



Universal Hypnosis Script
Dr. Richard K. Nongard, LMFT

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Note to the hypnotist

I call this the “Ultimate Hypnosis Session” because the goal is to learn to experience deep states of relaxation and it intentionally addresses each of our five senses. Rather than focus on one technique of visualization, or simple auditory affirmation, it combines these learning styles. This allows you to develop acuity in each of these five areas. Additionally, it is structured in a way that any suggestion you have for yourself, such as those in the areas of health, habits, and personal improvement, will easily be accessed by the subconscious mind. Even multiple goals can be addressed by participants in this session.

The goal for this script is to listen and relax, rather than to think and to take action. Often in self-hypnosis, we overlook the value in using guided self-hypnosis to passively enjoy the hypnotic experience. This script is designed to let you do just that. The easiest way to do this is to make a recording of this script and to find a comfortable and quiet place where you can relax.

Autogenic/Relaxation Induction

Now, take a breath in. Breathe in and breathe out. As you breathe in and breathe out, go ahead and close the eyes down. As you breathe in and breathe out, pay attention to the breath. You

don't have to speed up or slow down the breath. Simply pay attention to it. Scan your body and notice anywhere where you're carrying the tension of the day and simply let that tension disappear. Drop the

shoulders and unclench the jaw. You can even drop your chin towards your chest a little bit if you'd like. Although this helps you relax, at no time are you going to be asleep. Instead, you will simply be deeply relaxed, learning new skills and strategies.

As you pay attention to your breath, you'll probably notice that your breathing has already become smooth and rhythmic without any effort on your part. The heart rate has probably even slowed a little bit, becoming calm and regular. As you continue to breathe in, relax the muscles of the brow, the muscles of the jaw, and the muscles of the neck and shoulders. Continue to breathe in and breathe out. It feels pretty relaxing, doesn't it? Now, go ahead and open your eyes for a minute. Open your eyes, just for a moment, and check in with yourself. Ask yourself if you are a little more relaxed and calm now than you were a moment ago.

It's pretty amazing how easily we can create a new state so rapidly, by just closing the eyes, letting the tension go, and letting some muscles relax. Go ahead and close the eyes down again, breathing in and breathing out. Bring yourself to that point of relaxation where you were just a moment ago, maybe even noticing yourself doubling that sensation of relaxation with each breath. Notice the arms becoming relaxed and heavy from relaxation, the loosening muscles in the back and the belly, and even the muscles in the buttocks and thighs.

As you breathe in and breathe out, bring your attention for a moment to your hands. Notice how you can even relax the little, tiny muscles of the hands, and even the tiny muscles of the fingers. Just let those hands relax and be completely supported. When they're completely relaxed, you will find that the relaxation causes you to become aware of a sense of heaviness. Think of the word "heavy" for a moment. Think of your hands and say to yourself, "My hands are heavy. My hands are heavy." Really notice how heavy your hands are. They are so heavy that if you tried to lift your hands, you'll notice they become locked down, heavy from relaxation. Even if you tried to move your hands, you can't move your hands because they're so heavy and so deeply relaxed.

So, breathe in again and breathe out, thinking of the word "warmth." Think of the warmth like that which might come from the sun, or warmth like that which might come from inside of the body. As you focus on your heavy hands, continue thinking of the word "warmth." As you focus on your hands, thinking of that word, allow yourself to notice a sensation of warmth in your hands. You can notice both a sense of warmth and heaviness. Say to yourself, "My hands are warm. My hands are warm. My hands are warm." Notice that feeling of warmth that comes from inside or that can be felt on the back of the hands as they are at rest. As your body relaxes, your legs, your thighs, your calves, your shins, and even your feet can relax.

Even the little, tiny muscles of the toes can relax. You can notice a sense of heaviness in your feet and the muscles relaxing. In fact, think of the word "heavy" again and say to yourself, "My

feet are heavy. My feet are heavy.” Think of the word “warmth.” As you think of that word, notice a sensation of warmth in those feet. Just let those feet be both warm and heavy. Say to yourself, “My feet are warm and heavy. My feet are warm and heavy.” It’s amazing how we can actually create a sensation of warmth and heaviness, even though we haven’t adjusted the thermostat.

As you breathe in and breathe out, notice the heart rate is calm and regular and the breath is smooth and rhythmic. Bring your attention to the forehead, across the brow. As you pay attention to your forehead, think of the word “cool.” Allow your forehead to experience a sense of coolness. Say to yourself, “My forehead is cool. My forehead is cool. My forehead is cool.” You’re doing perfect, having created both an awareness of warmth in one part of the body and coolness in another part of the body, as well as creating a feeling of heaviness in the hands and feet. Five, four, three, two, one.

The lesson here is that you can create any sensation, thought, or experience. What you can achieve here, you can achieve there, and by thinking thoughts such as “relax”, “cool”, “heavy”, or “warm”, you were able to notice those things and create those experiences. What else would you like to create? Love? Healing? Change? Calmness? Energy? I do not know what is most important for you to create in this time that you have set aside. Maybe your conscious mind is not even aware of what it is, but a part of you knows what is most important for you to create today. Whatever that thought, feeling, or experience is, be it known or unknown to your conscious mind, it is a part of your subconscious awareness. Continue to relax, breathing in and out, and know that by setting this time aside for your own well-being, you will manifest that which is most important to you today.

Now, notice how you feel physically. Notice the feeling of heaviness in the muscles as they relax. Notice this sense of heaviness in the eyelids and even notice the weight of your resting hands. They feel so deeply relaxed and heavy that even though your mind knows that you could move them, moving them isn’t something you care to do. You are enjoying this stillness, if even for a brief moment during a busy day. Now, notice your feet also feeling very heavy and deeply relaxed. Perfect.

With the creative part of the mind, imagine the stressed version of yourself, heavily relaxing. Also, imagine a new you, a courageous you, composed in that part of the mind where creativity exists. This “courageous you” begins to feel a sense of lightness. It is a lightness that transcends any stress and a lightness that feels as if it can rise above you. Feel that creative and courageous you, now. It is that part of you that knows it can handle any situation and that part of you that is capable of healing during difficult times. Let that feeling of lightness begin to float out of you and above you, as if the real you has found a way to rise above the stress. As you both relax and float, allow that creative part of your mind to continue to imagine the real you, the creative and courageous you, rising above all stress. You can even travel high up and far away to see yourself transcending both the place where you are and the time constraints imposed by stress.

Allow yourself to enjoy the feeling of being beyond any limitations, deadlines, or stress. Just feel the sensations of serenity, peace, and freedom. You can let your mind drift, dream, and float, becoming detached from any worldly stress. Rise above to a higher place, a place where your higher self can truly succeed and use all of the internal strengths that are deep within you. Pay attention to your feelings of confidence, freedom, and joy. These are not states that I have created, but rather states that you have created by simply taking a moment for yourself to set aside stress and tap into your inner resources. It feels good to tap into these inner resources and to confidently know that these can be accessed at any time.

Unite that higher self with the old self, just like a soap bubble gently floating to its resting spot. Allow that lighter, higher self to drift back into an awareness of your relaxed and heavy body. You realize that while this mental exercise has been an interesting experience, you always carry the ability to feel and see beyond stress. As I count backwards from five to one, deepen your hypnotic state. Five, four, three... let yourself relax completely. You are not asleep, but deeply relaxed... two, one, zero.

Over the next couple of minutes, I am going to guide you through a process of dissociating here from there. Milton Erickson called this the "Nowhere Technique." As you relax, you can recognize that a part of you is here. You can feel the surface below you, while you have your eyes closed and your mind relaxed. You can also see that a part of you is drifting away. Drift to a place that is really nowhere. In fact, drift to a place we call the middle of nowhere. You can let your mind drift and meet me in this place, which is a place that has no time. It is a place that has no place, in the middle of nowhere. It is a place that has these words and your awareness. It is a place that is neither here nor there. It is just a place of your own creation.

In the middle of nowhere, there is no awareness of pain, but simply an awareness of nothingness. Here in the middle of nowhere, nothingness is just fine. There is nothing to be and nothing to feel. There are no feelings to feel in the middle of nowhere. It is a very pleasant place to be, isn't it? It is here that you can identify what is most important to you, such as a state of healing, a state of change, or a state of empowerment. It is here that you can release now and forevermore, anything either known or unknown to you that was once keeping you from experiencing success. Take some time now to reward yourself with a few moments of tranquility, having met your needs today in this creative time you have set aside for yourself.

Awakening

Use the awakening of your choice.

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