

Class 1 practice script: Discovering Self-Hypnosis

In this script

- *Sunroof technique to clear limiting ideas*
- *Practice self-hypnosis – Let Go Trigger*
- *Affirmations*
- *Visualizing birth*

Use soft music in the background if you'd like.

Getting started (Focusing)

Put your body in a very comfortable position so that you can relax and just let go of everything for a while. Check that your head and neck and back feel supported. Let your body remain still.

Now without moving your head, let your eyes find a spot above your forehead, and just keep looking at it ... Let your eyes focus on it ... Now take in a long, deep breath ... (*watch for the breath*) and as you exhale, just let your body sink down and release any tension. Keep staring at that spot and begin to let your eyes go out of focus as you take in another deep, relaxing breath (*breathe in with her*). And release it ... and you might find your eyes getting heavier with the effort ... Place the tip of your tongue to the roof of your mouth and take another deep, relaxing breath through your nose, filling your lungs. And this time, as you let it out, drop your tongue, think "Let go" and close your eyes.

Deepening

Now bring your attention to your eyelids. Keep those eyes closed because it's so easy to focus ... and relax your eyelids completely ... Let them get soft and heavy ... Just so relaxed ... and smooth ... Resting ... Letting go ... Deeply relaxed, more than ever before ... In fact, relax them so much ... that they just won't work. Good. And when you are positive that your eyelids just won't work, you can try to test them and find that they just stay closed ... (*watch for testing*). That's right. Good. Now let them rest, as if your eyes were **asleep**. You see, your subconscious mind is already responding perfectly. You're doing it right, because you can trust that your body and mind know how to relax deeply. Notice how good that feels, to be able to relax those muscles so completely.

Your subconscious mind enjoys being in a relaxed body. So now, send that same quality of relaxation through your forehead and scalp ... over the top of your head, and then in a warm wave, down through your neck and shoulders ... and all the way down through your body, down to the tips of your toes ... (*pause 5 seconds*). With each easy breath, allowing yourself to drop down deeper and deeper. The deeper you go, the better you feel.

Allow your entire body to relax ... Just turning loose and letting go, in every muscle ... every nerve ... and every tendon ... A growing sense of calm and contentment ... A warm and pleasant feeling that you're creating right now ... That's right.