

Hypnotherapy Scripts



Module Seven

The Hypnotherapy Scripts

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Now you are well on your way to learning the secrets of hypnotherapy and starting to build your own business in this amazing hypnotic world.

Hypnotherapists are in great demand today so you are building your business at the perfect time.

This part seven module contains many scripts to get you well on your way. If you find that you need a script that is not here, call us at the Academy and we may have just what you are looking for.

Once you have completed the training program and you decide to join The British Academy of Hypnosis you will be able to access our support web site at: **www.HypnosisCircle.com** with your consultant's password you will be in a position to access over 100 more hypnotherapy scripts.

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A Basic Induction Script – Eye Blink Induction.

Take a nice deep breath and close your eyes.

You are starting on a journey ... a wonderful, healing, beneficial journey ... One you always enjoy taking, each time you take this journey, you become more relaxed, more at ease, you enter peaceful healing hypnotic sleep easier ...deeper ... and gaining more benefit from your journey.

Your very heavy eyelids are closed, you are breathing deeply and relaxing more and more with each breath ... All sounds can gently fade away... nothing distracting you, nothing disturbing you.

My voice is always soothing as are the sounds of nature ... you do not consciously need to listen to my soothing, relaxing voice, your inner mind, your subconscious mind hears, records and recalls for the conscious mind every word that I say.

Allow the muscles in your face to relax.... feel them become loose, calm, relaxed ... Very good.

(Note to Therapist) From this point on, you can use your own style, have them relax the muscles in their neck, shoulders, upper, middle back, lower back, the buttocks, back of upper legs, lower legs feet and each toe... do the same with the arms.... then the chest, stomach, hips and thighs.....upper legs, lower legs feet each toe.

In a moment I am going to tell you to open your eyes, your eye lids are very, very heavy, your very relaxed, it may seem difficult for you to open them, you open them when I tell you to open them,,, you keep them open

until I say to close them.... you follow my simple instructions and nothing in the world will keep you from entering a peaceful, healing, state of wonderful, relaxing, hypnotic sleep.

Open your eyes now.. open them, keep them open... become aware of your blinking, each time you blink, hypnosis spreads over your entire body, each time you blink.

Your very heavy eyelids become heavier... heavier... heavier....
As I count back from Three to One your very heavy eyelids close, close, close, close....

By the time I reach one your very heavy eyelids are closed... closed... and when you hear my voice and only my voice say SLEEP NOW you automatically enter a deep, healing, safe and secure hypnotic sleep.

Three... Your very heavy eyelids are closing.. closing...closing...

Two... Closing... closing... your very, very heavy eyelids closing, closing, closing... closed... closed... closed... closed...

One close... closed ... closed... closed.... SLEEP NOW...

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A Second Induction.

Close your eyes and relax just as fully as you can.

Now, take in a deep breath, hold it, and realise that you can relax even more.

Exhale now, and let all of the stress and tension within your body go with that breath. And breathe in relaxation once more and hold it while that relaxation circulates all the way through your body.

Now exhale, once again letting the tension flow out and away from your body. And as you continue to breathe in and out...let yourself relax more and more with each breath.

Just take your time and feel your whole body loosen and relax, letting go of all tension.

Imagine a feeling of relaxation coming over the entire head...the forehead, the eyes and mouth, your entire face.

Let that relaxation spread down through your neck muscles and across your shoulders...down your arms...all the way down to the tips of your fingers.

Feeling so comfortable, so relaxed. Everything limp and loose.

And that relaxation continues down your back, and across your chest, to your hips and abdomen, and down through the pelvic region and the buttocks.

Letting all tension slip out and away from your body.

Now that relaxation is spreading down your thighs...around your knees...and down your calves.

Those muscles relaxing and loosening, just like a rubber band unwinding.

All the way down to your ankles...your foot...and all that tension leaving your body, going right out through your toes and the soles of your feet. Your entire body completely relaxed now and deep in hypnosis.

Let the sound of my voice take you deeper inside as continue to relax. Every word I speak will take deeper and deeper...

Look all around you and you will see you are in a tunnel. It is dark, but you feel safe and secure.

You listen to the silence of the tunnel...The only sound is your own breath...deep and steady. You reach out and put your hand on the wall to help guide you through the darkness.

The wall is warm...and thick and you know you are well protected. There is something very special about this tunnel.

You know that you are meant to be here and that it will lead you to a very special place.

You begin to walk...curious to see where this tunnel leads...And with each step you go deeper and deeper ...more completely relaxed.

Looking ahead you see the faint flicker of a light.

It seems a great distance away, but you are drawn to this light...You go faster and faster...deeper and deeper, following the walls of the tunnel.

The light is becoming brighter...Your body feels light as a feather.

Your feet hardly touch the ground as you go toward the light, almost as if you are floating...

It is a beautiful white light...It beckons you to come closer. You can feel its warmth...its radiance.

The light fills the tunnel now, and you can see clearly as you move faster and faster...as if the light is pulling you to it.

As you draw closer, the light is becoming so bright you must shield your eyes.

Then...as you reach the light...the most wonderful feelings of peace and safety come over you.

Now you can look directly into the light and see perfectly. You no longer need to shield your eyes. It is safe to look.

The swirling light surrounds you. It is everywhere...passing in and out of your body.

As you breath it in, you can feel its healing powers...you can see its beauty...you can hear its joy.

You hold out your hands and look down at them, and they are glowing with the splendour of the light.

You scan your body and realize that *you* are the light, that you are one with the light. You take pleasure in the light, breathing in its protection and love...its peace.

You are in total harmony with yourself...with the world...with all that is.

And now as you enjoy the powers of the light; know that the light is in you.

It is always there to guide and protect you. You have only to close your eyes and think about it and know that it is.

With each breath that you take now you just seem to relax more and more.

Letting go and just drifting down deeper and deeper into this wonderful level of relaxation.

The Hypnotic Induction

Take a listen to the hypnosis download you received with this training course. This will give you a good idea to the length and timing of the induction process.

Once you have mastered a good hypnotic induction, the induction will last you forever! Generally one good hypnotic induction will work for all your subjects. Just keep it simple.



At this stage you don't want to be focused on speed, just focus on creating a totally relaxing process for your subject.

Once you have performed the hypnotic induction you are ready to follow a script to allow your subject to achieve their goal. Now there are hundreds of scripts available for you to use as a guide.

Over the page we will look at a very simple waking script, used to bring your subject back out of hypnosis.

An Awakening Script

And when you are ready, bring that light back into the room with you.

Know that when you open your eyes and return to this room, the feelings of peace and harmony, the love and joy will come back with you.

In a moment, I will count to five and when I reach five, you will open your eyes and you will be back in the room.

Fully alert and feeling wonderful in every way.

One. Coming back, relaxed and feeling good
Becoming alert, feeling refreshed

Two. Fully alert and feeling wonderful
Almost home and totally stress free

Three. Becoming lighter with every number I count
Feeling total refreshed

Four. So much better than before
Almost back with me now

Five. More aware of the room around you
Eyes open, wide awake, rise and shine!

The Hypnosis Process

So you can see, the hypnotic process of induction, deepen, script and awaken is very simple indeed.



Your success as the Hypnotist simply depends on a nice confident professional delivery.

Over the next few pages we will look at a series of hypnosis scripts.

Fears and Phobias Script - Television Method

Induce trance using a previous script

As you relax deeply in this state of trance all your muscles pull you down deeper and deeper into relaxation.

In your imagination I want you to picture all around you a darkness, a warm and comfortable darkness and in the darkness I want you to picture a large television screen with buttons underneath that control the television and also buttons that control a video that allows you to rewind and fast forward what you see on the television screen.

In your imagination now seen the television screen, picture the buttons all around and allow the image to become clear as you relax more and more. Picture the image in colour and in detail.

In a moment we are going to play a video on the television screen and on the screen you will see a clear picture of your phobia.

Now you will not be concerned or shocked in any way because it is only on the screen and so it cannot do you any harm or cause you any stress.

Still you relax more and more just knowing your phobia is about to be cured. Picture the scene in detail and see the colour as clear as possible.

Now in your imagination press play on the video buttons and you will see on the screen a time in your past when your phobia was causing you concern.

I want you to see the picture clearly. On the screen you clearly see a colour picture of your phobia.

It will not cause you any stress as it is only on the screen.

As you see the phobia clearly I want you to drain out the entire colour from the picture and as the colour drains away so does your fear.

See the screen as clear as you can now and start the process of allowing the entire colour to drain away leaving the picture in black and white.

As the colour just drains away all your fears of this phobia drain away also leaving you with no fear.

As the colours fade away your fear of your phobia fades away leaving you relaxed and confident.

Now your phobia has been removed forever and you can relax.

Even now as you see your phobia on the screen you feel more comfortable and confident.

All the colour fades away and you are left free from your phobia for the rest of your life. These suggestions are already growing stronger and stronger in your subconscious mind and will remain growing stronger and stronger as you wake from this hypnotic state of trance.

Your phobia has drained away leaving you relaxed and confident.

In a few moments I will wake you from trance and as you wake your phobia has gone and you feel fine.

I am about to count up from 1 to 10 and ...

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Through the script it may be worth replacing the word phobia with the actual fear i.e. “your fear of spiders”.

The words do not have to be exact but keep it positive and by using the television screen you should be able to remove any stress that might otherwise stop the person relaxing.



Once the trance has been induced the script may be as short as the script above.

Over the page is the complete script for the British Academy of hypnosis blue print for success audio program.

It's 15 pages long and really works in depth.

A full induction, full deepen, full script and full wake up!

Activate Your Personal Success Script

Your eyes should be comfortably closed and you're breathing deep, rhythmic, and relaxed . . . concentrating on the simple action of letting go and allowing the subconscious mind time to absorb and digest each of the positive suggestions.

Concentrating your attention now on the act of breathing . . . breathing in deeply . . . and breathing out completely, feel the relaxation response as it moves into your mind and body, creating a sensation of deep relaxation and rapport with your subconscious mind.

Your subconscious mind is that part of you that knows exactly what you need to see today.

It knows exactly what you need to hear.

It knows exactly what you need to experience. And all you really need to do is relax, let go, and let it happen.

As you relax, let go, and let it happen, all unconscious thoughts, all unconscious cares about your day-to-day experiences will melt away.

Focusing on my voice and allowing all other sounds and all other influences to drift away, continuing to return back to the deep relaxation of your body.

The more relaxed, the more comfortable your body becomes, the easier it will be for you to go into the altered state known as hypnosis.

Each time that you accelerate your skills, abilities, and resources of going into hypnosis, your mind will expand.

Your brain as well as your body will absorb, and you will benefit from post-hypnotic suggestion.

Notice the simple action of breathing as the scalp muscles and tendons relax. So relaxed and comfortable that all you need to do is focus your awareness on the sensations and feelings of letting go . . . letting go of thoughts . . . letting go of cares . . . letting go of concerns and focusing on you.

Focusing on you-the most important person in your universe. Without you, there would be no universe or you.

So feel the scalp muscles and tendons going loose, comfortably limp and relaxed. Notice the sensation of relaxation, perhaps for you as a lightness, perhaps a heaviness, perhaps even a tingling sensation.

Feel it moving from your scalp into the facial muscles and tendons, as the facial muscles and tendons go loose, comfortably limp, completely relaxed. Even the muscles and tendons around the eyes are going loose, limp, lazy and relaxed.

So comfortable, that each time that you close your eyes with the intention of going into the empowering, positive, and dynamic state known as hypnosis, you will go further . . . further than before . . . further into relaxation than the time before . . . more relaxed, more comfortable and with greater peace in your mind and body . . . peace and tranquillity, self-confidence upon awakening . . . confidence about what you'll do . . . confidence about how you'll do it.

All you really need to do is breathe through the process today.

The simple action of breathing will alter your state of awareness so that outside sounds and influences only prompt you to go further into a relaxed, comfortable state, where each post-hypnotic suggestion can saturate the subconscious mind.

In saturating the subconscious mind, new behaviours, new attitudes, new beliefs will be established, helping you to see through the newness of your eyes, hear through the newness of your ears, and sense and feel through the newness which is your body . . . a newness, which each time will allow you to awaken rested, relaxed, revitalised and renewed, with your motivation and your determination accelerated . . . accelerated in the direction of your loftiest goals.

Feel the neck muscles and tendons going loose now, comfortably limp and completely relaxed, so the scalp, facial muscles and tendons and neck area are going loose . . . comfortably limp and relaxed. So relaxed and comfortable that soon, very soon indeed, you'll be unaware of your body, yet you'll remain very aware, very alert, and very conscious to the power of your own mind, which is enormous.

And what your mind and body can do for you is no small thing . . . it is a big thing that can and will be done in a very easy, natural, and spontaneous way. All you will need to do is let go. Letting go is simple, easy, and natural.

Letting go of thoughts, letting go of cares, letting go of the concerns of the day, feel the shoulders relaxing. As your shoulders relax, your body comfortably makes a transition . . . a transition into positive thoughts, positive attitudes, and positive beliefs about you.

And you slowly and completely lift all the weight from your world, feeling the shoulders muscles and tendons going loose, comfortably limp, and completely relaxed.

Each time, more fully capable, more fully able to relax the mind and the body, synchronising your thoughts, organising your attitudes, empowering yourself with new beliefs so that each time that you breathe in deeply, each time you breathe out completely, your mind and body synchronise, and you organise your results upon awakening . . . organising tangible, real, positive results.

And the more relaxed your body becomes here, the more positive, the more optimistic, the more productive your body will be upon awakening . . . the more productive your mind will be upon awakening.

For your mind and body, two very powerful forces working in the direction of your highest goals, right here, right now, concentrating your full awareness on the reduction and the elimination of stress, strain, and confusion in your life.

Feel the upper arms and elbows now, relaxing, going loose, comfortably limp, lazy and completely relaxed, preparing your mind and body for all of the post-hypnotic suggestions to come.

Your mind is opening to the positive suggestions that will follow . . . opening your thoughts . . . opening up to new ideas . . . opening up to new concepts and empowering beliefs that are going to help you upon awakening. And the more relaxed you can become right now, the more positive, the more productive, the more permanent and lasting your changes will be upon awakening.

Notice the elbows, the forearms, and even the fingertips relaxing now. So relaxed and comfortable that all you really need to do is breathe. The simple action of breathing is easy and simple.

Each of the resources that you will need, want, and desire upon awakening to reach your personal goals will be as readily available as oxygen. All you need to do is breathe them into being.

You can feel the slight tingling sensation in the tips of the fingers as the fingers, the hands, and wrists go loose, comfortably limp, and completely relaxed. Each time, more relaxed than the time before . . . realising that you are learning and discovering the power of relaxation, the power of letting go . . . letting go of thoughts and concerns about your day that you have no control over . . . changing 100% of what you can that will improve the quality of your life, the quality of all relationships, the quality of all thoughts.

All negative thoughts, all negative concepts, all negative beliefs will be neutralised by your mind, dissolved and slowly dissipated by your thoughts, eliminated and even eradicated by your body's awareness.

All you really need to do is concentrate on the act of breathing.

The more fully you can breathe, the more completely the change will be upon awakening. Change is natural, normal, and ideal for you.

So every night, as you drift off into a dreamy, drowsy, relaxed and comfortable state of sleep, you will make a review of your day.

In the review of your day, you will make all the adjustments that need to be made . . . adjustments to the way you see . . . adjustments to the way

you hear . . . adjustments to the way you sense and feel your body . . . adjustments that will allow you to maximise your mind, harmonise your thoughts, and accept each of the positive suggestions.

Feel the chest, abdomen, and back relaxing now.

So relaxed and comfortable that each time that you close your eyes, your mind will be more open, more receptive, and more capable of change upon awakening.

After all, there is only one constant in the physical universe; that is the constant of change. Everything in the physical universe is subject to this one great law--the law of change and transformation.

Today you've decided to change your mind and change your life. All you really need to do now is breathe.

Breathing in deeply and breathing out completely, all outside sounds, all outside influences, all outside beliefs will only redirect your awareness to you. That's what this is all about.

It's about improving you, improving the quality of your life by improving the quality of your thoughts. Each time, going further than the time before, your body more relaxed, your mind more open and receptive, and your life more capable and able of change upon awakening.

As each positive suggestion continues to saturate your subconscious mind, playing back through your life experience as new behaviours, new attitudes, and new beliefs, feel the hips relaxing.

Notice for you the sensation of relaxation as every cell, every system, every organ of your body synchronises and organises.

So synchronised, so organised that you will utilise each post-hypnotic suggestion upon awakening . . . utilising each suggestion so that you can see through the newness of your eyes, hear through the newness of your ears, and sense and feel with the newness of your body . . . sensing and feeling with the newness which is your body.

Every day in every way you're getting better . . . better, better, and better than the day before.

You will make changes with resources you didn't even think you had that will be triggered by people you didn't even know you'd meet, around times you would never think you would find yourself.

So today your mind is open and receptive to the ultimate changes that are going to convince you . . . absolutely, positively convince you that you know exactly what you need to see, exactly what you need to hear, and exactly what you need to experience. It will happen as readily and as naturally as your heartbeat. And all you need to do now is breathe . . . continuing to breathe in deeply . . . and continuing to breathe out completely.

Every cell, every system, every organ of your body now is synchronising, is organising with the ultimate power of your own mind . . . the power of communication down through your body as all fears, all frustrations, all anxieties about your change melt away.

Your change is guaranteed.

Each time that you close your eyes with the intention of going into hypnosis, you are maximising your mind, harmonising your thoughts, and going further into the ultimate state of relaxation.

The more relaxed your body becomes, the more open, the more receptive your mind will be, so your mind is open and receptive to all post-hypnotic suggestions to follow.

Each suggestion will saturate the mind, so fill the senses that upon awakening, new habits, new patterns, new abilities will emerge as naturally as your breathing. As spontaneous as your heartbeat, each suggestion will follow you . . . like your shadow through your day.

Naturally, normally, and spontaneously as you breathe.

Breathing in deeply . . . breathing out completely, let yourself go now as the knees relax.

And as the knees relax comfortably and peacefully and normally, all the things that you feel need to change, whether it's something in your morning, something through your midday, or something in your evening, change will happen upon awakening--absolute, positive change.

And each night as you drift off into sleep, even in the deepest realms of sleep, you will continue to evaluate your day. In the evaluation of your day, new ideas, new concepts, new beliefs will flood your mind, and your dreams will be creative and uplifting.

You will awaken with a positive, optimistic, dynamic attitude about you. Every day, better than the day before . . . more positive, more optimistic, more productive than you ever dreamed possible.

Feel the relaxation response move now as a flood of information down through the scalp, facial muscles and tendons, down the neck and across the shoulders, down the arms to the tips of the fingers, where you can feel the pulsation of relaxation increasing . . . the chest, abdomen,

and back relaxes, and the hips and thighs, the knees calves and shins . .
. and now the bottom of the feet relax.

The toes relax. Your body, relaxed and comfortable, is now open and receptive to all hypnotic suggestions to follow. Each hypnotic suggestion will work perfectly for you, flawlessly, in fact, to create new behaviours, new attitudes, and new beliefs.

All you need to do now is breathe. Continuing to breathe in so that all of the post-hypnotic suggestions that will follow will be saturated by your subconscious mind, organised by your thoughts, and integrated into your attitudes.

So continue to breathe deeply. In a moment, each of the suggestions will follow; conditioning your conscious as well as unconscious mind . . . and this is so. (Pause for 30 seconds.)

Activating your personal success blueprint is as easy for you as breathing.

So continue the process of breathing in success while breathing out all fear and doubt. There is only one thing that stands between who you are now and who you'll be in the future.

It is your blueprint for success. What you do as successful actions, beliefs, and concepts will shape your future. So today, you're going to journey back through time.

Back for you to the very beginning of time, where you're going to learn how you learned when you were just an infant, when you learned to see through new eyes, hear through new ears, and sense and feel through the newness of you body.

At that moment, you knew you were a winner because winners learn from wherever they're at to get to wherever they're going.

So today, you're going to learn from the successes as well as the failures from the past. All you really need to do now is journey back through time.

Allow your mind to journey back through time to the very earliest pleasing, positive memory. And when you're at the earliest pleasing, positive, and wonderful memory, I want you to step into it.

Imagine breathing that positive, empowering memory into your mind.

Imagine, to the very best of your ability, that you could see through your eyes that past event, that you could hear through your ears, that you could literally sense and feel the way you were sensing and feeling at the earliest memory that you choose to recall today that was pleasing, positive, and productive.

Now some have listened to this process and journeyed all the way back through time to the very first time that they were to take a step without grabbing a hold of the couch, a table leg, or a parent's hand.

That very first step was a step forward towards success. Others go back to the very first time when they picked up a spoon and they fed themselves.

There are successes in your past that you haven't even considered the strategies that are just there beneath the level of your conscious mind that will be triggered upon awakening.

Whatever you're doing right now, whatever your career path is, your unconscious mind knows exactly what needs to change, specifically, so that you can have more joy, greater happiness, and greater prosperity doing it. All you really need to do is breathe.

So as you breathe in deeply and breathe out completely, success, like your shadow, will follow you through the rest of your life. After all, success isn't a destination; it's a state of mind.

So if you don't mind today, I'm going to ask you to imagine bringing forward through time each pleasing, positive, and dynamic event that has every shaped your life in the past. I want you to store them, categorise them, and organise them in bright, living colour.

Make them real and vibrant in your mind, so colourful and so bright that you'll be able to call them resources, skills, abilities and resources, upon awakening, that your subconscious mind will gather so that when you need the support the most of your own mind, it will be there.

100% productive for you, helping you to get from where you are now to where you want to go in the same way a builder might lay a blueprint out, looking at the building site, knowing first that he or she needs to clear the land, build a strong foundation and then the house can be built.

But all of that is preceded by a blueprint.

So, too, the foundation of who and what you are needs to be reshaped, re-planned and programmed for personal success, optimising your mind, harmonising your thoughts, and helping you to structure a vision for your future.

Now deep, deep inside there's a small, still voice of wisdom.

Wisdom tells you that you have done the very best that you could, given the information you've had at hand.

Today you're being given new information . . . different information that's going to empower you to see, hear, and experience your life, moving freely and easily in the direction of your loftiest goal . . . freely activating your mind . . . freely activating your thoughts . . . freely restructuring your beliefs so that as you journey back through time, each time that you listen to this empowering positive, dynamic hypnotic process, you're going to retrain the brain so that you see, hear, and experience all negative events as black and white images, still pictures in an old photo album in your mind. You will store them, categorise them, and organise them so far behind you that you will learn from the experience whatever was most valuable for you, but you will step out of past limitations and into the freedom, the flexibility and power of the moment we call "now."

Right here, right now is the most powerful moment in all eternity.

So all you really need to do to set your blueprint in motion is to release the past, cast out all doubt, and move forward in the direction of your loftiest goals.

So as you retrain the brain each time that you close your eyes with the intention of going into hypnosis, your mind is going to expand . . . your brain as well as your body is going to absorb each positive suggestion. . . . and most importantly, your life is going to improve.

It will improve because you want it to. It will improve because you'll will it to, but most importantly, your life is going to improve because you're going to make it happen upon awakening.

So some of the changes will happen in memories in your morning, when you're getting up in the morning, filled with energy and vitality.

Even before your alarm, your eyes will open, you'll be wide awake, feeling fine and in perfect health . . . knowing that today, this day, is the most important day in all eternity.

For today you have a choice, a choice to succeed. Casting aside all thoughts of failure, frustration, and anger, you will move directly and peacefully towards your goals.

Self-love and satisfaction will permeate every cell, system, and organ; therefore providing you perfect harmony in all relationships. Health, harmony, vitality will become your key words for today.

Each beat of your heart will remind you of health, harmony, and vitality. Moving directly towards your goals, you will create a magnetic personality.

And just as a magnet draws to itself metal, you will draw to yourself positive events, experiences, and people.

I say to you now, negative thoughts, negative influences, negative beliefs will have no control over you at any level of the mind . . . at this or any of the awakening levels of consciousness.

You will empower yourself with dynamic thoughts, empowering, positive influences, and move in the direction of your goals.

So today, this day, as you free your mind and move steadily in the direction of your loftiest goals, you will journey back through time during this hypnotic experience. And as you journey back through time, all pleasing, positive, loving times will be stored, categorised, and organised from this day forward in bright, living colour.

You will step into them just as you would step into the shower, washing away the dirt, the grime, and the sweat of the day. So, too, you're going to wash away negative thoughts, wash away negative concepts, wash away negative beliefs.

So that every day in every way you'll be better than the day before, you will notice each time from this day forward that you turn on a light switch that you're turning on the inner light of awareness, that you will change the things that you can in your life to move progressively, absolutely, and positively in the direction of your goals. And you will eliminate, eradicate, and remove from your mind, thoughts, and beliefs the choice of failure.

In fact, you no longer need consider that option because you're moving in the infinite way . . . that in any moment in time there is only an infinite number of ways to succeed.

There is no failure in life for you; there is only feedback. You will gather feedback from the world around you, adjust your thinking, and move forward in the direction of your loftiest goals.

It will happen spontaneously, it will happen naturally, and most importantly, it will happen normally.

Each of the positive and progressive changes that will happen from this day forward will happen because you're open it to happening, because you let it happen, and most importantly, because upon awakening, you are personally going to make it happen.

You will take the necessary steps, upon awakening, to open your eyes to the opportunity of success in the world around you.

You will build a blueprint that each night as you drift off into sleep, you'll be able to evaluate the stress, the strain, the confusion of your day, and make all the necessary changes.

Making all the necessary changes, you will see clearly through the newness of your eyes. You will hear, specifically, through the newness of your ears. You will sense and feel with the aliveness of your body.

And each time that you journey back through time, you will promptly begin a process of remembering to forget all negative thoughts, negative concepts, negative beliefs that have ever prevented you from optimising your mind, harmonising your thoughts, and accomplishing your loftiest goals.

Every day, easier, simpler, and more natural than the day before, simply breathe in deeply . . . breathe out completely, for the blueprint, from the moment of its inception to the visualisation of its completion, you will step into the resources, skills, and abilities that are available to you.

You have skills, abilities and resources that you haven't even considered that will be triggered by experiences you couldn't even imagine that will be a part of your day-to-day experience from this day forward, creating physical changes, creating mental changes, creating emotional changes that, for you, are going to last a lifetime . . . a lifetime of physical, mental, and emotional changes that will assist you in seeing, hearing, and experiencing your life the way it was genetically intended the moment you were conceived.

You were conceived a winner, a race for life itself. You were the very first of your kind and the last. There is no one uniquely like you and there will never be another.

So today you're going to maximise your mind, harmonise your thoughts, and empower yourself with the belief in change. And as my voice pauses now, I want you to imagine how easily and naturally your life can change . . . when, upon awakening, your shoulders roll back, your chin rolls upward, and you begin to think differently about the days, the weeks, and the months to come.

You begin to think positive, dynamic, wonderful thoughts about your future, where the day's flow into weeks and the weeks flow into months and the months into years.

And all you really need to do now is relax, let go, and imagine. As my voice returns, it will double and then triple the effectiveness of this process . . . and this is so. (Pause for 30 seconds.)

Each and every one of the post-hypnotic suggestions are now becoming permanently a part of your mind, transforming into your beliefs and convictions so that success will follow you as naturally as your shadow.

All you will need to do to activate this success strategy upon awakening is do what you know you need to do to succeed. Follow the principles of success in your own mind.

Remove and eliminate stress, strain, and confusion. Fear will be given no space or time in your mind. If you fear it, you will move through it. You will move steadily and progressively through all experiences, from wherever you're at now to where you want to be in the future . . . every day, easier, simpler, and more natural than the day before. All you're really going to need to do is breathe.

In fact, as you breathe in deeply and you breathe out completely, your subconscious mind is making all the necessary changes . . . changes that will be spontaneous, natural, and automatic for you.

In a moment you're going to notice that this process is going to come to an end. That's the space, the time where the seconds will expand into hours, and the hours into days, where you will review this process again in your mind and make the necessary adjustments so that the next time that you enter into hypnosis, you will go ten to one hundred times further inside, where your capacity to understand, use, and benefit from hypnotic suggestion will only double, triple, and become more effective for you upon awakening.

When you notice that this process has come to an end for you, you will slowly and progressively return back into the room but only when you have formulated in your mind, harmonised in your thoughts, and accepted the absolute possibility that every day in every way you're getting better . . . better, better, and better . . . and this is so.

As I count up from one to five, the process will complete and when you are ready you can open your eyes.

One, feeling wonderful

Two, becoming more aware

Three, feeling strong and powerful

Four, lighter and refreshed

Five, eyes open and back in the room

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Stop Smoking Script

Begin with your favourite induction and deepen.

The purpose of this session is to integrate deeply and completely into your mind the thoughts and the ideas of a non-smoker.

Simply allow your mind to respond to the lights and the sound that you're experiencing.

Soon, very soon indeed, the light and the sound will take your brain from a level of Beta-- wide-awake consciousness--to a level of Theta--that is the threshold of sleep.

Because you have been through the processes before, you can already begin to notice, sense, and feel the changes in your own perception...the changes in your own awareness...changes that will allow you, upon awakening, to look at a cigarette...smell the smoke of a cigarette...and watch others consuming cigarettes, and instantly, automatically, without any question, without any hesitation, you will lose the desire.

You will lose the want and the need for the cigarette of the past.

Soon it will be totally gone from your mind.

Soon it will be gone from your thoughts.

Soon your body will be in an intense level of awareness...an intense level of awareness of health and vitality. Inner peace will be developed. An inner calm will become a part of your everyday life experience. You will find yourself more and more relaxed, even around the most difficult people.

Become aware once again of my voice.

Allow my voice to resonate between the right and the left hemisphere of the brain.

Focus your attention there on a spark of intense white light. Allow that spark to represent your desire--your need, if you will--to be a non-smoker.

For it's not for you, but it's for your body that you are deciding to be a non-smoker.

So it is to the extent that you desire, and to the intent that you desire to live in a healthy, vibrant body that you will allow each and every one of the post-hypnotic suggestions to move into your mind...that you will allow all the post-hypnotic suggestions to move throughout your body...re-educating every cell.

Re-educating every system...and re-educating every organ of the body, so that instantly, automatically, without much conscious effort at all, you will lose the desire for a cigarette.

It could happen instantly and automatically.

It has already happened in many areas of your life. Soon you will simply begin to remember to forget totally about the cigarette of the past. So that it can be gone completely, beginning today, and reinforcement can take place at each and every one of the following hypnotic sessions, move your attention to that spark of intense white light.

Imagine that as that spark grows, it moves as a cyclic motion as if spinning in a counter-clockwise motion.

It begins to fill the brain, and it begins to cleanse the brain.

Mentally, all thoughts, all concepts, all beliefs that would need to be changed are being changed.

Mentally, all thoughts, concepts, and beliefs that would need to be altered are now altered.

You will find emotionally you will handle all social situations better than ever before, because socially you will now accept yourself totally and completely tobacco free, allowing others to do whatever they want to do.

For this is your life, and you intend to live your life in health and vitality. Health and vitality are becoming your watchwords for today.

You will find as a non-smoker that your sense of smell has already begun to return to natural and normal for you. So beginning as early as today, you will notice that the simple smells of foods will begin to fill you up, meaning you will naturally eat less, choosing the healthy, vibrant foods... Healthy foods that build and produce your body.

You will find that your sense of taste will return to what's natural and normal for you; therefore, you will chew your food slow, long, and continuous...chewing, assimilating, and digesting the food properly.

You will eat less and enjoy life far more. In that enjoyment you will find a healthy, natural weight for you.

Healthy and natural weight will be yours permanently and forever, throughout the rest of your life, because you now have a healthy mind, and your body naturally will mirror that inner health...that inner state of vitality.

Allow the scalp muscles and tendons to go loose. Allow the scalp muscles and tendons to go limp. Let the scalp muscles and tendons go completely now, and totally relax.

Feel the lightness and brightness of this inner spark now igniting the intelligence within the body. For this body is controlled by a super-intelligence, far greater than your conscious mind. Far more efficient than your conscious thoughts.

It always remembers what needs to be done next. Just like right now it's remembering to beat your heart. In a very rhythmic, natural function, your heart has been beating since the moment of its creation. In that moment of creation, change occurs.

Change occurs because your body is changing. In fact, your body is changed every seven years--every cell...every system...and every organ of your body has changed every seven years of your life.

There is a master blueprint--a master plan--within your mind...a master plan and blueprint within your body.

That master plan and blueprint is of health and vitality. That natural plan, that normal plan, will be yours upon awakening. You will find, without question, without hesitation, your mind will see, hear, and experience life more fully because you will see through the eyes of a non-smoker. You will hear through the ears of a non-smoker.

You will sense and feel with the body a dynamic state of health. Your body will remain optimally healthy...that whatever you need to see, whatever you need to experience...whatever needs to occur for you to become convinced--absolutely, positively convinced--that you are a non-smoker, it is already occurring...it is already happening within you, and it's now flowing through you.

For all things that happen to you must first happen through you.

So lift the weight of the world from your shoulders.

Let go of any feelings of stress, fear, or anxiety.

Let go of any hidden anger or resentment about your past, past situations, or past events. For these emotions serve no one, just let them go.

Take in a deep, deep breath and let it out with a sigh, allowing the sigh to represent your forgiveness of the past. Let it go. Let a power far greater than your conscious mind take care of the past.

For the present, the most powerful moment in time, that moment called "now", is efficiently, absolutely producing results... results that will be just as immediate, just as positive, and just as effective for you...positive and effective changes that will allow you to change.

To change your life, all you need to do is change your thoughts.

Changing your thoughts is perhaps the most valuable asset you have available to you.

It is naturally your most powerful tool.

Because you're using that powerful tool to change your life and to transform your beliefs, every day, in every way, your life will improve...your world will naturally open up...naturally open up to new experiences...totally and completely tobacco free now, you will live the life of a non-smoker.

You can already begin to sense, feel, and become aware of your future. You will dream the dreams of a non-smoker.

One day at a time you will see through new eyes...one day at a time you will hear through new ears...one day at a time you will sense and feel with your body...you will sense and feel with your body that can, and will, remain tobacco free.

Free from any need, free from any want, and free from any desire to the past. Allow the arms to relax. Allow the arms to the hands to go loose...to go limp...to go completely, and then totally, relaxed...in fact, into such a state of positive and dynamic relaxation that whatever you need to see, whatever you need to hear, and whatever you will need to experience today, you are experiencing unconsciously...so that consciously, upon awakening, you will live the life of a non-smoker.

Imagine this inner light--this spark of intense white light now--moving into every cell, system, and organ of the body as you place relaxation there. You perhaps are feeling lightness throughout the body. It could be heaviness. It could be a tingling sensation.

Whatever you are sensing and feeling today, it will intensify, it will increase with each and every visit to this level of the mind.

Each time you will go deeper.

Each time a more positive and resourceful life will be yours.

Every day, in every way, your life will shift and change, enhancements can, and will, be made. It is those enhancements, those internal changes that will allow you, upon awakening, to live the life of a non-smoker.

You have already gone back through time...already you have gone back through time and made changes to the past.

That part of you that functions in the past has already agreed-- absolutely, positively agreed to re-train itself unconsciously, so that every day, in every way you will awaken like a child with curiosity in your mind... curious as to the success of today's program.

Imagine now that as relaxation moves into the chest, abdomen, and back that a deep, inner sigh of relief is now occurring...that the innate, healing potential of your mind is now unlocked and unleashed into your body.

It is unlocked and unleashed throughout your thoughts.

Your attitude is changing; it is becoming more positive than ever before.

In fact, whatever you did well in the past, you will continue and do even better into the future.

There will be such a dynamic and positive change occurring in your life, that every day, in every way, resourceful, positive, and dynamic changes will be yours... without question...without hesitation.

So concentrate your attention...concentrate your awareness on the hips, thighs, and knees. And imagine that whiteness and brightness now welling up within the hips, thighs, and knees.

Transforming any negative thought, any negative concept that you've ever had about this body...transforming any negative thought, any negative concept, any negative emotion that you've every had about this body so that upon awakening today you will know that this is the body of a non-smoker... a clean-air breather.

One who respects themselves, their world, and their reality. And that the seconds here are like hours, the hours can now become days, and the days will become weeks.

Soon, you will be there in the future, one year from today, looking good, feeling good, accomplishing each and every one of your goals. You will find whatever you have done well in the past, you will continue. And whatever you need to improve upon, you will continue a steady movement of improvement, that improvements will be made each and every time that you enter into the dreamy, drowsy and dynamic state known as hypnosis.

And even now, you can become aware that the light and the sound has slowed down to a rhythm and a pace known as Theta.

Your unconscious mind knows exactly what this is. And each time that you enter into the state of resonant relaxation, your body and your mind will work together, creating a physical, mental, and an emotional change.

It will be so dynamic, so positive, that every day when you look in the mirror you will notice a subtle difference. A difference in your attitude about yourself. Your self-esteem will improve.

Your own self-worth will improve. A dynamic, glowing, wonderful example will be given to you unconsciously each time that you enter into the dreamy, drowsy state known as hypnosis.

You will become more positive about yourself, more positive about your choice to be a non-smoker, a clean-air breather.

You will find that the unconscious mechanism that already has been built will improve each night as you drift off into sleep.

For whatever has happened, whatever has occurred in the amount of the day, your unconscious mind will make a review of those activities. In the review of those activities, all changes, all enhancements that would need to be made will be made...all changes would be made...all improvements. So in the future, if you get into the same situations, you will now see through the eyes of a non-smoker.

You will hear through the ears of a non-smoker, you will sense and feel with the body that can, and will, remain tobacco free forever, permanently and through the rest of your life, one day at a time.

One day at a time you will begin to trust in a power far greater than your conscious self. It is a power that resonates as intelligence in every cell.

It is in every system, it moves through every organ of the body. In fact, even now, your unconscious mind is preparing you a new behaviour, a new behaviour right when you need it the most upon awakening that will allow you to see life through new eyes, the eyes of opportunity.

To hear the world with new ears, the ears of wonder. And to sense and feel with a new body, a body with expectancy for change.

That transformation has already occurred.

Relaxation is bringing to pass as reality all the time that you would need to condition your mind to the beliefs that are true for you.

You were born a non-smoker, a clean-air breather, one who respects them self, their world, and their reality.

So as the calves, and shins, and the feet fill with the whiteness and brightness, mentally imagine now that the hands and feet are slowly melting away...that the super-consciousness is reprogramming on a mental level, every cell...reprogramming on a mental level, every system, every organ of the body.

Imagine that the hands and feet are melting away.

Melting into the lightness and brightness of your mind. Imagine the hips, the shoulders, the legs and the arms slowly melting away... melting into an intense brightness, to a whiteness, knowing that there is a power and a resource far greater than your conscious mind that knows exactly what you will need to experience today to become convinced absolutely, positively convinced, to rid yourself of all tobacco and paraphernalia. And to look back at that day, that day of discovery... that will convince you, absolutely convince you that this time it's forever... permanent. You will be a non-smoker, permanently and forever, upon awakening.

Allow now the torso, neck and head area to melt away... to melt into the brightness and lightness of your mind. From that mental place, become unaware of your body and become aware of a beautiful place in your mind.

In this beautiful place in your mind will be your place of mental relaxation.

In that place of mental relaxation, the seconds will become hours, the hours will become days, and all the time that you need today to spend in the state known as hypnosis will occur.

When my voice returns, it will not startle you at all. In fact, if you find that the light and the sound shuts off completely, that will be your cue to return back into the room... only as slowly as all that you need to see today...all that you need to hear today... and all that you need to experience today has happened so that today you will continue on a program of success, one day at a time, totally and completely tobacco free.

Free from the need, free from the want, and free from the desires of the past. And when it's happened and occurred, the light and the sound will come to a complete stop. Then your eyes will open, only as slowly as all of this can become truth for you and this is so.

One, a non smoker for life
Two, feeling lighter and more aware
Three, feeling wonderful
Four, lighter and light
Five, eyes open and wide awake

Weight Reduction Keyword Script (Recorded Version)

This script is to give you some idea of how to record scripts for subjects to use at night or how to break down scripts into positive direct key words for you to use without having to remember full scripts. It may be very helpful to have the subject engage in visualisation as well.

Key words for weight loss

I become strong and slender.

I want to become more slender. Because I want to become more slender, my appetite is now easily satisfied with a much smaller quantity of food that I have become accustomed to eating.

I know that my body needs protein for strength, so I enjoy eating a small quantity of lean meat.

I enjoy a single slice of brown, coarse bread.

I enjoy eating green, leafy vegetables.

I enjoy eating all the body building foods which give me strength and a proper balance of minerals and vitamins.

My body already has in storage an abundance of fat.

My body has no need for additional fat.

My body is now ready to use this fat that I have stored up.

As this fat is used, I feel the way I want to feel; strong, energetic and vigorous.

Because my body has no need for fat now, I have no appetite for fats, sweets and starches.

I dislike the fat in meat; I have no desire for butter or cream.

I dislike ice cream, I dislike sweets and pastry, and I have no desire for cake.

I do not like potatoes or white bread.

My dislike for these foods is becoming so great that soon it is impossible for me to eat them.

My body has no need for these foods right now.

My tastes correspond to the real needs of my body.

Food substances that are not needed are actually unpleasant to me.

I am now finding a new pleasure in eating the foods that my body needs.

I eat slowly.

I take small bites,

I relish each bite as I chew it.

I am now taking time to actually taste the flavour of the foods that I eat.

I am rediscovering the subtle and enjoyable differences between foods.

I enjoy the taste of the lean meat, and a very small quantity makes me feel full and satisfied.

I enjoy the taste of the leafy vegetables.

I enjoy the taste of skimmed milk which brings so many valuable minerals.

I enjoy the taste of fresh fruits.

I enjoy the taste of green vegetables.

I enjoy all of these so much, that a very small quantity of them makes me feel as though I've eaten a full dinner.

I am completely satisfied with the quantity of food that contains about (specific count) calories.

I wish to weigh (Desired ending weight) because at that weight I will feel very much better and be much more attractive.

I am going to burn the excess fat from my body at a rate of (Specific lb. value 2 - 5) pounds per week.

In ten weeks I am going to weight (10 weeks times lb. per week) pounds less.

In ten weeks I am going to weight (Starting weight - 10 week loss) pounds.

Each week I burn (Specific lb. value 2 - 5) pounds of fatty tissue; I do this because I want to be more attractive.

I do this because I want to feel stronger and more vigorous.

I do this because I want to be healthy.

I do this because I want to be well.

I desire to be strong, vigorous and healthy. That desire is so great that it easily and unconsciously controls my appetite; and I automatically eat only the foods that my body needs in the quantities that my body requires.

Once the weight loss has started, the following suggestions can be added to the script.

I am now eating the foods that my body needs.

I am eating only the food that my body needs.

I am eating only 1000 calories a day, and I am enjoying every single bite that I take.

In my daily activities I am consuming the reserves of fat that have been stored in my body.

This fat is being burnt from my entire body, but it is coming especially from my abdomen and my hips.

My hips are becoming smaller as the fat is consumed.

My stomach is becoming flatter as the fat is consumed.

Already I am feeling stronger and more healthier.

Already, I am looking much more attractive.

My hips are becoming smaller.

My stomach is becoming flatter.

Self Confidence/Fear

You now become 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 was lying 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.

You inner confidence has emerged.

You are creating a new positive reality. You now experience all the warmth and joy in 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 everyone in it. Each and every day 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... with new enthusiasm.

A happy, self-assured inner you has emerged.

You are a positive individual who sees the problems only as opportunities.

You are patient, calm and harmoniously centred at all times.

You let go of all fear-based emotions such as blame, jealousy, guilt, anger and possessiveness.

These negative emotions are now part of your past and you use them only as building blocks for a more positive future.

You are independent and self-responsible and you fully realize that you are unlimited in your ability to create your own reality.

You keep your mind like calm water.

You remain centred 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.

One, growing more and more confident

Two, feeling lighter and more aware

Three, feeling wonderful and full of energy

Four, lighter and light

Five, eyes open and wide awake

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Alcohol Addiction Script

You are relaxed now, and because you are so relaxed you begin to feel free from all tensions, anxiety and fear.

You now realise that you are more confident and sure of yourself because you have taken the enormous first step toward helping yourself.

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

You will find that from this moment on you are developing more self-control.

You will now face every situation in a calm, relaxed state of mind.

Your thinking is very clear and sharp at all times.

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

You now realise that in the past drinking was an escape and weakness that you are replacing with confidence, strength and self-control.

You are becoming a happy person now, with a positive attitude toward life. You are succeeding now, and you have all the abilities for success.

Leaving behind all those reasons why you wanted to drink and just focused on creating a new powerful and bright future.

Past drinking was a weakness and now you are focused on a wonderful positive future.

Feeling More Positive

You are a totally positive being.

You have a shield of protection, others do not bother you.

Any negativity bounces off of you. Love is what you are. You are peace and tranquillity. Complete compatibility with divine love.

As easily as the negativity bounces off, so easily too 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 may take 3 deep breaths and renew your positive shield. Everyone has negative thoughts, but from this time forward, you will let any negativity flow from you and dissipate into the air.

Anytime nervous tensions comes into your day, you will release it with 3 deep breaths and replace it with positivity. You are no longer concerned about how others receive you.

It is their responsibility to decide what they think of you, not yours.
Love is what you are, not what you do or say.

Your shield protects you.

You are completely focused on a positive future.

You now approach everyone with happiness and a smile unconcerned with their reactions.

Just feeling more positive and confident each and every day.

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Dealing With Depression - That Was Yesterday

As you continue to drift and float, all other sounds fade away into the distance. You pay attention only to the sound of my voice. I want three points about depression to become firmly established in your mind. For that is what we are going to discuss, and each point about depression is the absolute truth to you.

Now the first point is, that you have a right to be here.

You are as good as anyone. You are a child of the universe, no less than the trees or the stars. You have a right to be here, and whether or not it is clear to you, the universe is unfolding the way it should be.

Therefore, you can accept that there is a universal plan, greater than any man, greater than any one of us, and so, you can be at peace with yourself. You can be at peace with yourself if you want to be and that takes us to the second point.

For in that plan that affects everyone in this universe, outside of natural disasters, all depression is subconsciously self-inflicted.

That is the second point. All depression is subconsciously self-inflicted.

Now, each emotion of the mind is reflected in the electro-chemical balance of the brain. Prolonged feelings of depression can cause chemical imbalance that, most times, corrects itself.

With my clinical experience, I can usually tell who will respond successfully if I place them on medication right away, and who can respond successfully without it.

In either case, you *will* be successful in conquering depression.

When you do feel well again, you may do so for only a matter of minutes or hours, and then depression may return, and it may be another several days or even weeks before you again feel well. There may be a half dozen of such ups and downs before the symptoms are gone for good.

Now the third point has to do with time and the absolute necessity to live, not just in the present, but the moment of here and now.

The third absolute truth has to do with the necessity to live each moment of the here and now.

For example, yesterday you were depressed but today is a new day.

Every day is a fresh beginning. Every day is a fresh beginning, and every morning is a world made new.

Today is our most important day. Yesterday is gone.

We cannot live in the past, else we cannot go forward, because living in the past dulls the keen edge of our imagination.

The past, even yesterday, can be of value only as we glean lessons and profits from our experiences.

Have you ever felt circumstances crowding in upon you because of failure and disappointment and depression and said, "If I can only get a break, an opportunity to start all over again?"

Yesterday, the sun sank behind the horizon at the close of the day. The sky was overcast, no stars appeared within the firmament, and you were downcast, depressed, because the day had brought only frustration.

Today, you awaken with the sunlight pouring in through the window, a new day is at hand, a new opportunity to build upon the lessons learned from yesterday's failures.

Now, each of us is here to accomplish something, some particular phase of the universal plan that is greater than man, greater than each and every one of us. This universal plan or life force goes on whether we like it or not. When we face life as a whole and try to realise that every experience is leading us towards fulfilment of that plan, when we take each day and endeavour to make the most of it, then, things come out alright.

Someone has said we must listen for life to happen, listen expectantly. Now, you have not been listening expectantly. You really have not been listening at all. You have been concentrating on your problems and as long as you concentrate on a problem, then you have a problem, because you are what you concentrate your mind upon.

You are what you are greatly concerned with. Now, when you let go of that concern, when you let go of that problem, by changing your thinking, when you say, "To heck with the problem!" then you begin to see the solution to your problem, because your mind is free, and therefore, when your mind is free, you can utilize it to be effective to make it work.

You must say from now on, "I let go of my depression. I develop and maintain a happy disposition each day. Each day I reject the negative and see the positive in all things."

Because the only reason that you have been staying depressed is that you have not learned yet how to deal with your negative thoughts, to allow in the positive thoughts of truth and love and hope.

Every day is a challenge, a new opportunity to prove yourself in reality, to be a believer in truth, and love and hope, that you do not need to feel helpless and hopeless, that you can separate off and distinguish the vast difference between those events in your life and your reaction to them, for they are vastly different.

They are not the same at all and you must separate off from those events in your life and your reaction to them. The problem is not whether you need a new job, whether your wife or your husband has gone or left, or that someone else did right or wrong, or that you did right or wrong, or the terrible things that occurred in your life. It is not any of those things at all. It is your reaction to them.

It is the sentences you say in your head, such as, "Oh, my husband is gone! I cannot live without him!" Or, "I've got a terrible pain in my back! I'll never live a normal life again!"

That is really the problem for when you give yourself those negative thoughts, then you are bound to feel depressed so you have to learn how to turn those sentences around, turn them around completely: "OK, so I made a mistake, but I won't again" Or, "OK, so my wife died and I miss her but I can start over with a new life." Whatever it is that you say to yourself about those past things makes you depressed because you have not learned to turn them around and when you are depressed, when you are in this frame of mind, you are dead! That is death!

You must not look back. You are through looking back.

You can only live the very moment you are living, and you can live that to the fullest, and enjoy it by the proper thinking. Hasn't there ever been a desire, an urge, to accomplish something you never attained?

Think about that.

Take each day as it comes, and enjoy the sunshine, the song of the birds, the laughter of the children. See all those positive things.

Let each day crowd out yesterday's sorrows completely. Remember that "he that climbs the ladder must begin at the first rung" - Robert Scott said that.

The Chinese say, "A thousand miles journey begins with one step."

As we seek higher and wider vision, each new day becomes the next rung upwards, a new opportunity to rise above yesterday's sorrows, frustrations, depressions and failures, to a world made new, so that the Oriental poet urges us: "Look well, therefore, to this day." Look well, to this day.

Now, in your mind's eye, I want you to visualize a sign, a sign, hanging right in front of you, and that sign has three words on it, and the words are: *That was yesterday*. That was yesterday, when things didn't go right.

That was yesterday, when you failed to turn your negative thoughts around. That was yesterday when you gave up hope.

That was yesterday, when you didn't decide to start over, like you should have, and that was yesterday, when you were only thinking of yourself, instead of the happiness of others, and what you could do for them.

That was yesterday, when you made a mistake. That was yesterday, when you know you said the wrong thing.

That was yesterday, when you know you did the wrong thing. That was yesterday.

That was yesterday, when you hated yourself, but every day is a fresh beginning, and every morning is a world made new, and the past is not wholly wasted.

It is not in vain, rising on its wrecks at last, there is something nobler you will attain.

By replacing negative thoughts with positive thoughts, every new moment is a new opportunity, and as you accept this truth, you feel the warmth of truth and love and hope course through your heart, you relax completely, confident that there IS a plan for you, and that, even though you can't understand, you must go through these learning experiences that you are going through, in order to satisfy that plan.

You are, nevertheless, perfectly willing to go through whatever experiences you need to go through, so that you can allow yourself to be the master of your own fate, to be in control of your own feelings, for this dawn of a new day only comes after the night.

You cannot have a mountain without valleys, otherwise, everything is all level.

The brightness of the sun would mean nothing, except by comparison to the darkness of the night.

It's only by contrast that we can understand life, and so, instead of reacting adversely to the problems and frustrations of yesterday, you hang on them that sign.

That sign that says, *that was yesterday* - you see the sign in your mind's eye. You lift those problems from your shoulders and hang them upon that sign and leave them there.

As a result of the faithful practice of your self-hypnosis, and the learning to control your thinking in a positive way, every day, as a fresh beginning, and every morning is the world made new, and this is a new day for you, and a new morning - a day without depression, a day without frustration, a day without failure, a day in which you are more effective in every single area of your life, than you have ever been before, and why?

Because you have let go of your problems.

You have stopped letting them handle you. You are handling it, by turning those negative thoughts around, because it is not the events of your life that are affecting you.

It is your reaction to them and you are through letting negative thoughts create negative reactions to the experiences of your life, which depress you and run you ragged, run your every moment, every moment of your life.

You are going to learn to relax comfortably, in the knowledge that you can and will do your part and will continue to do your part.

In a moment I will count from one up to ten and on the count of ten you will be wide away knowing that you are now in control of a wonderful new future.

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Biting nails – The British Academy of Hypnosis

Notes to the Hypnotist

This script uses a direct positive suggestion technique to ensure your subjects visualise their nails growing healthy and strong.

In some cases stress can also cause the problem but eventually it just become habit. Start with your usual hypnotic induction and deepen as usual.

Hypnotic Script

You are calm and relaxed as you drift on down deeper, see yourself looking and feeling great, relaxing, feeling calm.

Now I want you to look at your hands in your imagination and see how good they look.

Imagine your nails have grown and look beautiful and healthy.

Tis is because you no longer bite your nails.

If you start to bite your nails or cuticles, because of habit your hands will become very visible to you and as your nails grow and become healthier and healthier you feel better and better about yourself.

You can now see yourself in a situation where you might have bitten your nails in the past.

See yourself handling the situation very easily.

You feel no need to bite your nails.

Notice how calm and positive you feel about the situation.

Now you see your nails growing healthy and strong.

Biting your nails was a nervous habit.

Anytime you feel yourself becoming nervous for any reason, you no longer bite your nails as an outlet.

Your nails grow healthy and strong now.

You are calm and positive, relaxed and confident in every way.

Your nails are beautiful, healthy and strong.

In a moment I will count from one up to ten and on the count of ten you will be wide away knowing that you are now in control of a wonderful new future with strong healthy nails.

One, growing more and more confident

Two, feeling lighter and more aware

Three, feeling wonderful and full of energy

Four, lighter and light

Five, long healthy nails are all yours

Six, positive you will succeed

Seven, filling full of energy

Eight, you feel lighter and lighter

Nine, refreshed and re-energised

Ten, eyes open and wide awake

Remove Fear of Flying

Notes to the Hypnotist

Start by inducing a state of trance and then deepen.

Take your subject on an airplane flight keeping them calm and relaxed along the journey. Lots of positive suggestion.

Hypnotic Script

In your imagination I would like to take you on a journey through an aircraft flight.

Imagine yourself at home preparing for your flight and as you pack your cases and prepare for your journey see how relaxed and calm you are.

You are so calm and looking forwards to the journey.

The day has come for your aircraft flight, your cases and bags are packed ready to go, you've checked to make sure you've got everything you need and everything is ready to go.

Now you see yourself at the airport with your passport in your hand preparing to board the aircraft.

You are calm and yet excited and looking forwards to the aircraft flight.

As you board the aircraft you feel excited and happy to be onboard the airplane and you are looking forwards to the flight.

In your minds eye see how calm you are.

As you take your seat you are so calm and relaxed.

Feel how nice and relaxed you are now.

You're already beginning to feel excited about the flight, just a nice feeling of anticipating that something good is going to happen.

You just feel so calm and confident about the flight right now.

Now you're in your seat, with your family close by all excited and ready to go.

Your seat belt is fastened and you're still feeling really good inside.

All the time you feel really happy inside and looking forwards to the flight.

Soon the aircraft begins to move along the runway, soon gaining in speed and preparing for take off.

Notice just how calm and relaxed you are. Enjoying every moment.

When you look out of the window you are filled with feelings of calm and relaxation. The roar of the engines excite you as you prepare to lift off!

Soon you are in the air. Feelings of calm and relaxation surround you.

You enjoy the aircraft flight and find it easy to walk around the aircraft and stretch your legs.

You enjoy the in flight meal if there is one available and all the time you are calm and relaxed.

You can read or enjoy the in flight entertainment as you really feel different about flying now.

And before you know it the plane is coming down to land. You feel great about the flight that you have just experienced.

You land with a slight bump and the plane slows along the runway.

Even now notice how calm and relaxed you are. The aircraft slows down and eventually comes to a stand still.

You really enjoyed the flight, you feel so good about yourself that you are already looking forward to making the return trip, for you know that everything will be fine.

You really enjoyed the flight and you feel wonderful.

And the suggestions I have given to you are now firmly embedded in your subconscious mind.

You really are beginning to think and feel differently about flying and the new opportunities it brings, you are calm, relaxed and in control.

Now in a moment I'm going to count from one to five and at the count of five you'll be wide awake.

You'll have beautiful feelings flowing through your body, calm and peaceful thoughts flowing through your mind, and these calm and peaceful thoughts and feelings are going to remain with you.

All of these suggestions stay deep inside your subconscious mind.

The suggestions grow and multiply each night as you sleep.

One - you feel lighter and more aware now.

Two – feeling much better than you did before

Three – feeling calm, relaxed and positive

Four – feeling more alert and more aware of the room right now.

Five – Eyes open, rise and shine!

Chronic Fatigue Syndrome – The British Academy of Hypnosis

Chronic Fatigue Syndrome (CFS) is a debilitating fatigue described as exhaustion, poor stamina (if any) and flu-like symptoms. The symptoms include extreme fatigue, general pain, mental foggiess and at times gastro-intestinal problems. It is also referred to as chronic fatigue immune dysfunction syndrome (CFIDS).

The treatment of the syndrome is through the medical field but hypnosis is a welcome addition to the welfare of the patient.

Patients with CFS may also have one or more of the following issues: depression, self-directed anger, poor self-esteem, loss of self-confidence, stress. Ego-strengthening and stress reduction and confidence building can all be approached with standard scripts. Listen to the patient's verbal and non-verbal communication. The patient will reveal consciously what needs to be done in order to alleviate his discomfort and proceed towards health.

Start by making the client comfortable, complete a hypnotic induction and deepen and then you can use all or part or any adaptation you wish from the following script.

Chronic Fatigue Script – The Bubble

Begin with your favourite induction and deepen.

Relax and unwind deeper.

I would like for you to take as much time as you need and find your own place, your own special space, make yourself comfortable and as you enter an altered state of awareness, it is fine if you decide to move to make yourself more and more comfortable and only you know when you reach that state, that state of comfort which is necessary for you to start your journey toward achieving peace, relaxation, quietness.

Let your mind go wherever it wants to go, let your feelings go wherever they want to go, let your sensations go wherever they want to go and I would like for you to accept yourself whatever your mind, body, spirit are doing.

Imagine all around a golden glow of light, a soft gentle glow of light. And for a moment you feel that the glow contains all the answers you need, all the secrets of life.

Giving yourself permission to take another deep comfortable breath, you find yourself drifting deeper and deeper into a profound hypnotic sleep. And you feel drawn towards the golden glow.

In just a moment or so you feel you will finally fulfil your wishes of touching the golden glow, of accessing it, of enveloping yourself with its colour and something very special will happen to you as I guide you through this wonderful healing journey.

And now imagining, picturing yourself so light, so full of energy as you enter the glow you feel the glow all around you and firstly you feel strength.

Your own physical, emotional and mental strength growing.

Feel this light re-energising your body and encouraging your strength to grow. You feel your strength growing.

All you need to do is close your eyes and surround yourself, visualise yourself surrounded, enveloped by golden glow of light, allowing yourself to go into a deeper level of mental relaxation.

Physical healing, mental healing and emotional healing is taking place within you right now, see and feel the golden glow as its power removes stress, tension, anxiety, worry, and discomfort.

The golden glow now heals you from any assaults that you may encounter in your life's experience.

Now the golden glow feels warm and you notice how energetic you feel.

You feel this energy circulating through your body. As you feel this power around your body simply let it fill you with energy, let it rejuvenate you, notice how much better you are beginning to feel now whenever you feel run-down or you need your battery recharged.

Just close your eyes and breathe yourself into the power of this golden glow.

Blending together the strength the healing and the energy.

The golden glow gives you self control and any time you find your temper and anger heating up in your personal life or in your work life you need only to close your eyes and breathe yourself into the power of the golden glow and you will feel your anger and temper cool with every breath you take.

Within the golden glow you feel safe and secure the glow is all around you protecting you like a bubble.

We are all exposed to times of trial, times of trouble, times of sadness and times of stress.

Sometimes we need to withdraw in order to protect ourselves for short periods of time.

Now, you have the ability to close your eyes, any time, anywhere and breathe yourself into the protective embrace of the golden bubble.

You will discover that bubble will protect you and aid you as you continue to move forward and achieve your goals.

The Golden glow will allow you to make the transition from your conscious mind's dominance into your deeper mind a deeper subconscious mind that opens up a whole new world to you.

New realizations in your mind, when your conscious mind is at rest, your unconscious mind is free to achieve insights very quickly so now, any time you wish to achieve insight into a problem merely close your eyes and breathe yourself into the golden glow.

Visualise yourself the way you would like to be.

The way you would like to feel when everything is comfortably getting together and offering a well-deserved sense of balance.

I will be quiet now for a period of 3 minutes. A time for you to take all the time you need, slowly and comfortably for yourself, you may find yourself smiling inside and out, feeling liberated and free and feeling comfortable.

Dancing and running and feeling free and liberated, feeling free and liberated mentally and physically and letting go of pain and hurt and feeling that you are allowing yourself to feel to just be you.

With each out breath you may welcome releasing the pressures and taking as much time as you need allowing yourself to come back. Your mind and body are reconnected once again, you will feel a sense of well being.

(Note to Hypnotist: Allow 3 minutes of silence.)

Your healing can now begin; your healing begins from within yourself an inner radiance that begins as a mere speck of light.

An inner point of light and warmth radiating strength and power.

A warm and radiant inner strength, physical strength.

Feel it, experience it fully, thoroughly, growing stronger and now directing it to yourself, directing the healing towards your weakened system and watch it slowly and surely gaining strength, gaining strength, becoming stronger and stronger, re-experiencing the vitality, the enthusiasm and the spark in every cell of your body.

Feel that inner sense of strength beginning, working within your body. Feeling revitalised, re-energised, strengthening as your inner radiance strengthens and energises.

Feel the warm, intense energy doing its work; reactivating, restoring your body. Experience that strengthening fully, thoroughly, that inner boosting, growing even stronger now, stronger, more powerful than before.

As you feel that strength, you believe in yourself and your ability to succeed in your goal of rebuilding your body. Yes, believing in the strength of your thoughts, images and the totality of your internal powers.

You believe so strongly, feeling that boost even now, yes, yet remaining tolerant, letting time pass, knowing that any worthwhile goal takes time and you know you will achieve your goal, believing that you can. Re-energizing and boosting your system.

You hold firmly to that belief of feeling less fatigued and this message remains with you, far beyond these words reaching deep inside your subconscious mind. Now you will slowly bring yourself back to a waking state, soon your eyes will begin opening gradually, feeling relaxed and refreshed.

As I count up from 1 to 5 you feel yourself becoming lighter and lighter. On the count of 5 you will awaken refreshed and welling full of energy.

One - you feel lighter and more aware now.

Two – feeling much better than you did before

Three – feeling calm, relaxed and positive

Four – feeling more alert and more aware of the room right now.

Five – Eyes open, rise and shine!

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Final word on scripts

The best advice I can give you is to feel comfortable with the scripts you use. It is a must to adapt any of these scripts to your own style and liking! When altering any scripts always keep your words strong and positive and usually in the manor as if the process has already happened i.e. I am a non-smoker. Not, I want to be a non-smoker.

If you have problems remembering these scripts you can read them from the manual on the appointment as long as you spend time rehearsing the scripts before the appointment.

Many consultants now have their scripts on their I Pad as they are real easy to carry and are handy to refer to on the appointment.

If you have a specific request for a script you can call me direct and I may have it available for you.

At the end of the day it is the practise which will make you feel comfortable with your scripts and remember the client won't know if you get bits wrong or miss bits out or even get them in the wrong order. Just do it and you success is guaranteed!

Once you have passed your hypnotherapy exam you will be offered membership to The British Academy of Hypnosis.

As a member you will get access to over 100 scripts to download from The British Academy of Hypnosis support web site at:
www.HypnosisCircle.com

Conference Call Time

I will soon be running a conference call for Modules Six and Seven. The conference calls will be run by myself and so it offers you the change to get clarification on everything you have read so far.

What-ever business you are in, it will come down to the flying hours that you have that will make you a better pilot! These conference calls are classed as hands on training and so are often needed in some countries to ensure that you can join hypnotherapy organisations or may be a requirement with some insurance companies.

Watch out for emails from myself informing you of future conference training calls. You don't have to wait for the call before moving forwards in the course and if you should miss a conference call you can always come back to it. Now is a great time to prepare for future calls.

The conferences zooms will take place through the Internet and so make sure you have a computer or tablet with a microphone so you can listen in and take part on the call.

Join me for conversations and training calls at:

FaceBook at: **www.FaceBook.com/gohypnotic**

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