchestra actively playing Beethoven fifth Symphony and found myself applauding while watching. once again you can see that this is very easy to visualize because It is something not of the ordinary.

So let’s go ahead and begin, think of your first anchor, and put it in a sentence where you can visualize something out of the ordinary had to do with the word __________________. take a few moments to finish the picture and visualizing clearly in your mind. “Not to continually change the image ads and will be high to remember. The decisive.
Now choose your second anchor, and put it in a sentence way you can visualize something out of the ordinary having to do with the word ________________________.

Now take your third anchor and do the same with the word not take the fourth anchor, and use it with the word______________________________

now take your fifth anchor and use it with the word______________________________

continue this way until you have gone through all 30 words.

Now test them on their knowledge.

1. Airplane
2. Horse
3. Apple
4. Fork
5. Envelope
6. Chair
7. Stop sign
8. Computer
9. Fish
10. Necklace
11. Box
12. T-shirt
13. Christmas tree
14. cell phone
15. Grass
16. Bottle
17. Watch
18. Turkey
19. Chimney
20. Dictionary
Mental Programming Script

By Rene A. Bastarache, CI, CHT

Take a deep breath … and exhale … take a second deep breath … and exhale … and take a third deep breath … hold it for about 3 seconds and exhale and relax …

Imagine a movie screen … a few feet in front of you … slightly above your eye level … so you need to strain your eyes a bit to see it … See it as if it were outside of your head a few feet away … and now picture the number three on that screen, appearing and disappearing 3 times as you relax … 3 … 3 … 3 … and now the number two appearing and disappearing 3 times … 2 … 2 … 2 … and now the number 1 … three times … 1 … 1 … 1 …

And allow yourself to relax even more now as I count down from 10 to 1 and you let yourself relax twice as much with each number I say … 10 … 9 … 8 deeper and deeper … 7 … 6 … 5 just letting go completely … 4 … 3 all the way down deep … 2 … and finally 1 … totally and completely relaxed …

Now … before we begin … take a moment to gather your thoughts … What exactly is it you wish to accomplish in the upcoming mental meeting? … … … Good … now lets begin …

Imagine that you have a guide sitting next to you that you trust and that is an authority on whatever subject you may need them to be.

And now imagine the person or people in front of you that you wish to negotiate with… and imagine them framed in BLUE … Imagine yourself wishing them well as you welcome them … Thanks them for being open to your offer … and show genuine concern towards them …

Now imagine the person or people framed in GREEN, as you shift your awareness to the left … on that screen … outside of your head … mentally proposing whatever solution or proposal you may have … It must be something
that is advantageous to both parties … Take a moment to do that now ...

Now imagine the person or people framed in RED, shifting your awareness to the left again … imagining that the desired outcome that you proposed has already happened ...

In just a moment I will count of 5 … and you will come back to the here and now … feeling so much better than before … totally healthy and very comfortable …
1 … You are starting to emerge from hypnosis
2 … Feeling wonderful in every way,
3 … Coming back to the here and now feeling so much better than before
4 … Your eyes are starting to open
5 … Eyes open and able to resume your day or your sleeping … depending on what you were doing prior.
Metabolism

By Rene A. Bastarache, CI, CHT

When your main source of energy depletes, the process of metabolism turns to body fat for it’s primary energy source.

Proper diet and exercise will increase and speed up your metabolism.

From now on you eat a minimum of 3 healthy meals each day without skipping any of them.

You always eat healthy snacks between meals.

The idea is to eat frequently to prevent hunger pangs, and to keep your energy levels consistent which in turn will increase and speed up your metabolism.

Your body is designed with a survival mechanism just in case there is a time of famine.

Because of this mechanism, it is easier for your body to store fat.

Increase metabolism by eating several smaller meals per day. The idea is to never let yourself get hungry.

The way you will accomplish this is to eat three healthy nutritious meals and eat healthy nutritious snacks in between those meals keeping yourself satisfied throughout the day.

It will be very important that the snacks are healthy, and that the meal sizes are smaller than you have been eating to compensate for the additional calories the snacks provide to prevent weight gain.

When you exercise, your body requires more energy and your metabolism increases in order to supply it. However, most of the time we are not all that active, which is the reason people want to increase their metabolism.
The idea is to burn more calories when doing very little, like sitting around or even sleeping.

You find yourself feeling more active and wanting to do more each day. Your larger muscle groups burn more calories than the smaller ones such as exercising with squat thrusts which use your legs, burns off more than arm exercises.

Each day you are finding ways of increasing your exercising whether it be by walking more, taking the stairs rather than the elevator, or even the occasional squat thrusts or setups.

Your metabolism is increasing and you are becoming healthier.
Money Magnet

By Rene A. Bastarache, CI, CHT

The law of life is the law of belief. Believe in the power of your subconscious mind to cause you to succeed. What the mind can conceive, the mind can achieve. You believe in yourself. You believe in your success. You expect success...

There is no time limit to success. You can be successful now or later… but you choose to be successful NOW!

NOW is the time … Now is your time … So give yourself the OK … Give yourself the permission … right NOW … to be successful.

You deserve prosperity … You expect prosperity … Prosperity, health and happiness are natural. Meagerness, sickness and sadness are un-natural.

You have a right to be happy, to be natural, to be successful and to have plenty of money.

You are a money magnet.

Money, success, and opportunity seem to be drawn too you constantly… They find you wherever you are.

You are now aware of opportunities around you and are able to take advantage of them.

You are successful. Money is always circulating in your life. You release it with joy, and it returns to you multiplied in a wonderful way.

Money flows to you in abundance. You use it for good purposes, and are grateful for the riches of your mind.

You are a money magnet.
You are always on the look-out for good, positive opportunities. New opportunities easily and frequently come your way. You are on top of your game and recognize all opportunities as they occur. You always seem to be at the right place at the right time.

Change your thoughts and you change your destiny.

See yourself as having “more” than enough money to pay bills, invest in your life, your future, and even plenty for vacation, travel, fun and savings.

You now have more than enough!

You are a money magnet . . .
Motivation and Confidence

By Barbara Carter, CHT

If you follow my instructions carefully without being critical of them, you will find that you are self-confident and able to accomplish all of your goals… You have no doubt in yourself… You feel motivated to be successful at whatever you are doing… Whether it be playing the drums or working on schoolwork… you will work hard, finish all of your assignments, you will do your best… Any task that you do you will finish in a positive manner
Motivation Improve

By Rene A. Bastarache, CI, CHT

If you follow my instructions carefully without being critical of them, you will find that you are self-confident and able to accomplish all of your goals... You have no doubt in yourself... You feel motivated to be successful at whatever you are doing... you will work hard, finish all of your assignments, you will do your best... Any task that you do you will finish in a positive manner.

You are happy and motivated to attempt new things. You are excited as you approach a new task as you know you will do your best and your best seems to always get better and better.

You notice that you now have a sort of childlike quality about you... an excitement, a new energy as you approach any new or even old task. You are curious and excited as you complete you tasks at hand and do a wonderful job giving it your 100% effort and attention.

This wonderful feeling of motivation keeps growing stronger and stronger each and every day.
Nail Biting I

By Rene A. Bastarache, CI, CHT

You know longer bite your nails, that is a thing of the past. You have now outgrown this behavior, and you realize that nail biting is just one of many ways that people deal with stress. The subconscious mind will help you in every way that it can however sometimes it does not do the best thing for us and we must inform it of what to do. Our subconscious mind is innocent like a four year old child. When a child becomes nervous or stressed they bite their nails which is why you have been doing it in the past. Now it is time to inform your subconscious mind, the child within, that biting nails is no longer the way to deal with stress. Now that you are an adult, you want your nails to look healthy and strong. So from now on, from this point forward, whenever you have stress, you’ll deal with it in a different way. All you need to do is simply take a deep breath and as you exhale, simply say to yourself quietly … relax now … when you do this, you’ll find all the stress fade away. Nail biting is part of the past and you do not do it anymore. Instead you are replacing it with taking a deep breath and saying … relax now … it is that simple. By doing this now your nails and the surrounding skin of your fingers will heal and become healthy once again. Your subconscious mind always wants to help you and now it will be happy to change and help you to be healthier and happier.

I want you to use your imagination right now. imagine that you’re placing your hands up with your fingers extended outwards right in front of you, and now imagine your fingertips and your nails looking exactly like you would like them to look, visualize them clearly in your mind if you cannot visualize it just think about it and the same purpose is being served. This is what your nails should look like, and will look like. Your subconscious mind will help you in every step of the way to help your fingertips to heal and be healthy just like you are visualizing them right now. You have developed a new positive habit of taking a deep breath as a way to deal with stressful situations. You are successful and you will remain successful every step of the way.
Nail biting II

By Mark Snowman, CHT

You will have more willpower and self-control. You know that you can move your hands at will and you can move your feet and put them where you wish. You will have the power and self-control to redirect your hands elsewhere. Anytime your hand is moving towards your mouth, it continues past it and instead stroking your hair. This way you give yourself a pat on the head of confidence and reassurance that your nail biting is a thing of the past. You will be so pleased with your success and control and thus gain a great deal of personal satisfaction from this accomplishment.
Nail biting III

By James Quinn, CHT

The reason you are here is to be hypnotized to stop biting your finger nails. Just by deeply relaxing you will be able to overcome this habit. If you accept the suggestions I give you, success will be yours.

As you relax, and go deeper you can take a new look at your fingernails. They are long and slender. You just had them done and the beauticians commented on how good they look.

Pitcher yourself leaving the nail saloon and heading to a TV studio to be the star of a TV commercial for hand cream. The whole world will be admiring your nails. Just think how proud you will be.

Your spouse and children will be glowing. As you engage in social activities, you will be able to cut the cake and dish out ice cream without feeling self conscious about your nails.

At last you will be in control and your appearance will be enhanced. Your grateful student,
Nerves of Steel

By Eugene Johnson Jr., CHT

As you continue to drift on down, deeper and deeper into relaxation, so calm and peaceful, I am going to present some suggestions to your subconscious mind that will be reasonable, acceptable, and in your best interest. You have come to this deep relaxed state because you have decided to change your nervous reaction to the closing of doors and the banging of ice trays on the kitchen counter from the freezer. You want to take control of your emotional reaction and your life. I want you to use your imagination.. I want you to imagine that you are in a place that is tranquil and very very quite. When you have visualized that place… nod your head. You feel very very relaxed.

From now on when you hear doors closing and the ice tray being banged on the kitchen counter you will no longer jump. When you hear these sounds from now on… it will be the most pleasant sound that you have every heard. From now on …I want you to feel the confidence that you have by not letting noises make you nervous. Remember you have the power and you are in control of your emotions. Again… When you hear these sounds from now on… it will be the most pleasant sound that you have every heard. From now on …I want you to feel the confidence that you have by not letting noises make you nervous. Remember you have the power and you are in control of your emotions.
Nervousness

By Richard Kohsiek, CHT

Take in a deep breathe now. Now take another that you hold in for a few seconds… Exhale and relax, allowing any stress you may have remaining to drift and with each breathe. You are calm and in control.

Imagine any nervousness you feel is nothing but a child’s ball in your stomach. Throw it from you and watch it disappear… It is gone… You are in control… You are strong and confident… Whatever life puts in your path can be handled… Any situation, job, group of people, or feeling can be mastered and survived… You have the option of relaxing under any stress…

Whenever you feel your stomach muscles tighten or your jaw clench, you’ll remember; don’t sweat the small stuff- and it’s all small stuff. You’ll take a deep breath and exhale slowly. You’ll feel strong, secure, relaxed and in control of your reactions to ever situation… You’ll be proud of this confidence… You’ll be proud of the comfortable state of the muscles in your body that previously would have been steeled against the fear. You’ll know and believe you can always subdues and eliminate the nerves… All the fear is gone and will always be gone and you have the power to keep it away… You are happy and confident.
Nightmares

By Martha Affeld, CHT

In the night we all join a magical realm. Each night you swim through many dreams. Most are wonderful. Sometimes your dreams take you by surprise and they show images that are very negative and upsetting. You will have no more nightmares.

Tonight and every night as you close your eyes you will direct your dreams to those things that you wish to see and dream about. You will have only positive and sweet dreams full of wonderful feelings, images and scenes. Each night will be filled with delight.

If you sense that a dream may take a negative direction you will take charge of what is happening in those moments. You will grab control of your dream and decide to make it a positive dream that will allow you to awaken in the morning feeling relaxed, refreshed, and wonderful in every way. You are now in control of your dreaming.
Noise sensitivity

By Rene A. Bastarache, CI, CHT

You have come to this relaxed place with a desire to eliminate your sensitivity to noise. Keep in mind that what your mind can conceive it can achieve. Therefore if you have a true desire to be less sensitive to sound, then yes you can and will attain your goal.

Sensitivity to sound as well as other stimuli are mostly attributed to focus. In other words what you focus your mind on is what you will notice the most. You can focus on something very tiny or insignificant, and within a very short time it would become large and insurmountable. The key is focus.

From now on you are aware of this focusing dilemma of the past. From now on whenever you find yourself being sensitive to sound, you simply focus on something else. It may sound simple, but it is very effective. All you have to do is focus on another sound or an other stimuli altogether, such as a scenery, a picture, or even the back of your hand.

Find something else to focus on, and study it in detail. Describe it to yourself focusing on only the new item, letting go of the prior focus that you were sensitive of. By taking the time and seriously committing yourself to doing this, sensitivity to sound will be a thing of the past.
Obsessive Behavior

By Rene A. Bastarache, CI, CHT

You are listening to this session because you want to eliminate your disorderly behavior of being obsessive. There are may types of obsessive behaviors and too many reasons for them to be discussed at this time. But the one thing that they all have in common is where they come from ... and that is from within the person who has them ... In your subconscious mind. They began there and that is where you will stop them.

Think about it, can you see obsessiveness in the room anywhere? Is it in your living room, under the bed ... or in the closet? No, it is only in your head. Yes, it may have been a serious hardship for you in the past, but even though it is in your head, you are in control of anything that comes from your subconscious ... if you choose to take charge. Here’s how ...

First comes the desire and second comes the commitment. If you feel you are truly committed to stop this behavior in it’s tracks, then you are ready for step three. Step three is a secret that not many people know about or do very often. It is a very strong technique that if applied and practiced immediately without thinking critically of, or analyzing it, always works. It is old as time itself and can still be a new concept to you. It can be totally described in just three tiny words.

So, step one … if you truly have a desire … and … step two, you really feel you have a commitment to STOP your obsessiveness and will not think critically, evaluate, or analyze the up-coming step three, and are willing to change … then, here is Step Three. It is the simple three words … they are DO IT NOW. That simple… If you want to let go you must “let go” and start your new life of orderly behavior now. Not later or after treatment or whatever else you may have been thinking of doing. DO IT NOW. Take a deep breath and take control of your own subconscious mind. Tell it that obsessiveness is a thing of the past … Let it fade away like a negative memory of the past that is not important to you. Do it now!
Organization

By Christine Sincavage, CHT

You are an organized person and you will find that each day you will become more and more organized. Your mind is much more open and you can easily reach into your subconscious to help you become the organized person you want to be.

At work and at home you will get yourself some file folders for different subjects or different bills. Whenever a piece of paper comes across your desk you will decide whether it is worth saving. If it is worth saving, you will file it immediately in the appropriate folder. You will store the folders neatly and arrange them in a manner that makes sense to you.

You will make separate folders in your e-mail system. Whenever you get an e-mail you will read it and decide whether it is worth keeping. If it is, you will either print it out and place a copy in a paper file or move it into the appropriate folder on your e-mail system. If you will not need to keep it, you will delete it by the end of the work day.

Every day before you leave work you will take 15 minutes to clear off your desk. You will file any papers into the appropriate folder. You will leave your desk clean and organized. Take time to look at your clean desk and feel proud of what you have accomplished.

At home you will have a similar system for your bills and financial papers. Whenever you pay and bill you will file it in the appropriate folder. You will do the same with your financial papers. Everything will be neat and organized.

You are becoming more and more organized each and every day. You have the ability to keep your desk and e-mail system clean and functional.
Pain control

By Shay Magidov, CHT

As you are calm and completely relaxed, you are open and willing to receive and accept my rewarding suggestions. Although your thoughts may be drifted away from here, your subconscious mind is attentive and records every positive suggestion now offered you.

Now I want you to imagine yourself at a wonderful beach. The sea is calm. The sun is shining. You can even feel in your imagination a warm breeze, you feel good. You stare at the horizon. You can hear the waves as they approach you standing on the warm sand, the water almost reaching your feet. It is so relaxing, so good.

Now I want you to imagine a bottle. An empty bottle. I want you to pick that bottle up from the sand. Hold it, look at it. It’s an old, empty, but corked bottle. You can easily uncork a bottle. Do it. Uncork it.

Now with the power of your imagination and your subconscious mind, I want you to fill that empty bottle with all the pain that you feel. Simply imagine your pain flowing from your body into that bottle. Flowing, and filling the bottle. Flowing and leaving your body. Completely out of your body and into the bottle. Cork the bottle now. And, throw it into the sea water. As far as you can. All the pain you suffered from before is in that bottle now. And it floats further, and further away from you, inside that bottle, away and away. Keep watching the bottle, drifting away from you in the current … and as the bottle floats away, so all you’re paying floats away with it.

You are so relaxed, free from pain. It’s gone. You can not see the bottle anymore. It is so far away, it’s too small to see now. So is your pain. It is gone … and you feel better than ever, calm and relaxed. Happy and full of joy. You feel strong. You feel completely healthy and you are so relaxed.
Pain, Lower Back

By Dr. Larry Roth

Please sit comfortably back into your seat. Take a deep breath… exhale. Take another breath … and exhale. Now take a deeper breath and hold it for 3 seconds… and exhale. As you exhale, I want you to focus on the area of pain you are experiencing in your lower back… I know you have been suffering with this pain for some time and our goal for you is to resolve this area of pain… I want you to localize the area where you are experiencing this discomfort. In fact I want you to touch very likely with your first finger of your right hand the location where you are feeling the most pain… At the same time I want you to continue to breathe deep, cleansing breaths… With each breath you take, I want you to press a little deeper with your finger into the area of pain… As you breathe deeper and as you press harder, the pain in the lower back is starting to diminish… I want you to continue breathe deeply and press firmly and deeply into the area of pain… The more you breathe, the harder you are pressing and the better your back is feeling… At the point when the pain is gone, I want you to move your fingers away from your back and rest your right hand in your lap… I want you to continue to breathe … deep and relaxing breaths … More deep and relaxing breaths. Your back continues to feel stronger and without pain with each breath. The more you breathe, the stronger the back feels. The pain in the back is gone and the back continues to feel stronger.

If the pain radiates down the leg, then include “the pain going down the leg is moving down the leg and is leaving the body. With each breath, the pain down the leg is continuing to leave the body”
Pain Release

By Shay Magidov, CHT

As you are calm and completely relaxed, you are open and willing to receive and accept my rewarding suggestions. Although your thoughts may be drifted away from here, your subconscious mind is attentive and records every positive suggestion now offered you.

Now I want you to imagine yourself at a wonderful beach. The sea is calm. The sun is shining. You can even feel in your imagination a warm breeze, you feel good. You stare at the horizon. You can hear the waves as they approach you standing on the warm sand, the water almost reaching your feet. It is so relaxing, so good.

Now I want you to imagine a bottle. An empty bottle. I want you to pick that bottle up from the sand. Hold it, look at it. It’s an old, empty, but corked bottle. You can easily uncork a bottle. Do it. Uncork it.

Now with the power of your imagination and your subconscious mind, I want you to fill that empty bottle with all the pain that you feel. Simply imagine your pain flowing from your body into that bottle. Flowing, and filling the bottle. Flowing and leaving your body. Completely out of your body and into the bottle. Cork the bottle now. And, throw it into the sea water. As far as you can. All the pain you suffered from before is in that bottle now. And it floats further, and further away from you, inside that bottle, away and away. Keep watching the bottle, drifting away from you in the current … and as the bottle floats away, so all you’re paying floats away with it.

You are so relaxed, free from pain. It’s gone. You can not see the bottle anymore. It is so far away, it’s too small to see now. So is your pain. It is gone … and you feel better than ever, calm and relaxed. Happy and full of joy. You feel strong. You feel completely healthy and you are so relaxed.
Panic Attacks

By Rene A. Bastarache, CI, CHT

These simple instructions will help you at the onset of panic attacks … and give you an alternative to the panic and fear of the past.

In order to be relieved of panic attacks it is important to understand what causes them ... Panic attacks may come about by things that you have been doing … that trigger an intense and anxiety provoking memory of a traumatic past events in your life, or even series of events ... They can come from your own experiences or sometime the experiences of others ... They can be triggered by accidents, illnesses, the death of loved ones, or results of incidents that you were suddenly thrust into un prepared ...

Sometimes they seem to come from nowhere at all … and therefore cannot be resolved mentally.

They can come quickly and unexpectedly … and leave just a mysteriously as they came.

Fear seems to happen when there is seemingly nothing to fear … and many times the panic is simply over the fear of the panic returning.

So what we must address, is the fear associated with panic ...

Hypnosis is very helpful in both mild and severe panic attacks … however severe ones should utilize regression to find the initial cause … and then the cause should be dealt with ... Since this in a generic session … it cannot address these individual issues … however can help with the fear which is the catalyst.

The fear that you are going to have another one … or that you will trigger panic again when you return to a similar situation to where the first one happened.

Know now that whatever happens … you are in control … and can stop it if you focus. By relaxing … just as you are now ... By being relaxed you can diffuse the anxiety … and let go.
Realize that fear is in your head only... No one can see it but you... No one else even knows it is happening... or has a clue except for you... You cannot hold it... touch it... or move it... It is not physical... it is not outside of you... It is emotional, and it is inside of you... therefore you DO have control over it... The key is to get on top of it before... or as it actually starts... so you can stop it... and the way you are going to do that is with these hypnotic suggestions.

From now on your subconscious mind will alert you before... or just at the beginning of a panic attack... so you will have a moment to do this technique... And it is very important that you do it... You will simply touch three of your fingers together in either hand... your index finger, your forefinger and your thumb... and take three deep breaths... as deep as you can... This hand position is called a Mudra, and has been used in the orient for many years... and the deep breathing will give you a flow of oxygen to your system... that will help you to relax and let go... As soon as you do... you will immediately come back to this relaxed state you are now.

It is important for you to know that while the panic attacks of the past have been an inconvenience... and an annoyance... they are not dangerous to you!... They will not harm you... Desire yourself at those times to relax... command yourself to relax... and your subconscious mind will follow your desire.

While you are doing this... imagine yourself in a beautiful valley... or someplace you feel totally happy, safe and comfortable... Use your imagination... seeing yourself there relaxing, safe and in control... In fact do it right now... Touch your three fingers together... take three deep breaths and imagine yourself in that wonderful... safe... happy place... and relax...

This is your new habit from now on... you are calm, relaxed and in control...

Enjoy your new life...
Peak Performance

By Rene A. Bastarache, CI, CHT

You always perform at your peak performance in whatever you do ... Whether it be in sports, public speaking, entertainment or any competition. When you are preparing for your performance you concentrate on your breathing ... If you find yourself getting nervous or anxious at all ... all you need to do is take 3 deep breaths ... and on your third one as you exhale ... simply say to yourself ... relax NOW ... and you will immediately come back to this relaxed feeling that you are at right now ... being relaxed and in control ... You will be at your peak ... giving your full attention and focus ... so you can perform your best.

Whatever you are going to be doing ... I want you to visualize yourself doing it right now ... I imagine yourself right now performing whatever it is you do ... and you are performing to the best of your abilities ... Imagine it as clearly as you can ... (pause) ... and as you do ... imagine taking a deep breath ... and you notice that you are performing twice as good as you normally do ... and with each breath you take, you seem to get better and better. You reach your peak, and then surpass it. Your only limitation were the ones that you used to set for yourself ... and now all limitations are gone like a negative memory form the past. You achieve greatness ... you are the very best at your trade. You succeed because you want to ... and you know you can.
Perfect Body

*By Rene A. Bastarache, CI, CHT*

Your body is an expression of who you are inside. Who you see yourself as. It shows your discipline and dedication in taking care of yourself. It also influences your sex appeal to others.

The perfect body is a combination of the outside and the inside. In addition to taking care of yourself, exercising regularly and getting the proper amount of sleep, it also means the proper nutrition and diet.

The place that all change ultimately comes from is the subconscious mind. In order for anything to happen in this world it must first happen as a thought. All that you see, all that is created … was at first a thought before it became a reality. Even your body is that way. The way you think of yourself, the way you feel is expressed in your body. If you are energetic, tired or happy … It all displays itself in your body.

So in order to create the perfect body you must first have an idea of exactly how you would like your body to become in your mind. You must have a burning desire and laser beam focus on your goal in order to make it a reality.
Personality, being positive

By Robert L. Green Jr., CHT

As a result of this hypnosis session, you will be an extremely positive person who is loving, giving, and joyful in spirit. Others around you will notice this and they themselves will be more positive in their personality. This will spread from person to person, like ripples in water, to every individual on the planet.

I want you to imagine that you are having a wonderful day. Everything it seems is going your way. You are happy, smiling, laughing, and enjoying life. You couldn’t be more content. You are at peace and yet extremely exuberant.

Now imagine meeting someone. You feel so good, so positive in every way that it is apparent in your body language, the smile on your face, the twinkle in your eyes. You are radiating such peace, love and joy that other people actually begin to feel happier and more positive themselves.

This positive energy, which makes you feel peaceful, loving, caring, forgiving, accepting, and positive in all regards comes from an unlimited supply. It is flowing into you now and will continue to flow into you from this moment forward, elevating your spirit and every person’s that you encounter.
Picking of Skin

By Rene A. Bastarache, CI, CHT

In order to quit picking skin it is important to understand where it comes from and why it is done. Why do people pick skin, scratch, bite nails or any other form of self-destructive behavior like this? The reason is stress! Picking of skin is simply a nervous outlet to deal with stress ... Stress is the main factor behind most of the negative disorders in society today... but the good news is that stress can be easily controlled.

So, right now allow your past disorder of picking skin go away like a negative habit of the past ... It is something that you “used” to do ... and it is NO MORE ... Now ... whenever you feel stress ... you simply take three deep breaths and on the last one ... as you exhale ... say to yourself, quietly, the words “relax now”... Upon doing that the stress will just fade away ... Once again, when you are stressed just take 3 deep breaths and on the last one ... as you exhale ... say to yourself the words “relax now”... This simple technique will help you anytime you feel stressed ... and it has replaced the disorder you used to have in the past ... with a new positive habit ... This new positive habit of deep breathing is yours ... you own it ... It is part of you now ... And will stay with you for as long as you want it to.

Another thing to keep is mind is that stress only resides in the past and in the future ... it does not have a place in the present ... In the present it does not exist ... So whenever you feel stressed ... Simply think of something directly in front of you that you are doing right now ... such as describe a picture you are looking at ... look at the shape of your hands and the lines of your palm ... Notice the designs that the lines make ... anything that takes you to the “now” will work ... You can just do it for a few minutes and the stress will fade away ... The now is Stress-FREE ...
Popularity

By Rene A. Bastarache, CI, CHT

Popular people seem to have more friends and are happier all round, so clearly being popular is good. Since they don’t teach this in school what should you do to become popular.

Here are the new qualities you are developing…

You are motivated more than ever before, you are full of energy, excited to do new things. Excited to meet people.

You are good natured and well-liked. You keep a smile on your face.

You’re respected by your peers and also show them respect, this reinforces their belief that you are deserving of your popularity.

You are well liked and have a great sense of humor. People enjoy being around you as you are fun to be with and promoting of them. They feel good … just being around you.

You are accepting of others and in return they are accepting of you. Two of the key factors in being accepting of others is to be open minded and non judgmental.
Positive Attitude

By Linda Smith, CHT

I’d like you to take a deep breath now………………hold it a few seconds, let it go and relax. Take another deep breath very deep, hold it …and as you exhale allow all of the stress and anxiety you have let go, and free yourself. Take another deep breath in and imagine only positive energy coming into your body…and as you exhale completely relaxed.

This is your new way of thinking about being a positive person. When someone asks you how you are, you will say, “Wonderful”. You know that if you think you are wonderful, then you are wonderful. You are able to replace every negative thought with one that is positive. You feel empowered with this new ability. You are able to use words that describe the positive power and energy that comes from our thoughts. Words like clever.. happy… thoughtful…peaceful.. loving…kind…gracious…able…independent…helpful….gracious….honest….dependable….intelligent….resilient…(add any other positive words appropriate for client) You see yourself as a person who has the ability to change a negative thought into a positive thought, without hesitation.
Positive Feelings

By Rene A. Bastarache, CI, CHT

Positive feelings increase health, happiness and strength. Being positive helps you to look at the world in a different light. You are now positive in all things. You want to be positive.

What are the benefits of being positive?
Things seem to go your way more often … and you attract positive to you when you are being positive. Positive people like to be around other positive people helping you to attract what you really want in your life… positive events.

Being positive helps you to see the good side of things … The glass is half full rather than empty. All events whether favorable or not have a positive side to them and therefore are easier to deal with.

You find the positive in all people you deal with. Everyone has positive qualities in them … You now take the time to find them…

Whenever you have difficulty in thinking of positive in your life or anything at all … you now take time to list the things in your life that you are thankful for. Take the time to list them one by one and you will find that you have much to be positive for.

Rather than dwelling on what you cannot do or what you do not want … you now only dwell on what you can do and what you do want.

You are positive in all that you do…
Positive Thoughts Script

By Dr. Frank Slezak, CHT

From this point on, the only thoughts that you will have are positive thoughts. You will rid your mind of negative words like can’t, won’t, should-have, would-have and could-have. From now on, your mind will only think in terms of “I can” and “I will”.

Use your imagination and picture yourself taking those negative words, one at a time, and putting them into a garbage bag. Picture the word “can’t” see yourself throwing it into the bag. Picture the word “won’t” and throw it into the bag. Take the words “could-have” and throw them into the bag. Finally take the words “would-have” and “should-have”. Feel them in your hand as if they were a bar of lead and, holding them for the last time, throw them into the bag. Picture yourself sealing the bag so that nothing can escape from it. You are holding the bag in your left hand. Now picture yourself walking across the room to a garbage can. You open the lid of the garbage can with your right hand and throw the bag of negative words into the can hearing them crash against the bottom of the can. They are gone from your life forever. As you put the lid on the garbage can, you feel a sense of assertiveness and confidence.

Suddenly you have a warm surge of energy, as you finally got rid of the garbage that has been with you for a long time. Never again will those words be part of you. Instead, they are replaced with positive words and positive thoughts. The words “I can” and “I will” will empower you to reach those goals that you have always wanted to achieve. By throwing away the negative words and thoughts you have freed yourself to take control of your life and achieve those things in life that are most important to you. Never again will negative words be part of your thoughts.

When you hear other people use negative words and express negative feelings, you will smile at them knowing that you are the lucky one. You have freed yourself from the anchors that those words had on you for so long. From this moment on it is “I can” and “I will”.

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Pre Game Nerves

By Rene A. Bastarache, CI, CHT

In the past you were affected negatively by pre-game nerves but that is no more. You are now using those pre-game nerves to your advantage. Taking a negative of the past and turning it to a positive, to your advantage by knowing how to focus them.

Think of nerves and anxiety as fuel which is converted into energy. Like a fuel anxiety can be wasted on useless thinking, worry or things that are not important. It is like a leak in your gas tank, draining you of energy, leaving you exhausted before you even start!

You are now using your fuel wisely and conserving it for what is important to you by focusing on your performance. You are using your imagination.

Whenever you become anxious about your performance due to unproductive thought, you will immediately say out loud to yourself “cancel”, stopping the useless line of thinking, and then you immediately use your imagination, seeing yourself having completed your game or task and having won … having become the best at what you do. Imagine yourself as receiving the praise and even recognition for being the best. See it in your mind happening and even feel the feelings associated with being the ultimate winner. Imagine and feel yourself in the “Winners Circle”

By continually doing this you are creating memories of being a winner and conditioning your mind to “Win“. Your strong subconscious mind responds and reacts to the input it is given. As stated earlier, it will burn the fuel it is given and from this point on you are burning high octane, (the good stuff) you are focusing on positive, winning thoughts.

Anxiety and pre-game nerves are now a good thing, as you know how to focus them … They help you to keep on top of your game … and you now appreciate them for what they are. You now look at them as pre-game focus and programming.
You are a winner and you will win… you have confidence that you are a winner.
Problem Solving

By Rene A. Bastarache, CI, CHT

The first step to solving problems effectively is to enhance your thinking skills. You are now very creative when approaching problem solving. By being creative and allowing your mind to relax and be comfortable you will find that answers will come to you that will suit your needs.

Do not overlook the simple. Many times we seem to look everywhere for a solution when the answer is sitting right in front of you. Very simplistic and thorough. Be attentive and open minded and your strong subconscious will guide you. Be sensitive to your inner feelings.

Do not be afraid to think outside the box. Many times your answer may come in a totally different way or thought process. Allow your mind to be open to all possibilities no matter how outrageous the may initially sound. Patience is a wonderful virtue.

Think about the problem when you go to sleep which gives your strong subconscious time to work on it while you are very relaxed. Be open minded and optimistic. Many times you will wake up in the morning with the answer.

Asking advice of a peer or a second opinion is a sign or wisdom and maturity. Do not look at is as a sign of weakness. Often times someone outside of the situation or problem can easily see the solution that may have been illusive to you.
Procrastination Script

By Karen Shinkle, CHT

You are now happy and delighted whenever you think of the things that you would like to or need to accomplish. It feels good to have a purpose to direct your energies toward each day. If there is work to do, it feels good to do it and to complete it. Any assignments, homework, or household tasks or chores, are actually fun to do and complete. When you are at work or school, you feel calm and relaxed about anything added to your list that will require your time and attention later in the day, week, or even year, because you now have a strong sense of motivation and purpose. You even feel peaceful about doing these tasks and completing all that is required to be successful at work, school, or even at home.

Now when there is an assignment or project, you get it done at the earliest time possible, knowing that this way you can also find time to do other things you value and enjoy. You simply do what needs to be done…..and move on……with ease and enjoyment during the whole process.

It feels soooo good to complete things that you wonder why you waited so long in the past to get to them……and you feel great about yourself and your life…..as you should…..because you deserve to feel good about yourself and now you are doing the things that reflect that good feeling more and more often.
Psoriasis

By Rene A. Bastarache, CI, CHT

You have decided that now is the time to take control and allow yourself to become healthy. Psoriasis is a thing of the past and you are letting it go like a bad memory that is unwanted.

You choose to have healthy skin from this point forward. You have complete control of your health. Everything that happens to you in regards to health and skin growth is a direct result of your desire. Your strong subconscious mind that developed you from a single cell to the human being that you are right now, that same mind has the ability to grow healthy skin.

It is your choice … it is in your control, your are relaxed, and now is the time.

Visualize your skin growing healthy and strong right now. Use your imagination and see the skin that you desire. The skin that you would like to have. Allow you mind right now to begin the change to healthy growth.
Psychic Ability

By Rene A. Bastarache, CI, CHT

You find that your psychic ability is improving everyday. Everyone has psychic ability, however not everyone is in tune with it, nor understands it. The more that you allow yourself to relax the more that you will be in tune with your psychic ability.

Imagine psychic ability as a psychic muscle. Just as with any type of muscle, it must be exercised and used to grow. The more you work with it and use it, the more it will grow and be there for you. You are now in tune with your feelings, with your intuition. Your intuition is that still small voice from within. That feeling you get when you know something is right or wrong. You notice it from this moment forward … more intense than it has ever been. You are becoming more and more sensitive to all psychic phenomena. You find that you abilities increase in whatever it is you wish to improve on as it is your desire.

The basis of all psychic ability is the subconscious mind. The more you relax and let it happen, the deeper you can delve into your subconscious. The deeper you allow yourself to go the more your psychic abilities will display themselves. It is the place of all knowledge and power. The place of dormant abilities just waiting to be awakened within you.

Now is the time. Now is the moment that you allow your mind to let go and to access the abilities you wish to exercise and use. You have the ability so just allow yourself to grow … Move forward to your new goals.
Public Speaking I

By Martha Affeld, CHT

You are a brilliant and accomplished expert in your field. You are interesting and you have a lot of important things to say. If you didn’t then you would not have been asked to talk about your field of work.

You can capture an audience the way you capture the attention of a single individual. You will remember that public speaking is no different then speaking to one or two friends. The people have come to listen to you because they are interested in what you have to say and in you in particular just the way your friends are interested in you.

You WILL go to your next public speaking engagement with confidence. As you walk you will take three deep breaths and return to the realization that this is no way different then speaking to a small group of friends.

Take three deep breaths and feel proud and excited and exhilarated that there are so many people who like what you have to say and want to know more about what you think. It is simply a few more friends and you can be very excited and very confident that they will appreciate your intellect and ability to think and provide information about your subject.

You are a great speaker. You are interesting and provide information these people have never heard before. You will allow yourself to speak with an interesting and intelligent flow that will keep everyone invested and interested in your topic because you are an interesting and intelligent speaker.

You WILL go to your next public speaking engagement with confidence and do a wonderful job. As you walk you will take three deep breaths and return to the realization that this is in no way different than speaking to a small group of friends.
Public Speaking II

by Susanne Fred - modified by Rene A. Bastarache, CI, CHT

I want you to relax and listen carefully to what I am saying. As I am talking, I want you to visualize what I’m saying to you…every step of the way. To begin, I want you to relax. Take a deep slow breath. Exhale slowly. Now think about a place where you have been…where you have felt very comfortable…very serene…sooo calm…very, very relaxed… I want that feeling to stay with you as I continue to speak.

You are highly organized. You have done your homework (research, etc.) for this presentation. Your notes are in your hands. You feel very confident. If you need them, you can comfortably glance down at them. Pause…look at the card…completely relaxed…a natural movement. You have practiced in front of the mirror. You may have practiced in front of your family, friends or colleagues.

You are prepared. You are polished…neatly dressed…professional…ready to impress your audience with your poise…ease…and clearly, your expertise on the subject. You know you are good at what you do. This is yet another skill you have perfected. You confidently walk to the front of the audience. Smiling and in control you scan the audience…making eye contact with a few, purposefully yet quickly…smoothly. Greetings (introductions) are exchanged.

Go ahead. You can use your cards to get started. You know this material. You are focused…all the material is there in your subconscious. With every sentence, you become more self-assured…pausing…breathing…periodically scanning the audience, occasionally making eye contact with a few. Continue speaking…all the time in your relaxed place…in your relaxed state.

You’ve come to the end of your presentation feely accomplished … proud … successful. The audience is clapping with approval.
As you are waiting backstage just before a rendering introduction from a respected colleague, you are radiant from head to toe with so much energy that you can’t wait to emanate this energy that will be contagious to your audience from your first step on stage. Your radiant energy will be so apparent at first sight of your audience, it will immediately define you as the most confident individual in that room. Your overwhelming confidence with your engaged audience will create a contagious yes mentality within the first two minutes of your presentation through your audiences’ participation. In fact, your so confident you will easily entertain your engaged audience with playful humor, because you realize that funny = money $$$$$! The more fun you are having on stage, the wealthier you will become! You now realize your audience is so enlightened by your inspiring, motivational, and call for action presentation, that not one person has left their seat for any breaks, waiting on the edge of their seats to find a way to take full advantage of your program. You now realize that you have been put on that stage to create positive change for each and every person sitting with your audience. You are so confident of your belief in your presentation, that you know you are doing your audience a favor by closing every person on your product. At the end of your close, the back tables are full with people signing up and you feel euphoric high that can only be achieved through public speaking. You are the ultimate public speaker!
Reaching Your Goals

By Rene A. Bastarache, CI, CHT

You have come to a point in your life where you are preparing to move beyond any blockages to your ability to succeed. You are making a commitment to yourself to focus on allowing yourself to experience the exuberance of being a successful person. You have an amazing ability to attain all your goals with persistence and dedication. The suggestion to be successful in all your endeavors is stored deeply in your subconscious mind. Relax … breathe deeply and easily as you focus on the idea of accomplishing all your goals, overcoming any obstacles to your success.

Use your imagination and visualize yourself as having already attained the goal that you are approaching .. Get it clearly in your mind as possible .. How does it feel to have attained that goal … What changes in your life occurred as a result of having attained that goal … What feelings are associated with the attainment of your new attributes such as happiness, satisfaction, peace, or relief … Feel the feelings and realize that you have attained the goal. Go and make everything in this picture a reality now.
Reinvent Yourself

By Rene Bastarache, CI, CHT

You have come to this point in your life because you have decided that there are certain things that you would like to change about yourself. It is important to realize that the way you are now, is a result of your past thoughts and memories. The things that you have placed your thoughts, focus and energy on in the past have made you the person that you are.

You have decided that it is now time to create a new you … and the way you are going to do that is simply by placing your thoughts, focus and energy on the new you that you want to become. Your present thoughts and focus will create the person that you want to be.

It is important also to realize that to create this new person, your thoughts must be consistent. You must continually think and focus on the person that you want to be. It is a continual, ongoing process.

The best way to put it would be to imagine yourself as a large block of stone, and your subconscious mind is the Picasso that is creating the new you. You are in fact chiseling all of the excess stone away until you finally achieve the masterpiece that you desire.

So right now use your imagination, and imagine yourself as the new you that you would like to become. Just as if you were creating that masterpiece, you must see all the details of exactly what you want. See yourself right now as if you were standing right in front of you as the end product. Taking a few moments now to admire your creation. What are you like? Use your imagination and see all the details. How is the new you that you are imagining yourself standing in front of you right now any different from the old you? How do you feel, having attained your goal of reinventing yourself? What are the steps that you think you may have had to take to attain this goal? Identify them to yourself in as much detail as possible … by doing this, it will help you to realize if there are any steps that you need to take. If there are, you will do them immediately.

Take a few more moments and imagine the new you, appreciating your
creation, and be sure to congratulate yourself for your accomplishment.
Relationships, Security In

By JoAnn Dworman, CHT

You feel strong and confident about yourself. You have achieved and are on your way to achieving the goals that you set for yourself. You are comfortable in the direction that your heading and because of that you do not need to worry about what the future will bring. You feel independent and strong. You know that you are attractive. Your personality attracts the right people to you and keeps people interested in you.

You are not concerned about what other people think about you, because you know what you believe about yourself.

While in this relationship, you give your partner all the space (she) he needs to be the authentic person he is. You are confident that no matter where (she) he is, he honors and respects you and would never do anything that would compromise the relationship you have with (her) him. You know this because he has always shown you that. This person has shown you that (she) he is different than any other you have been with, and so you naturally trust him. Besides, you are confident that no matter what happens in life, you are a strong and able person.

You feel at peace within yourself. You’re confident and happy about being alive. You feel grateful that at this time, that you have this great relationship. You don’t need to know the future of the relationship, because you are enjoying the now of being with (her) him.

You know that the your future will be the best it can be so you trust in the way things are working for you. You honor this relationship by staying in the gratitude of being in it, and the belief that everything that happens is just right for you.
Relaxation Script (for the analytical mind)

By Judy McGlauflin, CHT

(This script is designed to condition the analytical person to relax and experience hypnosis like a non-analytical person. This is especially important for someone who wants to experience a past life regression)

It’s time to let yourself relax. You will not be hurt. No one else will be hurt. Hypnosis cannot harm you. Letting go will not harm you. It’s time to relax and let go. You have chosen a path that longs to tap into universal knowledge. This knowledge waits for you in the dream state. You must allow yourself to slip into this dream state so you can continue on your path. It is the path you have chosen. It is your choice. Now is the time to let yourself go. Allow yourself to let go and exist in the dream state. Your conscious mind must step aside and allow your subconscious mind to take over during each hypnosis session. Every time you are hypnotized, you will allow yourself to fall into a deep relaxed state. Your conscious mind will allow this because this is what you want. Every time you hear the word “relax” in hypnosis you will allow yourself to fall deeper and deeper into a relaxed state. You will not fight it. You will allow it.

There are many things you want to remember. These memories exist in your subconscious mind. You will allow yourself to relax and communicate with your subconscious mind. You will allow yourself to travel in time and space, these are only restraints from this plane of existence. You know about other planes of existence. It’s time to remember. When you are regressed back to prior incarnations you will remember the lives that have an impact on your current life. You will remember the positive parts of your lives and understand their significance. You will see in vivid pictures and minute details. You will allow this to happen.
Now that you are deeply relaxed and feeling wonderful, you are able to see yourself as the unique individual that you are. People who tell you negative things about yourself, your habits, your past and your future dissolve without so much as a thought. They disappear into thin air and you remain relaxed, in the moment, full of energy and ready to take on all the many adventures opening up to you in your life. You are perfectly clear about the time you need to heal, without having to hold to calendar dates. You are exactly where you need to be, healing moment by moment, getting closer to your own real goals. You are in control of your life in every way. You are able to manage habits that in the past have hurt you. None of these hurt you any longer because you are in control and want only good things for yourself. When you feel any anxiety, anger, excessiveness of any kind you remember you are in control and can manage everything in your life very, very well. Your unique past gives you the power and presence to take on whatever comes your way and you continue to heal yourself, day by day, getting all that you need as you need it. Nothing comes too soon or too late. The now feeds you in every way.

Now that you are open to your deepest desires and highest self, I’m going to take you back to an exercise where you found yourself at a fork in the road. (do you remember this? Raise a finger) Good, now continuing to stay connected to this renewed self who is command of herself in all ways, you face these two paths with curiosity and wonder. You have been told certain things about the positive and negative aspects of each path but these aspects no longer exist. Both paths lead to anything and everything you need in your life. It is an arbitrary choice to go left or right. Nothing along either path can hurt you and you are able to come back to this crossroads anytime, knowing that no matter which path you chose to walk down you will be given the tools you need to conquer any old patterns or behaviors if they arise. You are free now of all negativity created by the former exercise and can go about your day to day life with greater happiness, creativity and physical well being.
Relieving Stomach Pain

By David Barr, CHT

Use your imagination to picture your pain a piece of rope…This rope has a large, tight knot in the center of it. Now I want you to imagine a pair of hands… These are your hands and you will use them to untie the knot… Take hold of the knot with your hands… At first it might seem too tight to untie… Use the power of your mind to loosen it, even if it’s just a little… Good… As the knot loosens, your stomach will feel better and more relaxed… Dig your fingernails into the knot and get it too loosen even more… Your stomach feels better and better… As the tension in the knot decreases, so does the pain in your stomach… The knot gets easier and easier to loosen and the pain in your stomach continues to diminish… Your stomach feels better and better… more and more relaxed… Now finish untying the knot… You will find that your stomach feels better than it has ever has.
Remembering Names

By James A. Greer, CHT

You have come to me today for help in remembering names. Your mind is a giant computer and knows the names of everyone that you have every met, you just need a means of retrieving them. I want you to imagine that in your brain there is a photo album with pictures of all the people you have met. Under the persons picture is their name typed in large bold print. When you meet someone you study their face and you place it into your imaginary album. You ask them to repeat or even spell their name if you have difficulty in spelling it. Think of something about the person's looks or features that you can relate to their name. Maybe his name is "Bush". Imagine him with big bushy eyebrows. Write that in the album along with their name. Repeat their name to make sure you have it correct. As you practice this you will find more and more ways to link the picture to the names of people you meet. When you meet this person again - go into your metal picture album and you will find their picture with their name typed in bold print below it.
Responsibility

By Rene A. Bastarache, CI, CHT

From this moment forward you are a responsible person. However you may have acted in the past, realize that it was in the past. This is a new day. From this moment forward you are responsible, because you want to be.

You realize that you are responsible and are able to take responsibility for the circumstances and events that befall you in your life. By taking responsibility, you do not place blame elsewhere. You realize that you are responsible for the good that happens to you as well as any misfortune dependent on your efforts. You are in the driver’s seat.

You are organized. You now take the time to plan things out properly so they get done right. You do everything to the best of your ability and accept responsibility for them. You accept responsibility for all of your actions.

People can trust you, because they can see how responsible you are. They feel comfortable with putting their trust in you. You a trustworthy.

I’d like you to use your imagination right now. The subconscious mind operates and conditions itself according to imagination and emotions. So right now I would like you to take a moment and imagine yourself sitting in a movie theater watching yourself on the movie screen in front of you. Imagine yourself as an actor on that movie screen. Visualize yourself as being successful, having attained your goal of being responsible in whatever areas it is that you desire. See yourself already having attained your goals. Imagine the picture with as much detail as possible. And as you are imagining this successful picture, think about the feelings that you would have now that you have accomplished this success. Think about them and allow those feelings to move through you right now. What are you feeling? Are you feeling happiness, satisfaction, accomplishment? Take a moment to feel these feelings…

Realize that this picture that you are seeing and feeling is yours. You are this successful, responsible person. You have attained your goal. You are responsible.
Road Rage Script

By Dr. Frank Slezak

I would like you to use your imagination . . . you are driving down the highway on a beautiful summer day. Your favorite songs are playing on the car stereo. You are feeling very relaxed . . . everything seems to be going your way. As you drive down the highway you see a car coming up quickly in your mirror. Just as he passes the front of your car, he swerves to the right and cuts you off. Hold that thought . . .

In the past, you would have become angry. In the past you would have blown your horn, given the other driver some type of gesture and maybe even tried to cut him off as he did you. But that is the past.

Picture yourself driving down the highway again. Your favorite song is playing on the car stereo system. You can smell the warm country air coming in through the open windows. Life is good. Now picture a car coming up quickly from behind you. You feel relaxed. Just as he passes the front of your car, he swerves to the right and cuts you off. This time, you know that you are in control of yourself and that you will not let the actions of the other driver anger you. As he swerves in front of you, you gently slow down to allow him to safely move on. You are not responsible for his actions, but you also will not allow him to make you angry, tense and want revenge.

From this point forward you will drive in a cautious, yet relaxed manner. You will be cautious of the actions of other drivers while staying relaxed. You will enjoy your drive and will stay calm, refreshed and relaxed. If another driver in any way makes you angry you will quickly remind yourself that you are the lucky one because you can control your anger. You will continue to enjoy your drive in a relaxed, courteous, friendly state. You will reach your destination fresh, calm and stress free.
Sales Motivation

By Rene A. Bastarache, CI, CHT

In order to excel in sales you must first be motivated to do it … It’s important to find out what motivates you … Are you motivated by money … prestige … achieving awards and recognition … travel … what is it exactly?

Take a moment right now to think about what it is that drives you … What is it that you look forward to, or even dream of? … (pause) What would make you want to get up each day, and go to work? …

Once you have found your motivation … you now have the reason for excelling in sales. Sales is the vehicle that will help you to achieve your goals. The remarkable thing about sales is that if you do well … you can make large amounts of money. You have unlimited potential.

It can be the hardest, easy work … or the easiest, hard work you have ever done … Which you choose is up to you.

You are now motivated to do the best you ever have … You are focused, hopeful, positive and happy … You keep a smile on your face often … You have energy and love what you do … You are the best at doing what you do … and especially the way you do it.

Each morning when you get up … you think about your day … and the positive goals you have for that day. You imagine yourself being motivated and successful that day … and throughout the day you remember those thoughts …

You are motivated, you are happy … you are successful.
Sales Success

By Rene A. Bastarache, CI, CHT

You are successful in all that you do. You now have a laser beam focus on your goals … and you know what it takes to achieve them … You see your goal and you break down what it will take to get there … You make a list and break it down into monthly, weekly and even daily measures of what it will take to achieve your goal. You take the list and see what can be done right now and complete it. You are constantly creating small successes that lead you to the big ones.

You are successful, when you meet new people … you are very good at seeing what they like … what kind of things are important to them … and finding common ground to win them over, because you know that everyone’s favorite subject to talk about is themselves.

You are successful … You ask plenty of questions so you can learn about your clients … or whoever you are dealing with … realizing that by asking questions you are learning, and collecting information. You know that knowledge is power … You have developed your listening skills … and when you listen … you truly listen … and pay attention to what is being said … with concern … and caring … You show genuine interest in whatever you are doing or participating in.

You have no fear of the word NO … In fact you are comfortable with it as you now realize what NO actually means … It does not mean that your client does not want your product … It simply means that they do not yet understand it as you do … That they have more questions … It is a cue that they would like more information, because if they understood your product like you do then they would also see the value in it as you do. Therefore they require more information.

You are in it for the duration … “Quit” is not in your vocabulary. Win is all that you know. You continue until you have crossed the finish line and realize that anything short of that is something that is un-accomplished … and you finish whatever you start. You go all the way to the end in what ever you do and are not distracted or discouraged. You GO FOR IT … You believe in your self and in all of your abilities.
You identify your goals ... You break down what it will take to achieve them and you *GO FOR IT!*

You program your subconscious mind constantly with positive affirmations. You constantly tell yourself that you *Can Do It* ... That you are making it ... You see yourself as already being successful and your mind will make it so.

Welcome to success.
Self - Esteem I

By Rene A. Bastarache, CI, CHT

From this day forward when you look into the mirror you will see a confident and capable person…all the negative statements that someone has said to you in your past are no more…In fact, anytime someone says something negative to you your subconscious mind will cancel the statement and not accept it…you deserve happiness…you are a unique and beautiful being…you have talents and gifts that no other person has…success and happiness are your birthright…From this day forward you will be self confident…capable…determined…you love yourself …you will no longer see flaws when you look at yourself in the mirror… you are an important and valuable person…
Self Esteem II

By Tracey Tucker, CHT

From this day forward when you look into the mirror you will see a confident and capable person…all the negative statements that someone has said to you in your past are no more…In fact, anytime someone says something negative to you your subconscious mind will cancel the statement and not accept it…you deserve happiness…you are a unique and beautiful being…you have talents and gifts that no other person has…success and happiness are your birthright… From this day forward you will be self confident…capable…determined…you love yourself … you will no longer see flaws when you look at yourself in the mirror… you are an important and valuable person…
Self Esteem, Increased

By Ginger Flowers. CHT

You have come to this very relaxed state to feel better about yourself and your abilities. Beginning right now, you will realize and accept that you are a worthwhile and lovable person. You will react to others with the conviction and confidence that they will accept you in a positive way.

You will be happy and confident in your ability to complete tasks with greater focus...with honesty and fairness...and in a timely manner. You will appreciate how others have faith in you and respect your abilities. You will no longer feel threatened by things in your life that need change. You will be able to accomplish these changes with positive planning. You will be able to accept constructive criticism in a neutral way...not as a personal attack, but rather as a way to become a better, stronger person.

You will no longer use negative statements, but instead only positive statements. You will become an "I can" person and small daily set backs will not hinder you. You will accept that these events are a part of everyday life and you will be motivated to seek positive ways to avoid these set backs with care and planning. Doing all of these things will make you feel happy, worthwhile, able to be loved and confident. You will notice how people react to you with respect and acceptance and know that as you love yourself.. love the person that you are, others will see the very same things in you that you now see in yourself.
Self Hate

By Rene A. Bastarache, CI, CHT

Self hate is a thing of the past. It is a dis-order. You now wish to create new positive attributes in yourself of love, confidence and self-esteem. Realize that in order to change this behavior … you need to choose a starting point as to when you want to begin … and that starting point is right now! .. This very moment is a very new moment. Each breath that you are taking is different from the last one. Each one is a new one. Therefore you are starting your new life, your new attribute right now.

Take a moment right now to think about yourself and all of your positive attributes. Everyone has some good qualities, some positive ones. Take some time to recite yours to yourself quietly. Ignore any negative words, thoughts or qualities. Focus only on the positive … Take a moment and do that right now. (pause)

Now take a moment and think about the people who are important in your life… the people who love you and care about you … List the qualities that you feel they like about you … or the qualities that you have heard them say that they like about you … Again, as you do this dwell only on the positive… (pause)

We all seem to carry around excess baggage and negative thoughts about ourselves and others so I would now like you to take a moment and think about the things that you may have done in the past that you feel bad about and with each one I want you to take a moment to forgive yourself … Really forgive yourself and let go of the incident … Do it now (pause)

Now, take a few moments and do the same thing with other people that you feel may have crossed you in the past or treated you unfairly, and just think briefly about the incidents and forgive them in your mind … Be sincere and forgive them letting go of that negative baggage … This is the first step in growth and moving forward with your new life. (pause)

Your dis-order of the past is gone and it is being replaced with order … with good feelings of like and love for yourself and others … Allow the disorder of
the past to fade away like an unwanted memory and replace it with positive, wholesome feelings. Welcome to your new life. Continue to move forward.
Self Hypnosis I

By Rene A. Bastarache, CI, CHT

In order to go into self hypnosis, you only need to be in the lightest state of hypnosis. If you were using the Arons Depth scale, which has six levels of hypnosis, all that is required is to be in either the first or second levels. This is also known as the Alpha Brainwave State.

You may use relaxing background music if you like.

Sit comfortably in a chair and get yourself prepared. Ensure that your arms and legs are not crossed and your feet are flat on the ground, unless you are using a recliner or ottoman. Be sure to turn off any cell phones or pagers, and to eliminate any distractions that may occur during your session.

The following script can be used as a quick session by a Hypnotherapist or as a method of self hypnosis. If using for self hypnosis you may either…

1. Read it with your suggestions onto a recording device and then listen to it, to go into hypnosis.

- Or -

2. Memorize the main content of the script and do it on your own. When it comes time for the script, simply use visualizations. Visualize yourself as actually having accomplished the goal or task that you are in need of. Seeing yourself as having accomplished it already will instruct the subconscious mind to make it so, since it is being programmed that it has already happened.
Self Hypnosis II

By Rene A. Bastarache, CI, CHT

Close your eyes … take a deep breath … and as you exhale, visualize the number 3 in front of you … See it as if it were projected on a screen, slightly above your eye level, approximately 5 to 6 feet away from your head … Take a second deep breath … and as you exhale visualized the number 2 on that screen … Even with your eyes closed try to feel the eyestrain from looking upward as if you are looking through your eyelids at that screen … Take a third deep breath … hold it for a few seconds … and as you exhale visualize the number 1 on that screen … allowing yourself to let go completely, and relax …

To relax even deeper, I’d like you to visualize the numbers 10 all the way down to 1 … on the screen, taking your time … allowing yourself to relax twice as deep, with each number that you visualize … When you get to the number 1 … you will be in the Alpha State … which is a state where the subconscious mind is more open to suggestions …

Now we begin with …

10 … Allow yourself to relax completely …
9 … Just letting go …
8 … Visualize the number as you relax twice as deep …
7 … See it as clear as you can, just let go …
6 … All the way down deep …
5 … Deeper and deeper, taking your time …
4 … Allowing all outside sounds to fade away completely …
3 … Just visualize the number and let yourself go …
2 … Deeper and deeper …
… and finally 1 … Deep … deep … relaxation…

You are now in the Alpha State … a state of relaxation where you are more open to suggestions … In this relaxed state your mind can expand … and is much more receptive and sensitive than in any other state … So just allow yourself to continue to relax … and enjoy this comfortable feeling …
(Insert your suggestions here)

In just a moment I will count to 3 … and that the count of 3 you will open your eyes feeling wonderful in every way … Your mind will be clear and alert and you’ll feel so much better than before.

1 … You will remember and act upon all of the suggestions which were given you …

2 … Becoming aware of the situation around you …

3 … At the count of 5 you’ll be fully awake, alert … and feeling better than before …

4 … Your eyes are beginning to open … and

5 … Eyes wide open, fully alert and feeling better than before.
Self Sabotage I

By Rene A. Bastarache, CI, CHT

You are a self-confident, successful winner who accomplishes your goals. You are your own best friend and can accomplish anything you wish. Your only limitation is your imagination and now you let your imagination go free. In the past there may have been times when you got in your own way but that was then, it was old behavior and part of the past, you no longer do that. From now on nothing stands in your way. You are a winner, your life is a series of successes. You allow only positive thoughts to run through your mind. You have a strong drive to be successful, to be a winner. Any task that you take on you are confident and have a strong sense of follow-through. You finish all your task in a positive manner and never have any doubt that you will succeed.

You are going to find that beginning right now you are success oriented, and there is nothing and no one who can keep you from becoming the success that you desire. You expect to succeed in everything. You feel enthusiasm and confidence in all that you do. From now on you know longer procrastinate. You feel a sense of urgency to complete all that needs to be done. Your new motto is do it now! You feel a sense of satisfaction as you accomplish more and more each day. Every day your work gets easier to accomplish, to finish. You are going to stop worrying when jobs come up and you are going to find confidence and satisfaction in taking action right now. There will be no more procrastination. You are going to become a doer or rather than a worrier. Just because you haven’t done something before doesn’t stop you now, you don’t waste time worrying that you can’t do the job perfectly. You know that you will do your best, and your best will become better and better. You’ll do it now! By leaving procrastination behind you are going to find that you have more time to do the things that you enjoy. You’ll feel more organized, more in control, more confident. You’ll find that your free time is indeed just that, your free time!

You are now highly motivated. You exude confidence in all that you do. Self-doubt and fear are things of the past and you now replace them with confidence and conviction. You trust your abilities and know that you can do anything that you set your mind on. You are successful in all that you do. Other people enjoy being around you because of your confidence and ability. You have a very open mind and are creative.
Self Sabotage II

By Tracey Tucker, CHT

Continue to relax and go deeper into this hypnotic state...From this day forward you will reach any goal you set...Negative talk will no longer be a part of your communication with yourself or others...you are confident and capable...Everyone around you will see your confidence...you will reach each and every one of your goals easily...whenever feeling of doubt arise in your mind you will push those thoughts away and replace them with positive thoughts...you are capable...you will reach all your goals...success and happiness are your birthright...there is no reason to fear success or failure...From this day forward, you will recognize that life is a journey and each experience is an opportunity for our spirits to grow...So there is no reason to fear success or failure...you will relax and enjoy the journey life has for you...you will overcome all the challenges that life presents you...you are confident and committed to reaching your goals...you are successful.
Self worth

By Rachel Power, CHT

I’d like you to take a deep breath right now … Relax. You are a person who has self worth. You are a capable person who from now on will feel confident in all your endeavors. You deserve happiness and success. You will be successful. When you see your reflection, you will see someone that has talents that other people will see, appreciate and want. This self worth will be visible to everyone around you. People will not be able to reject you or discriminate against you. In fact, people will want to be around you. Employers will seek you out because of your strong work ethics. You are dependable and trustworthy. From this day forward you will have self worth … Confidence … determination. You love yourself.

You will no longer see any flaws. You are motivated … Reliable … and capable. When you see your reflection, you will see yourself a successful … important and valuable person. You are successful in all you do. You can do anything you set your mind to. Trust your abilities. You are going to become a doer. You will not be afraid to start fresh. You will only have positive thoughts about yourself.

YOU HAVE SELF WORTH
Sensitivity Script

By Rick Ginn, CHT

From this moment on, you are a strong minded individual who easily accepts all input from your family, peers, colleagues, and friends. You have decided to receive this information from others without being critical in any way or reacting to this information. You fully understand that their comments are of a constructive nature for you to choose to accept this input for your decision process or quietly disregard. You fully understand that anyone’s input other than your own thoughts are just an opinion. See this input in your mind as a note like you would pass to a schoolmate in the quiet classroom setting, that you, and only you can choose to discard or seek only the facts that would support you in your decision in a constructive way. You will no longer require validation from outside sources unless you willingly choose to give validation, or an emergency situation would require it. You are a confident individual who seeks only from within for true validation. You now realize that constructive criticism will only empower you the receiver, and will allow you to respond in a very positive manner to any such comments. You are the gatekeeper to your emotions. All mind triggers in regards to criticism will solicit a positive result from you.
Sexual Enhancer - Woman

By Martha Affield, CHT

You are a woman of beauty. It doesn’t matter who is the most beautiful woman, you are beautiful in the eyes of your partner. You know that you are desirable for many reasons. You find it exciting and wonderful to be desired. You want to be desired and you will accept your partner’s positive appraisals of you as the truth. You will know that your partner does want you because you are very desirable. Your partner finds you desirable because you are desirable. External pressures no longer keep you from experiencing sexual gratification. You will not deny yourself sexual gratification to get even with others. Sexuality will become a part of your life, like breathing and eating. Sex is a clean and enjoyable activity that helps you to feel good. Sex is natural and it is good. You will, from this moment on, allow yourself to let go of your inhibitions during sex. You will see yourself as beautiful in your partner’s eyes. You will know that you are safe when you have sex in a monogamous relationship with a consenting adult. You want to have sex because you both care for each other and want to bring your partner and yourself pleasure. You will ask for what you need to make the experience as pleasurable as it can possibly be. You feel proud that you are strong and can engage in this beautiful activity with passion. You know you can bring spontaneity into sex. You can ask for sex. You can hardly wait to find excitement and fun in your partner’s arms.
Sexual Libido (uni-sexual)

By R. Ryan Van Otten, CHT

Take in a slow, deep relaxing breath. You will allow every word penetrate your subconscious mind now. That’s right.

Your body is feeling warm all over. You will be simply amazed… By the results you can and will achieve. You will have a sensation of desire, passion and curiosity. You know that there is more, more to explore, more to feel … a deeper orgasm … a longer orgasm … that will forever change the way you think about sex.

Once you have this full body experience you will know that this is it! … That this is what you have been longing for… and waiting for. All you do is decide that you now want that … you want your sex life changed for the better. You will continue to explore new and safe ways to enjoy sex … to want sex … to desire intimacy.
Sexual Performance Anxiety

By Mark Snowman, CHT

You are peaceful, calm, relaxing deeper and deeper, deeper and deeper. As I talk to you, you continue to go into an even deeper state of relaxation. All anxiety, doubt, tension and fear immediately dissolves and is replaced with a profound sense of calm and control. You are able to relax and be fully present in the moment, enjoying yourself and getting more and more excited because of the pleasure you experience. You focus on all the good feelings that you experience in your body from being touched by your partner which enhances your desire to excite and reciprocate and share in mutual pleasure.
Sexual Performance - Male

By Martha Affeld, CHT

Remember back to the time when you were at your sexual peak. You knew very strongly that there was nothing that could stop you from performing at your best. You knew you had the ability to instantly gain and maintain an erection. You know that nothing has changed. You know that you will feel confident from now on and when the moment is right you will be able to gain and maintain a full erection for as long as you want. You will gauge your partner’s sexual response and anticipate your partner’s desires. You will be able to ask for what you want and what you need during sex. You have no worries during your sexual performances. Your mind will be entirely on you and your partner and your sexual experience. You are in control.

You are confident and you know that your partner is desirous of you. Your sexual prowess impresses your partner. You know that you will perform at your peak. You will always perform at your peak from now on. You will be able to maintain restraint, and gain pleasure from giving pleasure to your partner. You will be able to maintain an erection without releasing until you want to have an orgasm. Your performances will balance your needs and desires and your partner’s needs and desires resulting in explosive and incredible sexual encounters every time.

You control yourself. You are ready for sex every time you want to be ready, as quickly as you want to be ready. You can control your erection and you can wait to have an orgasm until you want to have an orgasm. You are an incredible lover and every sexual experience will be amazing from this moment on because you are confident and in control.
Everyone experiences sexual pleasure differently just as there are no two people that are the same, there are also many different forms of experiencing pleasure... and now you find that you can experience pleasure with a partner. Not in any specific or routine ways that others do but in whatever seems natural and enjoyable to you. You are unique and so are your experiences. You allow your body to work with you, to work in conjunction with your desires so you can attain that intense release and pleasure from sexual relations. You are able to achieve anything you like in relationships or any part of your life. And way you do this is just by letting thing go and being yourself. Un hurried, without pre conceived expectations, just by being natural, by relaxing and enjoying. By being you. So in relationships, be yourself, be relaxed and enjoy…
Sexy, bodybuilding image (woman)

By Jeremiah Siggard, CHT

I want you to see yourself as if looking in a mirror. See the color of your hair. Smell the shampoo that you use. See your face, the shape of the eyebrows, the mascara. See the makeup that you use. See the color of lip stick that you use. Imagine the shape of the body that you want. Imagine your bust and back. See how they are shaped. Imagine your waist line. See how tiny it is. See how tight you waste is. Imagine your butt and thighs. See how tight and sleek they are. See your shapely waist butt and thighs. You are sexy.

You have exercised your mid section, butt and thighs every day. Grueling workouts. Workouts that left you waist and legs sore for days. You stretched your abs, thighs and butt to lengthen them, Yoga and Pilates helped to relieve the soreness of your exercises. You stretch every night. You abs are tight. Your waste is tiny and you enjoy showing it off. Your butt and thighs are tight and sexy.

You enjoy eating small meals throughout the day. You eat five or six times a day. Each meal is small and just enough to curb your hunger. You enjoy eating fruits and other healthy snacks. When you get hungry you enjoy drinking water. Your body realizes that it will never be hungry. There is no reason to store any fat for extra energy. You eat your first meal of the day early in the morning. Almost an hour before you go to work. This meal kick starts your metabolism for the day. Your metabolism burns hot and high all day long. Your body burns the extra fat. Your body knows that it will not suffer hunger again. Your body will always have enough food to burn as energy. As your body burns the extra fat it becomes sleek and more refined.

Your hard work is paying off. The exercises, the eating of healthy foods, the high consumption of water, and a high metabolism rate burn the excess fat, all the fat off your body.
Shopping Addiction

By Rene A. Bastarache, CI, CHT

(This sessions will have to be followed up with the follow-up session for an entire 21 days so as to create a new habit to replace the old one.)

NOTE: It is also important that within the next 21 days the client does not shop by themselves because most compulsive shoppers shop alone and if you are with someone you are much less likely to be spend.

Script begins here

You are here today because you want to eliminate your shopping addiction. In the past you found yourself shopping for many false reasons. You shopped for acceptance, love, good feelings and to improve your mood but you have found that all it has caused for you was more debt, bad feelings, sorrow and misery. It has taken so much away from your life and left you with more emptiness than when you began. Those are the signs of an addiction … but the good news is that you realize it now and want to change.

You have come to this relaxed state because you have decided that today is the day to put this negative behavior out of your life. You have decided to replace this dis-order a with an orderly behavior. To replace dysfunctionality with functionality.

The way you are going to do that is simply by using your imagination. Through using your imagination you are going to replace the dis-order of the past with a new orderly behavior of health and happiness. It doesn’t even matter if you go into hypnosis deeply, lightly or even at all … as long as you use your imagination and keep an open mind you will be successful.

I would like you to use your imagination right now. Imagine, or just think about, yourself sitting comfortably in front of a large movie screen and imagine that you are seeing a motion picture of yourself. See it as vividly and in as much detail as possible. See yourself in this motion picture reacting successfully, in the ideal situation, having already have attained your goal. As you are visualizing
yourself as this successful person ... See yourself as the main actor or lead person on your screen ... How do you “feel” now that you have become the person that you would like to be ... (pause) ... Feel the emotions ... What would you be feeling?

... What are you “feeling“? Maybe confidence ... pride ... fulfillment ... satisfaction ... relief ... happiness ... (pause) ... What emotions are you feeling exactly ... Let those emotions fill you up ... (pause) ... Let them grow within you ... (pause) ... What are you “hearing” associated with your new goal? What are others maybe saying about you? How do they feel about your accomplishments? ... (pause) ... I’d also like you to visualize and feel what you think is different ... What is different now that you have attained your goal? How has your life have changed? ... (pause) ... Are you enjoying any more freedoms associated with this attainment? ... Think about them, get them clearly in your mind as you visualize yourself standing in front of you, on that motion picture screen. ... (pause) ... See the details ... What are you wearing? ... What are you doing? ... What else is there that you can notice that is associated with this now orderly achievement? ... (pause) ... Remember the imagining of yourself doing something with enough detail is equal to the actual experience as far as your subconscious mind is concerned. So, see yourself for just a few more moments having achieved your new habit. ... (pause) ...

(insert here any specific concerns or suggestion for your client)

You are in control of your life now ... You have created and attained a new positive habit ... With the power of your subconscious mind, it is very easy to do ... You have allowed the past disorder to fade away like an unwanted memory ... and now you move forward ... The disorder of the past has been replaced with order. The dysfunctionality replaced with functionality. So once again feel that wonderful sense of satisfaction and achievement. It is coming from that strong subconscious mind that you have. You have created your goal and through these daily exercises maintaining it, creating a permanent habit of change.
You are a sociable person. You want to have friends and you want to be liked!! You are ready to be popular. You are confident about your ability to make friends and to be liked. You have a great personality and you are fun to be with. People recognize this about you.

You are ready to take chances and meet new people. You may like most of them. You are ready and brave. You seek new friends as if it were the most fun and exciting game that you could play. You know that you will be able to make and find friends. You are ready to join the social circuit.

The drama and the spectacle of friends is exciting. It is something that you are ready for and want to enjoy. You know you can be successful; you are confident that people will like you. You are prepared to take the time and energy that it takes to have friends. You know you will be strong and be able to hold your own line because people will respect you for standing up for your own beliefs even if they don’t agree.

You are ready to make friends and meet new people with confidence. Anything else in the past is in the past and you are free to be the exciting interesting person with lots of friends and acquaintances that you have always wanted to be.
Sleep I

Linda Smith

I’d like you to take a deep breath now……………..hold it a few seconds, let it go and relax. Take another deep breath very deep, hold it …and as you exhale allow all of the stress and anxiety you have let go and free you. Take another deep breath in and imagine only positive energy coming into your body…and as you exhale feel relaxed and at peace.

I would now like you to think about sleeping. When you go to bed at night you will feel relaxed, as relaxed as you are now, and ready to allow sleep to take over. The thoughts that come into your mind once you lie down will blow away like leaves in autumn...

You are able to relax every part of your body. You feel comfortable, protected and safe. Sleep comes over you. You are floating in a cloud, that is supporting you.

You see yourself fully rested, knowing that after a good nights sleep you are prepared to face the day, prepared to face anything that may come your way. You know that when you wake in the morning you have the strength and ability to be able to accomplish what you need to do.
Sleep II

By Michelle Ginn, CHT

As you continue to drift down, deeper and deeper into relaxation, so peaceful I am going to present some suggestions to your subconscious mind that will be reasonable, acceptable, and in your best interest. As you drift down deeper and deeper and deeper, continuing to relax with each breath you draw in, you are beginning to notice a new and wonderful desire to sleep more soundly at night. You will not awaken in the night any longer. You have a strong desire to sleep deeper and more relaxed. You are now in control of your thoughts, desires, and feelings. While you are asleep at night you feel peaceful and relaxed each and every night. You will now realize that you will sleep more peaceful and not awake in the night. If you should awaken in the night it is not due to anything you have done. The first suggestion that I am going to give you is that whenever you find yourself awakening in the night you will immediately say to yourself the word RELAX! And you will feel more relaxed and peaceful; you will have a strong desire to go back to deep peaceful sleep. Let me repeat that to you so it is perfectly clear. Whenever you find yourself awake in the night, you’ll immediately say to yourself RELAX! And as soon as you say the word RELAX you will find that you will be able to fall back asleep deeper and deeper with each breath you draw in. You will only have a strong desire to awake in the morning. In the morning upon rising you will feel refreshed, relaxed, and at peace in each and every way. Congratulations, you are a deep peaceful sleeper now. You will sleep through the night without awakening until the morning. You will sleep sounder and more peaceful until the morning.
HYPNOTHERAPY SCRIPTS - Manual From A-Z

Smoking Cessation

One session method

By Rene A. Bastarache, CI, CHT

You have decided to quit smoking ... and the way that you are going to quit smoking today, is simply to relax ... that's right you're going to slow down, relax, and just let everything go ... and take this time ... that you've chosen for yourself ... to feel comfortable, relaxed, and totally at ease ... you have no place else to be right now ... and nothing else to do ... you have selected this time to be here ... so just let everything go ... leave all bothersome thoughts behind ... and take this time that you've chosen to be here ... to be completely relaxed ... the more you allow yourself to relax ... the closer you are to becoming a nonsmoker ...

You have come here today because you have a strong desire to stop smoking ... No one else has forced you to come here ... You have come here because you have decided that today is the day ... Today is the day that you have decided to be a nonsmoker once and for all ... no little piece of white paper wrapped around tobacco is going to control you any more ... because you are now in control ... and you have taken the first step ... here ... now ... and today ... To become a nonsmoker ... and by the end of this session ... in just a few moments ... your goal will be reached ... and you will leave this session a nonsmoker ... you will have stopped smoking ... once and for all ... that nasty habit of the past will be gone ... you'll begin your new life as a nonsmoker ... and you'll never smoked again ...

So as time passes by ... right now ... think of yourself in the following way ... You are a nonsmoker ... You have stopped smoking ... and you will never smoke again ... and as a nonsmoker you have the ability to be around other people who smoke ... You have the ability to enjoy life as a nonsmoker ... everything you do ... from this moment on ... is better as a nonsmoker ... it doesn't matter whether you're at home ... at work ... alone or with others ... You are in control ... anywhere you go ... and no matter what you are doing ... whether you are having dinner ... relaxing ... driving ... working ... or having a break ... everything is so much more enjoyable ... so much better as a nonsmoker ...

You feel so much better ... As a nonsmoker ... so much healthier ... so much happier ... you'll find that each and every day you'll be able to breathe easier ...

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enjoy life more ...

Just feel that confidence begin to move through you ... allow a wonderful feeling of confidence to move through you right now ... at this very moment ... realizing that you are a nonsmoker ... feel the confidence that you now have ... you have overcome that negative habit ... you have reached your goal and become a nonsmoker ... here and now ... you can feel that confidence moving through you ... just filling you up ...

It is important to realize that to accomplish anything worthwhile in your life ... you must give it 100% effort ... and to remain a nonsmoker is no different ... you must give it 100% effort ... 100% to win ... by giving it 100% you have made a commitment to win ... you have made this commitment to yourself ... that you will always move forward ... and always give it 100% ... 100% to win ... You have stopped smoking ... you are a nonsmoker ... and you will never smoke again ... from this moment on ... your desire ... your commitment to your health ... is stronger than ever before ...

In addition to being a nonsmoker ... you are also beginning a new positive habit ... one that will help you in every part of your life ... you'll find that from this moment forward ... that water will taste better to you than ever before ... that wonderful crisp, refreshing water will quench your thirst like it never has ... that life in giving water will help you in every step of the way to become healthier ... you have overcome a negative habit and are replacing it with this new positive habit, of drinking water ... that wonderful refreshing water ... in fact you might even be noticing right now ... that by just thinking about water ... your mouth is beginning to become dry and parched ... This is your bodies natural reaction to thirst ... you have more of a desire than ever before to drink that wonderful crisp refreshing water...

You know, now that you have stopped smoking you'll find that you have more energy, energy that will be needed to be put to good use ... You'll find yourself being able to move easier ... feeling better about yourself ... There are many things you can do that will help you to be healthier ... maybe going for a short walk in the morning ... maybe parking your car little further away at work or at the grocery store to get in a little more exercise ... you may even find yourself eating a little healthier ... all of these things ... are a natural by-product ... of becoming healthier as you have just done.
Congratulations, you are a nonsmoker now! ... You have stopped smoking ... and you will never smoke again ...
Smoking Cessation II

By James A. Greer, CHT

It was your mind that created the habit of smoking and it's your mind that will free you from it. You are cured. You no longer have the habit of smoking. You are cured. Now, I cannot take the desire for a smoke away from you but I can make it very, very easy for you. Anytime that you have the desire to smoke, just say, either to yourself or out loud, one relax, two relax, three relax and by the time you have said this, you will no longer need that smoke. You will have no withdrawal systems what's so ever. You will carry matches and light cigarettes for your friends. Quitting smoking will be fun, you will enjoy quitting smoking. You are cured. You no longer have the habit of smoking.
Smoking cessation (Helpful hints & Script)

By Rene A. Bastarache, CI, CHT

Smoking cessation is one of the most common uses of hypnosis and probably one of the most effective. There are many different programs offered in smoking cessation using hypnosis. The following script that is included in this manual is designed for someone who is going to quit smoking immediately in one session.

Smoking cessation with hypnosis has a higher success ratio than any of the physical means available on the market today, such as the gums, pills and patches. The reason for this is that you are dealing with the strong subconscious mind using hypnosis, where all the physical means you are just dealing with the conscious mind, which as we know is a much smaller percentage.

Here are a few things that will help your client to remain a nonsmoker. You will want to discuss the following with them on the phone prior to the session or in person:

1. They have to get rid of any cigarettes or cigarette related paraphernalia that they might have before they come to your session. If they are already at your session then you should have them give you whatever they have on their person and to immediately remove anything left at home upon arriving there. If they can call home and have someone else remove it before they return that would be even better so they do not have to have the added negative triggers upon arriving home.

It is important that they do not give their leftover smoke related materials to friends or relatives. They must throw them out. By seeing these items (fancy ashtrays etc.) at someone else’s house, it will send a very strong trigger (craving) to the subconscious mind. Even in the case of cigarette lighters or matches, if they used them at all for smoking, they must throw them out and can get new ones if they desire to do so for lighting candles or other things around the house. Sometimes your clients will complain that they had just bought two or three brand new cartons of cigarettes and they do not want to throw them out because of the cost, and they want to give them to friends. I respond to this by reminding them that they are here to stop smoking because they realize the dangers of smoking
and how it is harming them. Then I asked them if they really want to hurt their friends or relatives by giving them something that they know is bad for them. Usually they will agree and throw even the new cartons away.

Another important thing is that if they throw them away, make sure it is not someplace where they can go and get them again if they have a craving. It is best to have someone else throw them away so they do not know where they are or to bring them to your office and give them to you so you can discard them. It is not beyond the average person to go digging in the trash can to get their cigarettes back if they are nearby.

2. The second thing they should do is every place in the house where they had an ashtray, for the next week, they are to replace it with a glass of water. When they return home, any time they walk by the area where the ashtray used to be, if there is a strong craving, they are to take eight deep breaths, take a sip of water, and just go about their business. By doing this they are replacing the negative habit of smoking with a positive habit of drinking water. You’ll notice in the script that there are suggestions made for drinking water. The purpose of this is to be a replacement for smoking, since the mind prefers to replace habits rather than to eliminate them and also it is so the client does not gain weight as a result of quitting. Most people, once they quit smoking, whenever they have a craving, would usually replace it with food which is why they gain so much weight. By replacing it with water, they will not gain weight and in fact the water will help them to be healthier, and even helps with their complexion, which is a nice added benefit.

3. It is also important to have them clean out the ashtray in their vehicle if they used that for smoking. They should not just empty it but it should also be cleaned out well so the car does not have the smell of cigarettes in it.

One last thing that they should know is that if at any time they do have a craving, they should give it at least two minutes before acting on it as they take their deep breaths and some water then the craving will go away. The deep breathing is essential to do as it increases the oxygen throughout the bloodstream which will in turn relax and relieve them of the stress that they may be feeling at that time.
SMOKING CESSATION QUESTIONNAIRE

Quit Easily & Permanently
With no Withdrawals
With no cravings

Questions - These are important questions to ask before hypnotizing your client about their smoking.

On a scale of 1 to 10, where is their commitment level to quit smoking… and why?

Circle one  1    2    3    4    5    6    7    8    9    10

How much a day you smoke now? ________________________________

How many years? ______________________________________________

What brand? ________________________________________________

Why did you start initially? ______________________________________

Why do you want to quit smoking? ________________________________

_________________________________________________________________

How have you tried to quit at the past? __________________________

How many times? _________________

Described each time? ____________________________________________

How long did it work for? _______________________________________

Why did you restart? ___________________________________________

Have you ever been hypnotized before? ____________________________
What happened? __________________________________________________________

Optional items that can enhance each session - Use them when you can.

Visualizations - Seeing themselves as successful non smokers. Involve as many senses as possible.

Fill out goal sheet - Review and recap as often as needed. Include updates as required.

NLP-confidence cue - Is already in final session - add in others when appropriate.

Self hypnosis - Teach client how to conduct self hypnosis so they can relax during the week and be able to maintain as necessary after quitting date for stress, etc.

Add post hypnotic suggestions - and special help as needed.

Rules

Length of program - five cigarettes per week with a new brand of cigarettes each day.

Cigarettes - put them away and out of sight each time, in an inconvenient location.

Do not carry cigarettes on you anymore.

Ashtray- clean it up and put it away each time - out of site.

No borrowing cigarettes.

No giving out cigarettes.

You must destroy all but your allotted number of cigarettes each morning.

Destroy all left over cigarettes each night.
No keeping leftover cigarettes overnight.

Don’t smoke anywhere you did before/change habits when smoking. (If you usually smoke in one chair, use another… If you smoked, then went for a walk … then take the walk first. Change as many habits as possible to bring the smoking to the conscious level)

May want to include a group or individual maintenance program at a reduced rate.
This program consists of 9 scripts.

Initial Smoking Withdrawal Session (This script is placed ahead of your first script used from the list below dependent on how much they presently smoke.)
Smoking Cessation - (If client currently smokes 40 a day, start with this script)
Smoking Cessation - (If client currently smokes 35 a day, start with this script)
Smoking Cessation - (If client currently smokes 30 a day, start with this script)
Smoking Cessation - (If client currently smokes 25 a day, start with this script)
Smoking Cessation - (If client currently smokes 20 a day, start with this script)
Smoking Cessation - (If client currently smokes 15 a day, start with this script)
Smoking Cessation - (If client currently smokes 10 a day, start with this script)
Smoking Cessation - GOAL DATE (5 a day, start with this script)
Smoking Withdrawal Program - Initial Session

by Rene A. Bastarache, DM, CHT

( NOTE: Determine how many weeks your program is going to be and which of the sessions should be your first one according to how many cigarettes your client is presently smoking. Read this script before that week's script.)

You have decided to stop smoking…and the way you are going to stop smoking through this program is simply by relaxing, and following my simple instructions …that’s right, all you have to do to finally be a nonsmoker once and for all, permanently is to just sit back, relax and follow my simple instructions…. by following this program, no matter how many times you have tried to quit smoking in the past you will finally be able to become a nonsmoker easily and permanently, without withdrawals, without cravings and without gaining weight as a substitution.

You have come to this decision, to become a nonsmoker for a very good reason, perhaps even for many reasons. There are so many good reasons why people decide to stop smoking. The most important one, of course, is that of added health and life. You may have had a shortness of breath, a bad cough, loss of energy and vitality. So you have made a wise decision to stop smoking, one that will bring you added health and happiness to your life, not to mention the happiness of the people that care about you. It is an important, positive step forward in your life.

There are many different reasons why people start smoking. Years ago before we understood the health aspects of how harmful cigarette smoking is to your body, people smoked for popularity, coolness and relaxation. Those were three of the main reasons why people began smoking. However if you look at the reality of those reasons now, we realize that smoking does not make you popular or cool as it is not accepted in most public places, or social circles anymore. In fact if you are a smoker most locations you must go outside to smoke, by yourself, away from other people, and a designated smoking area, even in bad weather, and that is in no way to be considered cool I think you would agree. As for the people who smoke because they think it relaxes them… that could not be further from the truth … the part of smoking that people think relaxes them … has nothing to
do with the cigarettes … but has to do with the deep breathing. From now on if you need to relax, instead of breathing in cigarette smoke and harming your body, try taking deep breaths of clean air. You will find that the deep breathing is what relaxes you. Breathing in clean-air you will begin your stress reduction for relaxation that you are looking for but you will not have the harmful aspects of cigarette smoke. Smoking does not relax you, but it does just the opposite. The cigarette smoke releases what they call flight or fright hormones which does the same thing to your body as watching a scary movie. It also robs your red blood cells of oxygen for as much as six hours from just one cigarette. So as you can see, the reasons why most people started smoking does not exist anymore. What you are left with now is simply a bad habit that you have not been able to quit until this point.

Now you are able to quit that habit. Your powerful subconscious mind will help you in every step of the way to be a nonsmoker by your quitting date. Because this is what you want to do. No one has made this decision for you, you have made this decision for yourself. Because you know that the reward that you will receive will be added health, easier breathing, more energy, and ultimately a happier life.

What obstacles will you face on this journey? The only obstacles that stands in your way, are the ones that you place there. There are no obstacles because you are giving this your 100% effort. Not 80% or 60%! But by giving at 100%, you are making a commitment to win!

You have it within you right now, everything that you need to be a nonsmoker. I am not putting anything new, or anything foreign in to you, all I am doing is giving you suggestions to help you to do what you already know that you want to do. Giving you the confidence and the realization that you can once again be in control of what you put into your body. No longer will you allow anything negative to control you, especially a little white piece of paper wrapped around tobacco. You are now in control. If you think back far enough, you will see that there were many years before you started this negative habit that you lived as a nonsmoker. So there is your proof that you can do it, because you have. The sessions will help you to restore yourself to years earlier, a healthier way of thinking. You are in control, and will soon be able to take control… permanently… once and for all … ...

As I said earlier all that you need to do to finally be a nonsmoker once and for all,
permanently, is to follow my simple instructions...now this is one of the most important messages I want you to understand...if you follow my instructions...that I am giving here today...exactly as I'd give them to you...without trying to change them...or skip any of them...you “WILL” be a nonsmoker by your quitting date! Now let me repeat that to you one more time because it is a very powerful statement... If you follow my instructions...that I am giving you here today...exactly as I give them to you...without trying to change them...vary from them...or skip any of them...you “WILL” be a nonsmoker by your quitting date!
Smoking Withdrawal Program - 35 cigarettes a day

By Rene A. Bastarache, CI, CHT

(For someone who presently smokes 40 a day - 8 sessions)

Now here is the procedure of how you will stop smoking … starting tomorrow morning, and each morning until we meet again next week, you’ll buy two brand-new packs of cigarettes, a brand that you have never had before… you will open one pack and take out 5 cigarettes, which will leave you 35 in the remaining packs. You will then take those 5 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 35 cigarettes for the day…

You will then think to yourself, I find 35 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarettes, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your packs that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty packs. Do not keep them for the following morning or through the night.
Destroy them and get rid of them.

Throughout your day you will not borrow from others or give out any of your cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

*(Add additional personalized suggestions or visualizations here.)*

You will find 35 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 35 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.
Starting tomorrow morning, and each morning until we meet again next week, you’ll buy two brand-new packs of cigarettes, that you have never had before… you will open one pack and take out 10 cigarettes, which will leave you 30 in the remaining packs. You will then take those 10 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 30 cigarettes for the day…

You will then think to yourself, I find 30 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your packs that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty packs. Do not keep them for the following morning or through the night.
Destroy them and get rid of them.

Throughout your day you will not borrow from others or give out any of your cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 30 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 30 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non-smoker, once and for all, on your quitting date.
Smoking Withdrawal Program  -  25 cigarettes a day

By Rene A. Bastarache, CI, CHT

(For someone who presently smokes 30 a day - 6 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you’ll buy two brand-new packs of cigarettes, that you have never had before… you will open one pack and take out 15 cigarettes, which will leave you 25 in the packs. You will then take those 15 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 25 cigarettes for the day…

You will then think to yourself, I find 25 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your packs that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty packs. Do not keep them for the following morning or through the night. Destroy them and get rid of them.
Throughout your day you will not borrow from others or give out any of your cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 25 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 25 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.
Smoking Withdrawal Program  -  20 cigarettes a day

By Rene A. Bastarache, CI, CHT

(For someone who presently smokes 25 a day - 5 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you’ll buy a brand-new packet of cigarettes, that you have never had before…

This will give you an allotment of 20 cigarettes for the day…

You will then think to yourself, I find 20 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths…after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette…once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your pack that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty pack. Do not keep them for the following morning or through the night. Destroy them and get rid of them.

Throughout your day you will not borrow from others or give out any of your cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.
You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 20 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 20 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.
Smoking Withdrawal Program - 15 cigarettes a day

By Rene A. Bastarache, CI, CHT

(For someone who presently smokes 20 a day - 4 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you’ll buy a brand-new pack of cigarettes, that you have never had before… you will open the pack and take out 5 cigarettes, which will leave you 15 in the pack. You will then take those 5 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 15 cigarettes for the day…

You will then think to yourself, I find 15 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your pack that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty pack. Do not keep them for the following morning or through the night. Destroy them and get rid of them.
Throughout your day you will not borrow from others or give out any of your cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

*(Add additional personalized suggestions or visualizations here.)*

You will find 15 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 15 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.
**Smoking Withdrawal Program - 10 cigarettes a day**

*By Rene A. Bastarache, CI, CHT*

*(For someone who presently smokes 15 a day - 3 sessions)*

Starting tomorrow morning, and each morning until we meet again next week, you’ll buy a brand-new pack of cigarettes, that you have never had before… you will open the pack and take out 10 cigarettes, which will leave you 10 in the pack. You will then take those 10 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 10 cigarettes for the day…

You will then think to yourself, I find 10 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your pack that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty pack. Do not keep them for the following morning or through the night. Destroy them and get rid of them. You don’t want them!
Throughout your day you will not borrow from others or give out any of your cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add additional personalized suggestions or visualizations here.)

You will find 10 cigarettes more than enough for you each day. In fact you will find it easy to smoke less than 10 cigarettes. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date.
Smoking Withdrawal Program - 5 cigarettes a day

By Rene A. Bastarache, CI, CHT

(For someone who presently smokes 10 a day - 2 sessions)

Starting tomorrow morning, and each morning until we meet again next week, you’ll buy a brand-new pack of cigarettes, that you have never had before… you will open the pack and take out 15 cigarettes, which will leave you 5 in the pack. You will then take those 15 cigarettes, and destroy them. Crush them up and get rid of them. You do not want them. Do not carry them over to the next day. Do not save them or give them away…you must destroy them.

This will leave you with your allotment of 5 cigarettes for the day…

You will then think to yourself, I find 5 cigarettes more than enough for me today. Then you will mentally plan out your day keeping more cigarettes for the times that you tend to smoke more.

Then you will simply go about your day…when you find that you want to have a cigarette…you will first take a sip of water…and eight deep breaths… after you have done that, if you still want to have the cigarette, just go ahead and smoke it, you may find that you do not want the entire cigarette, you may only smoke a few puffs, you may only smoke half of the cigarette… once you find that you have had enough simply put your cigarette out and continue about your business.

You must no longer carry your cigarettes on you. You must put them in an inconvenient location at all times, such as in any bureau draw, the closet, upstairs on a bookshelf, in your glove box or even the trunk of your car, just out of site. In addition to this you must keep your ashtray out of site also. After each time you use your ashtray you must clean up and put it away.

At the end of the day you have another procedure to do. Any leftover cigarettes that may be in your pack that you did not smoke during the day, you must take them out and destroy them, then get rid of them and also the empty pack. Do not keep them for the following morning or through the night. Destroy them and get rid of them.
Throughout your day you will not borrow from others or give out any of your cigarettes. You have a certain allotment of cigarettes each day and any leftover must be destroyed each evening.

You will be craving water more and more each day, that wonderful, crisp, clear, refreshing water will taste great to you and will be the only thing that will really quench your thirst. Water will be very helpful to you in every step of the way in your goals and your added health.

(Add visualization for quitting day approaching next week here) + confidence!

You will find 5 cigarettes more than enough for you each day. In fact you will find 5 cigarettes to be “more“ than enough for you … You may not even want to smoke them all … You may even not want to smoke any of them. You will be surprised at how well you will do with this task and look forward with anticipation to your future goal of being a non smoker, once and for all, on your quitting date next week.
Smoking Withdrawal Program - Quitting day

By Rene A. Bastarache, CI, CHT

(For someone who presently smokes 5 a day - 1 session)

You have made the decision to stop smoking and the way you are going to stop smoking today, right now, is to simply relax. That’s right to sit back and relax and with each breath that you take allow yourself to go deeper and deeper … Today is your quitting date! … Today is the day that you have decided to become a nonsmoker once and for all. To join the ranks of the nonsmokers … Today is the day that you have chosen health…You have made a wise decision…and today you will be rewarded for it by becoming a nonsmoker…You know many other people who are nonsmokers…who enjoy life being smoke-free and today you are joining them…

So take the time right now to mentally congratulate yourself for finally having attained your goal…Take a few moments to think about the positive rewards that you will attain from being a nonsmoker…Visualize yourself right now standing in front of you as if you were watching yourself on a movie screen, being that successful person … Being a non smoker! … See yourself doing the things you use to do before but now doing them as a non smoker…

I’m coming over to your (right or left) side now … (Tap them on the shoulder as you say the following through this entire paragraph…) … and as I tap you on the shoulder I want you to feel the confidence move through you that you have finally attained this goal….you are a nonsmoker…you have stopped smoking…and you will never smoke again… Give yourself a few moments now to congratulate yourself and to feel good about your accomplishment…feel that confidence moved through you…growing stronger and stronger….through every part of your body…and as you feel it moving through you I want you to nod your head…yes! Feel that confidence growing, showing you that you have made the right decision by becoming a nonsmoker. You’ll find that when you are around people who smoke that you will feel this confidence that you are a nonsmoker. So whether it be early in the morning, afternoon, or evening …. at home, at work, out with your friends or even driving … “everything” you do will be better without those cigarettes from the past. You have finally done it … You have
attained your goal to become a nonsmoker … You have quit the habit … and begun a new healthy lifestyle. 
In order to remain a nonsmoker you must still give it 100%. In order to change anything in your life and to keep it that way, you must give it 100%. 100% to win! you will find water to be your ally especially through this initial transition period over the next few days. Any time that you walk by an area that you may have smoked before, if you begin to think about it, simply stop, take a sip of water, and 8 deep breaths as you have been doing, and you will be fine … You have replaced a bad habit with a good habit of drinking water. That wonderful, clear, clean, refreshing water taste great to you. In addition, it will even help to clean out your system quicker, it will help you to lose weight, and even help you with your complexion. So as you can see water is very helpful, be sure to have it nearby, anytime you want it.
Snore, Ignore

By Jamie Tyndel, CI, CHT

Very good…you are doing very good…feeling deeply relaxed and at peace. You have come today because of snoring or other sounds that your partner makes when sleeping. You have indicated that the snoring keeps you from sleeping well. From this day forward, whenever you hear the snore, imagine that it comforts you and makes you feel safer, knowing that your loved one is there with you. The snoring sounds remind you that you are not alone, you’re with a loved one, you are safe, and that a good night’s sleep will happen when you become aware of the snoring. All abnormal sounds will awaken you as normal…anything that needs your attention will wake you as it always has…but your partner’s snoring will help you to sleep…and rest well through the night.
Speaking Slower

By Michelle Ginn. CHT

As you continue to drift on down, deeper and deeper into relaxation, so peaceful. I am going to present some suggestions to your subconscious mind that will be reasonable, acceptable, and in your best interests. As you drift down deeper and deeper and deeper, continuing to relax with each breath you draw in, you are beginning to notice a new and wonderful desire to speak at a slower pace. You realize you begin to have a growing desire to relax and take a breath when you begin to speak to quickly. This feeling is giving you the strength to relax and slow down the pace of your speech. This feeling is comfortable to you and feels as if it has always been there. Yet somehow it just was not as noticeable before. You are now happy and relaxed when speaking and having a conversation. Each time you speak you realize speaking slowly is very productive. You are not stressed but relaxed when engaging in all conversations. Speaking quickly is not productive and when talking slower you become more and more comfortable and relaxed. It feels so wonderful to complete a conversation at a slower pace that you wonder why you waited so long to do this. You no longer feel anxious or rushed when engaging in conversations. You begin to recognize that now you see things differently and now you speak at a slower pace. You feel great about yourself and your life as you should because you deserve to feel good about yourself and now you are speaking at a slower pace that reflect a great relaxed and not anxious feeling.

Congratulations, you are a slower speaker now. You will speak at a more relaxed and slower pace. You will speak clearer, more relaxed, and at a slower pace.
Spending

By Rene A. Bastarache, CI, CHT

Above all it is important to realize that you are in control of your spending habits. Just as you are in control of earning the money that you have, you are also in control of spending it, or, depending on the situation, not spending.

You can now practice restraint where it comes to spending money. While it is important to circulate what you have, it is also important to save money for the important things in your life.

You are now able to discern the difference between your needs and your wants. Any time you are about to purchase something, you take a moment to think … “Is this something that I really need, or is it something that I simply want?” If it is something that you need, and you have the additional money to purchase it, then you may. However if it is simply something that you want, from now on you will take a few moments to consider all aspects such as, do you have the additional money to spend? If you purchase this item will you still have leftover money to handle all of your needs?

You are no longer influenced by impulse buys. An impulse buy something that you see being sold or being marketed that you seem to feel that you must purchase it immediately or you will lose it. Any situation like this would be considered an impulse buy. The person or organization selling the item markets it in such a way as to heighten your excitement and affect your decision-making process into irrationally purchasing the item immediately without taking the time to think about it. Although in many cases this seems to be unethical, it is a way many marketing companies become rich. You are no longer a victim to this scenario. Whenever you feel a strong impulse to purchase something. You take a deep breath and walk away. As you walk away you take the proper amount of time needed to weigh the pros and cons of purchasing the item. You take a few moments to imagine yourself already owning the item to see how things are different having it. You take the time to work it through.

Many times imagining that you already own the item you realize that the excitement has left and that you don’t really need or even want it anymore.
most cases with an impulse buy situation, you are not buying the item because of the item, you are buying the item because of the excitement being generated surrounding the item. And what happens is once the item has been purchased and the excitement has gone, the desire for wanting the item has also gone.

If you are going shopping or someplace where you feel you might spend more money than what you want to, you now take the time to prepare by only taking the amount of money with you that you wish to spend. If you are going someplace with family or someone you trust, you may want to have them carry your credit card or wallet for you.

Above all “you are in control”.

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Spontaneousness

By Rene Bastarache, CI, CHT

You have a desire to be more spontaneous, no matter what the reasons may be. It is something that you now desire. The way that you are going to accomplish that right now is to examine why you may have not been spontaneous in the past. When something comes up that you must make a decision on, do you normally take time to weigh all of the outcomes before taking action? What do you usually do when something comes up?

From this point forward, this very moment … you find yourself being spontaneous. You find that you are able to make decisions quickly, but soundly. Immediately when something comes to mind that you may want to act upon you first take a moment to make sure it is ethical and not against your nature, and if it is of a positive nature and you have a desire to do it, you will spontaneously do it.

You’ll find that you can come to decisions much quicker now. Your decision-making process is sound. The subconscious is capable of solving unlimited multiple tasks simultaneously. It doesn’t matter how many things you’re confronted with.
Sports Enhancement - Reach for the Gold!

(rowing or water event)

By Rene A. Bastarache, CI, CHT

You have a new, enhanced, sense of concentration … You are able to block out distractions and concentrate 100% plus on your task, at will ... You have a laser beam type focus.

You have the energy and strength to be the best at your game ... You will find yourself training harder and improving beyond your expectations ... You are the best at what you do. You realize that what your mind can conceive, you can and will achieve.

Before and during training and competition, you visualize yourself attaining your goal, being the best, and winning ... You now have a laser beam focus on your tasks and goals ... Nothing takes you away from your goal. Visualize yourself right now in a competition situation … see yourself pulling ahead of the rest and excelling in your progress ... See yourself giving 100 plus % if your abilities. Get it as clear in your mind as you can ... See it … feel it, even the smells and sensations … you may even feel the spray of the water against your skin ... You are this winner that you are imagining ... Your imagination can and will become your reality ... You are successful … you are a winner.

Each and every workout your abilities will improve as you give more and more to your training. You are excelling and are the best at your game. Your concern is not only if you will win … but it is how much can you win by? You will and can be so much ahead of your competition … as you realize you have no limitations ... Let any limitations go away ... Get rid of any restrictions you may have placed on yourself.

Just as years ago people had limited themselves with the 4 minute mile barrier in running … today that limitation or barrier is being beat on a daily basis, even in high schools … Why? Because somewhere along the way … someone … decided that he would not buy into that limitation … and they surpassed it. You also beat any limitations. You excel and achieve greatness because you believe in
Continue to move ahead … continue to excel … keep your laser beam focus and reach for the GOLD. You are a winner … Reach for the GOLD!
Sports Enhancement - Reach for the Gold! (part 2)

By Rene A. Bastarache, CI, CHT

You have a new, enhanced, sense of concentration … You are able to block out distractions and concentrate 100% plus on your task, at will ... You have a laser beam type focus. You excel beyond your own expectations and even beyond those of everyone in your field. You are the best in what you do.

You are aware of how much better you have been performing recently, how you have been able to focus better and give your specific task so much more attention and energy than ever before. This is just the beginning. The more you become aware that this ability is not from the outside but from within you, the more it will increase. Through these sessions, you are able to unlock your own inner abilities. You can now draw from your inner reserves to succeed and to WIN. You have a limitless reserve of energy, focus, stamina and strength within you. You’ve heard of how people in times of emergency are able to lift a car off of a victim trapped beneath it or do many other feats of “super human” strength ... This ability is inherent in all of us. It is when we reach inside and harness the inner strength that is in us all. In these times of emergency, we forget about our limitations and do what is required ... even if it is a feat of “super human” strength. We all have it within us. All that is called for to use this inner strength is to have faith and belief that we can. Have faith and belief that you are the best, and you will be. Have belief that you have no limitations and are better than all the rest, and you will be. You have seen in the past few weeks what you are able to do with just a bit of fait ... That is just the beginning … just the surface of what is within your vast storehouse. Reach inside … reach deep down … believe you can … Reach for the GOLD.

Before and during your training and competition, visualize yourself attaining your goal, being the best, and winning ... You have a laser beam focus on your tasks and goals ... Nothing takes you away from your goal. Visualize yourself right now competing in your event … See yourself pulling ahead of the rest and excelling in your progress ... See yourself giving 100% plus in your abilities. See yourself as having won your competition and exceeding even beyond your wildest expectations. Get it as clear in your mind as you can ... See it … feel it, smell it, taste it! Your strong subconscious mind, that 95% part of your mind that
had not been tapped before ... Will make it so! Congratulations! You have one! The GOLD is yours. Be thankful and happy for your success.
Sports Improvement

By Rene A. Bastarache, CI, CHT

You have a new, enhanced, sense of concentration … You are able to block out distractions and concentrate 100% on your task, at will ... You have a laser beam type focus.

You have the energy and strength to be the best at your game ... You will find yourself training harder and improving beyond your expectations ... You are the best at what you do. You realize that what your mind can conceive, you can and will achieve.

Relax and use your imagination. I want you to visualize you are in a room with a chalk board. Under the board is a narrow shelf. On the shelf are an eraser and a brand new piece of chalk. Look at the board. Pick the eraser up. Begin erasing any negative words or messages about your abilities…your game. Be thorough. Don’t leave any bits of the chalky negative words or messages. Nod your head when the board is completely blank.

Now, I’d like you to pick the chalk up in your writing hand. Begin writing positive messages about your abilities on the board. As you write, also speak the messages…slowly and softly. They are all positive messages, whether they are present accomplishments or future accomplishments. Write them all out one by one. Say the messages as you write them. Nod your head when you have filled the board up with positive messages.

Okay, good. Now, I want you to imagine that there is a video in the room. Before you focus on the video, I want you to double check the board to make sure there is absolutely nothing left of a negative message or word. The video is about to begin. Take your seat. Nod your head when you are comfortably seated. You are now going to watch yourself in this video. You are watching yourself…a spectator… perform in every way you want to perform. You are relaxed and focused in your seat, just as you are in the video…in your game. You are performing perfectly. You are confident…focused. You are a winner…a very, very valuable member of the team. You did it!
SportsSuccess

By Susanne Fred, CHT

This can be used to visualize everything from perfecting specific abilities to winning overall. Some basic knowledge of your client’s particular sport would be useful when using this script.

Relax and use your imagination. I want you to visualize you are in a room with a chalk board. Under the board is a narrow shelf. On the shelf are an eraser and a brand new piece of chalk. Look at the board. Pick the eraser up. Begin erasing any negative words or messages about your abilities…your game. Be thorough. Don’t leave any bits of the chalky negative words or messages. Nod your head when the board is completely blank.

Now, I’d like you to pick the chalk up in your writing hand. Begin writing positive messages about your abilities on the board. As you write, also speak the messages…slowly and softly. They are all positive messages, whether they are present accomplishments or future accomplishments. Write them all out one by one. Say the messages as you write them. Nod your head when you have filled the board up with positive messages.

Okay, good. Now, I want you to imagine that there is a video in the room. Before you focus on the video, I want you to double check the board to make sure there is absolutely nothing left of a negative message or word. The video is about to begin. Take your seat. Nod your head when you are comfortably seated. You are now going to watch yourself in this video. You are watching yourself…a spectator…perform in every way you want to perform. You are relaxed and focused in your seat, just as you are in the video…in your game. You are performing perfectly. You are confident…focused. You are a winner…a very, very valuable member of the team. You did it!

I’m going to count to ten. When I get to ten, the video will stop and you will feel relaxed, rested, and a winner!
Stomach Pain, Relieving

By David Barr, CHT

Use your imagination to picture your pain a piece of rope…This rope has a large, tight knot in the center of it. Now I want you to imagine a pair of hands… These are your hands and you will use them to untie the knot… Take hold of the knot with your hands… At first it might seem too tight to untie… Use the power of your mind to loosen it, even if it’s just a little… Good… As the knot loosens, your stomach will feel better and more relaxed… Dig your fingernails into the knot and get it too loosen even more… Your stomach feels better and better… As the tension in the knot decreases, so does the pain in your stomach… The knot gets easier and easier to loosen and the pain in your stomach continues to diminish… Your stomach feels better and better… more and more relaxed… Now finish untying the knot… You will find that your stomach feels better than it has ever has.
I’d like you to take a deep breath now … and hold it for a few seconds … exhale and relax … Now take a second deep breath, as deep as you can … and as you exhale just allow any stress you might have lingering, to just let go … and one more time take a third deep breath … as deep as you can … hold it … and as you exhale … just think to yourself the words “relax now”.

This is your new solution for stress … Whenever you become stressed in the future … you’ll simply relax … take three deep breaths … and on your third one, as you exhale … you will simply say to yourself the words “relax now”.

You are now developing a new way to relax … you are letting go of the stress of the past and have decided now that you want to relax … No longer do you need stress in your life … No longer do you need depression or anger in your life … From now on you choose to be relaxed … You choose to be calm … and you choose to be in control in all that you do … because your health is important to you … You are changing the way that you used to act and you are replacing it with the new positive suggestions I am about to give you …

By following these few simple suggestions that I am about to give you … you’ll find yourself being stress free in all that you do … You’ll find yourself being relaxed in situations that you may not have been relaxed in before … and with your new relaxed lifestyle … you’ll find yourself being happier … more positive minded … and enjoying all that you do.

The first suggestion that I am going to give you is that whenever you find yourself having negative, unproductive thoughts, you’ll immediately say to yourself the word STOP! … Let me repeat that to you so it is perfectly clear … Whenever you find yourself having negative, unproductive thoughts, you’ll immediately say to yourself the word STOP! … and as soon as you say the word STOP … you’ll find that the negative thoughts you were having had just disappeared … It will give you the opportunity to start a new, positive thought process.

The next technique you are going to learn is the art of acceptance … accepting
things as they are … rather than allowing them to escalate out of control … From this moment on … anytime you find yourself getting stressed, because of a situation that seems to be going out of control … You will stop worrying about what could happen … all the negative scenarios … and instead … you will accept … what has happened for exactly what it is … You can use your thought process to think the situation through to see what reasonable outcomes may be there … realizing that once you have worked them through, they are always better than if you let your mind run free and worry … Worry is a thing of the past … it is now replaced … with relaxation.

You are now in control … of your thoughts … your feelings … and your emotions … you have become an actor … rather than a re-actor … which simply means that in any given situation … you … and only you … choose … how you are going to react … or to act … and now you choose to act … calmly … positively … and in control.

Just for a moment I would like you to concentrate on your breathing … take a breath in … and exhale, and as soon as you feel all the breath leave your body and you are prepared to take another breath count to yourself quietly, 25 … take a second breath, not necessarily a deep breath just a normal one, and exhale … and when that breath is finished count to yourself 24 … then take another normal breath, whatever length seems comfortable to you … and exhale … then count to yourself 23 … and continue doing this on your own, with another breath, counting 22, and 21, all the way down to one … and as soon as you take your last deep breath, exhale, and say the number one, you will open your eyes … feeling calm … and relaxed … in every way … in fact you will find yourself more relaxed than you have ever been before …

So continue counting even as I speak … each one of your breaths … concentrating on your breathing … noticing the flow, of the air … as it enters your body … fills you up … and then leaves once again … study the sensations you feel … with every breath you take you relax more and more, with every breath you take you feel more peaceful and more serene as you go down deeper and deeper into the relaxed state … and as soon as you count to the number one you will open your eyes once again feeling wonderful in every way …
You are now developing a new way to relax … you are letting go of the stress of the past and have decided now that you want to relax … No longer do you need stress in your life … No longer do you need depression or anger in your life … From now on you choose to be relaxed … You choose to be calm … and you choose to be in control in all that you do … because your health is important to you … You are changing the way that you used to act and you are replacing it with the new positive suggestions I am about to give you …

By following these few simple suggestions that I am about to give you … you’ll find yourself being stress free in all that you do … You’ll find yourself being relaxed in situations that you may not have been relaxed in before … and with your new relaxed lifestyle … you’ll find yourself being happier … more positive minded … and enjoying all that you do.

The first suggestion that I am going to give you is that whenever you find yourself having negative, unproductive thoughts, you’ll immediately say to yourself the word STOP! … Let me repeat that to you so it is perfectly clear … Whenever you find yourself having negative, unproductive thoughts, you’ll immediately say to yourself the word STOP! … and as soon as you say the word STOP … you’ll find that the negative thoughts you were having had just disappeared … It will give you the opportunity to start a new, positive thought process.

The next technique you are going to learn is the art of acceptance … accepting things as they are … rather than allowing them to escalate out of control … From this moment on … anytime you find yourself getting stressed, because of a situation that seems to be going out of control … You will stop worrying about what could happen … all the negative scenarios … and instead … you will accept … what has happened for exactly what it is … You can use your thought process to think the situation through to see what reasonable outcomes may be there … realizing that once you have worked them through, they are always better than if you let your mind run free and worry … Worry is a thing of the past … it is now replaced … with relaxation.

You are now in control … of your thoughts … your feelings … and your
emotions … you have become an actor … rather than a re-actor … which simply means that in any given situation … you … and only you … choose … how you are going to react … or to act … and now you choose to act … calmly … positively … and in control.
I want you to think of a time that you were worried or stressed about a situation. I want you to think about if the worrying helped the situation, made the situation worse, or did no job at all. I think you will find that worrying did nothing at all to help the situation, and probably made the situation even worse. Handling stressful or worrying situations requires a clear, relaxed mind.... The type of mind you have right now in this state of deep relaxation. Therefore, I am going to give you access to this calm relaxation anytime you need it. In a moment I am going to ask you to do a small task for me. Do it while remaining totally relaxed. Here we go. With your right hand staying relaxed, I want you to touch the tips of your first and second finger and your thumb together....and then slowly rub them together in a circular motion. Just the tips of those fingers while staying completely relaxed. While you are doing this I want you to be aware of the incredible relaxation you are feeling in your body and in your mind. There is no worry, stress or anxiety here at all. I want you to link the feeling in your hand to the feeling in your mind. They are now permanently connected. After I awaken you from hypnosis, and when you are out and about in your life, whenever something stressful or worrisome happens to you, you can do this little exercise and even though you will remain wide awake and alert, this motion in your fingers will instantly bring on the incredible mental easy feeling you are experiencing right now. All the stress, worry and anxiety will be gone from the moment, and you will be able to laugh about it. Then, if you wish, you will be able to let it go forever. An incredible magic power in the tips of your fingers that will allow you to manage stress, anxiety and worry at any time.
Study Habits

By Rene A. Bastarache, CI, CHT

You have continued to study the same way since you were a child. As you grew older many things in your life have changed however you are still studying the same way. So you will now learn a more effective, better way of studying. Setting a new habit is easy to do and you are now going to set a new habit of studying.

You now find all of your studies interesting and because you find them interesting you’ll find it very easy to concentrate on your studies. You will not become bored with your studies because you find them so interesting. You enjoy learning new materials and gaining information. You find that you now absorb all the information that you learn.

Your mind is the most perfect computer ever made. Your strong subconscious mind stores every bit of information that you have ever experienced. All that information and all the new information that you are now learning is available with perfect recall in your mind. You retain all the information that you learn.

You no longer procrastinate or put off your studies because you find your studies so interesting. You will get them done as early as possible. By doing this you’ll find that you have more free time. It gives you a great sense of confidence and satisfaction to finish and be caught up on all of your studies. You find that you are more disciplined in your studies than ever before.
You are bale to learn quickly and completely. You are what’s called a “quick study”, able to retain and retrieve information at will. You are eager to do your reading and your studying. You want to learn the material. You will remember what you’ve read. You are confident and happy to find you can do your homework-and even extra assignments- to gain knowledge.

This accumulation of information makes you feel secure and confident. You use the knowledge you gain to master quizzes and tests better. Feeling even more proud of yourself for studying, learning and testing better feeds the ability to get better grades and feeds your desire to read and study more.

You will easily achieve full recall of everything you read and everything you want to study. It will be very easy to set aside time for the studies and you will not be disturbed from the study time by outside distractions.
NOTE: Before you begin this script, come into agreement with the client when and how long they will study.

Every … (day or weekday or evening) you study for at least … (one, two, three) hours. You are able to think much more clearly and you concentrate much more easily. You are so deeply absorbed and interested in the subject that you are studying that you want to give it your full attention … 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 read … and all the things that you read become part of your memory to enable you to remember them more easily … You now have perfect recall … and you find that on a daily basis your memory improves and you find it so much easier to study … and in addition to remembering what you have read, it is so much more easy to recall it without difficulty, whenever you need to do so … You just think about it, have the desire and it comes to mind.
Success, affirmations

By Rene A. Bastarache, CI, CHT

I am successful … I am thankful for my success … I am positive minded … I affect all those around me in positive ways … I am happy … I smile often … Each morning I begin my day peaceful happy and with a smile … I greet people with a smile, enthusiasm and interest … I encourage and inspire others.

I am successful … Little things do not bother me or effect me … I no longer allow outside influences to effect me negatively … I am positive at all times, and in control … I think good thoughts … and do not allow negative thoughts to enter my mind … I fill my mind with only good thoughts and good feelings … helping me to feel happy … I do not worry, panic or have fear as a result of events in my life … I realize that things are as they are … Events unfold and happen … not to hurt or punish … they just happen … and I now realize that … and accept things as they come … I practice awareness … being opened to my surroundings … and am aware of opportunities as they arise.

I am successful … I welcome success with joy, happiness and open arms … Things are going my way … Good things have a way of finding me … I attract positive people and success to me … I enjoy and am comfortable being around positive, successful people … I network as often as possible with successful people … I am a success magnet that keeps attracting good and abundance to me.

I am successful … I now act and think as someone who already is successful … Positive opportunities come to me … I deserved to be successful … it is my divine right to be successful … I have earned it and now is my time … It is OK to be successful … I am prepared for success … and success is attracted to me … Good times are here … I am physically, emotionally and financially secure … I walk with my head held high, proud of my success which is reflected to others by my actions .

I am successful … I am relaxed and calm … I am able to rejuvenate and refresh myself very easily … It is natural for me to feel good … It is natural for me to be healthy and strong … I feel terrific … physically … and mentally fit … My mind is keen and creative … My memory continually improves and is open to new experiences… I learn everyday.
Success Blueprint

By Rene A. Bastarache, CI, CHT

We all have a blueprint of success within us. When you were born, you were born into this world in a healthy, happy state. Your subconscious mind had an inner blueprint that showed you how you should be in a healthy happy state. That blueprint stayed with you and is still there today. Whenever anything happens to you that is disorderly in your life, your inner blueprint has the knowledge and ability to return you to that orderly state. It is natural to be happy, healthy and orderly. Anything other than that is disorderly.

Success is also an orderly attribute. The lack of success can cause misery and disorder. Since the basic tenant of your blueprint is order then you have it within you to create success. All that is called for is desire, motivation and commitment to attain your goal.

You already have the desire. Proof of that is that you are listening to this session. For the motivation part of the equation, you must be motivated to “do” what it takes to attain your success. You must be willing to be inconvenienced, to step outside of your comfort zone…. And lastly … if you have the desire and are motivated … you must have the commitment to take action …

There is a famous slogan that says “the road to success is paved with good intentions”. You want to do more than that. You must get off of the road and be a doer!

From this very moment you are a doer. You do whatever it takes to be successful… you attract success… You surround yourself with successful people and find that you emanate success. Success seems to find you wherever you go.

You see yourself as a successful person and realize that you deserve success. It is your birthright. You are happy and always strive to progress … And success will help you to continue on that path … Continually growing … and progressing.
Success Motivation

By Rene A. Bastarache, CI, CHT

You are successful … You are thankful for your success … You are positive minded … You affect all those around you in positive ways … You are happy … You smile often … Each morning you begin your day peaceful happy and with a smile … You greet people with a smile, enthusiasm and interest … You encourage and inspire others.

You are successful … Little things do not bother you or effect you … You no longer allow outside influences to effect you negatively … You are positive at all times, and in control … You think good thoughts … and do not allow negative thoughts to enter your mind … You fill your mind with only good thoughts and good feelings … helping you to feel happy … You do not worry, panic or have fear as a result of events in your life … You realize that things are as they are … Events unfold and happen … not to hurt or punish … they just happen … and you now realize that … and accept things as they come … You practice awareness … being opened to your surroundings … and are aware of opportunities as they arise.

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for you to be healthy and strong … You feel terrific … physically … and mentally fit … Your mind is keen and creative … Your memory continually improves and is open to new experiences… You learn everyday …
Sugar addiction

By Rene A. Bastarache, CI, CHT

(it is important to inform your client that they should seek out professional help for any addiction. While hypnosis can be helpful throughout the process is not a replacement for the professional medical help.)

The sugar addiction that you have been afflicted with in the past began at a certain time of your life. It had not been there forever. Therefore at some time you had made a conscious choice of this behavior. Knowing that, it is important to realize that just as the disorder began through your thought process, with a decision that you have made, it will be eliminated in the same manner. However you must be consistent and committed.

It has been proven that thoughts become things. The thoughts that you have placed your focus and attention on from the past have made you the person that you are today. The thoughts that you place your focus and attention on right now will determine the person that you will become.

The mind operates according to images and feelings. So the way that you are going to alleviate the disorder now is by first having a desire, and then taking action by doing something about it. What you are going to do is to use your imagination right now to change your self-image.

I’d like you to imagine right now that you are sitting in a movie theater watching a movie of yourself on the screen in front of you. Imagine seeing yourself on that screen having already achieved your goal. See yourself acting in a scenario where your disorder has gone. In a scenario without the sugar from the past, having overcome that disorder. See yourself feeling healthier, looking healthier, having attained your goal permanently … and as you see yourself on this movie screen having attained your goal, take a moment to identify the feelings that you would be feeling being the new successful you.

What feelings are you experiencing exactly? Are you feeling joy, excitement, peace of mind, or satisfaction? Take a moment to identify the positive feelings that you are experiencing now that you have attained your goal.
Take a moment now to think of what steps you may have taken to attain this goal. Is there anything that you may have had to do differently than you are right now? If there is, be honest with yourself and take note of it mentally. These are the steps that your subconscious mind is telling you that you must take.

See yourself for just a few moments longer being successful, realizing that this is you. Allow yourself to accept this image, and feeling of success. You are healthy and you will remain healthy. Congratulations.
Temper, overcoming

By Rene A. Bastarache, CI, CHT

As you continue to relax deeper I want you to focus on the words that I am saying and quietly repeat them to yourself in your mind ... I am growing more open-minded and good-humored. Happiness, peace, and cheerfulness are now becoming my normal state of mind. Every day I am becoming more and more happy, cheerful, and understanding. People seem to flock around me for happiness and cheeriness, as they seem to be a natural state of mind with me. Happiness, peace, and cheerfulness are what I am becoming, as it is natural for me to be this way. I am grateful to be this way. I am very thankful for my new attitudes of happiness, peace and cheerfulness. I no longer listen to the negative words of others, I am no longer affected by negative. I see the good in everyone and everything around me. I choose to focus on the good and happy things of life. I am happy, I am peaceful and I am cheerful in all that I do.

As you continue to relax deeper I want you to focus on the words that I am saying and quietly repeat them to yourself in your mind ... I am growing more open-minded and good-humored. Happiness, peace, and cheerfulness are now becoming my normal state of mind. Every day I am becoming more and more happy, cheerful, and understanding. People seem to flock around me for happiness and cheeriness, as they seem to be a natural state of mind with me. Happiness, peace, and cheerfulness are what I am becoming, as it is natural for me to be this way. I am grateful to be this way. I am very thankful for my new attitudes of happiness, peace and cheerfulness. I no longer listen to the negative words of others, I am no longer affected by negative. I see the good in everyone and everything around me. I choose to focus on the good and happy things of life. I am happy, I am peaceful and I am cheerful in all that I do.
Test Taking

By Rene A. Bastarache, CI, CHT

You have come to this deep relaxed state so as to learn an effective way to take tests successfully. That is exactly what will happen as a result of this session. Right now, you are changing the way you look at test taking. Let everything negative thought form the past having to do with taking tests go away. Let all negative fade away like an old memory that is not useful to you anymore because right now ... you are going to learn the most effective techniques to taking tests. From this moment on you will look forward to tests taking and will do very well with them. One of the secrets of test taking is simply to know what your instructor is asking. All test taking is ... is a way for you to show how well you have learned your materials. How well you have studied. And from now on you will do very well in taking tests because you will be prepared for them. You will find that all of your studies come easily to you because you enjoy what you are studying. You no longer procrastinate your studies until the last moment. You now study for your tests at the earliest convenience and you are able to retain all that you read. Remembering is not an effort to you. All information that you study, read or take in from any of your senses is recorded in your subconscious mind. It is the worlds best computer and you now have the ability to recall information at will. When you are taking a tests you look forward to taking it because you know your subject matter, you have studied and are anxious to show how well you know it. You are always relaxed when you take your tests and information comes to you easily. As soon as you read the questions on your test the answer immediately comes to you. It is clear as a bell and there is no confusion. If you find yourself getting anxious during the test or are not remembering immediately, you will simply take a deep breath and relax and the answer will flow through your mind freely. You no longer second guess yourself as the answers will immediately come to you. Test taking is easy ... Test taking is enjoyable and exciting ... You are prepared.
Thin Thighs

By Rene A. Bastarache, CI, CHT

In the past you may have been unhappy with the size and shape of your thighs ... You may have felt embarrassed to show them off by keeping them covered ... You may have even turned to unhealthy foods as a source of comfort ... avoiding the problem by staying indoors.

No more!!!

You now look at yourself different ... In order to change anything in life you must first determine exactly what you want to change ... So use your imagination right now and visualize the goal you standing in front of you ... See your thighs exactly as you would like them to be ... the shape ... the size ... even the skin tone ...

Now think of what it will take to achieve these thighs ... and commit yourself right now to doing it....

What will it take? ... eating healthier ... exercising more and consistently ... and most importantly imagining every day ... as often as you can ... what you want them to look like ... Whatever your subconscious focuses on continually ... it will achieve .... What ever you wish for ... dwell upon ... and desire ... will happen if you are committed and follow through ... And you are now committing yourself to doing whatever it takes ... You are committed to following through ... until you have attained your goals ... and then maintaining them afterwards.

You realize that a big part of the solution is how you look and feel about yourself ... and from this moment on you will act as if your thighs are already the way you want them to be ... You will act as if you have already attained your goal ... and you will no longer hide your thighs ... In fact you will want to show them off when you are able too ... and be proud of them ... This is an iatrical part of the growth process in attaining your goal.

You now have only positive thoughts and emotions ...giving you the strength to make the changes you desire.
You are developing a more positive attitude toward your thighs and body ... You now realize the benefits of healthy foods ... and regular exercise ... and you look forward to it daily ... and are motivated to achieve success.

You now have the freedom to wear the clothes you really want to wear ... and the confidence to know that you look good ... and it will only get better and better each day ... Even now you will notice that people stop and stare at your thighs ... because you are looking good ... and you are displaying the attitude, of confidence ... and looking good.
Thin, Think

By Rene Bastarache, CI, CHT

It is very important to feel good about yourself, to have a healthy self-image. Self image is so much more important than how any one else looks at you. The image you hold of yourself is how you will react. It is important to realize that you can never really escape your own self image for very long. You will always snapback to who you perceive yourself to be. Knowing this, it is important that in order to create change, change must come from the inside rather than the outside.

From this point forward whenever you think of yourself, or imagine yourself, you see your self as a thin person. In fact, right now, use your imagination and visualize yourself as if you were standing right in front of you. See yourself in as much detail as you can, in the exact shape you would like to be. See yourself as this beautiful thin person, wearing your favorite type of clothing. See how wonderful you look in your favorite clothing. Realize that this person you are seen, is you. This is how you are now seeing yourself. Get this vision of yourself in your mind clearly. Commit everything about this new you to memory. Whenever you think of yourself, see this picture. The new you.

You now think of yourself and see yourselves as the thin, healthy person that you really are. Each and every day, as you begin your day, you take a moment to close your eyes and imagine yourself once again standing in front of you as this thin healthy person.

This is the new you. The you that you have created. This is how you see yourself, and how others see you also. Be proud of your appearance, and who you are. You now carry your head up high, with a new outlook on life. You are thin. You have achieved your goal.
Time Management

By Katherine Lee, CHT

From now on, beginning immediately … you're going to find yourself easily able to measure your time correctly for things you have to finish … whether it is in your conscious mind or buried within the subconscious ...

You're going to find yourself easily able to know exactly how long you need to get something done … You know how to give yourself reasonable time to get things accomplished … Just like knowing how to breathe … It is natural to you… You have an automatic time measuring machine in your body … It is already set up for you to use … Now, turn on the switch … and allow it to start to work for you …

You always have enough time to finish one thing or another … have time to relax between your appointments … You even have time to enjoy your life as you go from here to there … from now to then … Everything is just the right pace … very joyful … very peaceful … You finish everything in a relaxed pace … You know which thing should be done first … and always manage to accomplish them in the suitable way.

You do the right thing at the right time … One thing at a time if you wish … At a joyful pace … Allowing yourself even to enjoy the tasks you are doing … and even enjoying the company of the people beside you when you are doing them … You can smell the flowers … hear the bird’s singing … and the gentle breeze of the wind blowing your face … It’s as if time stands still … because you are the time … You are the thing which you are doing … You are the place where you are … You feel wonderful and happy.
Tinnitus

By David Barr, CHT

Now that you have entered this deeply relaxed state, you are going to rid yourself of the constant ringing in your ears. I want you to use your imagination…

Picture in your mine a volume control. Right now, the volume is on 9… Good… Now turn the volume up to 10. The ringing in your ears just got a little louder… Go ahead and adjust the volume down to 9. Now notice the ringing just became softer. I’m going to count down to 8 to 1. As I do so, I want you to lower the volume, the ringing will become softer, until you no longer hear it.

8...The ringing gets softer…7.… 6.… the volume goes lower and lower… 5... 4... Keep turning the volume down… 3... 2... The ringing is barely noticeable… 1... Good… Now I want you to turn the volume off… The ringing is gone and you will never hear it again.
I’d like you to use your imagination ... Imagine your own mind as a garden. You are the gardener and you are planting seeds ... The seeds are your thoughts, all day long you are planting thoughts or seeds in your subconscious mind based on the way that you normally think ... The way that you think, and you sow the seeds in your subconscious mind are the same way that you will reap the reward in your body and your surroundings.

You must begin to sow new seeds. You must plant seeds of peace, happiness, right action, prosperity, and wealth. Think quietly right now on the qualities that you would like to sow in your garden ... in your mind ... and accept them fully in your conscious, reasoning mind. Continue to plant these wonderful seeds in the garden of your mind and as they grow you will reap the benefits of your deepest desires.

Change the way that you think from now on. You will no longer end a negative statement. When you find yourself saying something negative immediately stop yourself and finish it positively. Each negative statement that you make is planting a negative seed in your mind whereas each positive statement is planting a positive seed. Your subconscious mind takes everything literally and when you make a negative statement or a positive statement it will try everything within its power to make those statements come to pass. From now on you want only positive statements such as “I can afford it” or “I can do this”.

The law of life is the law of belief. A belief is a thought in your mind. Do not believe in things that can harm you or drag you down. Believe in the power of you subconscious mind to heal, strengthen and cause you to succeed. What the mind can conceive, the mind can achieve.

You are always on the look-out for good, positive opportunities. New opportunities easily and frequently come your way. You are on top of your game and recognize all opportunities as they occur. You always seem to be at the right place at the right time.
Change your thoughts and you change your destiny. See yourself the way you want to be. Visualize yourself right now as the prosperous person that you would like to be, realizing that you have a right to be this person. You deserve prosperity. Prosperity, health and happiness are natural. Meagerness, sickness and sadness are un-natural. Therefore imagine the natural you, as that healthy, happy and prosperous person. Get it clearly in your mind. What are you wearing? What are you doing? Focus on how you are feeling emotionally and physically as this healthy, happy and prosperous person. See yourself no longer having stress from bills as you now have more than enough money to pay bills, invest in your business, your future and even plenty for vacation and travel. You now have more than enough! This person that you are imagining right now is you, accept it as you. Allow it to become you. As you accept it and acknowledge yourselves as this healthy, happy and prosperous person, so will it become. Commit everything about this person to memory, how you look, how feel and how you are acting, so you can remember and see yourself as this person as often as possible. As long as you can keep these positive thoughts and memories alive, they will become your reality.

You keep moving forward. You no longer accept things as they are… you are always keeping yourself positive and never give up. You keep on pushing onward and moving upward.
Weight Loss I

By Rene A. Bastarache, CI, CHT

Now take a deep breath ... exhale ... and relax ... just allow everything to let go ... you have no place else to be ... nothing else to do ... but just sit back, relax, and let go completely ... you are here to lose weight and to become healthier ... and the way you are going to lose weight ... beginning right now ... is just by relaxing ... that's right you going to sit back... relax... and allow yourself to accept all the suggestions... that I am about to give you...

If you can accept all the suggestions that are being given to you without being critical of them or without over examining them ... and can follow my instructions exactly as I give them to you, you will lose all the weight you desire and attain your goal weight ... Let me repeat that again so it is perfectly clear ... If you can accept all the suggestions that are being given to you without being critical of them or without over examining them ... and can follow my instructions exactly as I give them to you, you will lose all the weight you desire and attain your goal weight...

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

Being in this relax state that you are now in you may be hearing everywhere that I say ... or you may only be hearing bits and pieces. As your mind strays back and forth ... here ... and there ... it doesn't matter whether you're listening to me as I speak or not ... all you need to do is relax ... you conscious mind may be floating all over with many different thoughts going through it ... however you're subconscious mind hears everything, and always pays attention ... and it is to the subconscious mind that I am speaking to right now ...

From this very moment, starting right now ... You no longer have the urge to overeat, or to snack and between meals ... Because healthy, well-balanced meals, more than satisfy your appetite ... and the taste and fragrance of your food are better than ever before ... Rich, heavy, suite, fattening foods and drink just no longer appeal to you ... Because healthy life-giving foods taste wonderful, and feel you up.
From now on you noticeably eat your food slower... Chewing your food thoroughly ... You put down your fork in between bites and don't pick it up again until the bite in your mouth is gone ... you chew slowly so you can digest your food better and you find that you become full, even though you have eaten much less than before.

Imagine yourself right now, standing in front of you at your goal weight ... Imagine yourself standing there and notice what you are wearing, how you look ... How you feel ... Notice how healthy you are ... Notice to confidence that you have ... Look at yourself, get it clear in your mind, because this is the goal you. How much do you weigh in this picture ... Get that weight clear in your mind ... This is the weight that you feel you can comfortably reach, your goal weight ... See yourself clearly, with as much detail as possible ... This is you, this is your goal ... this is what you will become if you follow all of these instructions, exactly as they have been given to you ... 

You will find you'll be drinking water more than you ever have before ... water will be in there two help you to lose weight and to remain healthy. Before every meal, you will drink at least one glass of water ... That wonderful crisp, clear refreshing water will taste great to you ... You'll find yourself craving water more and more each and every day ...

From now on you will eat only healthy meals, not becoming hungry in between meals ... You'll not want to overeat or stuff yourself because you'll feel so much healthier, so much happier, so much more vigorous, without an uncomfortable over filled stomach ... You will eat until you are satisfied, and not until you are stuffed ... You will best accomplished this by eating slowly ... By eating slowly you will not become full as quickly as before ...

When you do snack from now on you will snack on healthy items ... No longer will sweets or unhealthy munchie crunchy foods appeal to you. From now on healthy foods appeal to you and when you find yourself in need of something to eat, you'll search out healthy foods and of course you will drink water.

You'll not lose weight so quickly that it will harm your health, but you will lose weight in a steady constant manner ... and with your new lighter physique you'll find that you have more energy ... Energy that will be needed to be put to
good use ... You'll find you can move around more easily and exercise more than you have before ... Everything you do will become easier. ... and you will want to do more each and every day to increase your health.

No longer do you eat for boredom ... No longer do you eat just for something to do ... No longer do you eat because you are nervous, tense or frustrated. Negative eating is all part of the past.

From now on, you eat to sustain yourself ... You "eat too live", and not "live to eat", that is all part of the past ... You now get enjoyment from other things rather than just food ... You find that doing healthy fun things, brings you enjoyment ... Eating is just something that you do to get energy so you can continue doing the things you enjoy ...

Each meal that you eat, you'll leave a small portion of food in your plate, that you will then throw away ounce you are finished ... It is no longer important to eat every morsel of food in your plate ... As you find yourself doing this, more and more you'll find that portion you left in your plate to become more and more ... This will aid you in not eating such large meals ... When you are eating at home you'll leave the food on the stove or the serving area and only bring the food to the table that is in your plate. By not having all the food around you at the table you'll find it easier to eat less. You'll find that by having one plate of food that you will be completely satisfied, even knowing that you have left some food on your plate ... It will give you confidence to know that you can walk away, leaving food on your plate ... confidence that will continue to grow more and more as you proceed toward your goal ...

You are in control of yourself now and are taking the first step at controlling your eating habits ... right now ... Take control ... Eat healthier ... And attain your goal weight.
Weight Loss II

By Tracey Tucker, CHT

Continue to breathe deeply, relaxing as I speak… You are a confident and lovable person… From this day forward, you will take control over your food intake… you will no longer eat food when you are depressed or nervous… you will no longer use food to comfort you… you will eat only to sustain your health and energy levels… you are taking control over your food intake… now when you feel depressed or nervous you will call a friend on the phone or take a walk… you will find that you have more energy than you have ever had… you will begin to exercise for 30 minutes each day… you will find that you enjoy exercising and that you do not get tired… now visualize yourself exercising… take note of proud you feel… so confident… full of energy… now visualize yourself at your goal weight… you are confident and attractive… take note of the type of clothing you are wearing… how do you feel… confident… sexy… attractive… take note of how happy and health you feel… you will lose weight in a healthy manner that does not harm you in any way… you will emerge from this session with renewed commitment to your weight loss goals… continue to breath easily… you are committed to your weight loss goal… you are attractive… you are confident… you are successful
Weight Loss - exercise more

By Tracey Tucker, CHT

Continue to breathe deeply, relaxing as I speak… You are a confident and lovable person… From this day forward, you are taking control over your food intake… eating food when you are depressed or nervous or as comfort no longer appeals to you and you let it go like a negative thing of the past …you will eat only to sustain your health and energy levels… you are taking control over your food intake …you find that you have more energy than you have ever had … you now exercise for a minimum of 30 minutes each day… you find that you enjoy exercising and it invigorates you …now visualize yourself exercising… taking note of proud you feel… so confident… full of energy… now imagine yourself at your goal weight… you are confident and attractive… take note of the type of clothing you are wearing… how do you feel… confident… sexy… attractive… take note of how happy and health you feel… you will lose weight in a healthy manner that is constant and safe … you will emerge from this session with renewed commitment to your weight loss goals… commitment to exorcize for health … continue to breath easily… you are committed to your weight loss goal… you are attractive… you are confident… you are successful
Weight Release

By Angela Minervini, CHT

You have made the decision to release excess weight from your body. You are ready, willing, and able to accomplish this now. You stock your kitchen with nutritional, wholesome, and satisfying foods. Every evening you take the time to plan your meals for the next day. You enjoy preparing healthy meals for yourself. When you go out to eat you are in control of selecting healthy dishes. You quickly select food items that are light and give you vital energy. Since you are in control of every food choice that you make, you naturally avoid all foods that are heavy and toxic to your body. You love yourself so much that you only eat those foods that are satisfying, and are in harmony with your body. Any time you have the experience of being tired or overwhelmed, you take three deep breaths and say the word peace. You even spell out the word peace; P E A C E. You have a strong desire to engage in movement exercises for a minimum of (15) minutes on daily basis. You enjoy moving your body and you discover that daily exercise energizes you, and increases your metabolism. You release more and more weight. You feel light and strong. You look in the mirror and love what you see. You are slender and fit. Your body is toned and you love how you look in your new clothes that are form fitting and stylish. You look and feel great.
Work Giving 100%

By Rene A. Bastarache, CI, CHT

You take pride in your work. You give whatever you are doing 100% of your attention and effort. By doing this it shows the pride you have in your work but most importantly the pride and respect you have for yourself.

Others see the effort and special attention you put into your tasks and respond accordingly. They realize that you are the one to get the job done, and to get it done right. They realize that you have respect and pride in yourself.

You are becoming more and more successful as you give 100% to your tasks. Your success grows in proportion to your efforts. You realize that to succeed in anything you do, you must give it 100%. Whether it be at home, work, relationships or whatever you are doing, you give it 100%. 100% to win! By giving it 100% you have made a commitment to win. You are a winner.
Work Leaving it At Work

By James A. Greer, CHT

Each day after leaving work and arriving home, stop for a minute before entering the front door. Imagine taking a bag out of your pocket. Open the bag and imagine all of your thoughts and problems of the day going into the bag. Clean your mind of everything that you can not do anything more about this day. Imagine tying the top of the bag and placing it under a bush, or under a step, someplace where it will be safe until you return the next day. Take a deep breath and enter your home refreshed and free from the stress of the day. The next morning when you leave for work, stop and pick up the bag you left the day before. You will find that it weights much less than when you left it there. The problems that really did not matter have disappeared. The important ones that need you attention still remain.
Worrying

By Rene A. Bastarache, CI, CHT

Worrying has a purpose but it is often overused ... It is helpful if it aids you in solving a problem .. Such as you see a puppy playing too close to a busy street … and you decide to move him away ... It should result in problem solving … but when you worry about things that have not happened … or what may or may not happen in the future … then you are abusing the purpose of worrying … to a self destructive degree.

You no longer worry about things that you cannot change … If you can change something that you are worrying about then you do it, as soon as possible ... Procrastination encourages worry so you no longer procrastinate.

If you are worrying about something that you cannot change … then you accept that you cannot change it … and move on … as worry would simply be a waste of time and energy ... And you wish to keep your time and energy for more constructive things.

Now that you have stopped worrying … you notice that you feel better each day … and achieve your goals easier ... You feel good about yourself and your future … You think the best outcomes in things … You are able to relax without knowing exactly how things are going to turn out ... You are now convinced that whatever happens … you'll be able handle it.

Life is fun and enjoyable again … and you find that you are still cautious about things … but only the things that you are able to change and are in control of.
Worrying, excessive

By David Barr, CHT

Imagine that you see a number of small spheres of energy, almost like stars in the sky. Each one of these balls of energy represents one of your worries… Now picture a giant hand… This is your hand…

All of the spheres begin gravitating to your hand… As they come together, they form one single ball of energy… Shrink the sphere down until it fits in the palm of your hand… Using the power of your mind, transform the ball of energy into concrete… These are your worries… They are tangible… You control them… You hold them in the palm of your hand… Your worries are minuscule.

Close your hand around the concrete sphere… Now crush it… You have just pulverized your worries… Look at the dust in the palm of your hand… Blow it away… Your worries are gone.
You are feeling more and more relaxed. Now I am going to give your subconscious mind new suggestions to use to make your writing more enjoyable and creative.

Now take a deep breath and picture yourself sitting in front of a large movie screen at the movie theater. You are in the center front now and the whole theater is empty. The movie fills up the whole screen with a beautiful evening sky filled with hundreds of beautiful twinkling stars. Each star becomes larger and larger and suddenly the stars turn into words. You see the words have a pattern and you begin to put the words into sentences in the sky. You begin to see the first sentence appear which says "You are a great writer." Then comes "You will publish a successful book." "You will bring joy to everyone who reads your work". "You smile because you know that you will do this".

Now picture yourself at home getting ready to write. You will begin your writing by making a schedule. You will have a scheduled time everyday to write. From this day forward you will increase your writing creativity everyday. You are now a master author sharing your talents with the world.
Writing Skills

By Rene A. Bastarache, CI, CHT

You have great writing skills. Whenever you sit down to write, you take a moment to relax … sit back … and think about exactly what it is that you want to write about. Just let your mind run free and use your imagination. It is important to relax before you begin to work so your mind can be more creative.

Then you simply sit down and write what it is your imagination is experiencing. You now have more confidence in your writing abilities than ever before and you enjoy what you are writing about … You know that people enjoy reading what you have to write about which in turn gives you more motivation to write more and more interesting materials.

You find that your focus is better than ever before as you can easily let go of any outside distractions and keep your mind on the tasks. You set aside time to write and any other tasks that need to be done will still be there when you have finished your writing. Allow your writing time to truly be your writing time, that has been set aside for you. Do not share it with un-needed distractions.

You are creative … you are in control and you are a writer.
Yawning

By Patrick Koh, CHT

Take a deep cleansing breath and as you exhale allow yourself to relax completely … Now take a second deep cleansing breath … and as you exhale just let yourself go … Now take a third deep breath … and as you exhale let your entire body relax and your mind become quiet … Allow all your thoughts to just fade away … Each time thoughts come into your mind, allow them to leave … and fade away … just let go of them.

Now concentrate on your whole being. Whenever you feel tired in the future…. You’ll simply relax…… take three deep breaths…… and on your third one, as you exhale…….. You will simply say to yourself the words “relax now”.

You have just developed a new way to relax… you will no longer feel tired…… Whatever rest you have at night will be sufficient for you…… You choose to be calm………… And you choose to be relaxed………… you are in total control of everything that you do…… You have great health……… your health is important to you…… You are more positive minded………… You are happier………… You enjoy life and life holds great meaning for you.

You will accept that when you start to feel tired and feel like yawning, you will simply relax and take three deep breaths. On the third breath, as you exhale, you will simply say to yourself “relax now”. Each time this happens, you will feel more alert and awake. Yawning will be a thing of the past. Feeling tired will be a distant memory. Life is great. Take time to enjoy life and the universe.

You will have full control of your thoughts and your feelings. You are now able to remain calm and relaxed. When you have the urge to yawn, relax and take three deep breaths. Every time you exhale on the third breath, you will relax further and yet feel more alert and awake.

You will have sufficient sleep at night and enough rest for you so that you do not feel tired during the day. Every night you will sleep and wake up feeling so refreshed and rejuvenated. You will have this feeling of calmness and relaxation, feeling more refreshed than you have ever been before.
So as I speak, breathe in deeply and exhale….. Concentrate on your breathing…… Notice the flow of the air……. With every breath that you take, you will feel more relaxed and less tired, more peaceful and less disturbed, more alert and less sleepy, more refreshed and ready to face the world. You will feel wonderful in every way.
In the following metaphysical scripts, probably the most important factor is to get your client to use their imagination as much as possible. Imagination is the key to the subconscious mind, especially in the area of spiritual travel. Enjoy, Rene
Buddha Nature

By Rene A. Bastarache, CI, CHT

You have a desire to improve yourself spiritually… we will title this subject… Improving your Buddha Nature!

There are Three major principles that you are now going to live your life by… They are very simple and are of huge importance to you in your PATH of life.

1. Be happy.
2. Cause no pain.
3. Help others when you can.

How does someone BE HAPPY… Each of us have different things that make us happy. Many feel that objects will make us happy, some feel that love is the key to happiness, and still some feel that happiness will come at a certain point in life. As you can see, all of these things are outside of our control and dependent on other variables. .. Money…. The returned affection of another … or time passing bye. By practicing the Buddha’s principle of awareness and acceptance, you may find that happiness can come from another area… from within yourself. Life is a remarkable thing… It is a gift of unequaled proportion. Think about it for a while.. There are certain things that we can ONLY experience with a mortal body. As you relax… I want you to imagine the things I mention to you and describe to yourself quietly how they feel or affect you. Begin with the happiness of having your favorite desert placed in front of you… How does that make you feel? … Now realize that the desert is not real, but it is plastic … now how do you feel? Isn’t it interesting… the two different feelings that you have over the same thing… Think about how you feel seeing two cute, small puppies playing together … label the emotions and feelings you are having… Now imagine their mother, a huge German shepherd, comes into the room and begins to growl at you…. Have your emotions changed? Now let those thought go away…

There are so many feelings in life that you can experience and even enjoy, that
you only can with this mortal body… love, pain, happiness, sadness, envy, jealousy, fear, comfort, laughter, anger, excitement, boredom, hunger, satisfaction… each has it’s own feeling and affects you in different ways. They are all part of your life but some of them you embrace and others you try to run away from or avoid. By becoming aware of each feeling as you experience it… positive or negative … labeling what or how it makes you feel like and accepting it as being what life has to give you at this very moment… you can begin to appreciate more fully what life has to offer you. None of these emotions or feelings were meant to be good or bad.. Better or worse… they just are exactly what they are… feelings! So from now on… you are aware of what you are doing, of feeling… you label how it affects you .. And you accept it by saying to yourself … This is what I am feeling right now at this point in my life.. What I am experiencing … and it is okay. Life is not only about important things that will happen in the future… it is about each and every breath that you take. They are all just as important as the other. … Right now… This very moment… experience what you are feeling, thinking, be totally aware of this very moment. Realize that whatever you are feeling this moment is exactly what life has to offer you… and it is okay. This very moment is all that matters right now… the past is gone and the future has not been written yet. Only the now, this very moment that you are hearing my voice, matters to you , right now. By accepting these ideals, realizing all the lessons that you can learn, and being aware… you can be happy… NOW, exactly as you are… which is a unique, human being, with the capacity of an infinite amount of possibilities. You now experience life as it happens, you live and are aware of the NOW. You are truly alive and are happy with what you can learn each and every moment, each breath, realizing that each breath that you take is a brand new one.

You cause no pain in life for any living thing. You are aware of and practice right thought, right speech, and right actions. You are constantly working on keeping you karmic energy flowing in a positive manner.

You help others whenever you can… not only physically or emotionally but also mentally, with your positive karma.

Here is an exercise where you can improve your karmic energy and help others in a mental way.

Relax now and use your imagination .. I want you to think about those people
that you love. Maybe family or friends, whoever they may be. Visualize them right now… as many as you like, or just a few of them. Now, that you are visualizing them … I want you to project mentally to them, feelings of love, of happiness, of kindness.

Think of how much you care about them and attempt to move them up one more rung on the ladder to coin an expression… take a few moments and wish them these good feelings…

Now I want you to think about the people or person that you like, maybe a friend or acquaintance and wish them well feelings… of happiness, success, health moving them up one more rung on that ladder too…

Now, think about someone you do not like… wish them good feelings, health. It is easy to love those that love you but it is a true test of character to care for those who do not care for you… so wish them positive feelings, it may be that you may have to accept them or even forgive them for a certain behavior. Only YOU know that.

Now extend your feelings of goodness out to all of mankind …

Out to all living things …

Now take a deep breath and relax….

Be Happy….
Chakra Alignment

By Rene A. Bastarache, CI, CHT

Your chakras are a universal energy, and all people have them. They are the channels through which spiritual energy flows through.

Disorders in the body are characterized by blockages in the pertaining chakra and can result in your physical and emotional health to be affected. By aligning all of your chakras so that energy may flow through them freely, you can allow yourself to enjoy health and harmony. When all the chakras are clear and free flowing then your system is balanced.

You will now align all of your chakras by using your imagination which is the active energy that you can control.

If you think of yourself as an extension, or a part of the universe ... You may also look at yourself as the part of the universe that gives it awareness. You are now using this awareness as a guide to clear your chakras so the universe may properly flow through you and utilize you as the vehicle you were meant to be.

As you are resting comfortably, imagine the universal energy as a bright white cloud hovering just above your head. Imagine that you see a bright white cord coming out of this cloud of energy and you watch it as it makes its way down behind you and enters your body in an area at the base of your spine. It is a wonderful happy feeling of exhilaration. A beautiful sensation of relief and fullness. This is the first chakra, The first chakra is located at the base of the spine and is associated with red. It is the chakra that governs our physical existence, our bodies and our health. You can feel the energy flowing through this chakra aligning it as it does and bringing it into harmony as it should be. You feel it flowing freely as the flowing energy expands upwards traveling to the second chakra...

This one is located in the area of the womb or spleen, and is associated with the color orange. This chakra governs creativity. Once again you can feel the energy flowing through this chakra aligning it as it does and bringing it into harmony as it should be. You feel it flowing freely as...
the flowing energy expands upwards traveling up to the third chakra…

The third chakra is located at the solar plexus and is associated with the color gold (yellow). It is associated with the will or desire… you can feel the energy flowing through this chakra aligning it as it does and bringing it into harmony as it should be. You feel it flowing freely as the flowing energy expands upwards to the fourth chakra …

The fourth chakra is the heart chakra and is associated with the color green, and also the color rose, which is the “color of love.” This chakra is connected with emotion and human love. The string of healing energy flows through this chakra aligning it as it does and bringing it into harmony as it should be. You feel it flowing freely as the flowing energy expands upwards to the fifth chakra …

The fifth chakra is located at the throat and is a bright blue. It governs communication and personal magnetism. It is the chakra that most influences. It is also the link between emotion and thought. Imagine the energy flowing through and aligning this chakra also… Now advancing to the sixth chakra …

The sixth chakra is located at the third eye area and is a deep purple. This chakra is associated with thought and psychic vision. You can feel the energy flowing through this chakra aligning it as it does and bringing it into harmony as it should be. You feel it flowing freely as the flowing energy expands upwards all the way to the seventh chakra…

The seventh chakra is at the crown of the head, and is violet in color. This chakra is our connection to our “higher selves” and to the “divine.” It is associated with wisdom. It is like our umbilical cord to the universe.

Now the same healing energy exits your body and you can feel it as it continues to flow in, through and out of your body easily and freely.

All your chakras are now aligned, charged, in balance and full of energy and vitality. You are completely refreshed, calm, and peaceful. Your energy is balanced. You feel wonderful and in in tune.
Communicating with Spirits

By Rene A. Bastarache, CI, CHT

As you relax completely it is important that you realize that the spirit world operates according to thought and imagination. Whatever you imagine on the other side becomes a reality ... Just as everything you see in this life has it’s spirit double ... because before it was made here, it originated as a thought, by the creator of it on the other side ... Once the thought or imagined object was acted upon, and created, it then became the item you are seeing ... Everything first existed as a thought before it became a reality.

Therefore this world we live in is actually a representation of the spirit world ... or of the world of thought and imagination ... It is important to understand this concept as it is the basic principle of traveling and contact on the other side.

Since the spirit world is operated by thought and imagination ... that is exactly how you will meet and communicate with your past loved ones. Through your imagination and thought process.

One more important point before you begin is that in order to be safe in the spirit world ... since it operates according to your imagination ... all you need to do is imagine yourself safe at all times ... realizing that no harm will come to you ... and you will only experience good things ... and that is exactly what will happen ... Rituals for safety and other fanfare are not required, as they are simply done to convince your imagination of safety.

So go directly to the source and realize that you are safe ... good ...

Now focus on the person that you would like to communicate with on the other side ... Who ever it is ... a friend ... loved one ... acquaintance ... Maybe even someone you know of, but have never met before ...

Say their name to yourself ... and that you would be honored if they would spend a few moment with you.

Use your imagination and imagine them in front of you ... Use all of your senses, memories and knowledge of them ... What do they look like ... recall any
experiences you may have had with them, or know of them … What was their favorite food … can you taste it? … Or perfume, can you remember what it smelled like? … Can you get a feeling of what they were like or anything they did … Get any of these associations with them going as clearly as you can … Maybe you can see it clearly and maybe you can’t … If you don’t right now, then just think about it and the same purpose is being served … Remember … everyone has an imagination.

Now imagine both of you sitting comfortably in chairs in a beautiful quiet room … away from the hustle and bustle of the outside world … Keep an open mind, accepting this scene almost as if you were seeing it through the eyes of a child, with an imaginary friend …

Now … thank your guest for coming and take a moment to ask them any questions you may have … or for the wisdom that you seek … and most importantly … Take the time to listen for their answer. It may come right away … or in a few moments … or maybe even later on during your day. Go ahead and ask your questions … and listen for the answers … in quiet … until you hear my voice once again.

(Pause a couple minutes for conversation)

Now the time has come for you to thank your guest once again for being there for you … and to bid them farewell … so they can go along their business … Realizing that you may come back here as often as you like to speak to them or any one else.

So take a moment to thank your guest and say goodbye… And watch them go on their way…
Contacting Spirits

By Rene A. Bastarache, CI, CHT

Before you use the scripts read the “creating a spirit room” script.

As you’re relaxing, I want you to imagine yourself comfortably sitting or lying in that wonderful room that you created earlier. Sitting or lying in your special place … in that private place that only you know about … Just find yourself in that room, look around it … remember as much detail as you can … remember the colors of the walls … the floors and ceilings … Remember the furniture, and all the smaller personal items .. and most of all remember how comfortable it is just to sit and relax as you’re in that private place where no harm can come to you … you’re completely safe … Now at this time, I want you to think about what it is you’d like to find out … are there any questions you’d like to ask someone … what are you seeking … because in this exercise you’re going to invite someone … anyone you wish … into your spirit room … anyone from the past, present or future … anyone you wish to speak to that can best answer the questions that you have … or can help you with a whatever situation that you may be in need of advice … So go ahead and just think of it … remember what it is that you want to find out … what kind of information you would like to learn … or what you would like to see as an outcome of this meeting … Get that fresh in your mind … just think about it … know what your motives are … in which direction you would like to go …. now take a moment and think about who can help you with your situation … maybe you would like to invite a loved one … someone who’s passed on … maybe someone who lived long ago who’s famous … and maybe can help you in your search for knowledge … Make your decision of who ever it is … and now mentally invite them into your room … right now … just quietly think about them and they will soon come to your room … Visualize them coming to the room … to the outside … coming to the door as you hear them knocking … Remember you will be completely safe at all times … Imagine yourself now walking over to the door … reaching down for the latch … or the knob … and opening the door … you can now see who’s there … Happily you smile as you recognize them … and invite your guest into the room … As your guest comes into the room, you welcome them … find a nice comfortable place for them to sit if you haven’t already created one for them … Remember your thought process is reality in this realm. The first thought or feeling that you have
is the right one … You both sit down where it is comfortable … opposite each other or side-by-side … Look at your guests … and now is a time to ask your important question of them … the reason you invite them here for … Ask your question and then take a few moments until you hear my voice again to listen to their response. Do this now … (pause for approximately two to three minutes of silence)

It is now time to say goodbye to you guest … to wish them farewell … You can thank your guest now for the answers and wisdom that you received … and if you didn’t have enough time … you can speak to them again and invite him or her back as often as you like any time you want … just go back to this room and invite them again … or anyone else you like …

Just take a moment now to thank your guest … and escort them to the door as you bid them goodbye … open the door … and let your guests leave … close the door once they have left … and you can come back to your comfortable spot … just sit and relax again and take a few moments now to think about the words of wisdom you just received … and how they might help you in your present life (Pause for a few moments then return them to the present time and awaken them).
Creating A Spirit Room

By Rene A. Bastarache, CI, CHT

I’d like you to use your imagination right now, just imagine that you are in an empty space and you are going to create a beautiful, relaxing, peaceful room. This will be a room that you can resort to any time you like. A safe place that no one else knows about but you.

First of all, I would like you to create the most comfortable chair or piece of furniture that you can imagine. It can be something that you already own, or something you have seen in a store or on television, or maybe even something that you have created in your mind that doesn’t even exist yet. Just create the most comfortable piece of furniture that you can think of whether it be a very plush recliner or even an overstuffed featherbed. Create it in your mind right now, see all the details of it, the color, the texture, even experience the smell of it. See it as clearly in your mind as possible. Now imagine yourself sitting or lying on this piece of furniture and relaxing completely as we continue our task.

Imagine the walls of this room. How big or how small would you like the room to be? What are the walls made of? Imagine that you have an open expense account that you never have to pay back so what ever you want to imagine, you can have. You can create anything you have ever seen or maybe even things that do not exist yet. The only limitation you have is that of your own imagination. So once again imagine the walls, are they painted? Are they made out of cement? Or plaster? Are they wooden or glass? Now I would like you to take a moment and imagine what you would like to have for a floor. What is the floor made of? Is it made of wood, cement, tiles, linoleum, sand or maybe even grass? Make it out of whatever you would like. It can also be whatever color you would like. just see it clearly in your mind’s eye. Now how about the ceiling? What is the ceiling made of? You can make it as fancy or as simple as you like. You can even put recessed lighting, or even a chandelier if you care to. Create the ceiling now and make it look however you would like to. You have now created the complete parameters of your room. Look around now and see if there is anything else you would like to add to the parameters of your room before we continue, such as windows, doors, skylights or any other permanent fixtures.
Take a moment to finish any of these tasks.

Now it is time to put the other furnishings in the room. What other kind of furniture would you like to create in this room that would help it to be a very relaxing, comfortable place for you to be in? Go ahead and create now any other pieces of large furniture that you would like, maybe a bureau, or tables, a desk, vanity, maybe even an easel so you can do some art work. Whatever you would like create, do it now and see it in as much detail as possible. Take your time and be creative …

Now that you have created the larger furniture, create any smaller furnishings you would like to have in this room. You may want to create some lamps, knickknacks, books, maybe a small bookshelf. Create everything down to the smallest detail, even picture frames, figurines and personal items. Take a few moments now to create all the little things that will make this room comfortable and personal to you. All the things that make you happy, safe and secure.

Now look around at everything you have created in this room and commit it to memory. Look at every detail so that you can remember it at a moments notice any time in the future. Also, remember that you can change this room anytime you like. You can add items, remove items or even change the main features of the room if it suits your liking. So take some time and remember this room as clearly as you can. Any time in the future that you desire to come back to this room you can do so and you’ll return to being as relaxed, safe, and content as you are right now. All you need to do to come back to this room whenever you like, is to take a deep breath and as you relax, simply say to yourself “relax now”. Immediately upon saying “relax now” you can allow yourself to return to this room. It is a safe place that no one else knows about but you, a place where you can come to when you are stressed and in the need to relax or unwind. You can also come here when you want to meditate, think, pray or need a place to simply be creative.

Another feature of this room is that whenever you are in this room you will always be completely safe from any harm. Nothing can harm you in this room as you are totally protected from all negative. This is also a great place that you can use as a starting point in many metaphysical practices if you choose to. For example, you can invite the spirit of anyone you like to come into this room and visit you, and they will do so. This is your private place away from the world.
Everyone has psychic abilities. The difference between practicing psychics and those who do not appear to have ability, is practice. And from now on you will practice and exercise your psychic muscle on a daily basis. The more you practice the more your psychic abilities will increase. Just like any other muscle or ability if it is not used it remains dormant. From now on you are using your psychic abilities.

You begin this by being aware of all that is around you. You are in tune with your feelings and your intuition. You follow your intuition which is that small voice from within that helps and guides you. You are no longer affected by negative. You enjoy all that life has to offer you. The happiness, the good moments, the good feelings. You accept people as they are and do not try to change them. You allow them to be themselves. You constantly work on your karma keeping it positive. You remain spiritually centered at all times, relaxed, emotionally calm, mentally focused.

You realize that you create your own reality. You are open-minded and to all things and follow your own intuition. As you follow your intuition your psychic ability begins to increase more and more. You are open to the guests of the universe and allow it to help you in your growing process.

You listen to your inner self. Everyday your awareness increases and you receive many premonitions of things. You have the total ability to concentrate 100% upon the subject of your immediate focus such as pleasure, business, meditation or the use of divination tools. You keep your mind calm like water.
ESP Development II

By Bryun Holt, CHT

We are all divine creatures and have the capabilities to tap into our psychic awareness. You may have already been witness to some of these moments in your life. If you haven’t, that’s ok. You are here today to begin this journey of psychic development. This is your own personal development and you allow this process to develop at its own pace. This will take practice and devotion on your part and you are eager and willing to put the time in to awaken your senses. Your psychic ability is just another sense, just like your sense of touch, taste, smell and hearing. Focus on your other senses and realize that as easily as you experience those senses, you can tap into your 6th sense. This is your intuition.

As an exercise, you will begin to be more aware and focus on all your senses. You will no longer take these senses for granted. When you eat, really take the time to process the flavors in your mouth. When you look around you, take the time to focus on the details, the textures and hues and shades. When you hear, really listen and focus in on those “outside” noises. Hear the birds chirping in the distance. Listen to people talking in the corner of the restaurant. When you touch something, really feel its sensation. Make note of its smoothness or roughness and temperature.

When you have a gut feeling, listen to it and act upon it. From now on, you are aware of your surroundings. You are aware of those around you. You are aware of ALL of your senses. You are aware of various energies around you, both good feeling and bad. You now make better decisions. You simply recognize how you feel when you are in certain situations or are around certain individuals. Do you feel safe? Are you in turmoil or uneasy? Begin to differentiate a positive feeling from a negative one. You make good decisions based on your feelings. The more you become aware and practice being aware, the easier it becomes and the stronger your inner voice becomes. For you can achieve anything you set your mind to. Your mind is a powerful instrument. Respect that power. Respect others and respect the Divine.

Take your time and put effort into practicing this skill. For it takes time and practice to truly develop and harness your inner strength and power. You will
begin to bear witness to your own psychic powers, as you awaken this 6th sense within you. Know that you will only acquire that which you can handle. Believe in divine right order. Everything happens at the right time. Be patient and let your development strengthen at a pace that you can handle and process. You are awakening to enlightenment. Your awareness is growing and becoming stronger. You welcome this inner voice. You pay attention to it and know that it is always looking after your ultimate well-being.
Finding Your Spirit Guide

By Martha Affield, CHT

Today is a very important day for you. You are about to meet a being of light who may have been with you all of your life helping to protect you. You are so excited as you anticipate the arrival of this true friend and loyal companion.

You begin to feel stronger and you spend a few minutes preparing yourself in any way you need to prepare in order to feel ready to meet this spirit guide. I will begin to talk in a few moments but in the meantime you can prepare for this exciting moment. (wait 5 minutes)

Excellent I am so glad that you are prepared and ready to possibly meet this being. Imagine that you are standing on a beach on a warm summers night just as the sun has dipped below the horizon. Feel the wind raising the salty water off the ocean, misting your skin gently. There is enough light to see and it will remain this bright for many hours to come because in this realm time does not have to pass as it does in the physical world. You see seagulls on the water, flying fish and dolphins dance along the crests of the waves. As you begin to walk down the beach you see a figure walking slowly with bowed head towards you. You feel that you may know this being and that this being has something important to tell you. You begin to walk a little more quickly as you welcome this coming individual. A smile caresses your face and you know that there is nothing left to fear. This being that you feel you know directs no evil intent toward you. You feel that you have known this being for many ages and it approaches and you feel very much at ease. This may be your spirit guide.

Approach now and listen to what this being has to tell you. I will remain quiet for a few moments as you share with one another. (wait 5 minutes)

Now it is time to end this journey. Bid farewell to your guide (30 seconds) prepare to walk away from the beach. Knowing that you can return here at any time you may wish to come back. (begin awakening script)
Meeting Your Spirit Guide I

By Rene A. Bastarache, CI, CHT

You are now going to begin a journey to meet your spirit guide …. At no time during this journey will you experience anything negative… You are completely safe….. Nothing will ham you… You must use your strong imagination and visualize all that you hear. If you cannot visualize… just “think” about it… What “would” it look like?… And the same purpose is being served.

Now I’d like you to think to yourself …This is my time to be one with the universe… or God… or creation. Create a belief that you are going to meet your Spirit Guide. Be positive minded and create the expectancy that you will meet.

Visualize in your minds eye… yourself walking down a small stone path that goes into a park on a beautiful warm sunny day. The wonderful smell of flowers all around you… Notice the soft green grass under your feet. As you approach an empty park bench. Visualize the bench as you sit down on it. You relax as you enjoy the scenery. There is a pond just a few yards in front of you. The water is very calm and tranquil. You hear the sound of a small stream nearby as it empties into the pond… As you are patiently awaiting your guests take a moment to think about what you would like to ask of your guide or what you would like to learn … or what insight would you like to walk away from this meeting with … (pause)

Open your mind now to the visitor that you know is coming to meet you here. It may be a friend… a relative… The anticipation is very exciting … As you look down the path that you just walked you notice the silhouette of someone approaching and you realize that it is the one that you have been waiting for … Watch your guest approach… Welcome your guide with your smile … As he or she gets closer … you begin to make out who it is … You may even know this person, maybe even someone close to you.

Open yourself spiritually now as your spirit guide sits down beside you and allow yourself to communicate with your new friend. Open up your spiritual ears …eyes… and heart as you ask your guide to share with you whatever message it may have … Listen to whatever message or information your guide has for you… Take some time now to just listen and absorb … (pause)
BREAK

If you had thought of a question earlier that you would like to ask...... now is the time... Go ahead and ask it ... (pause)

BREAK

It is now time for your spirit guide to leave ... Thank him or her for coming and wish your guide peace and wellness ... Watch your guide walk away and once again notice your beautiful surroundings ... the trees ... the water ... the sounds of the birds ... the smell of the flowers ... Just relax and think of the information that had just been shared with you ... What does it mean to you?... How might it be incorporated into your life? ... It’s time to come back now so imagine yourself coming back to your present time and location as you remain relaxed.
Meeting Your Spirit Guide II

By Judy McGlauflin, CHT

It feels good to sleep in the warm sand. In just a moment we will be taking a journey to meet your Spirit Guide. Your Spirit Guide is waiting for you in a clearing downstream. Stay in your relaxed state and start wading downstream. Feel the warm breeze as you walk. Hear the gurgling of the stream and the birds overhead. Continue wading downstream. Up ahead there is a clearing. Your Spirit Guide anxiously waits for you at the shore and waves as you round the bend and are in full sight. Walk over and extend your hand in friendship. You have been friends for a long time, you have much to tell each other. Look down at your Spirit Guide’s feet and describe them to yourself. Make a mental picture as you scan your Spirit Guide’s appearance and remember each detail. This appearance has meaning to you and you start to remember. In bits and pieces. feel the memories, sense the memories. You and your Spirit Guide spent many hours planning your life and you both felt you would accomplish your goals. You have lessons to learn. What are they? What have you learned so far? Feel the total, unconditional acceptance and love of your Spirit Guide. Ask any questions you want from your Spirit Guide. . . questions such as what is your name? How have we known each other before? What is my life purpose? Think of any question and ask (pause). All you have to do is ask and listen. (pause). You will remember everything in minute detail. You can go to this clearing anytime you want and your Spirit Guide will be waiting for you. Thank your Spirit Guide and wade back into the stream. Look back and see your Spirit Guide waving. Feel the love and know that you can return to the clearing anytime you want. Continue wading back up the stream to the path that leads to your field of tall grass and wildflowers.
Past Life Regression

By Rene A. Bastarache, CI, CHT

In just a moment you a going to step through a beautiful white light ... This is a warm, healing white light that makes you feel very cozy and happy ... and especially more relaxed than you could have ever expected you could be ... Now experience yourself moving through this white light ... Feeling anxious to see what's on the other side ... and as you pass through the light ... you find yourself out in the country on a beautiful sunny Summer's day ... You are standing on a path, going through the forest and flowers ... such a happy colorful place ... It seemed just like the ones you read about in fairy tales ... perfect in every way ... As you walk down the path you notice that just up ahead is a small bridge, going over a babbling brook ... On the other side of the bridge, the path splits off into three different directions ... as you approach the bridge, you notice that someone is standing on it, blocking your path ... This person seems mysterious ... as he or she is wearing a long full length robe, and their head is covered with a hood ... You wonder who it is as you get closer ... It is a brown robe made from a very fine material ... you feel good about this person, and as you finally arrive, right in front of this guardian of the bridge ... and look into the hood ... you realize that you recognize this person ... and that they are here to help you ... to guide you through this journey, and protect you ... This person also has magical powers, and can cast a sphere of protection around you ... and as this person does that, you notice that it is a clear sphere ... in the shape of a large bubble ... You know that it will protect you throughout this journey to come, and will stay with you until you are back ... This person, your guide, reminds you that wherever you choose to go from here, you will be safe, and will not experience anything first hand ... instead it will be as if you are sitting somewhere, watching your journey unfold in front of you, like on a movie screen ... You thank them, and are finally allowed to pass ... As you approach the three paths, you notice three signs labeling each one ... The one on the right says past ... the center one says present ... and the one on the left says future ... You decide to go to the one on the right, and proceed along your journey ... You notice up ahead that there are smaller paths going off of this main one on either side, each one seeming to disappear into a white blanket of fog ... You realize that each one of these paths represents a different life that you may have had ... You decide to walk down the path, until you feel one path is beckoning you ... or you just feel that you have a desire to go down one ... You
choose that path, and enter the comfortable fog, realizing you are safe ... As you emerge on the other side of the fog, you find yourself in a past life ... Just feel for a few moments all the sensations around you ... I will be asking the questions, to help you with your journey, and the first thought, or impression that comes to mind is the right one ... Don't try to analyze it or think critically of it, just let it happen ... So get an idea of where you are now, your surroundings ... Take in all the feelings, the sensations ... First of all, where you think you are right now ... Is it light or is it dark ... Is it cold or warm ... Do you think you are indoors or outdoors ... Once again remembering the first impression that comes to you is the right one ... Get a feel for yourself, does it seem as though you have anything on your feet ... If so what is the texture like ... what do you think you are wearing ... What about clothing, if you have clothing on, describe them as much as you can ... How tall are you? ... How old do you think you are? ... Are you male or female? ... What color is your hair if you have any? ... your eyes? ... What are you noticing around you? ... Are there any landmarks or things that would give you an idea of where you are? ... or maybe even what year it is ... Describe your surrounding to yourself in detail ... If you are outdoors ... what's there? ... What can you see? ... If you can't see much, then walk a little ways to see if you can see more there ... If you are indoors, describe everything you see ... If there is not enough for you to get an idea where you are, then walk over to a window or an opening, somewhere where you can see outside ... Is there anyone there with you? ... What do they look like? ... Describe them ... Who are they? ...

Now take a deep breath ... and as deep as you can, and as you exhale just relax completely ... I want you to feel yourself going ahead a few years now in the same life if you can, alright now stop ... and wherever you are, get a good feeling for yourself and your surroundings again, and answer to yourself the same kind of questions that I asked you earlier ... First of all, where are you now? ... Is it dark or light? ... Is it cold or warm? ... Do you think you are indoors or outdoors? ... Get a feel for yourself ... Does it seem like you have anything on your feet? ... What do you think you are wearing? ... How about clothing, describe them as much as you can ... How tall are you? ... How old do you think you are? ... What color is your hair? ... Your eyes? ... Who are you? ... What do you think your purpose is? ... What is your name? ... What do people address you by? ... What are you noticing around you, are there any landmarks or things that would give you an idea where you are? ... Or maybe what year it is? ... Where do you live? ... Imagine your dwelling right in front of you ... What does it look like? ... Describe your surroundings to yourself in detail right now ... If you can't see that much,
again take a little walk to see if you can see more ... If you are indoors, describe everything there ... You may even want to walk to a window or an opening to see what is outside ... Is there anyone here with you? ... What do they look like? ... Who are they? ... Describe their face ... Their mouth, hair, eyes ... Look deeply into their eyes ... Do they remind you of someone you might know? ... Who are they in relationship to you? ...

Once again take a deep breath ... as deep as you can ... and exhale and relax ... I want you to move ahead again, just feel yourself moving ahead in time ... and I want you to stop approximately a few minutes just before your death scene ... Whatever you died of ... remember you will be viewing this as if you are sitting someplace comfortable, watching yourself on a movie screen, so you will feel no discomfort, or pain, or anything negative whatsoever ... You will just be watching it on a screen ... So bring yourself now to just a few minutes before your death scene ... Get a feeling for what's going on around you ... Sensations, sounds, smells ... What do you see? ... Where are you? ... Is there anybody there with you? ... If so who are they? ... What kinds of things are they saying? ... What are you dying of? ... Describe yourself wherever you are ... What do you think is wrong? ... What kind of thoughts are going through your head right now? ... Feelings? ... Is there anyone close to you nearby, relative, loved one? ... Who is it? ... Once again describe their face to yourself, look deeply into their eyes ... Do you recognize them as anybody you might know in your present life? ... Do you have any regrets, anything that you feel you might have wanted to do differently? ... Are there any nice things, or things you'd like to remember, or bring back with you? ... Reflect on your life ... Is there any lessons you can learn, or is there a "moral" to the life? ...

Take a deep breath ... and exhale ... and imagine a large door of light right in front of you ... warm, comfortable, inviting light ... Go ahead and step through the light now leaving that life behind ... As you step through the light, you are coming to a comfortable, relaxing, wonderful place ... If there are any memories you want to keep from this past life ... Any good things, you can take them with you ... If you have any negative thoughts or feeling or any negative baggage from your present life ... you can leave it back there, you don't need it ... Bad thoughts, anger, hatred whatever it might be, just throw it in that past life and leave it there before you come back ... You turn away with your back to the light and you see that path in front of you once again you came down initially, and you go back down that path heading back to the present time and place ... walking down the
path going back to the bridge ... at the top of the bridge you see your guardian back there... Walk up to guardian ... you can take a few moments if you'd like to speak to your guardian ... to ask any questions ... to learn from your guardian ... or even to reflect on some of the circumstances and things that you experienced from this past life ... take a few moments now to speak to your guardian .... (pause for about 1 1/2 minutes) ... At this time you can say goodbye to guardian ... and thank them for helping you and protecting you, throughout this journey ... As you go back down the path through that other door of light ... that you initially came through ... walking through the door of light, you come out on the other side ... and you feel yourself coming back to the present day and time, seeing the calendar moving back a day at a time, a month at a time, a year at a time, five years at a time, all the way to the present date ... The calendar slows down, and you find yourself right back ... To today's date and time... Right back here feeling wonderful and refreshed from the journey.
Wisdom From Your Intuition

Ask a question.

By Rene A. Bastarache, CI, CHT

Take a deep cleansing breath and as you exhale allow yourself to relax completely … Now take a second deep cleansing breath … and as you exhale just let yourself go … Now take a third deep breath … and as you exhale let your entire body relax and your mind become quiet … Allow all your thoughts to just fade away … Each time thoughts come into your mind to allow them to leave … and fade away … just let go of them.

I would like you to focus your attention on a certain part of the body that is called the Hara …. This is the area that is about 2 inches below your navel … I would like you to imagine that your wisdom comes from this place … The place on intuition … From this wonderful place you may ask yourself any question you like … or bring out anything that may have been concerning you … You are in fact asking your “inner self” the question or questions that are important to you … This is the part of yourself that wisdom comes from … It is important that after you ask yourself the question, that you remain quiet for a moment … and listen for the response from your inner self … As you take this time to listen, pay attention to any sensations you may receive … Pay close attention to your intuition … to any thoughts … feelings … or sensations that come to you … Continue to relax quietly … paying close attention for a response … until you feel that you have received your answer … or than your task is complete … Once you have received your answer, take a few moments to think about the answer and to memorize it … so that when you open your eyes your answer will still be fresh in your mind … I will be quiet now so you can ask the questions … and listen for the answers … Once you have received your answers, and you are finished … then I would like you to simply count to yourself quietly from one to five … then just open your eyes once again … So go ahead now and continue on your own taking your time … (give them approximately five to six minutes to continue on their own. It’s after that amount of time they have not begun to amount of hypnosis, then gently count them out of hypnosis on your own.)
AWAKENING

Here are several awakenings that you may use with your clients. There is no one specific way you must use. Each is designed for different situation. The only thing to keep in mind is to count forward, and when you bring them out to do it gradually. You have the choice of counting them out of hypnosis so they emerge wide awake or laid back and relaxed.
Awakening I

By Rene A. Bastarache, CI, CHT

(to awaken alert rather than drowsy)

In just a moment I will count to five and that the count of five I will snap my fingers, and when I do you will be fully awake feeling better than before and very energized.

One … starting to emerge from hypnosis …

Two … feeling energized and alert …

Three … in just a moment when I snap my fingers … you will feel better than before and very alert

Four … Your eyes are beginning to open … and

Five … (snap your fingers as you say five) feeling energized, alert, and better than before.
Awakening II

By Rene A. Bastarache, CI, CHT

(To feel fully rested . . Do not use in the evening before bed time)

In just a moment I will count to five and at the count of five you will open your eyes feeling wonderful in every way, as if you had a full nights sleep …

One . . . You are starting to emerge from hypnosis
Two . . . Feeling wonderful in every way
Three . . . Your mind is clear and alert as if you have had a full nights sleep
Four . . . Your eyes are starting to open . . . and
Five . . . Eyes wide open, fully awake and feeling great . . .
Awakening III

By Rene A. Bastarache, CI, CHT

(Feeling totally relaxed)

At the count of five you will come back to the here and now feeling wonderful in every way . . .

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

By Rene A. Bastarache, CI, CHT

(Feeling totally relaxed)

It’s time to come back to the present now, out of this deep relaxation . . . So what I would like you to do is simply count to yourself quietly from one to five, and at the count of five open your eyes back to the here and now, feeling wonderful in every way . . . Go ahead and begin on your own right now . . .

(Wait for them to open their eyes)