



Professional Hypnosis Scripts for Medical Issues

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PRE-SURGICAL HYPNOSIS

In this self-hypnosis audio I'm going to be guiding you through an experience to help you prepare for surgery. Many people ask me how can hypnosis be helpful to improve surgical outcome. Well, it can be helpful from a number of different perspectives. If you have any fear, this is your opportunity to release that fear and step into the reality that modern surgery is safe, it's performed on a daily basis throughout the world and the complications are relatively rare.

Second, this recording will help you to develop a sense of calm and comfort. If you're preparing for surgery, there have undoubtedly been some issues which have perhaps contributed to not feeling so good in a number of different ways. By creating calm and comfort prior to surgery you'll have the ability to step into a state of calm and comfort and recovery following surgery and of course the third way that this session can be helpful is by being able to create mental imagery of you on the other side of surgery feeling well and beginning to recover and doing fantastic. We actually set ourselves up for the reality that we are what we think and so by future pacing your success you will ensure the success that you desire.

To begin using this recording, find a comfortable place where you can relax and listen to it. It is, of course, beneficial to listen to this in the days or even the weeks that precede your surgical appointment. Some of you though have just discovered that you'll be needing surgery, perhaps later today or tomorrow and so to some extent this recording is a last minute attempt to derive the benefits from hypnosis. Don't worry, this recording is used both for those who have practiced it several times prior to a surgical appointment as well as those who are using it only one or two times to enhance the benefits of hypnosis throughout the surgical process.

If you're at home right now make sure you turn off any computer windows that might be open and making noises and turn down your cellphone. If you're listening to this in a hospital waiting room or a surgical center preparation area, make yourself as comfortable as possible and perhaps even ask those around you for a period of time where you can utilize this resources of this recorded hypnosis session.

Now that you've found a comfortable place where you can listen to this recording, take in a breath, breathe in deeply and exhale. You'll hear some music in the background and this music is designed to help you deepen the hypnotic experience, to help you relax a little bit further. As you listen to the sounds of this recording, both my voice and the sound of the music that you hear, you can congratulate yourself because you've taken the first step in your recovery by being responsible to yourself and preparing ahead of time. Without a doubt, the time that you spend simply relaxing prior to this experience will have rewards which you'll interpret and experience as rewards directly related to health.

Take in another breath, breathe in, breathe out and scan your body, become aware of any parts of the body which are hearing the obvious tension of the day, perhaps tension in the back and the shoulders and relax those muscles. Relax the muscles of the brow. You can unclench the jaw. If you're sitting in a chair you can even gently move your chin towards your chest a bit letting your neck relax.

Notice your breathing, notice how your breathing has already become smoother and more rhythmic, how your heart rate has become calm and regular. We've only spent about a minute to this point preparing for our hypnosis session by simply relaxing, you've already derived the benefits of this session. As you continue to breathe in and breathe out you don't have to try to speed up your breathing or slow down your breathing or breathe in any sort of way. Simply choose to bring all of your tension to the breath. Each breath marks each moment and there's good news... as long as we're breathing we're actually okay.

If you've had any anticipatory anxiety, rather than follow those thoughts and wonder what could or might happen in the future, recognize that right now this breath marks this moment and as long as you're breathing, you're actually okay, no matter what your fears might be. It really rings a sense of freedom doesn't it? To be focused on the present, this breath and this moment. Continue to relax the body, relax the muscles of the arms, the muscles of the back, the muscles of the belly. Notice what it feels like in your belly when you breathe in and breathe out, paying close attention to each breath, almost as if you're an observer of the breath, watching the breath.

Continue to relax the muscles of the body, the muscles of the buttocks and thighs, the muscles of the calves and shin and even the muscles of your feet and toes, the muscles of your hands and fingers. This is really our next experience in hypnosis to recognize that at any time and any place you can create physical calm in the moment by intentionally becoming aware of the places in the body where you might carry any tension of the day and just letting those muscles relax. It might be a few days or it might even be a few hours when you begin the surgical procedure which your doctors have determined will be so helpful to you.

Right now imagine yourself in a place of your own creation or a place where you would like to go or maybe even a beautiful place that you've been to before and as you imagine yourself in this place, imagine a clear blue sky and in that clear blue sky is a single white, puffy cloud. As that puffy cloud lazily and leisurely moves across the horizon, metaphorically cast any cares or concerns of the day or of the surgery that you're aware of into that cloud and essentially lift them up to that single white, puffy cloud and let them rest in that cloud. If there are any fears or

any concerns that are unknown to you, at this time you can allow the subconscious mind to bring those things to the surface and to imagine placing them in that single white, puffy cloud.

As that puffy white cloud cradles any concerns or anxieties or any anticipatory negative feelings you can watch that single white, puffy cloud lazily and leisurely float across the horizon, moving further and further away as if your concerns and anxieties are being carried with it. If you watch this cloud long enough you'll notice that the single white, puffy cloud and all of your cares and concerns, which are either known or unknown will eventually drift off into the distance and disappear in the horizon.

It's at this point that both mind and body are completely relaxed and with each breath and with each number, allow yourself to relax even further. All the way down now, each number and each breath, relaxing further, 5,4,3, all the way down now, deeply relaxed, 3,2,1, zero. In this relaxed state, never asleep but deeply relaxed we're able to access that creative part of the mind. There's an old expression from a famous physician named Emile Coué and that is that 'what the mind can conceive, the body can achieve' and you've embarked on this surgical journey to help you experience wellness at the deepest levels and your expert physicians have guided many other people through the same process.

When you emerge from surgery you will have the opportunity to engage in recovery, not only recovery on a cellular or physical level but on an emotional level as well and so you know that when the surgery is completed, when the anesthesia wears off and you re-orient yourself to the room around you, in that first breath, that first realization, that first moment, you'll recognize

that what's been accomplished during this process is the beginning of your wellness.

Imagine yourself just as easily as you could see yourself recovering from surgery, what it might feel like a day or two after surgery, to know that a problem has been resolved, that a procedure created so much healing. There may be residual impacts or effects of the surgery, perhaps your doctor will have you slow down and take a break from lifting or from other activities and of course you'll pay attention to the doctors instructions but even with limitations you'll recognize a day or two, or two or three days following surgery that the outcome for you is health and wellness restored.

See yourself after a period of weeks, maybe a week or two, maybe five or six or maybe eight or ten or even twelve weeks later, three months following surgery, how wonderful might you feel. Take a moment and observe yourself, the you that you will be three months from today, vibrant, healthy, calm and well. It's really remarkable to know where you are today but to know where you'll be in 90 days and imagine yourself a year from now, perhaps forgetting to remember that you even had surgery in the first place, it would be amazing wouldn't it? Many people have that experience. In fact, a year from the day that I'm making this recording I myself had a surgical procedure. It was an important procedure but in the year that transpired I simply no longer thought about that, instead embracing my own wellness and this is the experience of many people and it took the prompt of making this recording to remind me of that previous surgery.

In a year from now while your subconscious mind will be aware that the event took place, the health and the wellness and the overall feeling of health that you've achieved by completing this

process will have its rewards. In fact, it will be so rewarding to you that the new you is the paramount person in your life, setting aside the old you with problems and diagnoses and illness. Imagine yourself 10 years from now, on a daily basis, doing the things that you want to be doing the most, enjoying your time with the people who are most important to you and feeling your best at every level.

You know that by going through this temporary process right now, the rewards for the next year or three years or ten years are bountiful. In this short hypnosis session you've accomplished a great deal. You've learned the value of focusing on the present by just paying attention to the breath and you've created the mental images of you well and healthy and vibrant again. If you check your feelings right now, you'll notice a sense of calm and a sense of comfort. At any time in the future whether it's right before surgery or in the hours before surgery or even the day before surgery, if you have any cares or concerns that haven't been addressed by your physician, you can close your eyes for a minute, you can imagine casting them into a single white, puffy cloud in the sky above and letting them disappear off into the horizon, finding yourself calm and comfortable and well.

In a moment I'm going to count to three and when I do it will be time to open the eyes, to return to the room around you so one, pay attention to the chair below you where you sit right now, your hands on the armrest of the chair or on your lap and take in a breath. Let that breath fill your lungs with oxygen and let the oxygen travel to every cell of the body. This, by the way, is how healing takes place and so breathe and begin to heal.

Two, stretch out the muscles that need to be stretched, feeling comfortable and reoriented, hearing my voice, the eyes remain closed, continuing to benefit from the experience of hypnosis.

Three, opening the eyes now, all the way open, opening the eyes, feeling fantastic, a big smile on the face, optimism abounds.

FULL RECOVERY HYPNOSIS

I'm really excited that you've decided to enhance your recovery by utilizing clinical hypnosis. The research shows that in all phases of medical care, hypnosis is a useful tool, not only to help our mind and attitude, but also to help our body and our spirit heal as well. In order to fully benefit from this recording, find a comfortable place where you can relax. You can be sitting in a chair with your hands rested on the lap or on the armrest of the chair or you can be lying down. If the condition you have warrants a special position of some type, it's perfectly okay to be in that position as well.

What's really most important is that you set aside a short period of time here to enhance your recovery and enter into a state of full wellness by using clinical hypnosis. Make sure that you've turned off your cellphone and you've told those around you to leave you undisturbed for a short period of time and of course if you have a computer open, close down any windows that might be prone to making noises or having messages pop up. In the background of this track you'll hear a sound file, that's a musical recording, a relaxing musical recording that's designed to simply help you access deeper states of awareness and trance and hypnosis. Of course, if at any time during this recording you need to adjust for comfort or move or shift in any way, that's perfectly