

HypnoThoughts.com's



Hypnotic Script Handbook
Volume: I

A variety of approaches and techniques
from a variety of respected hypnotists

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Introduction by Scott Sandland

Before you dive into the great set of hypnosis scripts that have been so generously donated by some wonderful hypnotists, I'd like to say a few things about what this ebook is, and why I created it.

The hypnosis scripts on these pages have been generously offered for this publication. However, this first volume is a collection of scripts from some of the hypnotists that I personally respect. There are many great hypnotists out in the world that I respect a great deal who aren't in here, and I hope to include their scripts in future volumes. As implied by the title, this is only the first in what will be a series of collaborations from our members.

If you like what you read, please consider purchasing the author's work, studying their style, and even training with them. I honestly believe we all have a lot to learn from each other. This book and its format allows me to share different approaches with you in a clean, simple manner.

I don't read scripts with clients; I read them alone and internalize them. I take a look at the tools these hypnotists are playing with and the dynamics they are setting up for their clients. I have learned how to break these scripts apart and see what all the different pieces and ingredients are. I recommend you do the same thing.

I hope you enjoy these scripts and get something out of each of them.

Scott Sandland

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The authors of these scripts still retain all intellectual property rights to them. While you are free to use them in private sessions with your clients, none of the contents of this book may be published, copyrighted, sold, or distributed in any manner. Please contact the authors directly and ask for written approval to use their script in any way outside of private sessions.

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Chapter 1

The Works of James Duncan, CHt.

James Duncan, CHt is the president of Infinity Institute International, Inc., a state licensed school of hypnosis and holistic living, celebrating over 30 years of world class hypnosis training. He is a life diplomat of the International Medical & Dental Hypnotherapy Association (IMDHA). Duncan was named IMDHA member of the year in 2004, and sits on the board of IMDHA and has personally mentored certified hypnotherapists around the globe. Infinity Institute and its extensive web store can be found at www.InfinityInst.com.

Grief--Accepting and Growing in the Woods¹
By James Duncan

This process is specifically designed for those experiencing the grief process.

Induce eye closure.

Now, simply allow your mind to fill with the images and thoughts of a beautiful grove of ancient trees. The air is warm and the breeze is calm and it gently caresses your skin and cools your brow... and in your imagination you feel drawn to the woods knowing that simply walking in and through and around these strong and ancient works of nature brings you a deep feeling of serenity. A true feeling of peace. A deep understanding of the beauty of life as it grows and flourishes and enriches everything around us...

In your mind, you don't think about it, you simply choose to explore these woods, which you now choose and know represent safety and strength and permanence of well-being in your mind. With each and every moment that you explore the serenity of these natural beauties, these sentinels of safety and ageless continuity you feel more at ease, more at peace, more willing to allow your self to embrace the wonderful lessons that these glorious living beings seem to whisper to you reassuringly as you wander and explore and enjoy the comfort that this experience brings. Take the time to listen to the beneficial words that they whisper. Giving you gifts of deeper understanding, deeper peace, deeper wisdom... *(Pause)*

Each and every passing moment and each comfortable breath that you take deepens your understanding that this is a place of peace and understanding. It is a place where you find strength, ease and well-being. It is a place of great truth and wisdom. You don't even think about it, you simply feel how beneficial this experience is, how positive your thoughts and feelings are becoming with each and every comfortable breath, with each passing moment as you wander in and around and through the trees...

Now take a moment to imagine as you peacefully walk through the woods that the feel of the fallen leaves on the forest floor create a soft cushion for your feet as you walk along... Some of the leaves are from this past autumn, some from the year before and others even deeper and deeper down are from many seasons ago. Creating a soft, quiet carpet under your feet... And imagine that here and there are twigs and branches, which lie about and add interest and texture and beauty to the scene. Small pieces of the wondrous trees that have been dropped and left for your benefit, for your enrichment. Little pieces of those ancient wonders that you can see and touch and carry with you if you choose... And as you wander calmly and comfortably through the woods, enjoying every moment of this experience, you come upon a fallen tree. A sturdy old growth that brought wisdom and protection and comfort and shelter as it stood through the many years in this forest of peace and understanding... Along the bark you notice deep green moss growing with tiny delicate blooms of the purest white, springing out here and there. You notice small animals have stored food in a hollow in one side of the trunk, as it lies with natural elegance in this peaceful place. You understand as you imagine this tree that is the perfect example of how this forest renews and fulfills itself. What a wonderful gift this new and

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complete understanding is for you... And imagine as you are about to move along through the trees and explore this beautiful wood even further, you are aware of the gentle whisper of the trees about you... At first it may seem as if the sound is only an effect of the breeze but in a moment you come to realize it is the quiet voice of these wise ancient sentinels. They have a gift for you in their words. They have a gift, which is telling you, "We do not lose this beautiful tree that lays here at our feet. This dear old friend is with us always and enriches us today as surely as it enriched us when we stood together. We are blessed and at peace because of it, as are you." And you **feel** the truth of these important words as they soothe you completely in body, mind, and in spirit... *(Pause)*

And now, in your mind, you imagine as you continue to walk along through the woods noticing the beauty of life and the calm feeling of serenity you have gained in this experience of wandering through these trees, that your understanding and sense of well-being has increased tenfold. Even ten times tenfold. What a **joyous** feeling and understanding! You confidently walk forward as you are aware of the edge of the trees is growing nearer and nearer ahead. With each and every step you take, you find that you feel more at peace, more refreshed, more confident in your ability to see life as the wonderful gift it is. You know that everything around you is part of a great dance of life and beauty. You understand and feel that this experience has imparted a new wisdom on you. You **feel** better than you have in a long, **long** time. And in your mind you imagine that you step out from the last of the trees at the edge of the woods into the warmth and beauty of the bright full sunshine. It warms your face and washes over you with its energy and life giving radiance... You understand and rejoice in the beneficial lessons you have embraced in your walk through these woods. You are at peace. You are safe. You are growing and improving. You are well. And it is so...

Count up to full consciousness.

The Chain of Habits²
By James Duncan, CHt

This process can be used for behavioral, as well as addictive processes, quite successfully.

Induce alpha level of hypnosis.

Now take a moment to imagine your unwanted habit... imagine all the negative feelings it brings to you, as you consider the negative effect it has had on your life in the past. Consider the feelings that you've had in the past that feed your deep and beneficial desire to overcome your negative habits today. Consider the frustration of past attempts to break the pattern of negative habits that have been unsuccessful. Consider the anger you've felt over allowing yourself to be a slave to negative habits in the past... Consider the guilt you've experienced because in the past you just didn't quite achieve the improvement you deeply desire by releasing these negative useless habits from your life... Consider every negative feeling you have had in the past about the negative habits you wish to do away with... Just let those thoughts and feeling well up and fill you for a moment... *(Pause)*

And now because you are in a heightened state of awareness, you realize you know and understand that those feelings and thoughts are a thing of the past for you. You have now chosen to permanently change those patterns and you have proven to yourself already that you can, simply by realizing that you can relax this completely and feel this calm and secure. This deeply... You now know that your subconscious mind and life spirit are powerful protectors for you and because of that they have finally allowed you to relax and let go and master this wonderful state of mind where all your negative habits can be and are released and forgotten. Permanently... Without a second thought... What a relief!

Now relaxing deeper and deeper still, with each and every comfortable breath you take, you find your mind wandering for a moment to an idea that your negative habits are like a chain... You know that chains are built, link-by-link, inch by inch... The longer the chain, the more links it requires. And in your mind you begin to imagine, you know that each day that you have allowed your life to be controlled by a negative habit has added one more link in this chain... That first link was put there a long, long time ago by a simple, harmless mistaken choice, but that first link was the beginning of that chain, and it was forged to a block that kept the habit in place... Or so you thought... Imagine now, as each day passed, a new link was added to that chain until in a short time you became entangled in that mass of chain links which held you back from becoming exactly the person you wanted to be. The person you deserved to be... The person you were meant to be... And after a while it seemed that you were so wrapped up in that negative habit chain that seemed firmly anchored to that block that you just stopped REALLY trying to break free... Oh, you may have made weak attempts or said you were trying to do something about it, but after a while it just seemed like it was too much to overcome... You know that was true... BUT, the good news is that it only SEEMED that way... Your past is in the past and those futile attempts are gone and forgotten... NOW, you are beginning to understand that no matter how long that chain grew and seemed to wrap you up, it still has to exist by the one rule we all know about chains, and that is, A CHAIN IS ONLY AS STRONG AS ITS WEAKEST LINK. That's

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right... Think about it... The next truth you are beginning to understand becomes clearer with each passing moment, is that for every day that passes, those first links age and rust and become weak and brittle as all chains do... That very first link by this time is no longer made of iron, but has over time, and you see it in your mind, becomes almost completely made of rust and scale. And it has spread to the next link, and the next, and the next... You notice now that the entire chain is riddled and marked with rust... Brittle and fragile. Virtually useless... The only use it has is to try and FOOL you into believing you might still be bound to that block that held you in place with the negative habits. That is no use at all. That is useless to you. And it is so...
(Pause)

So now, take a comfortable deep breath to energize you body, mind, and spirit. And as you exhale, you feel excitement as you prepare to break that first old rusted link that started the whole process of creating a bad habit that you now choose to release permanently from your life... Very good...

Now in your mind you imagine, you feel that you are perfectly ready to make that positive change. To break that rotten old chain. To embrace the improvement you desire so much. And as you do, you take a deep breath in and hold it while you imagine beginning to pull away from that block where the chain was attached. And as you exhale, you see the rust and scale cracking and falling from the chain... How empowering that is to know you are finally doing it. Finally becoming free... and in a moment I am going to ask you to take one last deep breath. The deepest of all, and at the top of that deep, deep breath just imagine in your mind, see that first link in the chain crumble and snap and break away from the block.

Now, take a nice deep breath, the deepest of all... Great and NOW the link is broken. And as you exhale deeply, the chain that has wrapped you in the past begins to fall away from your body and mind, falling to the floor around your ankles, link after link, foot after foot, yard after yard, falling away until at last the chain is laying in a loose heap all around you in a useless pile. What a relief!

And now, as you take one last cleansing deep breath of freedom, you step over the chain that is lying there and simply walk away with your chin up and your shoulders back, eyes sparkling, and bright with pride and confidence... That negativity is now a thing of the past. You are free and it feels good. You feel better than you have in a long, long time. You feel happier, lighter, more optimistic, and full of excitement for each new day that you face now, free of old useless, negative habits. You have broken the chain. And it is so...

Count up to full waking consciousness.

Flow To Your Goals³
By James Duncan, CHt.

Before beginning, choose a goal. Frame this goal in a positive way and repeat it three times to yourself to anchor it in your mind as the focus of the session. This script recording is given to every single private client seen in Jim Duncan's private practice.

Now, the reason for experience is to just enjoy it... Let it just wash over you and simply ride along on the waves of relaxation as they carry you to a calm, comfortable time and place just for you...

It's so easy to flow into this wonderful experience. All it takes is the thought that you would like to... And so you embrace the thought that now is the time to begin drifting into relaxation... embracing peace in body and mind... and to set this in motion we just take a comfortable deep breath and as you exhale simply allow your eyes to close gently if they haven't already, just because they want to... Very good... And now, take another comfortable deep breath and hold it just a moment. And as you exhale, allow your muscles and nerves to just relax and collapse into allowing this relaxation to wash over you... good... and one more deep comfortable breath and hold it as long as you can. And as you exhale, just allow your mind to let your muscles and nerves just let go completely... They want to collapse and relax. Flowing further and further into relaxation and comfort... excellent....

Now allow your attention to drift to my voice. Just place your attention on my voice because you find that my voice is relaxing to you and relaxation is pleasure. You want to enjoy each and every word that I say, it's as if nothing else is really important... And with each and every word that I say, and every sound that you hear both in the room and outside of it, you grow more and more relaxed... more comfortable... safe and secure... confident in your ability to just relax and let go, feeling the fluid beauty of this moment without a second thought... and it is so...

Allow your mind to drift a little now... Imagine in your own way, a calm babbling stream...It can be anywhere you like, anywhere in the world, or completely created in your imagination. Wherever it is, it **is** the perfect place and time for you... Imagine perhaps that it's a warm summer day, and you listen dreamily to the sound of the water, as it dances over the rocks and around plants at the water's edge... *(Pause)*

The sights and sounds of this scene fill your mind and body with thoughts of peace and relaxation and comfort... So deeply relaxed and at ease... Each moment causing you to relax deeper and further than the moment before, as the sound of the water in your imagination washes away all other thoughts other than drifting further and further into relaxation... completely... comfortable... and it is so...

Now, as your mind relaxes and you enjoy letting go, I want you, without altering this peaceful relaxed feeling in any way, to bring into focus your goal... your desire, which motivates you now to find improvement in your life, in just the right ways for you. Allow your mind to explore this goal and how wonderful your life is when you have reached you goal... Focus only on your exceptional life once the goal is reached, completely disregarding, ignoring any thoughts of

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current or past negativity or challenges. Those thoughts are a thing of the past and you release them now... Fill your mind in this place and this time with your energized successful life, as it is when you reach your goal... *(Pause 1 minute)*

And now your mind simply begins to drift to the source of the stream... you easily imagine this stream bubbling up from the ground, somewhere far distant... springing from a source deep in the earth, perhaps far up some distant mountainside... Imagine now, as you begin to feel as though you are a part of this living stream... emerging with the pure sparkling waters from that source deep, deep in the earth... And as you become more and more a part of the crystal clear waters of this living river, you gently begin your journey down the hillside... Following the course of the stream... singing with the voice of the babbling waters as you move with fluid beauty down... down... toward the lush valleys below... This sparkling, flowing dance causes you to relax and let go as you feel the caress of the water flowing within and without, moving you forward... bringing you to exactly where you desire to be... in your mind... in your body... in your spirit... every moment flowing further along with the water of your glorious stream, the stream that is you, brings you closer to your destiny... closer to your goal... the destiny and goal you know you are soon to reach... Even now you're getting closer and closer... Everyone knows that it is impossible to stop the flow of a river in its absolute desire and drive to reach its destination... its goal... The ultimate goal is to flow with beauty and ease to the sea... where the clear waters rush out into the greatness of the power and beauty of the sea... becoming a part of that unstoppable power and natural beauty of the vast waters of the sea... For each river and stream... your goal is to flow its course through hills and valleys. When an obstacle is met in the flow of the river it simply, and without any effort at all, flows around it... continuing peacefully toward the goal... As you now choose to do... Enriching fields and bringing life as it dances through its world until it rejoices in greeting the sea... flowing with great purpose and infinite desire to your goal... The sea is the goal... you see your goal clearly ahead... within reach... you enjoy how you easily flow into embracing your desire... your goal... your goal is clear in your mind, in your spirit... You see your goal and you flow easily to it now... singing and dancing with the waters of your stream... *(Long pause)*

Now as you flow and dance and sing along your course in your mind, relaxing deeper and deeper still with each passing moment, you feel the waters washing comfortably over and around you as you feel cleansed, purified, energized by your journey to your goal... you see your goal... and as you flow with fluid beauty toward the sea, the sound of the distant waves begins to grow in your awareness... the roll of the surf calling you forward with energy and anticipation... flowing toward the sea... toward your goal... And as you hear the sounds of the sea swelling your anticipation and desire and absolute determination to reach your goal quickly, with fluid beauty and liquid ease, grows stronger and stronger and increasingly important and ever more truthful to you... and now as you joyfully flow with the waters of change and improvement around the curve of a low seaside hill, you see the goal just ahead... your goal is the sea... You see the sea... You feel the sea calling to you lovingly, longingly and you flow with excitement and anticipation down the sands of the shore to your goal... 5... 4... closer... 3... 2... almost there... 1... REJOICE! You have reached your goal. You are a part of the unstoppable power and energy of your ultimate goal. You have succeeded in becoming exactly what you have desired, and it is now your glorious reality on every level of your awareness. In every aspect of your being... permanently... for your benefit... From this moment forward, nothing can change this, for you are a part of the unstoppable flow of the beautiful waters of life... And it is so...

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Count up to full waking consciousness.

Fear Moves Far Away⁴
By James Duncan, CHt

Induce Alpha Level Hypnosis.

Now, In the moment that you enjoy right now, so completely relaxed and at ease, I want you to just imagine the word FEAR... Just imagine the WORD... F... E... A... R... what a simple word that came to such an influential place in your past... Fear became something in the past that you tried to take ownership of... In the past, you thought things like. my FEAR of _____, or you told people, "I have a FEAR of _____. In the past you tried and were pretty successful at making A fear, YOUR fear... You know this is true... But today we are going to let go of that attempted ownership, because it has never done you any good. You know this is true...

So, the way that we overcome this old fear of the past is to really look at the word FEAR And as we look at the word, we simply allow our mind to associate the fear that we tried to take ownership of in the past. That fear that caused us difficulty in the past is now going to be connected in your mind to the WORD FEAR, just for the remainder of this session...

So relaxing deeper and further and more completely now with each and every breath that you take, you imagine very easily the letters of the word... F... E... A... R... as if they were written on a blackboard, or a sheet of paper, or even in the sky before you... And as you imagine the word FEAR you realize that in the past you imagined this word with a little word in front of it... the little word was MY... You didn't even realize you tried to attach that little word in front of it, but somewhere along the line in your mind you tried to do that... You tried to put that little word MY in front of the word FEAR... Now take a deep comfortable breath and just imagine that little word becoming even smaller and smaller as it changes in your minds eye from MY to an even smaller word... A... just let it happen... In your mind you now imagine that the words in front of you now have become... A FEAR... because you no longer choose to try and own such a negative and detrimental thing... and it is so...

And as you focus on this image in your mind of A FEAR... you realize that it could now be anyone's... or no one's... it is just a fear... you no longer take ownership of it and it FEELS good to be free of it... And as each moment carries you comfortably further and further into relaxation, you allow your mind to imagine the words beginning to change again.... You are not sure what is happening to change them at first, and then you let yourself realize that the word FEAR is becoming hazy... or in actuality it is just the letter E... you realize now that the letter E is the 5th letter of the alphabet. And so now as we count down from the 5th place the letter becomes hazier and hazier and fades completely away into nothingness as we count down now from 5... 4... 3... 2... 1... completely gone... And as your mind effortlessly adjusts in this heightened state of awareness, it moves and shifts with positive purpose to create a new and improved meaning for you... you find yourself looking at the letters in your mind, A... F... A... R... AFAR... In this highly focused state of mind, you now understand on every level of awareness, that the old fear you have now released never was yours to own... And because of this new understanding, it has changed... shifted... moved... it is now in your mind far, far

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away. You may even notice it from AFAR as it continues to move further and further away with each and every breath that you take until in a very short time it simply disappears from sight... Never to be seen or accepted by you again... You have chosen to improve and so you have... You have chosen to free yourself, and put that old challenge far, far away from you, and you have done so... You are in control of your own well-being and you see now that this is a new day free of fear, tomorrow is a new day free of fear, and each new day is free of old useless fears for you, because you are in control and it feels GOOD... and it is so...

Count up to full consciousness.

Chapter 2

The Works of Richard K. Nongard, LMFT/CCH

If you like these sample hypnosis scripts, you'll love the book, *Inductions and Deepeners, Styles and Approaches for Effective Hypnosis* by Richard K. Nongard! The [SubliminalScience.com](http://www.SubliminalScience.com) Hypnosis Superstore carries everything you need to enhance your hypnosis practice - whether you're a clinical hypnotist, or if you do stage or street hypnosis!

- Clinical Hypnotherapy Certification and Study Programs
- Medical Meditation, Stress Management and NLP Practitioner Programs
- Training Textbooks - for Clinical, Stage and Street Hypnosis
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- Self-Hypnosis CDs and Scripts
- Clinical Hypnosis Suggestive Therapy Scripts
- Induction and Deepener Scripts
- Instant e-book Hypnosis Scripts and Articles
- Instant i-Pod-ready mp3 Downloads
- And Much, Much, More!

You can read more about Richard Nongard, and find all of his scripts, books, and resources at:

www.SubliminalScience.com

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**Quit Dipping / Chewing Tobacco (Age Regression Script)⁵
By Richard Nongard**

< *Pre-talk Script* >

< *Induction Script* >

< *Deepener* >

Transitional Suggestion:

You may hear with the conscious mind each and every word that I use, or only every third or fifth word. It doesn't really matter your level of trance, what matters is that you follow the process I suggest, and simply let go.

Skill Building Suggestion:

Create a vision of a peaceful place in your mind, perhaps a place you have been, or a place you would like to go. Now, take a deep breath. Each time that you breathe deeply, your mind and your body will respond with calming relaxation and you drift and float dreamily at peace.

Unconscious Programming:

As a child matures, they put away old behaviors and begin new patterns of action.

Each stage of life is a period of growth and change, and it is remarkable how natural change is in each stage of life.

Today marks a new chapter of life, one with new behaviors and actions, a process you have engaged in many times in life. Some people have said habits are hard to break, but you know from your life experiences the opposite is true, that as you have grown you have put childish behaviors away and moved onto new actions and decisions many times.

This decision you have made to quit dipping tobacco is really a decision to start a new chapter of life, one with new actions based on the mature desire to care for yourself.

Today is the first paragraph of your new chapter, a chapter free from tobacco and filled with personal satisfaction of moving forward in life.

Transitional Deepener:

Simply allow yourself to go deeper, doubling the sensation of relaxation with each number

5 4 3 2 1

Parallel Suggestions:

As of this moment, you no longer derive your energy from nicotine, but rather from deep oxygen filled breaths, energizing the body in the morning and helping you to focus and concentrate.

From this point forward, your response to stress will be to recognize your innate ability to make choices and manage priorities, by trusting your instinct and stepping back from any stressful situation, without chemicals in your body, and with an internal trust of your own actions.

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You now find it easy to replace any perceived need for oral fixation by simply taking a deep breath through your lips, feeling the cool air flow between your lips, or by chewing a piece of sugar-free gum, or by simply letting go of any cravings, being content to experience something new.

At this point, in this new chapter of life, you also find new ways of identifying your masculinity apart from rituals like dipping, preferring instead to have a strong body, free from poisons, and being able to overcome those who in the past have enslaved you with a drug.

Nicotine withdrawal is an easy process for you. Over the next 72 hours, nicotine will leave your body rapidly, and you will flush this nicotine with 8 -12 glasses or bottles of water each day, recognizing each sip of pure water flushes out the old toxins replacing them with powerfully good life energy.

Transitional Deepener:

And deeper yet. Good. Allow yourself to take another moment to relax the mind and body. You may find that you sense the feeling of transition, perhaps moving to a deeper level of hypnosis at some points, or higher levels of alertness at other points. This is normal, and a part of the process. You can allow yourself to drift, float, dream and relax easily at this point, or you can simply listen to the words you hear.

Manifestation of Phenomena:

Think back to a time when you were young, a time before you ever had your first dip or chew. It may have been a long time ago, perhaps even age 12 or 10 or even 8. But there was a time, a point in life before you ever had a first dip. And now, imagine yourself in a movie theatre, watching a movie of you at this point in life, doing the things you did, playing with the kids you played with and doing the happy, healthy things you did before you ever experienced your first taste of tobacco.

Imagine now that you are watching a movie of your happy life experiences, but instead of ever dipping, you simply never have that first dip. You go through your childhood, your teen years, and even your early twenties never having dipped or chewed tobacco. It is odd how you can create an image of such a movie, but you can, and you can see yourself in various life situations - driving, working, in relationships and experiencing your life as if you had never dipped.

In fact, you can even watch that movie of you, having never dipped ever, through to the point where you are listening to this now. The mind is a miraculous machine, and as you are able to create the image of this tobacco free movie, you are able to create this as truth in your life in the present. And so, you will find it easy to no longer associate driving, working, playing sports or engaging in other activities with dipping, because from this point forward your mind simply fails to recall these associations, because it is as if you have never dipped in the first place.

When others around you dip or chew, or even smoke, it will not be a cue to you to use tobacco. You will find it easy to resist any social pressure to use tobacco, because it will feel as if you have never used tobacco in the past. You will not feel anger or be irritated by others' use of tobacco, you will simply respond with ambivalence, because using

tobacco is something you no longer relate to, because your life experiences are like those of this movie you have watched, a life experience that certainly does not include tobacco now, nor ever has.

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Anchoring Suggestion:

From this point forward, every time you hear a phone ring, it will be a reminder to you of your power and internal resources and ability to continue to act on your decision to be tobacco free.

It can be a house phone, a cell phone, a work phone or even somebody else's phone, but each time you hear a phone ring, oddly enough, you will sense a moment of peace, reminded that you are a person who has made healthy choices and moved forward in life.

Post-Hypnotic Suggestion:

Over the next week, you will listen to this hypnosis session each day, relaxing the body and the mind, and you will find it easier with each listening to experience a deeper state of relaxation.

Throughout the rest of the day, you will feel an internal peace with entering this new phase of life, acting on the suggestions that have been made, and feeling energized by your healthy choices.

< *Awakening Script* >

Stop Dipping/Chewing Tobacco (Identity Strength) Script⁶
By Richard Nongard

< *Pre-talk Script* >

< *Induction Script* >

< *Deepener* >

Transitional Suggestion:

Now you are relaxed, perhaps you are in a deep relaxation or have simply slowed your mind, either experience is fine.

Skill Building Suggestion:

As you continue to relax, I want you to become aware of your left hand. And with your left or your right hand, whichever hand is more comfortable for you, touch the tip of your pointer finger to the tip of your thumb making an "a-ok" sign...

Very good.

And now, as you relax, allowing all of the other muscles of the body to be loose and limp, allow yourself to feel positive and successful about the change you are making.

And now, press those two 'ok' fingers together tightly. And hold that tension for a moment.

Now, relax your entire hand, allowing your fingers to separate your hand to fall back into a relaxing position. Anytime in the next few days that you experience any type of craving or desire for old patterns of behavior, simply touch and press those two fingers together... And for just a moment, it will return you to this point of decision, success and serenity, and any craving or desire for tobacco will simply melt away...

Unconscious Programming:

Satisfaction can come through many actions or experiences, and your subconscious mind knows that what is most satisfying is to have the autonomy and power of acting without the control of another person or an advertising campaign.

It is easy for you to live life happily and cope without products that destroy your health.

In fact, you find it easier to cope with a mouth that is free from sores or pain and the anxiety old behaviors have caused.

Transitional Deepener:

Allow your mind to drift, dream, relax, and learn. Allow each muscle to relax the tension of the day, experiencing physical and mental relaxation, or trance, or hypnosis.

Good.

You may be listening to each word, feeling attentive as you relax, or perhaps you are letting the words I use simply float and drift along with your mind, and again, either experience is fine.

⁶ ©Richard Nongard. Excerpt from

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Parallel Suggestions:

You have made the decision to be tobacco free and at this point, all of your actions will easily be consistent with this decision. It is easy to see yourself free from the paralyzing images of manliness or masculinity sold by the tobacco companies.

You are now an agent of free will, no longer dependent on the products they have sold you. Your identity from this point forward is a new identity of confidence and success, apart from emblazoned corporate images or the accoutrements of tobacco companies.

The possessions you once held as important - logos, gifts or even marks on your clothing from tobacco products - are no longer important to you.

You no longer want to be seen by your family, friends or even competitors as a tobacco user, but rather as a successful person - because of your own strengths and abilities to discard old patterns and move forward. You will find that caring for yourself, your teeth and your body becomes a natural part of your life.

You now view old tobacco-using behaviors as self-destructive, preferring now to value your body, care for your teeth, and restoring your health by no longer dipping or chewing smokeless tobacco. Over the next few days, you will increase your water consumption and your physical activity.

Taking more steps today than yesterday, more steps tomorrow than today, and increasing your activity each day, which in turn will help you release tension, stress or cravings.

And with each step, your health will increase and you will find it easier and easier with each passing day and each step in the day to succeed at achieving your goals.

Transitional Deepener:

And deeper yet. Good. Allow yourself to take another moment to relax the mind and body. You may find that you sense the feeling of transition, perhaps moving to a deeper level of hypnosis at some points or higher levels of alertness at other points. This is normal, and a part of the process. You can allow yourself to drift, float, dream and relax easily at this point or you can simply listen to the words you hear, acting on each suggestion that is made...

Manifestation of Phenomena:

As you relax, you may be asking yourself why I am even talking about old patterns such as dip or chew. This is because after any change is made, new patterns are established, and in time the old patterns are forgotten.

You have already become a non-tobacco user. That new identity was established when you took your last dip, committed to this hypnosis session, and cleaned out the temptations that may have been around your house or car.

As you have already begun this new chapter of life, being a non-user of tobacco, you simply will fail to recall your old patterns of behavior or old associations with tobacco.

It is quite possible for the mind to simply not recall your prior actions, and to easily move forward as one who does not use tobacco in any form.

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Anchoring Suggestion:

From this point forward, every time you see the color green, it will be a reminder to you of your power and internal resources and ability to continue to act on your decision to be tobacco free.

It could be light green, dark green, medium green, like green leaves on the trees, or the green of paper money, or green vegetables in a salad, or on a billboard, on television, or green on your clothing - but each time you see the color green, oddly enough, you will sense a moment of peace and confidence, reminded that you are a person who makes healthy choices and has moved forward in life as a non-tobacco user.

Post-Hypnotic Suggestion:

Throughout the rest of the day you will feel an internal peace with entering this new phase of life, acting on the suggestions that have been made, and feeling energized by your healthy choices. And each day for the next 21 days, you will listen to and experience this hypnosis session.

When you do, it will be easy for you to relax and enter a state of hypnosis or learning.

Each time you listen, you will feel more and more satisfied apart from dipping or chewing tobacco or smoking cigarettes, and you will more easily and happily cope with your tobacco freedom by doing something positive for yourself, such as exercising, eating nutritious foods, or other healthy activity. You will develop your identity of success and power due to your ability triumph over old patterns and to establish new learnings...

< *Awakening Script* >

Pre-Talk Introduction for Creativity⁷
By Richard Nongard

People ask me all the time if hypnosis can be helpful for enhancing creativity. Many creative people use hypnosis to help them access that part of the mind where creativity lies, to solve writer's block, overcome obstacles, increase motivation and help with musical creativity, artistic creativity, and any area of life where motivation, inspiration and creativity are necessary.

I have prepared this session as a solution to tapping the intuitive and creative part of the mind, to help you take immediate action on your next project. If you have used hypnosis as a tool before, you already know how effective it can be. If you are new to the creative power of hypnosis, be ready at the conclusion of this session to feel refreshed, enthused and to immediately begin work on your upcoming project.

This session is a tool that can be used anytime you need to feel centered, focused and refreshed, anytime you need to recharge your creative abilities, and tap into all of your senses. You can begin by turning down your phone ringer, and shutting the door. You might even take a moment to put a "do not disturb" sign on the door if there are others around. Most people find that sitting in a comfortable chair is the easiest way to relax, but you may lie on the floor or a bed if you like.

Now, begin by taking a slow, deep breath or two, and scanning the body for any places you are storing obvious tension, and let those muscles become loose and limp. Take another deep, slow breath, all the way in... and all the way out... You do not need to try to be hypnotized - it does not matter if you go into trance quickly or slowly, and it does not matter if your mind thinks and wanders - after all this is what minds do. What matters most is that you have decided to take a moment to energize your creativity, and this step is the first step in your success. Any outside noises will not disturb you. In fact, if you hear noises from outside, or even in the room where you are, they will reassure you of your surroundings, and help you to relax even further.

Induction – your choice

Deepener – your choice

Indirect Suggestion

In a moment I am going to give you some direct hypnotic suggestions. These are not suggestions that come from me, but rather are suggestions you have asked me to make by coming here today. But for now, as you relax, I am going to tell you a short story about creativity.

Everyone thought the adhesive that Spencer Silver developed at 3M was a failure. It lacked the right molecular structure to be a glue, and he was unable to find a good use for it. One of his colleagues, Art Fry, another 3M employee, sang each Sunday in the church choir. On one Sunday, as he searched for a page in the hymnal he had marked with a scrap of paper that kept falling out, Mr. Fry had an idea - a breakthrough - as he recalled the adhesive developed by his colleague that wasn't quite sticky enough to be glue, but was just sticky enough to become the adhesive used... on Post-It notes....

⁷ ©Richard Nongard. Excerpt from

What I love about this story is that it shows how creativity so often emerges from frustration. And that even while focused on something as mundane as a Sunday hymn, great ideas can be born.

Many awesome ideas have sprung from the minds of those who felt either blocked or distracted at the moment of creativity, and the Post-It note, the 3M Company's greatest office supply product, now sold in over 100 countries, is proof.

Hearing a story like this is often inspirational, and many people who learn how a simple frustration can yield big results become enthused by how breakthroughs of creativity can come about even in the most unique situations. As you breathe slowly, smoothly, and rhythmically, allow your mind and body to continue to relax, with each number and word accessing an even greater potential and reservoir of creativity...

5-Create, 4-Ideas, 3-Breakthrough, 2-Inspiration, 1

Entering a state of creativity coupled with serene peace... a place where the subconscious mind can tap into the inner creative potential and allow you to succeed. Perfect.

These direct suggestions are strategies for going forward from this session to a state not only of creativity, but of action.

At the end of this session, your creative energy level will be fully charged, and you will find, without even trying, your sources for inspirations, and the ability to put into words - or art - or music - all of your ideas, feelings and desires.

Hypnosis in fact is a creative process, and by following these instructions so far, you have been able to utilize and empower the creative spirit within. And so even if you have felt in the past that you were out of ideas or out of creativity, you have proven to yourself the incompleteness of these thoughts.... And because you recognize these incomplete thoughts can be completed, as easily as you can sit in this chair or lie on the floor, you will also find that when emerging from this state you are ready to take immediate action on completing any tasks that require your focus or attention.

Envision now in your mind and body, the feeling of any blocks to creativity or action, both those known and those unknown, lifting through you, as if a weight has risen from your being, or as if a lightness has lifted your spirit to new levels of success.

It feels wonderful to capture this feeling, this resource state of creativity, and to know that anytime, with or without hypnosis, you can recreate this moment of power - by simply taking a moment to realize that this inner resource has always existed within you, and always does.

Focus now on your breathing... slow, smooth, and rhythmic. Notice your heartbeat is calm and regular. And notice that with each breath, it is as if you are inhaling creative energy, and exhaling success.

With the next breath, focus on the visions of creativity within your mind. See yourself as you know you are, and as you will be, experiencing creativity, and having been successful at overcoming any blocks, known or unknown, that you are now giving up and letting go.

Take a moment to look at yourself, in a state of creativity, and what you look like at your creative prime.

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As you exhale, breathing smoothly and rhythmically, it feels wonderful to see yourself as you know you will be, successful, powerful, creative and energetic. Now breathe in again, this time focusing on the sounds of success. Hear others congratulating you on a finished project, writing or composition, but most importantly hear your own inner voice congratulating you on success... And realize that the same inner voice you are hearing now can provide you with answers to your creative needs, speaking to your spirit and soul, and being translated into pen, brush, string, or in any way that you enjoy expressing your creative voice.

As you exhale, relax deeper, really being able to focus on the feeling of creativity.

Inhale again, breathing in the feeling of success and creativity. Ask yourself, “what does it feel like to be creative and in a state of accomplishment, having overcome any blocks, known or unknown?” This is the state—the feeling—you have the ability to recreate at anytime you need inspiration. If in a day or two, or even a week or a year or more from now, you need to recreate this wonderful feeling, just take a moment to breathe deeply, recreating this magnificent state. Perfect.

And as you exhale, feel the need for immediate creativity, become ready to exercise its work. Realizing that in a few moments you will be able to emerge from this brief respite to take action on your ideas and thoughts. Perfect. Each time you have self doubt, think of the many times you have used creativity in the past, including this session, and replace the old idea or misbelief that you are stuck, with the truth... The truth being that the intuitive and creative nature which lies within you is easy to tap into, by simply choosing to pay attention to it.

As you realize that overcoming any creative blocks is as simple as the design of a Post-It note, you will be reminded of your own creative nature, if even for a moment, each and every time you see a sticky note. In fact, you may want to post some notes, with or without words or pictures related to your abilities on the bathroom mirror, above your desk, around the house, or even in your car – to ensure that you will see these inspirational reminder notes each day. Seeing these notes, or even a note written by someone else on that familiar yellow square, will bring for a split second a reminder of your own creativity and ability, bringing to the conscious mind a sense of success and energy. Each day for the next two weeks, you can improve this process of enhancing creativity by taking a moment in the midst of a busy day to recharge your creative mind and energize your body to prepare for action. In doing so you will internalize the skills for enhancing creativity, and you will find answers intuitively appear for any creative dilemma you face. Take a moment as you prepare to take action to harness this feeling you have created here for yourself.

Enjoy another moment or two of peace and serenity, finding it as easy to focus on your work as it is to focus in this session. Perfect. And now feel the floor below your feet and sense the air in the room around you. Notice the feeling of energy each breath brings as you realize a creative force exists within you, and prepare yourself for action.

Keeping the eyes closed for now, begin to slowly stretch any muscles that need to be stretched, and feel with each breath oxygen flowing to each and every cell in the body, ready in a moment to emerge into a state of action.

As I count from 1 to 3, with each number become more refreshed, and more awake.

1-feeling empowered

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2-recognizing the creativity within you

3-open the eyes and ready to act, having renewed the mind, the body and the spirit.

Chapter 3

The Works of Katherine Zimmerman

Katherine Zimmerman is an internationally-known author and speaker, certified Clinical Hypnotherapist, Reiki Master, and EFT Practitioner with a private practice. Since 1989, she has taught classes on self-hypnosis, EFT, and other related subjects, along with doing presentations on hypnotherapy at professional conferences nationwide.

Katherine is the Director of the California Hypnotherapy Academy, a state approved vocational school, a former guest lecturer for the University of California Medical Center, Davis and former guest instructor for Hypnotherapy Training Institute of No. California. She is authorized to teach hypnotherapy for a California private postsecondary education institution approved under California Education Code 94311(a).

More information and the rest of her scripts are available at www.trancetime.com.

Improve, Learn / Test Anxiety⁸
By Katherine Zimmerman

This script has been very helpful to my clients in changing their experience both with learning and taking tests.

Begin with progressive relaxation induction and deepening...

Feeling so safe and relaxed now in your own private sanctuary. Find a comfortable spot and allow yourself to absorb the suggestions without evaluating or analyzing. Imagine yourself a few days before an exam. You've studied and are well prepared to pass with an excellent grade. In fact, you say to yourself "I'm an excellent student. Learning comes easily to me." You're completely confident and relaxed about all exams. As you sit down to take the exam, you automatically take a deep breath and the relaxation that you're experiencing right now returns. The more relaxed you feel the more easily you recall the information. The more easily you recall the information, the more relaxed you feel.

Consider for a moment your past experiences with studying. Perhaps an experience in your past has left you with the mistaken belief that you're a poor student. Be still for a moment and allow any negative beliefs about yourself as a student come into your mind. (*Pause 30 sec*)

You're in control of your life so I'd like you to erase that image from your mind. Just imagine that image on a blackboard and find a large eraser -- that's it, it's right there -- and erase that old, negative image. It no longer serves you so just let it go. (*Pause*) Good. In what way does this experience with tests and studying change when you erase that old belief? (*Pause*) Next, I'd like you to replace that old belief with a new, positive belief about studying and taking exams.

Allow yourself to relax even deeper and repeat your key phrase, "I'm an excellent student" or "I pass exams easily" or "I'm completely prepared." Or, insert your own phrase here. (*Pause 15 sec*) Every muscle in your body is loose, limp and relaxed. As you begin your exam you focus only on the paper in front of you. All outside noises, distractions, even your own thoughts cause you to be more relaxed. Now, read the first question. If the answer doesn't come readily into your conscious mind, move on to the next question. As you move on you're sending a request for the answer to your subconscious. Go ahead and answer all the questions that you can. Then, go back to the questions you haven't answered. You now find that you've easily recalled the information you need. During this process you remain completely calm and relaxed.

You complete the exam easily, effortlessly and in plenty of time. Imagine the outcome of the exam. See your exam being returned with the grade you wanted. Hear yourself telling your friends about your great grade! Congratulate yourself, feel proud of yourself. You're an excellent student!!

You now absorb more material when you study. You now feel this relaxed every time you study. Each time you prepare to study take a deep breath and say to yourself, "relax." The more relaxed you feel the more easily you retain the material you're studying. And the more easily you retain the material, the more relaxed you feel. You focus completely on the material in front

⁸ ©Zimmerman, Katherine. *Hypnotherapy Scripts*, Vol. I. 1st edition. 2004. TranceTime Publishing. Sacramento, CA. USA

of you.

As you concentrate, all sounds and distractions around you fade away. The material in front of you holds your attention completely. You feel calm and relaxed and easily concentrate on your study session. Drift even deeper now. You're absorbing and retaining all necessary information. You're an excellent student. At the end of your study session, a signal from your subconscious mind automatically brings you back to full awareness. You feel energetic and ready to move on to other activities.

Drift even deeper now. Allow yourself to relax more deeply with every easy breath that you take. Let these suggestions become a permanent part of your subconscious. These suggestions become a part of your thinking, and automatically go into action and become reality in your life. Accepting all suggestions which are positive and beneficial for you and releasing anything that does not fit into your life at this time.

In a moment I'll count from one to five. When I reach the count of five you return to full awareness feeling rested and refreshed.

[For recording:] If you're in bed and ready to drift into a sound sleep you may turn your recorder off now or ignore the count.

Re-alert

Number one -- Feel that energy to learn flowing into your arms and legs.

Number two -- Every brain cell open to absorbing more information.

Number three -- Feeling more energized now with every number that I count.

Number four -- Coming back to full awareness, rested and refreshed. However, sleeping soundly and peacefully tonight at your normal bedtime.

And on the count of five --- eyes open, -- feeling alert and refreshed, -- take a deep breath and stretch.

Number five! -- Eyes open, fully aware and alert, take a deep breath and stretch. Back to full awareness.

Cut Cords⁹
By Katherine Zimmerman,

This process has made a dramatic difference for my clients in helping them to let go of a past relationship and move on.

Introduction

It's important to cut cords to others as it drains their energy and ours. Without those cords people can again take responsibility for their lives and use their energy for their own growth and unfoldment.

This process/recording helps you to detach energetically from others. We cord to people with whom we are in relationships. And, when the relationship ends, we often remain corded, keeping us tied to that person energetically. It can be a factor in why it's sometimes so hard to let someone go.

The Process

Progressive relaxation, deepening...

Now, if you'd like, invite in your guides and angels to assist you... create a circle of protective light around you... Now, imagine that you can see or sense your body in front of you. Begin by checking for any cords or connections going into your body along the spine or into the chakras. These connections may be slender threads, cords or even cables. Notice the type of connections. Scan your back and notice where the cords enter. *(Pause)*

There may be several single cords or even a multitude of cords coming from many directions. You can pull them out individually or as a group. When I say pick one cord you may be picking several at once, and that's fine.

Pick one cord and follow it to its source. Identify the sender, if possible...

Create a separate circle of light and, if you'd like, invite the sender in to stand in that circle. Ask the sender the purpose of this cord... what's your response? You may wish to thank the sender for the part played, ask for or send forgiveness... you'll know what's right for you.

Now, if you're ready, pull the cord out, removing all the roots and tendrils from you and from the sender. Dispose of the cord in a way that feels good to you – pick a way that's safe for all concerned. You can burn the cord, bury it in the earth... whatever you'd like. Next fill in that open space in your body with the color of your own essence. Think about that... if your essence or energy had a color, what color would it be? ... That's it... fill that space in with the color of your essence... take your time... *(Pause)*

Move to the next cord now... and follow it to its source. Identify the sender, if possible... Create a separate circle of light and, if you'd like, invite the sender in to stand in that circle. Ask the sender the purpose of this cord... what's your response? You may wish to thank the sender for the part played, ask for or send forgiveness... you'll know what's right for you. *(Pause)*

⁹ ©Zimmerman, Katherine. *Hypnotherapy Scripts*, Vol. III. 1st edition. 2006. TranceTime Publishing. Sacramento, CA. USA

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Now, if you're ready, pull the cord out, removing all the roots and tendrils from you and from the sender. Dispose of the cord in a way that feels good to you – a way that's safe for all concerned... You can burn the cord, bury it in the earth.... whatever you like. Next fill in that open space in your body with the color of your own essence. That's it... fill that space in with the color of your essence... take your time... *(Pause)*

Move to the next cord now... and follow it to its source. Identify the sender, if possible... Create a separate circle of light and, if you'd like, invite the sender in to stand in that circle. Ask the sender the purpose of this cord... what's your response? You may wish to thank the sender for the part played, ask for or send forgiveness... again, you'll know what's right for you. *(Pause)*

Now, if you're ready, pull the cord out now, removing all the roots and tendrils from you and from the sender. Dispose of the cord in a way that feels good to you – a way that's safe for all concerned... You can burn it, bury it in the earth.... whatever you like. Next fill in that open space in your body with the color of your own essence. Think about that... if your essence or energy had a color, what color would it be? ... That's it... fill that space in with the color of your essence... take your time... *(Pause)*

Move to the next cord now... and follow it to its source. Identify the sender, if possible... Create a separate circle of light and, if you'd like, invite the sender in to stand in that circle. Ask the sender the purpose of this cord... what's your response? You may wish to tell this person your true feelings. Thank the sender for the part played, ask for or send forgiveness... you'll know what feels right for you. *(Pause)*

Now, if you're ready, pull the cord out, removing all the roots and tendrils from you and from the sender. Dispose of the cord in a way that feels good to you – a safe way for all concerned... Next fill in that open space in your body with the color of your own essence. That's it... fill that space in with the color of your essence... take your time... *(Pause)*

Imagine now, moving to the front of your body... see or feel the cords that you have sent to others... Pick one, top or bottom, trace its location... see who **you** have corded... Identify the person/event/belief, if possible.... Create a separate circle of light and, if you'd like, invite the person that you've corded to stand in that circle. Become aware of the purpose of this cord. You may wish to thank the person corded for the part played, ask for or send forgiveness... again you'll know what's right for you.

Now, if you're ready, pull the cord out, removing all the roots and tendrils from you and from this person. Dispose of the cord in a way that feels good to you – a way that's safe for all concerned... You can burn it, bury it.... whatever you'd like. Next fill in that open space in your body with the color of your own essence. That's it... fill that space in with the color of your essence... take your time... *(Pause)*

Pick another cord, top or bottom, trace its location... and again see or sense who **you** have corded... Identify the receiver, if possible.... Create a separate circle of light and, if you'd like, invite the person you have corded to stand in that circle. Become aware of the purpose of this cord. You may wish to thank the person corded for the part played, ask for or send forgiveness... again you'll know what's right for you. *(Pause)*

Now, if you're ready, pull the cord out, removing all the roots and tendrils from you and from the receiver. Dispose of the cord in a way that feels good to you – a way that's safe for all concerned... Send it out into space.... whatever feels good. Next fill in that open space in your

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body with the color of your own essence. That's it... fill that space in with the color of your essence... take your time... *(Pause)*

Pick another cord, top or bottom, trace its location... see who else you have corded... Identify the receiver, if possible.... Create a separate circle of light and, if you'd like, invite the person you have corded to stand in that circle. Become aware of the purpose of this cord. Tell this person your true feelings... again you'll know what's right for you. *(Pause)*

Pull the cord out now, removing all the roots and tendrils from you and from the receiver. Dispose of the cord in a way that feels good to you – a way that's safe... Drop it in the trash... whatever feels good. Next fill in that open space in your body with the color of your own essence. That's it... fill that space in with the color of your essence... take your time... *(Pause)*

Once all the cords are removed, and the space filled in with your own essence, rest for a moment... how does that feel? What's different now in your interactions with others? How do you feel about yourself? If you've invited in your higher self, guides and angels, see if they have input about this change... Just listen... in the silence... *(Pause)* thank your guides...

As our final piece, let's create a ceremony to celebrate your new freedom. What element can you bring into your ceremony... some like standing under a waterfall, just being out in nature, or perhaps crossing a bridge signifies the release of these cords and stepping into a new level of awareness. Again, notice how you finalize this process... in the silence.

Thank your guides for their assistance... and rest.....

Re-alert

Reclaiming Your Personal Power¹⁰
By Katherine Zimmerman,

We often give away our power. This process helps to reclaim that power and stand in our truth.

Begin with progressive relaxation or your favorite induction. . .

Drift deeper now into this quiet, peaceful place, and prepare yourself for this journey. At the end of this journey you feel strong and energized and change how you handle disagreements and confrontations. With this power, your perceptions of the world change. *(Pause)* How you react to situations in your life begins to change. *(Pause)* It's the power to create joy and satisfaction in your life. *(Pause)*

Move back in time now to a scene in which you gave your power to someone else. *(Pause)* Moving as far back as you need to go as I count from five back to one. Five... Four...That's it, drifting back. Three... Two... and One...

You're right there now at a scene from your past. Are you indoors or outdoors? Are you alone or with someone? Daytime or nighttime? Notice the details in this scene... the colors and textures. Create a safe, protected area for this meeting. You may want to bathe this area with soft yellow light.

Now, ask the person to whom you gave your power to join you and thank him or her for coming. Explain that the purpose of this meeting is have your power returned.

Make your request in a very firm, self-assured and confident voice. *(Pause)* Put your hand out with the clear knowledge that your power is about to be returned. *(Pause)* If necessary, repeat your request and insist that it happen right now. *(Pause)* It's time to take back your personal power. *(Pause)* Ask for it back. *(Pause)* Ask firmly and strongly because the power belongs to you. *(pause 20 seconds)* Now that you have it back, hold on to it.

What does your personal power look like? What size is it? *(Pause)* What color? *(Pause)* What shape does your power take? *(Pause)* Does it have an aroma? *(Pause)* A sound? *(Pause)* Perhaps a texture? *(Pause)* Be with your power. *(Pause)* Feel your power! *(Pause)* Thank the other person now and ask them to leave. They no longer have any power over you.

Go back to your special, safe place and let all the energy of your power flow through your entire body, circulating in every cell, in every muscle, nerve and tendon. It's yours forever!

The easiest way to re-absorb your power is with your breath. Breathe your power in with each inhalation until it's completely absorbed. Breathe all the way down into your belly, that's it, deep, full breaths. *(Pause 30 sec)*

I'd like you to take a look now, at your life with this power in place. Imagine a scene where you felt powerless recently. On the count of 3 you'll be right there at that recent scene. 1... 2... 3.

You're right there now, on the edge of that scene. Notice your interaction in this scene, without your personal power. *(Pause)*

¹⁰ ©Zimmerman, Katherine. *Hypnotherapy Scripts*, Vol. II. 1st edition. 2006. TranceTime Publishing. Sacramento, CA. USA

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Now step into the scene and into that body, taking your newly recovered power with you. Go to the beginning of the scene and move through the event again, this time with your personal power. *(Pause)* What's different this time? *(Pause)* Are you different? Are the others different? *(Pause)* Does the outcome change? *(Pause)* Notice every detail about this scene. *(Pause)* How do your relationships change when you feel your power? *(Pause)* What have you learned in this process of asking for and using your personal power? *(Pause)*

Let your scene go now and return to your private place for a moment. If there's anything that you need right now to feel complete with this journey, take a moment to bring that in. *(Pause)*

Let's move forward in time now so you can see and feel this power working in your life. See or sense yourself on a beautiful path now. A path lined with colorful flowers and abundant growth. As you move along this path you are moving forward in time. Moving to a time in your future when your power is fully developed. To a point in time when you are comfortable with your power. *(Pause)* It's very easy now to access this future scene. Simply continue to move along this path and as you turn the next corner, you're right there. Notice your surroundings on this path. *(Pause)* Are you alone or is someone with you? *(Pause)* You may find yourself in a familiar place, or in an entirely new place. *(Pause)* Notice now what your life is like with this power. *(Pause)* How do you feel about yourself? *(Pause)* How do you feel and act towards others? *(Pause)* Notice how differently they respond to you with your newly uncovered power. *(Pause)* How do you act with this new power? *(Pause)* Get a sense now of the joy and satisfaction that this power brings into your life. *(Pause)* This is the power to act *(Pause)* and the power to love. *(Pause)* Notice how that looks and feels. *(Pause)*

Now, if it feels safe and comfortable, step into that future self. See and sense what it's like to be in that future body. *(Pause)* Look at the world through those future eyes. *(Pause)* Notice the way your future self carries his or her body. *(Pause)* Become aware of the emotions present in this future self. *(Pause)* Especially notice the joy, love and satisfaction that this future self has discovered. *(Pause 15 sec)*

Thank your future self for this experience and step out of your future body now. *(Pause)* As you return to the present, listen to the following affirmations with an open heart: I am powerful and I am loved. *(Pause)* I am powerful and I am loving. *(Pause)* I am powerful and I love it! Breathe in all the healing, loving energy of the universe with every inhalation. *(Pause)*

Accepting all suggestions which are positive and beneficial for you and releasing anything that does not fit into your life at this time.

If you're in bed and ready to drift into a sound sleep you may turn your tape recorder off now or simply ignore the count.

In a moment I'll count from one to five. When I reach the count of five you return to full awareness feeling completely rested and refreshed.

Number one - feel a powerful energy flowing into your arms and legs.

Number two - every cell in your body functioning perfectly.

Number three - feeling more and more fully aware and alert with every number that I count.

Number four - coming back to full awareness, rested and refreshed, however, sleeping soundly and peacefully tonight at your normal bedtime. When I reach the count of five, fully aware and alert, completely back in the present.

Number five - eyes open, fully aware and alert, take a deep breath and stretch.

Retrieve Your Energy ¹¹
By Katherine Zimmerman

When your energy is scattered your mind wanders, your body feels restless and it's hard to settle down and accomplish anything. This script has helped clients to start their day full of energy.

The Process

Progressive Relaxation induction and deepening...

Settle into your safe, private sanctuary and as you rest there, let's prepare a safe place to call home your energy. Imagine a comfortable place where you can rest, either sitting or lying down. Now, picture or imagine a beautiful shield around you. This shield can be a colorful light, a mist, perhaps something from nature that can act as a filter... anything that feels comfortable for you. *(Pause)* The shield has magical properties and automatically filters any energy coming in that doesn't belong to you. It also filters any of your own negative energy instantly transforming it to positive energy as it flow through the shield. Take a few moments to create your perfect shield and make sure that it covers you front and back, above and below, right and left sides...

We're ready now to begin to call home your energy. Let's start with work. Even if you've retired some of your energy may have been left behind. Send out a request now and begin to bring your energy back from work. You may see, feel, hear, or imagine it flowing back in... Notice where in your body the energy returns... That's it... welcome it back. Fill yourself with this misplaced energy...

(Pause 30 seconds)

Perhaps you've left some of your energy in your social life. Call that energy back in next... see it, feel it, hear it, imagine it flowing in. Notice what part of your body/mind is filling with this energy... and welcome it home... *(Pause 30 seconds)*

Perhaps you've left some of your energy with your friends... call that energy home now... see it, feel it, hear it, imagine it flowing in. Notice what part of your body/mind is filling with this energy... that's it... and welcome it home... *(Pause 30 seconds)*

We often leave our energy with our children... even with our grown children... call that energy home now... see it, feel it, hear it, imagine it flowing in. Notice what part of your body/mind is filling with this energy... and welcome it home... *(Pause 30 seconds)*

Some of your energy may have been left with parents, siblings, aunts and uncles... call that energy home now... see it, feel it, hear it, imagine it flowing in. Again, notice what part of your body/mind is filling with this energy... and welcome it home... *(Pause 30 seconds)*

Perhaps you've left some of your energy at school... in a medical setting... with the neighbors... call that energy home now... see it, feel it, hear it, that's it... imagine it flowing in. Notice what part of your body/mind is filling with this energy... and welcome it home... *(Pause 30 seconds)*

Call home any energy that's been left at odd times and in random places... remember, there's no

¹¹ ©Zimmerman, Katherine. *Hypnotherapy Scripts*, Vol. III. 1st edition. 2006. TranceTime Publishing. Sacramento, CA. USA

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need to know where it's been... just trust the process... see it, feel it, hear it, imagine it flowing in. Notice which part of your body/mind is filling with this energy... and welcome it home...
(Pause 30 seconds)

That's it. You're doing great. Sit with this recovered energy now. How does that feel? Imagine living your day to day life able to draw on all your energy... What looks or feels different now? How do you feel mentally... physically, emotionally? Notice how much more focused and present you feel now that you've drawn your energy back. Imagine yourself now focused and fully energized... at work... at social events... with friends... your children... family... school... it feels so good and so natural to be filled with your own energy.

If you're in bed and ready to drift into a sound sleep you may turn your recording off now or simply ignore the count. In a moment I'll count from one to five. When I reach the count of five you return to full awareness feeling completely rested and refreshed.

Re-alert

Number one--Beginning to return to full awareness now, feeling your energy resting comfortably in your arms and legs.

Number two--completely re-energized and refreshed. Every cell in your body functioning perfectly.

Number three--accepting all suggestions which are positive and beneficial for you and releasing anything which does not fit into your life at this time.

Number four--remembering everything that you've experienced and sleeping soundly and peacefully tonight at your normal bedtime. And when I reach the number five, take a deep breath and stretch, back to full awareness.

Number five--wide awake and alert completely back to full awareness, feeling wonderfully relaxed and refreshed. Take a deep breath and stretch.

Chapter 4

The Works of Paul G. Durbin, Ph.D.

Paul Durbin's website, Human Trinity Hypnotherapy, can be found at www.durbinhypnosis.com with over 100 articles by myself and others on Hypnosis, hypnotherapy and related subjects.

Paul has written three books. *Human Trinity Hypnotherapy* in 1993 which is out of print. *Kissing Frogs: Practical Uses of Hypnotherapy* published by Kendall/Hunt Publishing Company in 1996. In 1996, *Kissing Frogs* received the "Pen and Quill Award" from NBHA and "Outstanding Performance Award" from IMDHA. *Kissing Frogs* is now in its second printing (1998) and has an additional chapter, "Beware of False Memories." *and is also out of print.* *Hypnotherapy for Body, Mind and Spirit is available from Access Services at: <http://www.tranceaccess.com/>*

**Release Problem with Knowing the Cause
By Paul Durbin**

A script for releasing problem without knowing cause. Very effective. Adapted from a script by Dr Art Winker whom I assisted in many class room sessions.

Hand to Face for Therapy¹²:

(Client is in the hypnotic state)

In a few moments, I'm going to ask you to open your eyes and put your dominate hand up in front of your face with the palm toward your face so that you will be able to look at your fingers and the palm of your hand. As I talk to you, you will continue to go deeper and deeper.

Open your eyes now and lift your hand up a little above eye level and press your fingers tightly together. You become award of the feelings and sensations in your fingers and hand. Your fingers feel like they want to start spreading apart. Your fingers are jerking, spreading, separating, pulling a part. The harder you try to keep them together, the more they are jerking, spreading, separating, pulling a part. As your fingers are spreading apart, you notice that your eyes start feeling heavy and your eyes keep feeling heavier and heavier. Your eye lids are getting heavy, droopy, drowsier, closing down, down. As your eyes close, you drift deeper into this calm, peaceful, hypnotic state of relaxation.

In a moment, your (right-left) hand and arm will move toward your face and you keep drifting into an even deeper hypnotic state... Your hand and arm move toward your face, but your subconscious mind will not permit your hand to touch your face until your mind has worked out a solution to this problem...

You have been having difficulty with (name problem) and consciously you haven't been able to resolve it... I don't know what is causing the problem, but the subconscious part of your mind does have the information... so your subconscious mind can review, examine, and explore the information in your mind and find out what has been causing that problem...

Your subconscious mind can review all the imprints, all the impressions, all the thoughts and ideas in your mind that have been causing that problem...and your mind can assess, evaluate, and understand that information now from a more knowledgeable, more relaxed, more calm, more mature point of view... and can work out a solution and resolve that problem rapidly and completely...

Your subconscious mind is reviewing that information thoroughly and understanding that it is okay to resolve that problem now and forever... and when your mind has resolved that problem, then your mind causes your hand to touch your face...

Your mind is cooperating...and is reviewing that information and is working out a very pleasant solution to that problem...Your subconscious mind is causing your hand to move toward your face, but your hand will not touch your face until your subconscious mind understands the causes

¹² ©Paul G. Durbin, Ph.D. *Hypnotherapy for Body, Mind and Spirit*. p 88. Self-Published 2005.
www.hypnosisalliance.com.

and effects of what has been causing that problem and knows that it is okay for that problem to be resolved completely...

When your mind knows it is okay for this problem to be resolved then your hand will touch your face as a signal that the problem has been resolved... and you are really be pleased...

You're doing good... It feels good to continue relaxing... and later, when you come out of the hypnotic state your whole body feels good from the top of your head all the way down to the bottom of your feet... and you feel confident and happy...

You are continuing to learn more and more that your own subconscious mind is working out the solution to this problem... Your subconscious mind knows what to do... and is doing it in just the right way to resolve the problem completely... You may not consciously be aware of the cause of the problem, but your subconscious mind is and is working to over come this problem.

Past experiences that have been misunderstood subconsciously can now be understood from a different point of view and your mind can work out the solution to that problem in ways you do not consciously understand... Your subconscious mind is causing your hand and arm to move toward your face as it is reviewing, examining and exploring the information that has been causing this problem and is working out the solution...

(Continue on if hand has not touched face.) Right now it may seem like you are experiencing some kind of a dilemma... You may not be consciously aware of what needs to be done to work out the solution to that problem, but that's one of the amazingly wonderful things about your subconscious mind... because, even though you do not consciously know what to do, your subconscious mind has all the knowledge it needs to work out the solution in a very pleasant way... and your subconscious mind is resolving that problem now and forever...

In the past there was something keeping that problem from being resolved... What ever it was that had been causing this problem is soon changed... Your subconscious mind is understanding it from a more knowledgeable, more mature point of view and knows that it is okay for that problem to be resolved completely and permanently...

That decision has got to come from you... and from your own mind... You know that your mind is the only part of you that can cause the changes that are needed to resolve that problem... and your mind can cause those changes as you go about the activities of your daily life...

You can trust your own mind to do what is needed to overcome this problem and that's what you are doing now... Your mind is receiving the proper guidance needed to work out the solution... and you notice pleasant changes taking place... (As your hand touches your face and you feel great. You can now allow you hand to gently return to your lap and you experience a deep sense of peace.

(If hand does not touched the client's face by this time, use "Therapy Between Sessions.")

Therapy Between Sessions¹³:

(Adapted from a script by Dr Art Winker whom I assisted in many class room sessions.

¹³ ©Paul G. Durbin, Ph.D. *Hypnotherapy for Body, Mind and Spirit*. p 89. Self-Published 2005.

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One of the amazing facts I have learned over the years is that your subconscious mind can continue reviewing, examining, and exploring the storehouse of your mind and work out solutions to problems even after you come out of the hypnotic state... As you proceed with your daily activities, your mind can be assessing information that is contained in the storehouse of your mind and can understand that information from a completely different point of view than you had when the information went into your mind. Your subconscious can work out the solution to that problem from a more knowledgeable, more mature point of view.

Even after you come out of this hypnotic state, your subconscious mind can continue reviewing all imprints, impressions, thoughts, ideas and other information that has gone into your mind and had anything to do with causing that problem... By the time you come back for the next session, your mind can have a pleasant solution all worked out in a way that easily enables you to overcome this problem... Your mind is receiving the guidance, suggestions, instructions I'm giving to you, and is enabling you to be released from this problem...

In the past you may have had some doubts...but now those doubts are leaving and all those doubts are soon gone completely...Those doubts are being replaced with a strong sense of confidence and sureness...You can be surprised at the way your confidence keeps improving more and more each day...

You know that we are having these sessions because you are determined to overcome this problem... It has controlled your way of life long enough and you are determined to take control...Your subconscious mind understands that now, and realizes that you are serious about overcoming that problem... You have decided that you want your subconscious mind to understand that you are ready to get that problem resolved now and forever... You want the solution to be worked out in a way that is pleasing and acceptable to your conscious mind... So you are letting your subconscious mind work it out... You don't need to be thinking about it consciously anymore... From now on your conscious mind thinks about things that are pleasant and enjoyable to you, because your subconscious mind knows exactly what needs to be done to work out the solution to that problem in a very calm, peaceful way...

When you come back for your next session, you find that you quickly go into a deep hypnotic trance soon after you sit down in the recliner here in my office... In the meantime, you notice some very pleasant changes taking place in your life as your subconscious mind works out the solution to your problem. Now you are ready to come out from the hypnotic state...

When hand does reach face, use "Waterfall for Cleansing"

Waterfall for Cleansing¹⁴:

Imagine that you are taking a walk in the woods. You are walking along a beautiful path through the woods. As you walk, you may experience a number of things. Possibly you are aware of tall trees and short trees; small trees and large trees. It is a warm but comfortable day. Perhaps you feel a comfortable breeze... just enough to keep you comfortable. Maybe you can hear the rustling of the leaves and the crunch of the leaves, twigs, and grass beneath your feet. As you look up through the leaves of the trees, you see a sparkling of sunlight, dancing to time with the breeze.

¹⁴ ©Paul G. Durbin, Ph.D. *Hypnotherapy for Body, Mind and Spirit*. p 99. Self-Published 2005.
www.hypnosisalliance.com.

You come to an open area with a small pond. At one end of the pond is a beautiful waterfall. At the other end is a stream which runs as far as the eye can see. You look up and see a beautiful blue sky, with a few white fluffy clouds lazily drifting by. You sit down by the pond and enjoy the sounds of birds singing, the frogs croaking and the water falling.

As you sit there, you sense that there is something special about the waterfall. It seems to be inviting you to come over to it and indeed you do... You reach out and touch the water and the temperature is just right so you walk under the falls... You feel its cleansing flow and you realize that it is not only cleansing your body, but it is also cleansing you. It is cleansing your body, mind and spirit. You feel that any anger, bitterness, feeling of rejection, grief, guilt, abuse or any other negative emotions which contributes to your problem are being cleansed out of your system.

You look down toward your feet and you notice that the water coming from your body is a murky brown and it is flowing across the pond and down the stream at the other end. The more negativity that you release the murkier the water appears to be. As you feel these negative emotions being cleansed from your system, the water around your feet began to clear, but you can see the murky brown water flowing further and further down the stream.

As the murky water flows down the stream, further and further away, you feel more and more comfortable, more at peace with yourself... Your feelings of calmness increases... You feel more at ease... It gives you a strong feeling of peace. You are feeling yourself being cleansed of all those negative feelings that contribute to your problem. The anger, bitterness, feeling of rejection, grief, guilt, abuse or any other negative emotions that contributes to your problem are being cleansed from your system... Notice the feeling of comfort and peace increase as the murky brown water flows down the stream further and further away. As the murky brown water flows further and further away, you feel your problems dissolving. You feel a sense of release and relief. You are getting rid of those problems.

The murky brown water is following further and further away. It is now beyond your eye sight and you can breathe deeper and exhale slowly a few times and really enjoy the freedom, the relief, and powerfulness of being free of those problems... The relief, the calmness, the peacefulness are flowing through you and have replaced all those negative feelings that were washed away. These feelings of comfort, serenity and well-being remain with you even after you come out of the hypnotic state...

Chapter 5 The Works of Anne King

Anne King, C.H., a professional hypnotist and hypnosis instructor, began a successful full-time practice in 1986 and has since owned and operated businesses in three Texas cities. In addition to seeing clients, she owns a state-licensed school where she teaches hypnosis courses for IMDHA certification as well as CEU classes for practicing hypnotists. She facilitates numerous workshops and classes at her school, bringing in a variety of top-name instructors. She has been heavily involved in metaphysics since the mid-80's and founded the Unity Church of Boerne in her home town in the beautiful Texas hill country in 1995.

More information about Anne, her products, and her school can be found at <http://www.hypnosisclasses.com>

Healing With Color¹⁵
By Anne King

There are many ways to work with pain and healing. And we know that visualization is often the foundation for positive results. This is a "feel good" script that almost any client will enjoy and can easily learn to practice on their own.

Imagine a color that denotes healing to you.... a beautiful color.... a soothing color.... you may even want to let different colors softly float through your mind until you decide which color you'll choose. When you've got a color, let me know by raising your _____ finger. ***(If client fails to respond, say: If you are unable to get a clear color image in your mind, that's okay. Just allow yourself to know the color that is right for you. What color would that be?)***

Imagine this beautiful color surrounding your body.... like a beautiful, protective aura around your body. Allow yourself to feel your color... notice what it feels like as it gently caresses your body.

Now imagine making your color brighter.... allow the color to get brighter and more vibrant.... and as it intensifies.... notice what it feels like.... allow yourself to feel more vibrant along with the color..... And now make it bigger..... and notice the good feelings within you to become more intense.... bigger.... expanding outward.... the color becoming bigger.... good feelings becoming bigger..... Yourself and the color becoming more radiant, brighter, more vibrant..... Notice the healing color as if it were a billowy cloud..... a soft, soothing color.

Feel the color... Imagine it.... Gently soothing your body.... bathing each part of your body in a healing energy.... a wonderful color of health.....

Imagine the cloud of color gently caressing you lips... perhaps you taste the color on your lips.... clean and pure... giving you the power to say what needs to be said from a place of love to those that need to hear you.

Now imagine the color moving into and concentrating around your shoulders..... comforting and relaxing you... Feel the stress and tension disappear... and as you experience this wonderful sensation, it increases your ability to let go of worries ... Release any stress.

Imagine this shimmering cloud of color around you head.... this brilliant, healing color.... Allow it to move easily around your head... removing all negative feelings... removing all negative thoughts, ideas, imprints and impressions.... caressing your head... calming your mind.... Allow your mind to accept this healing color... allow the healing color to move through your mind... through all levels of your mind.... understanding that you are perfect, healthy, and whole... Letting go of any guilt, resentment, anger, hate, and blame.

Notice the fragrance of this healing color... this beautiful color... Breathe in that wonderful fragrance.... breathe in the healing properties of this beautiful healing color... as it brings into you all the things necessary for healing the body and the mind....

¹⁵ © 1999 Anne King. Excerpt from *Anne King's Hypnosis Training, Intermediate Manual*. Student manual. Self-Published. Boerne, TX.

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Allow the color to move into your lungs now... notice what it feels like... breathing easily... breathing freely... so soothing and relaxing and causing you to relax even more.

Imagine the healing color flowing in and through every part of your being.... moving through every nerve, muscle, and tissue of your body.... imagine it moving through your bloodstream through every gland and chakra of your body... through every cell and atom of your body.... restoring and rejuvenating your body... as it flows in and through each part of your body.... removing all traces of dis-ease and discomfort.... Out of your body, and out of your mind... restoring your body to perfection.

Imagine the healing color flowing into any specific areas of your body in need of healing... moving into every nerve, muscle, and tissue in that area of your body... through every cell and atom in that area of your body... restoring and rejuvenating your cells and tissues... as it flows in and through each cell of your body... removing all traces of dis-ease and discomfort.... restoring this part of your body to perfection. Allow this healing color to fill this area of your body with powerful healing properties... and the feelings associated with a healthy body and mind... the way it feels to be in complete harmony with all of life...

From this moment forward, every time you see or think about the color you have chosen and experienced, you will immediately feel very good. You'll notice an increase in your faith... your positive thoughts... you'll feel a love and acceptance of yourself... you'll feel rejuvenated and refreshed... a feeling that moves through your entire body.

From this moment forward, you'll continue to feel healthier each and every day as your body continues to restore itself to total perfection.

Golf¹⁶
By Anne King

I generally insert the visualization portion of this script right after the initial deep breathing and BEFORE the induction. Since I record all sessions for the client to use at home, this gives the client two advantages. First, they can take about five minutes, anytime during their day, and use just a portion of their recording as a quick, guided visualization. Second, if they are using the recording as sleep programming and become accustomed to falling asleep quickly with it, the last thing they are thinking about as they drift off is a perfect game.

Visualization is a powerful tool, so as we begin, start by imagining you are preparing to play a game of golf. Imagine yourself on the golf course. Notice the colors ... the smells ... the temperature of the air. Notice who is with you... what's being said... where you are. Now imagine yourself preparing to tee off. Feel your grip on the club.... take your stance... then ... before you swing... imagine taking a deep breath... and as you exhale ... feel your body relax.... imagine your mind completely cleared of all other thoughts... your attention and concentration focused. Imagine looking out in front of you to where you want your ball to go... and visualize that perfect shot... before you swing. Imagine yourself imagining the perfect shot. Now, when you are ready.... swing... and think about your ball going exactly where you want it to go. Great shot! Feel the feelings of joy... of pride. Now, let yourself move through the game... in your mind... imagining yourself at various points in the game... always making the perfect shots... hear the comments... jokes... from your partners. Notice the good feelings. Just move through a game... shooting a great game... having fun... feeling great. *(Pause for a while)* Now, think about coming to the end of the game... this is YOUR game... you've got the lowest score by far... and hear what your partners are saying... notice the feelings. You played a great game... and you know you DO have the ability and skill to play that well all the time. Yes, you do.

From this moment forward, you begin to utilize more and more of your potential and capabilities to improve your golf skills. You have made the decision to improve your golf game and your game IS improving... more and more every day.

Whenever you practice or play... or even think about your game... you do so positively... with enthusiasm... and with the desire to constantly and consistently improve your game. You are playing better and better every day... in every way.

From this moment forward, you always think of your game with complete confidence. You DO have the will to excel and your pursue perfection in all areas of your game. Your body is simply an extension of your will and you understand... at a deep subconscious level... that when you desire something mentally, it is very easy for you to work physically and mentally at accomplishing that goal ... because you enjoy working towards your goals... your desires.

Your skills improve more and more every time you practice... every time you play. You give 100% to your game... physically and mentally... always filled with a sense of self-confidence... always knowing you will play well... fully and totally EXPECTING to play well... and you DO play an excellent game.... improving more and more every time you play.

¹⁶ © 2002 Anne King. Excerpt from *Hypnosis Scripts for Sports Performance & Talent Enhancement*. Self-Published. Boerne, TX.

It is impossible for you to feel fatigued... either mentally or physically... when playing. In fact, all you have to do if you begin to feel the least bit tired, is take a deep breath... and you will immediately feel refreshed... rejuvenated... full of energy and enthusiasm.

Visualization is a powerful tool...especially in the area of sports... and you use your imagination to continually run mental movies through your mind... imagining yourself playing a perfect game. You imagine yourself making shots that were once difficult... being made with ease... in a perfect way. As you visualize, you allow yourself to feel the feeling that accompanies an excellent game... feelings of pride... joy... happiness... self-confidence. You've experienced these feelings before... because you are capable of playing a good game... an excellent game... and you program your mind on a regular basis by visualizing the perfect game and remembering those wonderful feelings.

From this moment forward, you use the power of your subconscious mind to visualize each shot... prior to making it... when you're playing. Each time you prepare to make a shot, you first imagine the perfect shot... each time... every time. Before each shot... you take a deep breath... and imagine the ball going exactly where you want it to go.

Each time you take a deep breath, it also causes the immediate and automatic response of relaxation. If you ever begin to feel anxious or nervous when you are playing, you just take a second... stop... and take a deep breath... breathing in peace... and upon the exhalation... you breathe out all the tensions and anxieties... feel your body relax... and your mind automatically relaxes... so you are once again... calm... confident... and in complete control.

If you ever make a mistake... or misjudgment... when playing, you immediately run a movie through your mind... correcting the mistake... and this imprints on your subconscious mind... so that it is impossible for the error to occur again. Any mistakes are immediately part of the past, since it is impossible for you to repeat them. Mistakes are automatically corrected at the next available opportunity. You refuse to dwell on any mistakes in play or judgment... refuse to direct mental energy into the negative aspects of play. You keep your mind programmed with the positive... the perfect game... the perfect shots... the ball always going exactly where you want it to go... where you expect it go.

As you address the ball, your stance is always perfect. Your shoulders are squared to the target... your feet always in the proper position... so your hips turn properly... without moving your entire body.

Your grip is always perfect... with the perfect amount of tension... so that your swing is also perfect. Yes, your swing is always perfect... always consistent... regardless of the club... the conditions... the noise... or anything else. Your head is still... in the proper position... behind the ball. Your shoulders are always perfectly placed... the angle of your arms perfect... your posture always correct... for the best shot each time. Your swing is perfect... smooth and easy ... with great follow-through.

You play a great game every time you play and begin to enjoy the game more and more. Your playing ability improves every time you play. In fact, you are consistently playing better than your last game... improving on a constant... continual basis.

Every time you play your confidence increases and you skills improve. **(Power drive this suggestion eight times.)**

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As you prepare for each shot, you mentally define the necessary landing area ... and you automatically choose the proper club... instinctively knowing which club is the best for any given shot. You always visualize each shot before you make it. Imagining the ball going exactly where you want it to go... before you make the shot. And each shot is perfect.

Your backswing is always smooth and slow... the perfect backswing every time. There is a nice, easy transition to your swing.

Putting is so very easy for you. Your putting improves each time you play... getting better and better. When you are putting... your speed and alignment are flawless... as you expect them to be.

Each and everyday you improve your golf skills more and more. In fact, you improve your game to the point of excellence

Chapter 6

The Works of Roger Moore, PhD

Roger Moore's Counseling & Hypnotherapy LLC

Roger Moore, PhD, has been working with people since high school when he volunteered on a crisis hot line. He has a BA in Criminal Justice Studies, a Masters in Applied Counseling Psychology and a Doctorate in Clinical Hypnotherapy. While an undergraduate he began working with children who were developmentally disabled. Roger was executive director of Forestview Community Homes, Inc. in Minnesota, which provided residential programs to children and adults who were developmentally disabled. While attending graduate school, he was Vice President of Lutheran Social Services of Southern California, directing the emergency services, hot meal programs, and senior services in Orange & San Diego counties; and created the counseling program throughout southern California. Since 1996 Roger has been in private practice on Bainbridge Island and Seattle, both in Washington. In addition to his passion for assisting people in taking off excess weight, he specializes in relationship counseling and sports performance. In addition to teaching at his own school of hypnotherapy, Roger is a regular speaker at the annual meetings of the International Association of Counselors & Therapists (IACT), the International Medical & Dental Hypnotherapy Association (IMDHA) and International Hypnosis Federation (IHF).

If you would like more information about Roger, his school, and his products please visit www.hypnosishealthinfo.com

Holographic Body for Multiple Sclerosis¹⁷
By Roger Moore, PhD

As you become aware that you have a positively thinking mind that keeps your body in optimal health you could start to notice what it would be like. Noticing how your eye muscles are relaxed with perfect vision and eyesight. How your lungs breathe in a rhythmic and natural manner. How your heartbeat and blood pressure easily relax back to normal. How your blood flows freely allowing it to be pure and balanced. How your digestive system functions effortlessly sending all the necessary nutrients to all of your cells and letting go of any toxins. How you have healthy bones and freely moving joints. How your muscles, nerves, and skin are healthy, responsive, and in good condition. Above all you become aware of having a positive thinking mind and a perfectly healthy body.

I wonder if you could imagine being able to develop your senses and focus your awareness on any one place or level within your body and mind, any one of its levels and depths. Being able to detect any imperfections and imbalances with any one level or depth within your body and mind. Also being able to change these imperfections and imbalances into a state of perfection, balance, and wholeness.

And so, once again speaking directly and specifically to your unconscious mind. The part of your mind that is in charge of all changes... and all maintenance of your body, NOW. That part of your mind that has given such magnificent care to your body through out these years... what a wonderful job you've done in maintaining... the self, now. And just as it is one of your charges to maintain the self... it is also your charge to allow all change that is desired to occur, now. And finding yourself, now, in a very comfortable place, in the room of trance - formation once again ... and as you find yourself there you notice... a very brilliant... yet defined beam of light coming down from the ceiling. As you study this beam of light, you notice that there is actually a figure within the light.

And upon closer observation you realize this figure is actually a hologram...a hologram of your own body. Perfect...in every way... every size, shape and proportion. And as you look at this hologram, you realize that the body is made up of much more than simply... flesh and blood. Even more so than the minute cells... but actually even smaller sub-atomic particles that actually vibrate at a specific rate... a specific rate unique to your body. And being aware of this... you realize that just as you tune a radio... that you can tune or change the frequency of the pitch or vibration of these sub-atomic particles of this vibration. And realizing you can actually do that as easily as you change clothes or change your mind, NOW... finding yourself in control with the choice, you realize that you may NOW... sculpt and change this hologram of your body... and as you move it... as you shape it... as you experience it... you begin to realize the same change is taking place within your... body now. Much as the hermetic principle of "as above, so below," ... you find that by modifying or altering this hologram of your body, that indeed your body changes...NOW.

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And notice, if you will ... the changes taking place within your body... notice how you can even become aware of the mental processes going on... NOW.

For just as you had a choice as to... when you would rise this morning... and what you would wear... and what foods you would eat, you also have a choice... of allowing the development of your body and your mind to develop in ways that you would find most pleasing and appropriate to you NOW. That's right. Your body may develop the way you now consciously choose for it to do. That's right.

As your unconscious mind... that I am speaking to now... realizes that it is your charge to allow these changes to take place... NOW. And notice as you look at this hologram of your body... that by simply thinking about a change or modification... that the hologram does in fact, change now. As you notice those outward physical changes... notice the inward changes... NOW. That's right. Notice as you recall a happy time, a pleasant time, and how the body feels. Perhaps we call it the healer's voice. And notice how your body responds and how the vibration changes. We call in the field of the healer's touch. Knowing that they would be touching you and you would be touching them. Being very aware of that feeling... of that vibration... of that choice you've made to experience it in this way NOW. That's right.

And I wonder if you could begin to understand or know that you are at cause. That it is your choice to feel that way, to have that experience... and to connect it with those thoughts... is your choice... NOW. Just as all other thoughts and feelings are a result of your choice, you could begin to act as if even your emotions are your choice. As you are aware of the feelings that you have and the pictures you create in your mind... and the sounds you hear connected with thoughts... feelings, or experiences. And, noticing how you have taken full and total charge of your life in every aspect... realizing that you have the choice to feel the way you choose to... or respond to an experience the way that you choose to now. Just as simply as you made up your mind to change, now. That's right. Changing your thoughts, your feelings, your perceptions. Living life to the fullest way to choose to live, NOW. That's right. Perhaps abandoning old paradigms, beliefs that others gave you. Ways that you no longer choose to feel or relate to others. Fully experiencing your own magnificence and sharing that magnificence with others. Feeling the excitement and the creation and creativity of your own body... your own thought processes. And as you are aware of that progression within your own body... how one cell replaces another.

And feeling that vibration increasing in your body. Your immune system is strong... producing healthy amounts of endorphins and encephalins to restore balance... to restore harmony. Experience the healing in the myelin that insulates your nerve fibers... any scarring melts away... gone... in its place.... perhaps feeling a radiant warmth.

Repair and regenerate your myelin sheath with a healthy and adequate supply of essential fatty acids. Restore your central nervous system functions. Your blood circulates through your body moving nutrients into your organs and tissues for repair while your lymphatic system rhythmically moves waste out of your body.

Your organs join the music as your blood, colon, gallbladder, liver and kidneys cleansed, healthy and performing melodiously.

Your immune system removes inflammation, spasticity and pain. Your urinary tract is healthy and works perfectly according to its design.

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And even as you notice the hologram before you... in its own perfection... notice that you may now move towards it. Touching the union... and actually stepping into it. Stepping into the hologram and feeling it... feeling it all around your body, and at one with you, NOW. Your own... state... of perfection... NOW.

Immune System¹⁸
By Roger Moore, PhD

I love to hear a symphony orchestra especially if I can watch as they play their instruments. Observing the conductor is fascinating as he plays every instrument with the guidance of his hands.... indeed his whole body animated.... dancing in place with the swoop of his arms. Fingers of one hand pointing... cueing...directing... as the other hand sweeps the baton like a kite in the wind setting the temp ... executing clear preparations and beats... listening critically... shaping the sound... fine tuning the dynamics.

The conductor cues... forecasting with certainty the exact moment that the beat occurs... all the musicians affected by the cue begin playing in chorus... articulating and phrasing clearly communicated to the whole body.

A symphony orchestra has many musicians on its roster.... Each section of the orchestra has a vital role... all orchestrated together, producing sounds, provoking smells and colors. The brass, the strings, the woodwinds... the percussion setting the beat.... creating musical poetry for all to enjoy.

But sometimes things can go wrong with one of the instruments. A string breaks on a violin or a reed needs to be cleaned on a clarinet... or one of the drums might miss a beat. And for no good reason, an instrument might make a mistake and strike a discordant note. Or sometimes, when working on some piece of music, an entire section might be having difficulty with the rhythm.... with a difficult chord.... harmonic, or maybe the timing is just OFF. Often the discord is inaudible to the untrained ear... yet left unperfected can lead to a malady that painfully brings the symphony to a halt.

It has happened that a whole instrumental group can get out of sync with the rest of the orchestra. A musician... even a whole section.... may become louder or faster... in an attempt to outperform the others, or maybe that section is just so wrapped up in what it's playing that it has forgotten to listen to the other parts.

There are many possible problems. Something needs to be done so that the instruments and the musicians can produce melodious music once again. But, just because an instrument may need to be tuned or even repaired, or a whole instrumental section might need to work on the timing or rhythm, there is nothing wrong with the *orchestra*. *The orchestra can still be as vital and strong as ever.*

Once the instrument has been tuned or that section has practiced more.... once the conductor has exerted his leadership over a player or section setting the tempo, dynamics, and articulation.... then the orchestra is once again harmonious, rhythmic, and attuned to itself... creating harmony once again for all to enjoy.

Maybe it's because of my love for the symphony that I liken the body to an orchestra... your *un*-conscious mind... the conductor... imagine yourself now as a symphony conductor dressed in formal evening attire... with the baton in your hand preparing to conduct your own healing

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symphony.... Realizing you can do this unconsciously and magnificently... Calling to your orchestra bringing them to full attention... Having them focus full attention on you... Tapping your baton on the podium signaling that your symphony is about to begin. And with a flourish... sweeping all the parts of your healing symphony into lively action... accenting and modulating inflection.

If any cells are out of harmony or rhythm, have your conductor exert a little extra effort to help them return to a more functional and beneficial harmony. Cueing each part in its turn... calming your immune system. Directing a musician or section more vigorously than others... signaling some to soften their approach.... cueing others to wait their turn.... And, some may need to be told that they are not needed in this particular musical selection. Each section doing what it does best under the guidance of the conductor. Paying particular attention to quiet your immune system... softening.... reminding it that it is a part of the Self ... to play harmoniously with your body's symphony... as part of the whole.

Visualize all the instruments being brought into the healing symphony in their proper strength and at their proper timing. Each participating melodiously and then resting until it is their turn once again. Each one performing at the exact volume and tone, with the correct intensity.

Cartilage receiving its nourishment from synovial fluid... joints held together firmly but yet flexibly allowing movement... ligaments... joints.... Tendons... all strong and flexible. Macrophages... T cells and B cells harmoniously directed by you... the conductor.

Listen carefully as the former discordance is brought into harmony and your body makes beautiful music once again. Possibly you can even hear the music... or feel the pulsing of the beat... Maybe you can *see* the conductor setting the pace and cueing all the different sections and instruments for their proper performance... their precise directions... that's right.

Listen carefully as each cell resonates in harmony with the others. Just hear your body as it pulses to your own special rhythm. Your heart beating strong, rhythmically. Your blood circulating easily through your veins carrying life-giving nutrients, oxygen, healing cells, and biochemicals to each and every living cell. Your immune cells... like medieval knights – champions of the cause... patrolling your body's pathways... vigilant for any foreign invaders or rogue cells... and working in harmony with the rest of your body. Your body is strong and flexible... it bends and flows with grace and ease.

Now thank your conductor... your un-conscious mind... and have your symphony continue practicing this particular piece, until they can and do perform it automatically, effortlessly, easily.

Think to yourself, "My body is like a symphony," "my immune system performs optimally now" and allow yourself to *feel* the wonderful rhythms of your body softly pulsing to their own special beat within you, with flawless intonation.... dancing and swooping... feeling harmony being restored right... now... That's right.

And, each time you practice conducting your own music, day by day, in a never-ending cycle of wellness, all your instruments and sections are realigned into a more perfect rhythm and harmony. You accept and act upon all of these suggestions, experiencing tremendous feelings of pride in your own glorious music with a rousing ovation.

Slender for Life™ Stress Eating Confidence¹⁹
By Roger Moore, PhD

You are finding, now, that you only eat for health and nutrition. You are becoming more and more aware of the early signals of stressful feelings and emotions. You recognize the beginning of stress within you, and you are in control. Should you begin to feel any tension within, you use your Relaxation Response, taking a deep breath, squeezing your thumb and forefinger together and, automatically, as you slowly exhale ... a wave of relaxation flows over you and throughout your mind and body. You are instantly, immediately, more calm, centered, peaceful and relaxed. Your mind is focused and alert with unlimited powers. You have unlimited mental powers for health and for achieving your goals.

You listen to your powerful, intelligent mind. Should any thought of eating or food arise, your mind creates a mental stop sign. You see a stop sign between you and the food. You hear the word "STOP" resounding through your mind and body. You stop and think, "Do I really need this?" You listen to your mind; you are in control.

You are calm, proud, and confident. Rather than eating, you immediately become absorbed in some other activity around you. You only eat to nourish your body. You eat to live. You solve your problems calmly and confidently.

You're now aware of the self confidence within you. You are self reliant, self confident and filled with independence and determination. You have opened your mind to the inner security that has been laying dormant within you. You are transformed. You are self confident. You think confidently, you talk confidently, and you project an image of self confidence. You are independent and filled with inner security. You are self confident, internally and externally. Your inner confidence has emerged.

You are creating a new, positive reality within you. You now experience all the warmth and joy of life while detaching from the negativity. From this moment on, you see the positive side of everything that happens in your life. You see positive opportunities in everything you experience. Your positive thinking now results in a more positive life. You experience a feeling of overall well-being and mental calm. You are at peace with yourself, the world, and every one in it. Each and everyday you experience more and more positive results of your positive thinking.

Your self esteem is increasing. Your self confidence is increasing. You feel enthusiastic about your life and look forward to the challenges. You now breathe life with new optimism and with new enthusiasm. A happy, self-assured inner you is emerging. You are a positive individual who sees all problems only as opportunities. You are patient, calm and harmoniously centered at all times.

You let go of all fear-based emotions such as blame, jealousy, guilt, and anger. These negative emotions are now part of your past, and you use them only as building blocks for a more positive future. You are unlimited in your ability to create your own reality.

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You keep your mind like calm water. You remain centered at all times; this means to be physically relaxed, emotionally calm, mentally focused and alert.

You are confident and secure about everything. You maintain a calm mind, and you think only positive thoughts. You no longer worry about things you cannot change. You are confident and secure, mentally at peace.

You are a totally positive being. You have a shield of protection. Others do not bother you. Any negativity bounces off you. Love is what you are. You are peace and tranquility.

As easily as the negativity bounces off, you are like a sponge for positive thoughts and emotions. You are in total control of your thoughts and emotions. You easily maintain positive thoughts.

As you become aware of any negativity, you take a long deep breath using the Relaxation Response and renew your positive shield. Everyone has negative thoughts, but from this time forward, all negativity flows from you and dissipates into the air.

Anytime nervous tension comes into your day, you release it with your long deep breath and replace it with positivity. You are no longer concerned about how others receive you. Your shield protects you. You are completely compatible with the world around you. You now approach everyone with confidence and a smile. You are unconcerned with their reactions.

Your desire and love of regular daily exercise always motivates you to move your body and be active. All problems, disappointments and life pressures shrink away and fall into perspective. You make time and take time to walk more and exercise, because you are becoming the healthy, trim and very active you.

You only reward yourself with slim and healthy activities for your mind and body. You only eat to nourish your body. You avoid eating when stressed, upset, depressed, bored, or lonely. You eat only at an appropriate time always while sitting down. You eat to nourish your body when your body is truly hungry. You never use food as a reward or a substitute for love and acceptance. You are conscious of when you eat and why you eat. You no longer use food for love and comfort. Food nourishes the body; love nourishes your heart and soul.

You are in control; it's such a good feeling to know that you are in control of your emotions, desires and eating habits. You are the master of all thoughts and feelings.

Thoughts always precede action. You control your thoughts and every action to eat. You know that a craving is just a thought. And, like all thoughts, you know that you created it so you can change it, discard it, let go of it. You are always aware of your eating and any desire or thought to eat. You control your eating habits easily and effortlessly. Your thoughts flow with enthusiasm to achieve a healthy, more slender you. With each new day, you enjoy this wonderful new image more and more. You have the highest respect for yourself and all others. Because of your self respect, you only eat to nourish your body. You are in control more and more each and everyday, in every way.

You are confident, calm, relaxed, and in control.

Inner Child for Weight Loss ²⁰
By Roger Moore

I am speaking to you about eating and, more specifically, about how you treat and give care to your body. You, as do all individuals, have in your body two opposing forces that struggle for control. One part of you that wants to change and one part that wants to remain the same. One part that wants to reach out and risk and one part that wants to withdraw and play it safe. One part that wants to eat more responsibly and one part that wants to continue eating irresponsibly. For our purposes here today, we are calling these two parts of you the adult and the child.

In the past you have lost contact with that part of you that can control your eating. Perhaps you have felt frustrated, hopeless maybe even defeated. Well, now you are re-awakening that part of you that is full of self-control, drive, and ambition; that part of you that can and will control your eating. First, let's introduce you to these two parts of your personality, the adult and the child. This is important for solving the conflict between these two parts of you. It is essential to healthier living and controlling your weight.

Now, just imagine in your mind that you can see these two parts of your personality standing in front of you right now. These are the two parts of you that are in conflict and are battling for control of your eating. Concentrate and imagine them standing side by side right there in front of you.

Now, take a few moments to introduce yourself to these two parts of your personality. In the front of you and to one side, imagine or feel, in as much detail as you possibly can, the irresponsible, impulsive, overeating part of your personality. This is the part of you that doesn't care about your health. This is the part of you that doesn't care about what you weigh. This is the part of you that doesn't care about how you feel. This is the part of you that is accustomed to your overeating. This is the part of you that is only interested in the instant satisfaction that over eating brings. This is the part of you that always finds a good excuse to abandon your diet. This is the part of you that has sabotaged every attempt you've ever made at controlling your weight. This is the part of you that has been in control of your eating. We call this irresponsible, impulsive, overeating part of yourself, the child part of your personality.

Standing next to that part, in front of you, and to the other side, feel, picture or imagine, in as much detail as you possibly can, the responsible, caring, protective, loving, nurturing, weight-conscious part of your personality. This is the part of you that cares about your health. This is the part of you that cares deeply about what you weigh. This is the part of you that cares deeply about how you feel. This is the part of you that wants desperately to eat less food, to eat better food, and to give better care to your body. This is the part of you that is tired of the excess weight. This is the part of you that wants to finally gain control of your eating. This is the part of you that decided to become Slender For Life.

We call this responsible, protective, weight-conscious part of yourself; the loving, nurturing adult part of your personality. Focus in on these two parts of yourself, the adult and the child. Picture them clearly in your mind. See or feel them both standing there in front of you. Take a

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few moments now and notice every little detail about each one of them and be aware of how you feel about both of these characters. Continue to study the adult and the child there in front of you. For they both are very much alive within you and each one has different wants and needs. Each affects you in both positive and negative ways.

Think of your body as a young child, for your body is very much like a young child. Just as a young child must accept what it's parents choose to feed it, your body has no choice other than to accept whatever you choose to feed it. However, you do have a choice, and you, from this moment on, feel compelled to be a more loving, more nurturing, a more responsible parent for this child. You feel compelled to treat your body with more dignity and more respect. You feel compelled to feed and care for your body more responsibly. For the answer to finally solving this weight control problem for you is right here right now at your fingertips. The answer lies in solving the conflict between these two opposing parts of you.

Once again, study these two characters and notice all of the differences between them. Be aware of how you feel right now about the adult and the child within you. Until now, that child part on the left has been in control of your eating. This child has been making the decisions about what and how much you eat. Just as it is inappropriate for a young child to choose its parent's meals, it is also inappropriate for you to allow your inner child to choose your meals for you. This child in you plays a very important role in your world, so we don't want to eliminate this child totally from your life. However, what you eat is a decision that should be made by the responsible, loving, nurturing adult within you and not that impulsive child.

Now, in your mind, turn to that adult part of you. Just look at that adult part of you and notice that he or she is reaching out to you. Reach out to him or her until you are touching and holding hands with this responsible adult part of yourself. Now, pull your adult part in closer to you and be aware of this strong connection beginning that's to take place between you and the responsible adult within you. As you feel this very powerful force coming alive within you, be aware of how good you are feeling and how confident you are becoming. You form a new bond, a new partnership with this responsible, weight-conscious, caring adult part of your personality.

As I now make some statements to you, imagine that there's a mirror in front of you and that you are looking at yourself in the mirror. As I make these statements repeat them silently to yourself in your head. Repeat them with confidence. Repeat them with certainty. Repeat them with authority. Repeat them with love, and as you repeat these statements to yourself in your head, notice how that image of yourself in that imaginary mirror changes. This image starts out being vague and undefined but transforms into a new image of you that is strong, clear, concise and confident. Allow this change to be felt in both your body and your mind. You can feel yourself becoming this powerful image.

As I now begin making these statements; repeat them after me silently to yourself. **“I am now in control of my eating. This control gives me a sense of energy and power like I have never experienced before. I like myself so much better now that I am in control of my eating. I feel so much better now that I am in control of my eating. I am now the loving, nurturing adult giving loving care to my inner child.”** These are statements that are motivating you, on a subconscious level. Allow them to be etched into your unconscious mind, your sub-conscious mind.

Concentrate on these statements and this new powerful image of yourself, being aware of how good you are feeling right now as you can feel these changes taking place within you. For you

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have now directly channeled your own inner ability to control your eating into your subconscious mind by putting you in touch with your own responsible, loving inner adult; immediately feeling the benefits as this feeling becomes stronger and stronger leading to more control and more responsible eating.

And with your arms still wrapped around that loving inner adult, now reach out to that little child and together wrap your arms around him or her embracing that child in a hug of unconditional love; unconditional acceptance; allowing all the various parts or aspects of you to now work together in harmony as a winning team supporting you in becoming Slender For Life.

Termination:

Tonight, and in all the nights to come, have healing dreams. Remembering those things that are safe and healthy and healing to remember and forgetting those things that are safe and healthy and healing to forget.

Allowing all these things I've suggested to your unconscious mind to now begin to exercise greater and greater influence over your thoughts, your feelings and your actions.

And now as I count from 1-5, allow each and every number to secure all these suggestions just as strongly, just as surely, just as powerfully wherever you may be as when you are here with me. At the count of 5, you awaken refreshed and alert. Feeling wonderful in every way.

1. Holding that image of yourself at your ideal weight.
2. Ready and willing to exercise, drink the water, eat the fruits, vegetables and whole grains that allow you to obtain and maintain your ideal weight.
3. Ready and willing now to do what ever it takes no matter what it is that's safe and healthy.
4. Knowing that it is totally up to you. And,
5. Eyes open. Wide awake. Fully alert!

Chapter 7

The Works of Roy Hunter, PhD, FAPHP

Roy Hunter is the published author of several books that are highly praised by professionals; and he is an experienced trainer with a strong background in sales.

In addition to teaching professional hypnosis and advanced techniques to professionals around the world, he teaches self-hypnosis to groups and clients for personal or professional motivation. Roy's presentations include numerous workshops both in the USA and abroad, for groups and business as well as for international hypnosis conventions. Besides selling self-help since 1983, his sales experience includes insurance as well as various in-store products. His hypnosis text, *The Art of Hypnosis* (3rd Edition, Crown House Publishing, 2010), is required reading at many schools of hypnosis around the world. The professional hypnosis training course he wrote and developed is currently taught by other instructors. Roy was inducted into the International Hypnosis Hall of Fame in April of 2000 for his written contributions to the field of hypnotherapy. His parts therapy text, *Hypnosis for Inner Conflict Resolution: Introducing Parts Therapy* (Crown House Publishing, 2005), has received raving reviews.

Roy was awarded an honorary doctorate in clinical hypnotherapy (for lifetime achievement) from St. John's University in 2004. Then, in 2009, he was awarded a Ph.D. from Alpha University and California University with a major in clinical hypnotherapy. He has also been honored by three different organizations for lifetime achievement in the hypnosis profession.

Please visit www.RoyHunter.com for more information.

Weight Management Script, Benefits Approach ²¹
By Roy Hunter, PhD, FAPHP

Before trance, ask client to give you a list of his or her personal BENEFITS for achieving the desired weight. Then use appropriate induction and deepening, pausing briefly at three dots...

Now imagine you are already at your ideal, healthiest body weight. You LOVE how you look and feel. Imagine standing in front of a mirror seeing a reflection of yourself wearing the size clothes you choose to wear. These clothes LOOK good, and they FEEL good, and they fit well on you. You hear someone tell you how good you look. Now imagine doing something you totally enjoy doing at your ideal weight. Just BE THERE in your mind...and ENJOY.

Make sure your client's list of benefits is within easy reach. At this time, suggest all the stipulated benefits in ways that make him/her feel good, incorporating as many of the five senses as possible. Use programmed imagery to help establish a positive emotional desire for the benefits.

Now imagine your MOST IMPORTANT BENEFITS SO VIVIDLY that you feel as though you already enjoy success. Imagine your attitude of gratitude...and be glad. [Slowly!] Imagine your benefits... SO VIVIDLY that you FEEL as though you already enjoy SUCCESS! If you choose these benefits for yourself, then indicate that choice right now by moving one of your index fingers.

Wait up to a minute for the ideomotor response, then repeat the suggestion if necessary. If the client fails to give an ideomotor response after two attempts, then you may have to use parts therapy and/or regression, etc., to discover and remove the subconscious resistance. Awaken first if you have not explained regressions or parts therapy so the first impression of hypnosis is a positive one.

You have used your power of choice to choose your benefits. The terms are so simple. You simply use that same power of choice to choose what goes into your mouth... when, where, and how much. YOU decide what goes into your mouth... when, where, and how much. And you have an increasing satisfaction from the right amounts of those foods which help you reach your ideal, healthiest body weight. And you make wise choices about your health and eating habits. Also, whenever you choose water or a non-caloric beverage to satisfy an in-between meal snack urge, you are TOTALLY satisfied – physically, mentally, and emotionally, because YOU CHOOSE....

You LOVE your power of choice. And like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use. Imagine using that power of choice right now to choose water or a non-caloric beverage. And when you've successfully practiced this imagery in your mind, indicate by moving your finger.

Wait for response.

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Very good. Like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use. And every time you make a wise choice, it becomes even easier to make wise choices – because the BENEFITS are so satisfying, and you LOVE your power of choice!

If client indicates he/she eats too fast, SLOWLY read next paragraph...otherwise, skip it.

Also, whenever you eat, you eat SLOWLY enough to... ENJOY the FLAVOR of each bite. And when you have had enough food to give your body nourishment, you are satisfied – physically, mentally, and emotionally... and every day it becomes easier for you to be TOTALLY self-motivated to do those things that help you reach your ideal body weight, because you love the benefits.

If client indicates he/she always cleans plates, read next paragraph... otherwise, skip it.

You eat... SLOWLY enough to... LISTEN to your body and FEEL your satisfaction. You allow your physical and emotional appetites to harmonize. And when you have had enough to eat, you simply take your thumb or finger and do a PUSH-AWAY. Simply push your plate ever so slightly away from you – pushing away the excess food and the excess pounds – pound after pound. You release the excess food and you release the excess pounds – pound after pound – until you reach your ideal body weight.

Now imagine you are already at your ideal, healthiest body weight. You LOVE how you look and feel. Imagine standing in front of a mirror seeing a reflection of yourself wearing the size clothes you choose to wear. These clothes LOOK good, and they FEEL good, and they fit well on you. Now imagine doing something you totally enjoy doing at your ideal weight. Just BE THERE in your mind – and ENJOY.

At this time, once again use programmed imagery of all the client's stipulated benefits in ways that establish and strengthen positive emotional desires to enjoy the benefits. Give positive suggestions for feeling good about self as well as for the benefits. Continue, and speak slowly with feeling...

Now imagine your MOST IMPORTANT BENEFITS SO VIVIDLY that you feel as though you already enjoy success. Imagine your benefits SO VIVIDLY... that you FEEL as though you already ENJOY... SUCCESS! You have chosen the benefits because you absolutely deserve them. KNOW that you deserve the benefits. You LOVE your power of choice – and every day it becomes easier and easier for you to be TOTALLY self-motivated to do those things which help you reach and maintain your ideal, healthiest body weight. And like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use – giving you a GREATER STRENGTH OF WILL THAN YOU HAVE EVER KNOWN BEFORE.

And now, as I give you some silence, once again imagine your success SO VIVIDLY that all of these ideas and suggestions simply go deeper and deeper into your subconscious, becoming a part of you simply because you choose them. And when you again hear my voice, it will be almost time to come back.

After silence, tell client to remember what was rehearsed in imagination; and then awaken slowly.

Non-Smoking Scripts, Benefits Approach²²
By Roy Hunter, PhD, FAPHP

Before you begin, help the client make a list of the personal benefits he/she will enjoy one year after successfully becoming a non-smoker. Make sure the list of benefits is within easy reach. Then use appropriate induction and deepening, pausing briefly at three dots...

Now imagine this is one year from your last light-up, and you have already been a totally tolerant non-smoker for one full year. Your lungs reward you for the fresh air you give them, and you LOVE how you feel – physically, mentally, and emotionally.

You know the benefits you will enjoy as a non-smoker... Just imagine your own personal benefits in ways that are satisfying to you...

[Read each benefit shown on client list, allowing a few seconds for client to imagine it...]

Now imagine your MOST IMPORTANT benefit SO VIVIDLY that you feel as though you already enjoy success. Imagine your benefits ... SO VIVIDLY ... that you feel as though ... you already ... enjoy ... SUCCESS!

If you choose these benefits for yourself, then indicate that choice right now by moving one of your index fingers, or by taking one deep breath...

Very good... You have used your power of choice to choose your benefits. The terms are so simple... you simply use that same power of choice to choose one deep breath of air any time an old light-up trigger occurs, allowing one deep breath of air to become a totally satisfying replacement for yesterday's fair-weather friend. The physical replacement for yesterday's breath of smoke is one deep breath of air. The mental replacement for yesterday's urge is your new friend, FREEDOM, to focus your mind or imagination on whatever you choose, because you love your power of choice.

You LOVE your power of choice. And like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use. Imagine using that power of choice right now by imagining a situation that used to trigger a light-up. Now take a deep breath and RELAX... CHOOSE something fun, enjoyable, beautiful, or pleasant to imagine. Indicate you have successfully done that by moving a finger, or taking one deep breath...

Very good. Like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use. And every time you take that deep breath, it becomes easier and easier to choose the deep breath instead of the old slave master.

You are a non-smoker now, because the BENEFITS are so satisfying, and you LOVE your power of choice! Now once again imagine another old light-up trigger. As you do, take a deep breath and RELAX. Now imagine something fun, enjoyable, beautiful or pleasant. As you do, you are already practicing your ability to use your new power and friend, FREEDOM, to be a non-smoker. You can either remember to forget the former slave master disguised as a fair weather friend, or you can forget to remember yesterday's urges, fading into the fog of forgetfulness.

²² ©1984, revised ©2000, ©2010 by Roy Hunter, all rights reserved. Used with permission. *The Art of Hypnotherapy*. 4th Ed, 2010. Crown House Publishing. http://www.royhunter.com/hypnosis_books.htm.

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Whenever you use your power of choice to focus your mind on whatever you choose, yesterday's urges are simply forgotten... vanishing into the mists of time, replaced with your new friend, FREEDOM... to focus your mind, thoughts or actions on **WHATEVER YOU CHOOSE**, whether at work or play, at home or away from home, alone or with others. You have the power of choice. You **LOVE** your power of choice, and it was **YOUR CHOICE** to become a non-smoker... and it is **YOUR CHOICE** to put your mind or imagination on **WHATEVER YOU CHOOSE**. And **YOUR DECISION** is bringing you the benefits you have chosen...so just **IMAGINE** them **VIVIDLY**...

Now imagine your **MOST IMPORTANT BENEFIT SO VIVIDLY** that you feel as though you already enjoy success. Imagine your attitude of gratitude...and be glad. Imagine your benefits **SO VIVIDLY**... that you feel as though you already enjoy **SUCCESS!**

You have chosen the benefits because you absolutely deserve them. **KNOW** that you deserve the benefits. Anytime an old light-up trigger occurs, you take one deep breath and immediately put your mind on whatever you choose. As you do, you either remember to forget the old fair weather friend, or you forget to remember yesterday's urges...fading into the fog of forgetfulness, and you remember to use your power of choice to put your mind on whatever you **CHOOSE** to think about or imagine!

You **LOVE** your power of choice – and every day it becomes easier and easier for you automatically to take that deep breath at times you used to light-up. And as you do, you feel more and more like a non-smoker with each passing day, as the deep breath becomes a **TOTALLY** satisfying replacement for yesterday's fair-weather friend. Your new friend, **FREEDOM**, becomes so much more satisfying that you simply allow your subconscious to accept that you are now a non-smoker simply because you chose to be, and you love your power of choice... and every day becomes easier than the day before, and every week easier than the week before... until it becomes easier than you thought possible.

And now, as I give you some silence, once again imagine your success **SO VIVIDLY** that all of these ideas and suggestions simply go deeper and deeper into your subconscious, becoming a part of you simply because you choose them. And when you again hear my voice, it will be almost time to come back.

Memory and Study Habits ²³
By Roy Hunter, PhD, FAPHP

Use appropriate induction and deepening, pausing briefly at three dots...

As you go farther into your journey, just imagine you are in a beautiful, peaceful, pleasant place...with sights, sounds, and feelings that make it easier and easier for you to imagine a sense of total tranquility. Remember that your imagination is the rehearsal room of your mind, where you can do anything you want...so just imagine an inner peace, or a feeling of complete comfort... Now take a deep breath, and go deeper and deeper...

In the rehearsal room of your mind, where you can do anything you wish, imagine yourself achieving an important goal regarding your study and learning habits. It makes no difference whether this goal is academic, professional, or personal...just IMAGINE that you've already achieved your goal...

[Several seconds of music or silence, depending on user's choice...]

Imagine one of your IMPORTANT BENEFITS for attaining this goal...and imagine yourself deeply appreciating this benefit... Imagine your attitude of gratitude as you deeply appreciate your benefits...

[Several seconds of music or silence, depending on user's choice...]

Your goal is important to you, so you find it easier and easier to be totally self-motivated to take appropriate steps to bring all your goals into reality... whether personal, academic or professional. You find yourself more easily able to set and maintain proper study habits to make it easier to achieve your goals.

You are calm, relaxed and confident about your personal learning processes... and more so with each passing day. You are TOTALLY self-motivated to LEARN whatever is required or desired in order for you to achieve your goals. Every day in every way you find yourself becoming more comfortable with opportunities to learn. You make wiser choices about how you use your time, and you accomplish more in shorter periods of time.

Whenever you read, listen, observe, or participate, you find yourself more easily able to retain all appropriate knowledge and understanding... and you have an increasing ability to properly present that information whenever desired or required.

Simply allow yourself to become calm by taking one deep breath... Think the word "RELAX" and connect to your place of inner peace, and you are immediately free to use your best wisdom, knowledge, understanding, training, and experience to present any material you have learned, whenever desired or required.

If you have read it, or heard it, or observed it, or participated in a demonstration, or learned it from any other source, you find yourself easily able to recall and present appropriate information whether in written form, or verbally, or by demonstration... whenever desired or required. Just

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take one deep breath, calming your mind, allowing you to think with a clear mind... and this enables you to FREELY access all appropriate information stored in the storehouse of your inner mind...

Your inner mind remembers everything you have seen, heard, or felt, or sensed with your five senses...so you absolutely have the information in the storehouse of your inner mind, ready to use whenever desired or required. Your mind becomes more efficient and orderly with each passing day, enabling you to more easily access your inner mind whenever desired or required. You communicate easily and effortlessly, whether verbally or in writing.

And when you study, you have increasing ability to concentrate for longer periods of time, tuning out common distractions...and learning more per hour than ever before. Your comprehension and recall improve daily.

Your memory improves daily, and your study habits and attitudes reflect your increasing confidence and self-image, because you CHOOSE to make it so... and you are the captain of your own mind. You have increasing ability to make wise choices and to set priorities on how you spend your time, so that you may achieve your most important goals, whether academic, professional, or personal.

Every day in every way you find it easier and easier to study, recall, and present information and to retain control of your mind. You now are and ever shall remain free to use your power of choice, even when you use this meditation as a guide to help you achieve your desires.

You now claim and attain your ideal empowerment, and allow your desire to become your reality. You are the captain of your own mind, and you have the power to MAKE IT SO...and so it is!

And now, just enjoy going deeper and deeper into your place of inner peace. As I give you some silence, allow these ideas and suggestions to simply go deeper and deeper into your subconscious, becoming a part of you simply because you choose them. And when you again hear my voice, I'll begin counting you back into full conscious awareness.

Awaken slowly.

Celebrate Your Success (Confidence Trigger)²⁴
By Roy Hunter, PhD, FAPHP

Before induction, ask client to choose a trigger for confidence or peak performance, such as touching a specific spot with a specific finger (example: touching index finger to earlobe, touching nose with little finger, touching back of hand with thumb of other hand, etc.). This will be the client's "Power Point" (or confidence trigger).

Explain that in the imagination you can move through time and space, so client will be asked to go back in time to remember several successes. Tell client to replay the GOOD memories in the imagination during this journey.

After asking if client has questions, induce hypnosis and proceed, pausing briefly at the three dots...

Now imagine yourself in your own safe place... You may come here in your mind whenever you wish to experience peace within...

Imagine beautiful sights, sounds, and feelings which make you feel at one with nature. This is a journey of imagination. In the rehearsal room of your mind, you may rehearse or relive anything you choose. You may travel through time or space simply by imagining. In an instant you may imagine yourself in your favorite vacation spot... You may now return just as quickly to your own safe place... and as you imagine that inner peace, it becomes real...

In the storehouse of your mind is a record of everything you've ever experienced, including your successes and your triumphs... And as you allow my voice to be your guide, your inner creative mind will find that it is easy to re-create your accomplishments as you go deeper and deeper into the soothing state of hypnotic relaxation...

Now go back in time to an academic accomplishment and relive it in your imagination... Enjoy the accomplishment and appreciate the recognition... Activate your power point as you feel the feelings... Go to your winner's area...

Wait until client activates power point. If there is no response, give suggestions to choose a power point at this time. Ask for ideomotor response to indicate that this has been done, in case the trigger for peak performance involves something you cannot observe.

Now come back to your place of peace, and take a deep breath and go deeper... deeper and deeper. You are responding very well as you allow my voice to be your guide...

For your next journey you may choose a time when you enjoyed either an athletic or artistic accomplishment – a sports success or an artistic success... RE-LIVE the experience with as many of your five senses as possible... Activate your power point as you feel the sensations of satisfaction and you create an attitude of gratitude...

Wait for client response with power point.

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Go to your winner's area... and now come back to your place of peace, and enjoy the increasing awareness that you may recall and relive your successes whenever you choose...

Now go back to a social success – a time when you were appreciated by other people... Activate your power point as you feel the appreciation... go deeper into the feelings of appreciation and into the awareness that it is good for you also to appreciate yourself... Go to your winner's area...

Wait for client response with power point.

Go to your winner's area... and now come back to your place of peace, and enjoy the increasing awareness that you may recall and relive your successes whenever you choose...

Now go back to a romantic success – a time when you enjoyed wonderful acceptance during a romantic moment... Activate your power point as you feel the appreciation... go deeper into the feelings of appreciation and into the awareness that it is good for you also to appreciate yourself... Go to your winner's area...

Wait for client response with power point.

Now come back to your safe place once again, and take a deep breath and go deeper... deeper and deeper...

Now take a journey to a success involving job or career... Just BE THERE and relive the time of triumph... Activate your power point and go to your winner's area as you feel your increasing confidence...

Wait for client response with power point.

This VICTORY is ALSO a part of who you are, and you may remember your time of triumph whenever you choose...

As you come back to your place of peace once again, you realize that we all appreciate a moment of special love or friendship from a friend or loved one. I want you now to go back to a totally pleasant experience when you appreciated an act of love... As you relive this experience, activate your power point and realize that you are worthy of love...

Wait for client response with power point.

We are asked to love our neighbor as we love ourselves, and that means it is good for us to love ourselves too... As you come back to your safe place of peace, go deeper into the realization that you deserve to love yourself... Feel the wonderful power of love transforming you into the best that you can be...

Now project yourself into whatever success you choose to imagine, and activate your power point... and imagine MAXIMUM SUCCESS!

Wait for client to activate power point.

Feel the power of love as you know that through the power of love you are free to celebrate your success! By loving yourself more, you love others more – and you find your life filled with greater love. By loving yourself more, you find yourself becoming more and more aware of your successes – both big ones and little ones... And all these suggestions are going into the storehouse of your mind, as you remember to remember your successes.

Say the following with feeling and conviction:

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You have the freedom to enjoy even more successes. You have the freedom to love yourself enough to celebrate your successes... freedom to love yourself enough to be the person you choose to be...

The power of choice is yours, and like a muscle that's used becomes stronger with use, your power of choice becomes stronger with use... know it... feel it... OWN it! You love your power of choice, and this gives you greater confidence as you become more empowered to be the person you choose to be... free to be the best you can be... free to love yourself as you love others!

And so it is.

Awaken slowly and gently.

Chapter 8

The Works of Jack Elias

A certified NLP practitioner since 1983, Jack Elias is recognized by the National Guild of Hypnotists and the Transpersonal Hypnotherapy Institute as a Clinical Hypnotherapist. In addition to training in altered states processes and Ericksonian hypnosis, Jack has over 40 years of practice and study of Buddhist and Siddha yoga meditation and philosophy with recognized masters, beginning in 1967 with five years of intensive Zen Buddhist practice.

Author of the classic book and training program, *Finding True Magic*, Jack Elias blends the insights and disciplines of hypnosis, NLP and a variety of meditative techniques to create a dynamic process for healing and transformation for his clients and students. Jack offers private sessions for individuals, couples and families.

Jack Elias is founder and director of the Institute for Therapeutic Learning, a Washington State licensed vocational school offering Transpersonal Hypnotherapy/NLP Certification trainings, seminars and mentorship programs in Seattle, Washington.

Jack's clients and students, including seasoned mental health professionals, psychologists, psychiatrists and other medical doctors, report that working with his transpersonal methods of hypnosis and hypnotherapy/NLP has helped them relate more effectively and meaningfully to their own clients and patients as well as to their families and themselves.

It is Jack's mission to help people discover the powerful ability to get everything they really want. By accessing the true magic that exists in the mind, Jack says, we can meet any situation with confidence and live with joy and success.

If you would like to know more, please go to <http://FindingTrueMagic.com>.

Profound Inner Connection²⁵
By Jack Elias

Close your eyes. Take a deep breath. That's right. Let it out slowly. Take another slow easy deep breath. Good. Let it out slowly as you feel your whole body relax. *Pause...*

Think about your breathing. Think about your breathing, *relaxing* your body... each breath communicating to every cell of your body the wonderful sensations of restful *release* and *ease*... Want it to happen... remembering that you are in control of this process... opening and trusting that deeper, wiser, more powerful part of your being we call the subconscious mind to manage this process for your benefit. *Pause...*

As each breath carries this pleasant feeling of ease and relaxation to each cell, with every breath... That's right... Every breath you take carries oxygen to every cell of your body... And every cell of your body *effortlessly* responds to the presence of the oxygen... opening and absorbing the oxygen *deeply*, to support all life processes. *Pause...*

In the same way *now*... imagine this relaxing energy being breathed in right along with the oxygen... this *relaxing* energy is being carried to every cell right along with the oxygen on every breath... and each and every cell recognizes the gift and healing power of this relaxing energy in the same way that they recognize and utilize the oxygen... accepting the gift of this relaxation right along with the oxygen *deep* into their being... to pervade the entire being with wonderful feelings of *ease and peacefulness*...*Pause...*

Know that each cell of your body is listening, and will go on accepting this relaxing healing energy on *every breath*... even as I direct your ordinary attention to other areas. So relax into the awareness that every cell of your body is supporting you now, in ways that your conscious mind will never comprehend... anymore than your conscious mind can comprehend how your unconscious mind can create, coordinate, and sustain this breathing process without rest, unceasingly, every moment of your life... even when your conscious mind is paying no attention to it... even when your conscious mind is totally *unconscious*, as it is in the sleep state. *Pause...*

As you are now reminded of this powerful, mysterious, loving intelligence of your own subconscious mind... allow your appreciation of this loving power of your own being to *relax you effortlessly*... to make it possible for you to enjoy aligning all your energies in relationship to the true needs of your entire being in such a way that we can *easily accomplish* the learnings most appropriate for you to master today as revealed by this *deep* intelligence of your own being... Think about aligning *all your energies* in relationship to the true needs of your entire being, in such a way that we can *easily accomplish* the learnings most appropriate for you to master today as revealed by this *deep* intelligence of your own being. *Pause...*

As you relax now. . .even *more deeply* with every breath... prepare yourself to follow my suggestions to the letter for your highest benefit... as we move through a progressive attention to every part of your body.

²⁵ ©2011, Jack Elias, excerpted with revisions from *Finding True Magic: Transpersonal Hypnosis & Hypnotherapy/NLP*. <http://FindingTrueMagic.com>

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As we begin, scan your whole body and assess your mental state and experience thus far. ***If there is any way in which you sense that you need a suggestion or clarification that I have not yet given... recognize that you have the power now to experience those suggestions and clarifications taking full force and effect, just as if I had said them, causing you to go easily into a deeply relaxed state.***

Repeat the previous statement (in boldface). Pause...

Now allow your attention to focus on your eye muscles... and relax your eyes so completely that they will not open... even if you try to open them... So completely relaxed, they will not open... Want it to happen... Make it happen... Your eye muscles so loose and limp and rested... they just don't want to open, even if you try. *Pause...*

Now, try to open your eyes and find that you cannot... The more you try, the more relaxed they become... The more you try... the more *relaxed* they become... Good... Stop trying now, and relax even more deeply... allowing that relaxation around your eyes to spread up over your forehead... relaxing the muscles of your forehead... up over your scalp... Think about the muscles of your scalp relaxing... You probably rarely think about these muscles... Think about them now... as this wonderful energy *flows* over your scalp... down the back of your head and into the base of your brain... the sleep center of your brain... being gently flooded with this relaxing energy... That's right... Good...*Pause...*

Experience and imagine this wonderful, relaxing energy flowing now throughout your brain... *caressing* and *enlivening*, and *purifying* every brain cell... as you realize that your brain is in communication with and controls the functioning of every cell in your body... Experience your brain cells communicating this wonderful sensation to every cell of your body as you allow yourself to *relax completely* into this chair... accepting the willingness of this chair to support you completely... And the more you relax... the more you feel this support... And the more you relax... you appreciate the support of your subconscious mind... And the more you appreciate this support... the more you *let go completely now* into a beautiful state of physical and mental relaxation that floods even negative and fearful thoughts with the energy of ease and love and peacefulness... Want that to happen... Experience that **happening now**...*Pause...*

Now feel the relaxing energy moving all around your jaw... relaxing your jaw muscles completely... It's fine if your jaw should droop slightly... Feel this relaxation moving all around your lips...your cheeks... all around your face... as it flows *down* your throat... and the back of your neck... vertebrae by vertebrae, radiating out and all around your neck and throat...

Feel it moving into your shoulder muscles... relaxing them completely... Feel it *flowing down* your arms... through your elbows... into your forearms... *down* into your wrists... into your hands... and out to the tips of your fingers.

Pause, then repeat any part of the above that seems appropriate...

Now experience your right arm becoming filled with this relaxing energy. Imagine your right arm becoming so relaxed, it is as though it has just dissolved into a feeling of being a liquid pool of peaceful energy that just *feels so good* it doesn't want to move. .Experience your right arm now... So relaxed... like a pool of liquid energy... that it won't move, even if you try to move it. That's right. *Pause...*

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Now try to move your right arm, and find that you cannot. Try to move it, and find that you cannot. The more you try, the more relaxed it becomes. That's right. The more you try, the more relaxed it becomes. Now stop trying and let that relaxation flow even more deeply...

You may repeat these instructions with the left arm in the same way. If there is movement, say:

Good. Now you have demonstrated that you have the control to move your arm. Now demonstrate to yourself that you have the power and control to make your arm so relaxed, that it won't move, even when you try to move it.

Another option for deepening is to use the counting down method:

I'm going to count from five (or seven) down to one. As I do... you will go deeper into relaxation on each beat of the count.

5. going deeper and deeper into relaxation...
4. deeper and deeper down....just giving in and letting go
3. even deeper... just giving in and letting go... that's right
2. deeper still... very good... even deeper
1. very deep now... very relaxed... ready to experience your arm so relaxed it just won't move.

Note: Understand that this device of counting down can be interjected anywhere and anytime you feel it would be useful, and that it can be repeated two or three times in a row if it seems to be working—is it working? That is the best test for whether or not to continue with a particular communication.

Now feel that relaxation moving into your chest... moving into your lungs and all around your heart... soothing your heart... moving into your diaphragm... relaxing your lungs and diaphragm so that your breathing becomes even more peaceful and easy. . .that's right... feel it moving down your back, vertebrae by vertebrae, radiating out into all the muscles of the back. *Pause...*

Now moving into your abdomen... washing through all your internal organs... stomach... kidneys... intestines... liver and spleen... your genitals... your buttocks... all around your hips... *Deeply releasing and at ease...* as it flows down into your thighs... *relaxing* the muscles of your thighs... flowing down into your knees... through your knees into your calves... *relaxing* the muscles of your calves... That's right. And down through your ankles into your feet... through your feet out to the tips of your toes...*Pause...*

Good. . .

Option: Test for catalepsy in the legs in the same way you did for the arms:

Feel this wonderful, peaceful energy from the top of your head to the tips of your toes. Feel this wonderful, peaceful energy, from the top of your head, to the tips of your toes. . .*flowing* through every cell of your body... *permeating and relaxing* your mind and emotional energy....cleansing and rejuvenating your entire being. *Pause...*

Now I will be silent for five minutes to give you the opportunity to *enjoy* and *deepen* and explore this wonderful state you have created for yourself. Open up to it completely. Allow for the possibility that healing will take place... and new learnings and resources generated for your

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own highest benefit ... and, by your sharing these benefits, for the benefit of all beings. *Five minutes of silence...*

In a moment, I'm going to count from one to five, bringing you back to ordinary waking consciousness. You will come back effortlessly and delightfully... experiencing yourself as clear-headed, with your energies alert and balanced, to carry on and have a wonderful day... All the learnings and resources and discoveries you have experienced today, will stay with you *from now on, forever...* radiating throughout your past... transforming your relationship to your past in such a way that *your past will no longer limit you* in harmful ways. All the learnings and resources and discoveries you have experienced today will stay with you, *from now on, forever...* radiating throughout your past... transforming your relationship to your past *in such a way* that your past will no longer limit you in harmful ways. Sense that happening, *now. Pause...*

Radiating out into your future to support you with new perceptions, new choices, and new empowerments, as you move into your future... constantly discovering the expansion and purity of your own being. . . radiating out into your future to support you with new perceptions, new choices, and new empowerments, as you move into your future... constantly discovering the expansion and purity of your own being. Sense that happening, *now. Pause...*

These new learnings, resources and discoveries are alive and full of intelligence, and therefore will continue to grow and generate new learnings, new resources, and new discoveries for your highest benefit, forever. *Pause...*

So now just relax into this wonderful new experience, as it brings you back to a new, normal waking consciousness...

1. Begin coming back.

Raise and enliven your voice and energy as you go:

2. Coming back more and more... easily coming back.

3. Coming back even more... wakeful energy moving through your arms and legs... Move your fingers... Wiggle your toes... That's right... Move your fingers and toes... coming back...

4. Breathe in deeply... Breathe in wakeful energy... waking you up completely... clearing your head... filling your body with waking energy... and...

5. *Open* your eyes... open your eyes... Come fully back... fully back... Breathe in wakeful energy... and come fully back.

Accessing the True Self / Inner Self / Higher Self²⁶
By Jack Elias

Use the term the client is most comfortable with. Do rapid induction of your choice + limb challenges, then:

As you enjoy this deeply relaxed state...allow the sound of my voice to guide you into just the right state of receptivity to easily become aware of the presence of your true inner self (or Higher self, etc. – **their choice**),...scan your body with this relaxed awareness... notice any areas of tension and let them release... as you contemplate that what you are now doing for yourself is for your highest benefit...and your Higher Self is always present... whether or not you are consciously aware of it, now... to give you everything you need in the way of guidance and support to free you from those problems... those unnecessary limitations... that are getting ready to be released easily... in just the right way for you to keep whatever is of value for you, now... releasing, dissolving whatever needs to release the problems now... that's right... feel yourself breathing as you go even deeper into relaxation letting your unconscious mind handle the reevaluation of these problems in the healing, loving light of your Higher Self as you become aware of it now, in some way... or another...

Begin to have a sense... begin to become aware now... of your body being surrounded by a golden white light of pure loving energy... a golden white light surrounding your body now... becoming more apparent to you in many interesting ways... as breath by breath you feel good as you picture and imagine this light all around you, and you begin to recognize in a surprising and secure way that this light is full of intelligence and healing power... and it is welcoming you into its presence, now... in such a way that you are learning to remember, that it is always surrounding you... that it has always surrounded you... and from now on you can think about it and that causes your experience of the presence of your Higher Self to be enhanced... as you learn to listen to its guidance with more and more trust, now... with each relaxed breath... opening deeper to its healing energy... that's right... deeper... and... deeper... more and more... learning to trust your own true inner goodness... your own true inner goodness...

(Option "As you do so this light begins to lift you up...lifting you up higher and higher into the presence of your Higher Self")

...think about all the ways you used to think you weren't worthy of contacting this inner goodness as they dissolve into the light that is surrounding you.

(Option: "as you feel yourself being lifted higher and higher...opening more and more")

... offer any doubts or hesitations into this light in such a way that you sense them becoming obsolete and then dissolving as you breathe the light into your being to be carried to every cell of your body right along with the oxygen you breathe... being delivered effortlessly by your unconscious mind whether or not you think about it consciously now... relax with the feeling of this goodness gently touching every part of your being... bringing healing, rejuvenating energy everywhere that it is needed...

²⁶ ©2011, Jack Elias, excerpted with revisions from *Finding True Magic: Transpersonal Hypnosis & Hypnotherapy/NLP* <http://FindingTrueMagic.com>.

(Option: "as you move still higher almost up to the realm of your Higher Self...")

And you get to share in this process by taking a wonderful breath as you imagine this light, this healing, loving energy spreading throughout your being, now...breath by... breath... deeper... easily...effortlessly...with each breath...deeper... that's right...

(Option: "it's spreading through you deeper and deeper as you rise higher and higher...")

Dissolving whatever thoughts or feelings may arise, whether bad or good, into this healing light... allowing... offering all your thoughts... all your feelings into this light to be healed and transformed in just the right ways for your own highest benefit, now...that's right...

(Option: "completely ready now to arrive in the presence of your Higher Self on the count of three:... one... two ...three...there now...")

If you find that the client has not sensed the light, in fact, if he tells you that your suggestions have caused him to experience a lot of doubtful or negative thoughts, tell him that that is good. Tell him,

“The light has simply come to you as requested and highlighted negativities that need to be seen through and released.”

Once the client understands that he has simply been caught by a habit pattern of focusing on negativities, missing all the underlying goodness and power, he can gently shift his awareness to the background light.

Imagine yourself standing easily erect and at ease in the presence of your Higher Self surrounded by this loving energy... recognize that this is the unconditional love of your own inner purity... the true integrity of your being that is so pure, so free that it is not tainted or diminished by anything you have ever thought or said or done... it is not tainted or diminished by anything that has been thought, said, or done about you or to you by anyone else... as you think about this now... your unconscious mind, in the energizing aura of your Higher Self, completely and effortlessly reevaluates all your life experiences, beliefs, and attitudes in such a way that you are released from whatever you need to be released from in order to come into total alignment with the purity of your Higher Self in such a way that it flows unobstructed throughout your being, now... breathe that in... that's right... and again... even deeper... as your unconscious mind also keeps everything that is truly of value to you from your life experience and learnings that make it easy for you... now... to come into full, open alignment with the presence and energy of your Higher Self... your true being...

Imagine a stream of golden white light streaming into the top of your head from the source of infinite, loving, healing intelligence... Imagine it flowing down into your heart *(Pause)*...filling your heart with loving, healing energy *(Repeat; Pause)* ... that begins now to radiate throughout your entire body... throughout your being... permeating every cell of your being with this infinite healing, loving energy *(Pause)*...that recognizes your true needs even if you yourself haven't yet consciously recognized them *(Pause)*...Relax into this light and allow it to lift these needs out of your being, to present them into the loving intelligence of this light as offerings and requests for purification, healing, and enlightenment... powerful, genuine learnings of all kinds... *(Pause)*...for the sake of your highest benefit and the highest benefit of all beings. Open to this... Make an inner gesture with your whole heart and soul that this be so, now *(Pause)*...and relax

into the light... feeling it permeating and surrounding your body in a protective and magnetic aura that draws these blessings to you.

As you experience these wonderful, relaxed feelings... thinking whatever thoughts that are being exposed in the light of your Higher Self... you can now ask questions of your Higher Self... carrying on an inner dialogue and an inner communion in any way you wish... I will remain silent for 5 minutes or until you signal me that you are ready to go on by raising the index finger of your right hand... if you understand raise the index finger of your right hand now.

Repeat if you get no response. It is possible to compose questions with the client before hand and state them for the client aloud, eliciting verbal responses from the client about the answers received.

In a moment I will count from 1 to 5 bringing you back to normal waking consciousness on the count of five...understand that all you have learned and experienced in this session will continue to grow in beneficial ways in your being, generating new and deeper bonds between your True Self and your ordinary waking consciousness, your dream consciousness, and your deep sleep state in such a way that you are more and more awake to your own inner goodness, expressing it more and more easily, joyfully and in all ways appropriately for the highest benefit of yourself and all beings now and moment by moment, day by day into your future. *(Repeat)*

Count client out

One... beginning to come back...

Two... coming back more and more... all the energy and learnings of this experience being effortlessly, enjoyably absorbed into your being... being absorbed into every cell of your body...

Three... moving your fingers and toes...*(repeat)*... more and more awake.. coming back... carrying these new learnings and empowerments into your future... starting now...

Four... breathe in wakeful energy... that's right... breathe in wakeful energy... clearing your head... balancing your energies... feeling wonderful in every way...

Five... open your eyes.. .fully coming back... fully back... wide awake... that's right.

Regarding "rising up" options in script: There are certain archetypal precedents for relating "up" to heaven and the superconscious level, and "down" to earth and the subconscious level. This imagery can be intuitively compelling for the psyche. You may want to experiment with using the image of rising up for access to the Higher Self, and see if you get different results. On the other hand, "As above, so below." There is an equally compelling pull to go deep inside, to the Heart of Hearts, to find the True/Higher Self. I like to combine images:

“Feeling this light shining down on you from high above you...as you feel it radiating out from deep inside you...shining down from high above...radiating from deep inside...permeating your whole being.”

Chapter 9

The Works of Melissa Roth, CHt

After healing her own irritable bowel syndrome and fibromyalgia through hypnosis, Melissa J. Roth CHt., PhD, founded Alabama Hypnotherapy Center (located in Birmingham, AL) in 1995 and has since specialized in medical applications of hypnotherapy. She has developed a number of unique approaches to chronic illnesses which have become the alternative treatments of choice worldwide. She partners with physicians of every specialty to promote hypnosis as an important and valuable weapon in the medical arsenal. She has a conversational teaching style that is sometimes heretical, sometimes funny, but always accurate and informative. She teaches from experience.

Melissa J. Roth CHt., PhD, is CEO and founder of Melissa Roth Hypnotherapy. She is a certified clinical hypnotherapist and doctor of hypnotherapy. She is a certified member of the American Council of Hypnotist Examiners and by the American Board of Hypnotherapy. She is currently also a member of the International Medical and Dental Hypnotherapy Association, the International Association of Counselors and Therapists, and the National League of Medical Hypnotherapists. Melissa Roth is the only licensed Hypno-Band practitioner in Colorado (as well as Alabama).

Dr. Melissa Roth's hypnotherapy programs are available in four formats: one-on-one, small groups, custom CDs, and telephone consultations. In addition, she conducts a wide variety of seminars and corporate workshops at selected locations across the U.S. Each year she speaks at numerous professional conferences and hypnotherapy institutes throughout the world.

More information about Melissa and her products, private sessions, and courses are available at www.melissaroth.com

Freedom From Smoking #1²⁷
By Melissa Roth

Use your favorite induction

Imagine yourself walking down a path through a beautiful country meadow. There are wild flowers as far as you can see. Abundant growth and vegetation line the path. And at the top of a hill you see a gleaming castle, strong, and powerful.

With every step you take see yourself climbing the steps of this castle to a set of powerful wooden doors. Grasp the door handles in your hand and tug with enough force to open these doors. As you walk inside you notice how filthy and dirty the castle is on the inside. Such a shame, too, because it looked so healthy and magnificent on the outside. As you wander about you realize, perhaps for the first time, just how difficult it is to breath in such a filthy environment.

So, you go to one of the windows and rub free a spot of the filth. The sunshine bursts through only to show the castle filled with dirt, soot, and grime. You can see the dust particles floating in the air reflected off the sun's rays. It saddens you to think someone would let their castle get in such a state.

So, instinctively you begin to clean the walls and floors of the castle. You begin by throwing open all the doors and windows letting that healthy country air blow through to purify the chambers deep inside.

(Pause briefly)

Next, you begin washing the windows and walls of your castle. As you do, you reveal the most wonderful pink wall paper. Beautiful marbled design with veins branching off into smaller veins... and those branching into smaller branches... and into even smaller veins (*your voice should be getting softer and fainter with each branching suggestion*) each one being cleansed thoroughly to reveal its true beauty. Beautifully pink, healthy, and vibrant.

And, as you walk across the floor you notice how your shoes stick with each step and, possibly, you can feel and hear the little cinders crunch under foot. So you begin sweeping and mopping the floors of your castle. So much so that you reveal intricate designs that are so beautiful you want to keep these floors cleansed forever.

And while you continue cleaning and purifying the chambers of your castle, I'd like to talk directly to your unconscious mind and I'd like your unconscious mind to be able to talk to me through your voice.

(If the client is in a deep trance you may have to ask them to come back to a lighter level most appropriate for being able to respond. Or you may prefer to simply have them nod their head for a "yes" answer and "shake" their head for a "no" answer.) And if your conscious mind would like to listen in, it may, or it may wish to continue cleaning your castle.

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Unconscious mind, we know you are made up of many different parts. There's the part of you that is the daughter/son, the part that is the mother/father, the part that is the spouse, the part that is the professional/worker/etc. There are many parts to each of us. Visualize that part of you that first tried smoking— that girl/boy who tried their first smoke. Talk to him/her. Educate him/her. Wise him/her up.

Tell him/her what you now know about smoking that you didn't know then. Tell him/her how dangerous it is and that you desire to quit smoking now. Tell him/her that you realize he/she had a positive reason for trying that first smoke. Tell them that reason is not valid for you now at this age. And tell him/her that you are going to help and support him/her. Tell him/her you will help him/her find another way, a better way, to satisfy those reasons for first trying smoking— a way or ways that are positive, healthy, and beneficial. Ask that younger person to help in quitting smoking. And ask that young person if he/she would be willing to disconnect from that reason now? Let me know the answer by nodding your head for a yes answer or shaking it for a no answer. *(If you prefer, you may ask them to respond with a yes or no answer out loud.)*

Imagine yourself now reaching out and disconnecting a plug just like you would pull a light plug out from the socket and let me know when you have done that by nodding your head. *(Pause)*

If they answer yes, proceed to the next visualization. If the answer is No, you must probe for the reason(s). Most of the time, the reason is due to the young person not knowing how to disconnect or in being unsure about his/her ability to be different than they are currently. Reassure them that their adult self will help them. You may possibly need to call in the other parts to give support and reassurance.

Now, both of you turn and look toward the future, oh, say 20 years. See how 20 years of additional smoking has made you suffer. See and feel the struggle to breathe, the fatigue, the medical treatments, hospitalizations perhaps. Your older, wiser self has something to say to you... some advice... a request. Hear what your older self has to say to you. *(Pause)* Make a vow that this possible future never happens to you.

Now imagine or sense that part of you that has so successfully kept you a smoker. You know, the part that has always made sure you had your supply... the part that has gotten you out in the rain and the cold to get your smokes... the part who made you go to the store to get more smokes just in case... the part that made excuses to sneak out to smoke.

Thank that part. That's right. Thank it. It has done its job strongly and powerfully. So, thank it for a job well done. Talk to that part now and tell it that the younger you has already disconnected from the original positive intentions of smoking. Now ask this part if it is willing to switch sides and just as powerfully, just as strongly, just as successfully assist you in being a non-smoker? Nod your head if it says "yes" or shake your head if the answer is "no" so that I may know. *(Again, if the answer is "no" you must probe for the reason(s) and satisfy those reasons before going further).* Very good.

Now talk to that wonderfully creative part of you... that part that is responsible for new thoughts, ideas, insights... even intuition. Ask that part if it would be willing to come up with new alternatives to smoking that satisfy the needs that smoking once filled? *(You should have discussed a laundry list of options during your pre-talk that will serve as a catalyst for the creative part to develop new behaviors at this stage)* If it says "yes", nod your head so that I may know. *(IF I have discussed possible alternatives during the pre-talk, I have never had the*

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creative part say "no". However, when I have forgotten to give examples of coping behaviors during the pre-talk, sometimes the creative part has said no because it feels insecure.)

Ask that creative part if it would be willing to try one new alternative after another until a satisfactory one is found? And let me know when it says "yes." Thank that part for its help.

Ask all of these parts to integrate into a unified desire to be a non-smoker. Feel your power! Feel how you have already begun to change. Ask all of your parts to surround these parts, to support them and to give them encouragement. Listen as they offer encouragement. Feel their strength and power. With their help you can do anything you truly desire to do! Now is the time for all your parts to re-integrate into a unified non-smoking whole. If there is any part that cannot integrate let that come into your awareness now. *(Ask if all parts can integrate? Yes or No? If the answer is NO, probe. Usually it is a part that feels insecure and needs support. In that case, ask the other parts to provide a little extra support for that part.)*

If there is any need that smoking still serves, let that come into your awareness now. *(Again, ask for a Yes or No answer.)*

Let all your parts find a healthy, positive, and beneficial way to integrate into a non-smoking whole... now.

(Pause briefly)

You have just made a very powerful alliance between your conscious and unconscious selves. Imagine that alliance as your internal Arnold Schwarzenager. Unbeatable! Unstoppable!

Now go out into the future and imagine a time when you formerly would have smoked. This time allow yourself to use one of those new alternatives your creative self developed and watch yourself go through the same scene as a comfortable, confident non-smoker. Let me know when you have done that by nodding your head. *(Pause)* Wonderful. Now choose another time and imagine yourself going through that scene as a comfortable, confident non-smoker.

Notice how in each scene you become more comfortable and more confident of your own identity as a non-smoker. See yourself in another scene where you formerly would have smoked as a calm, comfortable, and confident non-smoker. Wonderful! Do you want to pick a third scenario? Good. Go ahead and choose another time when you would have smoked previously and see yourself going through that time as a comfortable and confident non-smoker.

When you have done that, nod your head so that I may know. Outstanding! Feel your power! It feels wonderful, does it not?

Now imagine yourself back in your castle finishing up cleansing and purifying your castle. Look around you with tremendous pride as you see and feel the benefits of your cleansing. And, as you walk out of the castle notice how the sun seems to shine a bit brighter, the air more invigorating, the scents more alive. It's a wonderful life and you love every minute of it. Realizing right now that you can handle anything life brings your way with your patience, your intelligence and the wisdom that has come with your years. Placing priorities where they belong— on your health, your connectivity, your vitality. Realizing that you love life and you aren't willing to trade it for a lousy 15 cent cancer stick.

Realizing that you wouldn't intentionally eat poison, no matter how attractively packaged it was, no matter how long you had wanted it or how good it smelled or tasted or looked. You wouldn't eat poison and you wouldn't allow your loved ones to eat poison, no matter how much they

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protested that they wanted it. And, realize that poison is what is in a cigarette... among other things.

Now you wouldn't be friends with a Hit Man for the Mob, would you? Would you be buddies with a professional killer? Would you invite him to live in your home? Ride in your car? Eat meals with you? Have a drink with you? By thinking of cigarettes as a friend or companion to pass the time that is exactly what you're doing. A Hit Man will kill his best friend if the price is right. What is your price for your life? You stubbornly refuse to trade your health and your vitality for a package of poison. Instead, you want to live life to its fullest and enjoy every minute of your life. You want to... *(insert some end-result imagery here that the client identified as advantages of stopping smoking)*

And to assist you in achieving this vitality and in detoxifying your body, I'd like to suggest that you drink 6-8 large glasses of water daily. Knowing that water is a wonderful tool to purify the body and detoxification is what you now desire because you are a non-smoker and proud to be that way.

And when the water you drink cools the back of your throat, whether that sensations is registered on a conscious level or an unconscious level, allow it to serve as a post hypnotic suggestion to strengthen and reinforce all these other suggestions in a never ending spiral of progress for you.

And, lastly, if you should desire to snack on something in between meals, allow fresh fruit to become your snack of choice. Knowing that fruit is a wonderful tool to aid in detoxifying your body.

Go to trance termination..

In Roads²⁸
By Melissa Roth

This script is especially helpful for healing broken bones or for use in dentistry when someone's dentures have eroded the underlying bone and they no longer fit. I've also used it for healing a wide variety of soft tissue problems as well.

Induction and deepening...

I begin to wonder if you have ever watched a road being built? It can be educational, you know. The engineers first decide exactly where to build the road. Although they consult their maps and charts and their printouts on soils and water and mineral conditions, they look for that break, in the tree line. The break in the landscape that tells them this would be a good place to begin.

Then, even before they bring out their machines, there is a plan... a vision... of where this road will run and of the layers of materials that will be needed... and the many different phases that this road will take to complete. And there is one head engineer designated for the building of this road. It is his job to coordinate all the activities and equipment and men it will take to make this job a reality...a road to walk on...a road to carry you on from one state to another state...a road to live on.

The head engineer directs the activities needed to build this road. He brings in different teams of specialized workers to clear the land, to strip and grade away all the debris. They load all the waste into big trucks and haul it away to the waste disposal areas. Then they deposit one layer after another of specialized rocks to make a hard, durable surface that will bear the weight of the vehicles that are to travel upon this road. Next, they pack those rocks and put other sizes to gravel in between those layers to make a sturdy, strong infrastructure.

Then it is time for the surface to be put down. A strong, durable surface to hold all the components of the infrastructure in place. A smooth surface to travel upon. They put down layer upon layer until the surface is solid...thick...strong...and sturdy. Next, they seal it with a special surface protectant. Finally, they test its capacity to bear loads by gradually adding more and more weight and pressure to make sure it will last a life time. All the specialized workers get together and celebrate the completion of this road. They admire its strength, its smoothness, and its functionality.

Your body is like those workers. Your unconscious mind is your head engineer. Those specialized workers are your osteoblasts...those special bone cells which eat away the old dead useless tissue that is preventing your bones from healing. The osteoblasts then lay down layer upon layer of new bone tissue. Finally, those new layers of bone tissue are calcified to make them hard and strong and capable of bearing your weight. Yet, they are flexible enough to allow movement. Visualize those tiny engineers and workers at the ends of your bones...where the two halves are currently not joined. See all the buzz of activity as workers are busy preparing those ends to meet...to be joined. Then see the truckloads of building materials being deposited and pushed by other workers into just the right places. See the loads of rocks being deposited...graded...packed to form on top to form a hard, durable, strong surface. Next, see the

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crews mopping or spraying special hardening chemicals on these surfaces. Now stand back and look at your new road with tremendous pride. Find that head engineer and thank him for your new road and all his hard work. Then thank all the special workers for their labors and pride in their craftsmanship that created this new road for you. And, finally, thank the planner—the ones who ordered all the materials and had them available for the workers to use when they were needed. Give all these parts a party to show your appreciation.

Go to trance termination.

Desert Farming²⁹
By Melissa Roth

Useful in treating urinary incontinence in both men and women.

Induction.....

Deepening, if needed

Recently they have begun successful farms in the Sahara desert. Their farming methods are unlike the old farming methods where you planted seeds and then hoped that the rains would come strongly enough and with enough volume to water them. Then when the rains did come they were either hesitant or lacked sufficient volume or they came so strongly and with such force that they flooded everything. We prayed they wouldn't flood the fields or wash everything away this time but we knew it was only a matter of timing before they did. The old ways of farming need to be redone..... changed to make them more efficient and easier for the farmer to control.

Being a good farmer is a difficult job and it needs to be changed to help the farmer become more comfortable, more confident and easier to produce consistent results.

In the Sahara they have installed special irrigation systems for farming that are revolutionizing the way it is done. These irrigation canals stretch throughout the fields, arranged in a special way to reach each and every plant in the field. They are powered by a re-circulating pump and they convey nutrients and fluids to nourish each individual plant. They filter waste materials away from the plants keeping the growing fields clean.

Fluids from the entire system are filtered through two big recycling plants that sweep the fluids clean of debris and wastes. They recycle the cleaned fluid to return to the fields and dump the wastes down two canals into a holding tank for periodic disposal. They regulate the amount of fluid in circulation at all times by intricate sensors and computer controlled devices. The entire system is controlled by feedback loops and devices and normally runs very efficiently.

The waste holding pond is also controlled by intricate sensors that are synchronized with the main computer controller to dump waste at specific times. When the waste pond gets to a certain level of fullness it sends an alarm to the farmer that the tank is about half full and will soon need to be emptied. The farmer must make a decision about how long to wait before emptying the waste tank. Sometimes, he delays emptying it until it fills up a little more. The special sensors continue to send signals to the farmer with increasing urgency as the pond continues to fill.

Eventually, the farmer must consciously open a gate and empty the waste holding pond. He does this at regular intervals and also in response to changing weather conditions. This valve is intentionally opened and the pond is allowed to drain completely. Until those times, the valve keeps everything tightly closed and contained within the pond.

As you can imagine, with a system this complex there are many possible opportunities for errors. And, sometimes, things do go wrong. Frequently, that valve that controls the waste holding pond gets loose and needs to be adjusted, strengthened, tightened.

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Sometimes there is so much rain at one time that the fields could become flooded. Then the filtration plant works overtime. The resulting fluid volume simply overwhelms the capacity of the holding pond and then everything floods.

Or, sometimes there is an obstruction along the pathway from the holding pond to the disposal valve. Things get backed up and then floods occur. Or, with all those computerized mechanisms, a program gets corrupted or a part becomes damaged or otherwise compromised and signals get sent that are incorrect or don't get sent in enough time for the farmer to reach the waste control valve before flooding occurs. And, sometimes the farmer is busy with other chores and interests and ignores those signals until the pond is overflowing.

When one or more of these things happen the farmer must work to repair or strengthen those systems and those parts. Sometimes, the sensors simply need to be reset so that they do not send unnecessary signals. Or, he must clear out or shrink the blockage in the system so that things can flow normally again. Most of the time, a part needs to be strengthened, supported. While there are many possible problems the farmer is well trained and can repair, recalibrate or even replace specific parts of each component along the pathway. Then the entire system works efficiently again.

However, attention to performing scheduled maintenance can prevent most problems and can minimize those that do occur. This system of farming is precise and efficient. It allows growth and regeneration of the land to nourish the people who live within while the sands outside the farm remain dry.

At this point you may want to insert some direct suggestions about doing Kegel exercises routinely or moderating fluid intake at any one time during the day and spacing fluid intake out over the course of the day. Or, you may go to trance termination.

A Parts Party³⁰
By Melissa Roth

A 5 step NLP Parts Reframe General Purpose script for getting the unconscious mind to reframe its response to the initial sensitizing event and to adopt new behaviors.

Induction and deepening...

Get in touch with that younger you that first began to behave in such a way as to retain excess weight on your body. Maybe she/he made you eat too much food or to become too inactive or maybe she/he caused you to adopt some other behavior that resulted in excess weight on your body. Ask that younger you what its positive purpose or intent was at the time. It might have been to protect you from something, imagined or real. It might have faced a situation and didn't have any better coping skills at the moment. It might have needed unusual amounts of energy to handle some situation in your life. Or, it might have had other reasons. It might have had lots of reasons. Just ask it what its positive intent was for you at that time and thank it for its answer. *(Pause briefly)* Do not argue.

Now ask it what it wanted for you that was even more important than that? Tell it you understand that its intent was positive and that you appreciate it having such positive intentions and purposes for you and that you would like to know what was even more important at a deeper level. And thank it for that positive intent and for answering you. *(Pause briefly)*

Now ask this part what it wanted for you by these behaviors that was even more important, on a even deeper level. And thank it for its answer. Talk to that part now. Tell it you understand completely that its intent for you was positive. Tell it, however, how continuing with these behaviors have made you suffer. Tell it how the excess weight limits the things you can do. How it embarrasses you. How it prevents you from.... *(continue with the reasons the client has given you that they want to release excess weight)*.

Now tell it that you want to adopt new behaviors, behaviors that still meet the original positive intents this part has for you but do so now in ways that are healthy, positive and beneficial to you. Ask that part if it would be willing to disconnect from the original positive intents and get those same needs met in ways that are healthy positive and beneficial for you? Let me know what it says by nodding your head for yes or shaking your head for no.

Wonderful...Thank that part for being willing to help and actually get a sense of it disconnecting just like you would pull and electrical cord out of a wall socket. When it has done that, thank it.

Now, both you and that part turn and look out into the future, oh, say ten years. See how ten years of additional weight gain have made you suffer. See and feel the struggle to breathe, the inability to move your body, the inability to tie your shoes, the fatigue, medical treatments, hospitalizations perhaps. Now, your older, wiser self has something to say to you, some advice, a request. Hear what your older, wiser self has to say. *(Pause ten seconds)* Both of you make a vow right now that this possible future never happens to either one of you.

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Now get in touch with that part of you that has so successfully kept you overweight. You know the part that makes you crave unhealthy foods. The part that makes sure you always have your unhealthy snacks available. The part that makes you stop at the places you know you can get unhealthy treats. The part of you that possibly made you sneak out to get unhealthy foods. And thank that part. That's right. Thank it. Understand that under the old program this part had a job to do and it has done that job very well. It should be thanked for doing a job so well, so successfully.

But talk to that part now and tell it that the younger you has disconnected from those original positive intents. So, this part's old job doesn't exist any longer. But tell it because it did such a wonderful job of its old job that you would like to give it a new job. That new job is to switch sides and just as powerfully, just as strongly, just as successfully assist you in releasing your excess weight. Ask that part if it would be willing to have this new job and let me know what it says by nodding your head or shaking your head. *(Pause)*

Now let's get in touch with that wonderfully creative part. You know the one. The part that is responsible for new thoughts, insights, understanding, new ideas. And, ask that part if it would be willing to develop new behaviors that satisfy the original positive intents but do so now in ways that are healthy, positive and beneficial for you. Just let me know what it says by nodding your head or shaking your head. Outstanding.

I direct that part that tonight as you sleep and dream a most wonderful dream that it is to develop at least three new positive behaviors that meet the original positive intents in ways that are healthy, positive and beneficial for you. Actually, it can do that for the next ten nights in a row. Then, as you go about your day the next day it can utilize one of those new behaviors after another until a successful one or ones are found.

Now, I don't know what these new behaviors might be. They might be things related to the body such as taking your vitamins and supplements. Or they might be in getting daily physical exercise. Or they might be in drinking more cool, fresh water. Or they might be in ways that are totally unrelated to the body such as giving a stranger a compliment, or petting an animal or in finding a new TV show that is entertaining. Just let your creative part begin developing new, healthy, positive behaviors and utilize one of them after another until a successful one or ones are found.

Now is the time for all these parts to reintegrate into a unified desire to release your excess weight. Feel their power. Actually, let all your other parts come in and join these parts. Let them have a party for goodness sakes. Hear them as they offer to help and support and assist each other. Listen as they congratulate each other. With their help you can do anything you truly desire to do.

While all of your parts are out and listening I'd like to remind them that the highest prime directive of the unconscious mind is the preservation of the body. Continuing to retain excess weight on your body hurts the body and therefore is in direct violation of the highest prime directive of the unconscious mind. So, wouldn't it make more sense now for all those parts to utilize their energies toward releasing this excess weight and healing the body rather than hurting the body? Sure it would. So, just let go. That's right. Just let go of all the needs, wants and desires to retain excess weight on your body. Just let go. *(Pause and repeat softer)*. Just let go.

Let go. And as I continue to talk and even long after this session has ended all these parts can continue letting go of all the needs, wants and desires for retaining excess weight on your body.

Now go out into the future and see yourself one month from now. See and feel how your body is leaner, more slender, healthier because of the changes you have made. And let yourself feel proud, happy and excited about this.

Now, go three months out into the future and see how your body has changed. Notice how much more energy you have now. Notice how your body continues to grow leaner, healthier. Become aware of the things you can do now that you could not do just three short months ago. And let yourself get excited and happy about the ways you have changed. Feel that sense of accomplishment, the satisfaction. Hear what others are saying about you, **“Wow, look at the weight has released. She’s looking great.”** Hear what you are saying to yourself. **“I am so proud of myself. I can handle anything life brings my way with the help of my unconscious mind. Honey, we’re going for the gold this time.”**

Now is the time for all these parts to reintegrate into a healthy whole. If there is any part having difficulty reintegrating let that come into your conscious awareness now. Is there any part having trouble reintegrating? *(If there is, have two or three of the other parts come in, surround this part and offer it reassurance, help and support. Have them work with it individually until it can find healthy ways to reintegrate with the other parts.)*

Is there any need still met by continuing to retain excess weight on your body? If so, let that come into your conscious awareness now. Is there any need still met by retaining excess weight on your body? Let me know by nodding your head or shaking your head. *(If there is a need, ask the client to come up to a light enough state of trance to be able to use their voice to tell you what that need is and then they can go back to this same or deeper level of relaxation. If there is no need still lingering, then go to the next part.)*

That is outstanding. Thank your unconscious mind for the work it has done for you. Let all these parts reintegrate into a healthy, positive and beneficial whole... NOW. Congratulations. You have just made a very powerful alliance between your conscious selves and your unconscious selves. That’s a powerful alliance. That’s like having an internal Arnold Schwarzenegger. That’s brain and brawn together. That’s an unbeatable team.

Now, go out into the future again, oh, say six months from now and see how the utilization of these new behaviors have changed you. See and feel the pride, the satisfaction, the joy that has come into your life.

Imagine yourself at a party or function being offered or expected to take an unhealthy food. Imagine yourself easily declining the unhealthy food and choosing a healthy food instead. And let yourself feel wonderful about it. Maybe you can hear your parts congratulating you and cheering you on.

Now imagine yourself at another time, maybe a time of higher than usual stress, when, in the past you would have turned to unhealthy foods and beverages. This time imagine yourself going through that same situation calmly and confidently. Maybe using one of those alternative behaviors your unconscious mind developed.

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Now, pick another time that if it had occurred in the past, you would have used unhealthy foods to help you get through it. This time, however, imagine yourself going through that same scene remaining calm and confident that you can get through this situation eating healthfully.

And, as I pause speaking, take all the time you need in the next clock one minute to run through scene after scene in which, if it had occurred in the past you would have eaten and behaved in unhealthy ways. This time however, imagine yourself going through all those scenes eating healthfully and behaving in healthy ways. Maybe using one of more of those new positive alternatives your unconscious mind developed. Imagine yourself remaining calm, relaxed and in control. Begin now. *(Time exactly 60 seconds.)*

Congratulations. Thank your unconscious mind for all of its participation. Understand, you may continue to gain insights as you repeat this session. When you get additional insights write them down or make notes about them when you first re-alert or have your unconscious mind send a note to your conscious mind that you will remember when you re-alert.

Go to trance termination.

Trees³¹
By Melissa Roth

Initially wrote this script to use with people recovering from strokes or accidents who were in physical therapy. Now use it as a general purpose metaphor to promote all kinds of healing.

Induction...deepening, if needed...

As you relax and drift in dreams through the mind, I begin to wonder if you have ever had the pleasure of observing trees. All good scouts are taught to recognize many different kinds of trees by their bark and their leaves. But, to really know a tree you have to watch it closely.....as it stands, as it moves, as it is in relationship to other trees.

Consider the mighty oak tree. Tall, with sweeping branches that sway in the breezes. Strong, sturdy branches for a child to swing upon. Its roots are thick, and deep and many in number. They anchor that tree firmly in the ground and run deep to tap nutrients from far below the surface.

And, then there is the pine tree. Its symmetrical branches point upward as though in constant prayer and supplication. Its bark sloughs off when it is bumped or cut. Then the bark quickly grows a new layer to heal that scrape, that wound. The needles themselves grow steadily and are replenished constantly so the tree grows and stays green year round. Pine trees brighten those long dreary winter days. And even the old, dead pin needles fall to the Earth to make a carpet just right for lying upon to gaze at the stars above. I wonder if those branches are trying to touch the stars? Their roots are shallow and cover large areas close to the surface of the earth. Those roots are designed to absorb whatever nutrients might fall to earth allowing them to grow almost anywhere, even in poor soil.

And then there is the Aspen tree. If you travel out west you see vast stands of aspens. Their gray-white bark reminding you of soldiers standing at attention. Their smallish leaves waving wildly in the breezes. Yet those leaves are firmly and strongly attached and are rarely lost to the winds that buffet those trees. The aspens seem to prefer crowds, keeping each other company, growing so close together. And just below the surface, down where the roots grow... the roots of all those aspen trees are interconnected. They form a dense mat of root systems that supports and connects each tree to all the other trees. Whatever nourishes one tree, nourishes them all.

Consider that all these trees weather storms, parasites, insects, droughts, floods, heat and cold every day.... and they continue to grow and flourish. Sometimes their bark gets cut or scraped and has to have time to grow back together. Or a foreign invader, such as an insect attacks them. They have built in healing mechanisms to allow them to heal and recover. Sometimes that assault is more than the tree can withstand on its own and it has to have help to overcome it. That's when the owner or farmer sprays or fertilizes it to kill that foreign invader. Then the tree can regulate its own resources to heal....grow new cells to replace the compromised ones...and continue to prosper...to enjoy the sunshine and air.

I wonder if you have ever considered that the systems of your body are much like those trees? The musculoskeletal system with its muscles and bone, allowing you to move... strong and

³¹ © Melissa Roth. Excerpt from Healing Metaphors.

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powerful. Your gastrointestinal system with its yards of tubing absorbing nutrients from even the poorest resources. Your skin, constantly growing new cells to replace old, worn out cells or to repair cuts and scrapes. And then there is your nervous system that connects all the other systems with the master controller and with each other.

And just like those trees, you have a built in healing mechanism and a master controller to conduct the symphony of processes, fluids, chemicals, and cells required to heal and grow. Think of your own physical difficulties now and feel the sensations beginning to correct themselves even now. And, just like a great conductor, the unconscious mind takes control, directing the ebb and flow of resources to the source of the problems without your having to pay attention at all...except to realize how much better you feel.

Feel your root system connecting you to the restoring energy of Mother Earth. Sense your branches reaching to touch the stars as they reflect the light of the Source. And feel your connection to all else that is. Allow this connection to nourish you and provide you strength.

Future pace the client to see and feel their conductor leading all their body's systems to function normally, healthfully.

The Mechanic³²
By Melissa Roth

From Fibro...What?

Developed for my Fibromyalgia clients to ease pain and stiffness. Soon found there are many issues involving sore, knotted muscles. Therefore, I've used it with athletes, people recovering from strokes, etc.

Your muscles work much in the same way the gears in a machine work. They pull against each other as they contract. To let go of the gears simply disengage, move away from each other and then slip. To relax, the little gears in the muscles disengage and the muscles slip on each other just like a child slipping down a slide, easily, effortlessly.

But sometimes, the gears in a machine become temporarily locked together when they shouldn't be. This can happen for many reasons. Then the machine does not function properly. When this happens many parts of the assembly line are out of sync. Blockages and backups may occur. Many parts of the manufacturing process can experience problems. When it happens the chief mechanic must be called in to unstick the gears. He might try flexing the gears. Or, he might try a procedure to release all the tension on them to relax them so they can slide easily. He will try different things, one after the other, until they function normally again. Then he pays close attention to whatever routine maintenance needs to be done to keep those gears functioning properly. And, after a while the entire plant clears out the backlog and starts to run in rhythm and harmony again.

The same thing happens when muscles do not relax when they need to. Knots form in the muscles, which become more and more sore and tender. Normal, every day toxins are more difficult to clean out of the body when the muscles are so tense and tight. Blood flow is decreased because it cannot flow freely in tightly congested areas. Many other things can go wrong with the body.

Now visualize a team of tiny mechanics flowing through your blood stream to those affected muscles. Some have oil cans, some have tools, and some have new space age lubricants, and still others have wastebaskets, brooms, and mops. See them working on those muscles to allow them to slip and slide against each other easily and smoothly again. Visualize those knots being untied and smoothed out. Direct those mechanics to routinely perform maintenance to keep them functioning properly and smoothly. Direct the mechanics to check those gears daily to make sure they continue to function properly. Now, like a good manager, communicate to the rest of the factory that the gears are now functioning rhythmically and harmoniously. The clean up crew can now begin to sweep and mop and to clean out all the toxins. The body moves steadily toward clearing up the back log so that the entire body can begin returning to a more proper functioning.

Ask to speak to that part of you that is responsible for routine maintenance of cells, organs, systems, and so forth... Ask that part if it would be willing to put those muscles on a schedule of routine maintenance so they can function smoothly again? And when that part responds, let me

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know by nodding your head if he/she says yes or shaking your head if he/she says no. *(If that part says no, then you must probe for why. Assuming that part says yes, then continue as follows).* Good. Thank that part for doing a good job. Thank those muscles for working so well for so long and for now returning to a more normal state of functioning. Tell them you are going to do your part to help them function smoothly. And tell them you are going to routinely relax them so they can have some time off to rest and repair cells and tissues. Tell them you are going to exercise your right to give them routine lubrication.

Now ask that head mechanic if there is something you need to do to facilitate those muscles to function better. If there is something you need to do to help those muscles, let it come into your conscious awareness now. *(Pause)* Is there something you need to do to help your muscles? *(If client says yes, ask them what it is. If they say no, then thank the head mechanic for doing a good job and go to trance termination.)*

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