



Hypnosis Scripts

ICBCH Medical Hypnosis Training

with Dr. Richard Nongard

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DERMATOLOGY HYPNOSIS

Hello, I'm Dr Richard Nongard with subliminalscience.com and I've created this hypnosis recording to help you to experience healing and comfort and wellness related to dermatological conditions. No doubt that prior to this point the experiences you've had have caused distress to

you, perhaps pain, perhaps a rash, perhaps a breakout of one type or another or the need for healing in some other way in the skin.

Hypnosis is a tremendously useful tool and people ask me all the time how can hypnosis help me with my dermatology conditions? Hypnosis has the ability to do a number of different things including activating the immune system in a way that helps us to produce healthy responses and healthy skin. Physical relaxation itself is a tremendous skill to learn. In many cases the dermatology conditions that people experience are in one way or another either caused by or exacerbated by the stressors that they experience in life and hypnosis is also a way of scaling experiences into perspective, allowing you to feel comfort in one way, even if there's been distress in another way.

On a physical level hypnosis has the ability to help us to heal, to feel our very best and to look our very best and so begin this session by finding a comfortable place where you can relax. You can choose to sit in a chair or even to lie on the floor. Unclasp your hands, unclasp your feet and let your arms rest by your side, either on the armrest of the chair or on the floor below you. You'll hear some background music and this music is designed to help you relax even further. Hypnosis is about more than just relaxation though, it's a tool to help us activate our healing potential and to preserve and protect the body.

As you relax in this moment, allow yourself to feel a sense of warmth and heaviness throughout the body, scan your body and anywhere you're carrying the tension of the day, let that tension go. If there are any muscles that are feeling a pain or a tension, relax those very specific muscles

and relax the muscles in your skin, especially in the area around awareness of discomfort that you've had in the past. It feels pretty good to relax doesn't it?

Breathe in and breathe out, paying attention to your breath and with each breath, inhaling healing and exhaling anything either known or unknown keeping you from feeling your very best. Continue to focus on the breath, breathing into a state of relaxation, into a state of calm and now notice something, not only has your body become physically calm from head to toe, your heart rate is smooth and rhythmic, but even that part of the body which has been inflamed or bothered or irritated has also begun to relax.

Bring your attention to that place on your body that caused you to listen to this recording in the first place and notice that the muscles surrounding that area can relax but even the little tiny micro-muscles in the skin can relax and as those muscles relax, any bumps or rashes or awareness of discomfort can also relax. If an itch is present, that itch can relax. Oftentimes when we feel a sensation like an itch, our mind tricks us into believing we must respond to it by scratching or slapping or addressing it in one way or another. In fact our minds often go off into the future predicting that if we don't take an action the itch will become even worse.

Right now simply let an itch be an itch or awareness be an awareness. Use it as a cue not to take an action like scratching or picking but rather to simply return your mind to this moment and this place where you're deeply relaxed and notice something, by doing that the intensity of that awareness becomes less and less from a ten to a seven, from a seven to a five, from a five to a three and even to a one or a zero.

It feels pretty good to experience hypnosis doesn't it? To take some time to relax both mind and body and to feel your very best. Continue to scan the body, noticing any area where you hold onto any continued tension and relax the muscles in that area of the body, letting your body become deeply relaxed. With each number and each breath becoming more and more relaxed, 5,4,3, all the way down now, doing perfect, 3,2,1, zero.

Think back to a time when perhaps you felt worse than you do now, where the symptoms or the severity of your condition was more intense than it is right now, maybe it was yesterday or a week ago, maybe it was a year or two ago, maybe even five years ago or ten years ago. By accessing this recollection or memory of your prior experience you can see that something has already taken place and that is you've become more comfortable now than you have been at your very worst and that's pretty good because that means you have an ability to continue to decrease the intensity or severity of any skin condition which has been bothering you. It feels pretty good to have this new awareness doesn't it and to feel your very best.

I want to share a story with you and it's a story about a princess who had a skin condition that made her uncomfortable. At times it would burn and sometimes it would scratch, other times it would itch. She felt that the problem was intense and made her skin in some way feel like it was burning. The prince who she was visiting cared about her and he had summoned all of the physicians and all of the people in his court to find a solution, but none was to be found. One day in the middle of winter the princess got out of her bed, she felt that the heat was so distressing on that part of her body which was irritating her the most and she stepped out on the balcony, under

the winter sky where the snow was falling and as the snow touched the skin she felt a cooling sensation and as the snow melted against her warm skin and as another snowflake fell and another one fell she found that the gentle touches of the snowflakes and the cooling properties of the liquid therein brought her a tremendous amount of relief.

From that point forward, anytime and anywhere she felt a burning or itching or a sensation that was uncomfortable, she'd simply recall that night on the balcony and what it felt like to have the snowflakes touch her skin and melt with a cool, comfortable, calming effect. She found that with or without being on the balcony and with or without snow falling on her, just the thought of coolness and comfort helped her to feel her very, very best. As you continue to relax, 5,4,3,2,1 I want you to visualize in your mind's eye, since your eyes are closed that part of the body where you've experienced breakout or a rash or distress and imagine now that a cool feeling of comfort has come across that part of the body but more importantly, a healing awareness has pervaded your thought.

Imagine the breakout disappearing bump by bump and place by place and imagine the skin returning back to a vibrant and healthy color rather than the discoloration of the discomfort you've experienced. Imagine the skin being as relaxed in that place as your body is right now, warm and heavy, cool and comfortable, warm and heavy, cool and comfortable. Allow yourself to feel in this very moment that the immune system is doing its job, responding to distress by allowing you to create healing from within and it feels wonderful doesn't it?

You see, what the mind can conceive, the body can achieve and so right now, right here in this

place and in this time, healing is taking place, swelling is reduced, discomfort is gone and comfort from head to toe, from left to right, from front to back is the experience which you've created. In fact it's almost as if you've been cocooned in a healing experience allowing you to feel right now in this time and this place your very, very best.

I have good news for you and the good news is that what you can create here in hypnotic trance is something that you can create in every area of life and each and every day and so when I count to three and when you open your eyes, let a smile come across your face, let vibrancy fill your spirit, as you recognize you've done a great job today, not only learning about self-hypnosis but by activating healing potential, one, taking in a deep breath, two, feeling fantastic and stretching out any muscles that need to be stretched and three, opening the eyes, opening the eyes, feeling your very best and ready for the rest of the day.

ALLERGY HYPNOSIS

I've created this audio MP3 to help you utilize hypnosis as a tool for allergy relief. People ask me all the time: How can hypnosis be used to help me with allergies, after all, my allergies are real. Well, hypnosis is real as well, it can help because what it does is it allows you the opportunity to reframe your experiences, this can be very helpful in avoiding allergic responses because you've projected into the future what you believe will happen. It can also be a useful tool though, not only because we can reframe the experiences we believe we are about to perceive, but because we can actually change our physical response to allergens by using hypnosis and reprogramming the associations our immune system has to toxins in the environment.

The third reason that hypnosis is a useful tool for those with allergies is because the allergic response produces stress and hypnosis is a wonderful tool for managing stress at every level and helping you feel calm, both emotionally and physically. In order to benefit from this session, find a comfortable place where you can relax. Turn off any computer windows that might be open and make a noise and silence your cellphone and dedicate a short period of time to learning something new and to feeling remarkably better at the conclusion of this audio recording.

Now that you've found a comfortable place where you can relax, you can sit in a chair or lie on the floor, your arms either to the side of your body, if you're laying on the floor or on your thighs, or the armrest of the chair and begin to relax. Begin to relax by letting go of any stress or tension of the day by paying attention to any muscles that are tense and letting go of that obvious tension.

As you breathe in and out, because of allergies you might actually find it difficult to breathe. It's perfectly okay during this session if you need to swallow or sniff or even wipe your nose or do anything else that would help you become more comfortable. In fact during this session, simply adjusting so that you can breathe better or adjusting so that you can feel more comfortable, those things won't disturb you, they'll help you to feel a sense of relief and relax even further.

You'll also of course hear some background music and this music is simply designed to help you relax at the deepest levels. Begin by paying attention to your breath. You don't have to breathe in any special way, you don't have to try to speed up or slow down the breath, you don't have to

try to breathe clearly or even become distressed by difficulties in breathing, just pay attention to the breath, however that breath may be.

As you breathe in and breathe out notice what it feels like to breathe air through the nose and through the mouth and into the lungs and observe the breath. Observe the breath as the inhale turns around in the depth of the lungs and becomes an exhale. You're doing perfect, relaxing into the session where you will discover ways to control allergic response by utilizing the creative part of the mind in a deep hypnotic state, never asleep, but deeply relaxed.

I'm going to count backwards now from five to one and with each number and each breath allow yourself to relax a little bit further. Of course if your eyes aren't closed yet, go ahead and close those eyes down now, let those eyelids become very relaxed and very heavy, 5,4,3,2,1, zero. Do you notice now by simply listening to the number count you've become a little more relaxed and a little more comfortable. The muscles in the body have become heavy and relaxed, the muscles in the eyelids heavy and relaxed.

You can let go of any tension in the neck and shoulders and let those shoulders drop a bit. You can let your chin fall towards your chest a bit if that helps you become a little more comfortable and a little more relaxed. Let your arms relax and as they rest on the armrest of the chair or on the floor next to you, notice how heavy those arms are when they are deeply relaxed. You're doing great, letting go, absolutely. Of course your mind might be thinking, it might even be wondering, is hypnosis really going to help me with allergy relief? Perhaps your mind is wondering, is it okay if I adjust for comfort or swallow or am I doing this right? Have no fear,

you're doing exactly what you need to be doing right now, improving your life by learning how to reach a deep level of relaxation and creativity.

Let the muscles in your back and belly relax, the muscles in your hands and feet, the muscles in your buttocks and thighs, your calves and your shins and even the little tiny muscles of the toes. It feels pretty good to make yourself comfortable doesn't it? No doubt in the past the allergic responses you have had have brought out stress and discomfort and right now it feels wonderful to simply set aside those allergic responses of the past and to deeply relax, right here and right now.

With each number and each breath, relaxing even further, 3,2,1, zero, letting go completely and deeply relaxing. As you breathe in and breathe out notice how effortlessly your breathing has become more smooth and more rhythmic, your heart rate has become calm and regular, never asleep, but deeply relaxed, each number and each breath relaxing further into a deep hypnotic state, 5,4,3, all the way down now, completely relaxed, 2,1, zero.

No doubt you've probably been given messages by perhaps the weatherman on the local TV or even by your physician or by somebody else whose intentions were good but the message was not helpful and they told you that you can anticipate a difficult time in response to allergens both in the air or in foods or medicine or other things that people have a hard time tolerating. The result of these messages is that we have anticipatory stress. We become fearful of what might happen or what the body's response might be. The result of this anticipatory stress is that before we even are exposed to an allergen or a toxin, we respond with anxiety and increased levels of stress and

our bodies natural desire in response to stress is to try to suppress it, which causes our immune system to kick high into response and can provoke an allergic reaction even before our bodies have had time to really determine whether or not the environment or the toxins or whatever it is that's been introduced to our life really is good or bad.

I've heard many people say that as soon as they even see something that they have been told they're allergic to, they immediately have a response. That tells me that many times response that we produce is a response that we've been pre-programmed for but engaging in this hypnosis session right now you've learned how to achieve a deep level of relaxation both in mind and body and so notice the resource state that we call hypnosis that you've created right now, what it feels like to be deeply relaxed in both mind and body and recognize that instead of responding with anxiety to the messages of others, we can respond to each moment with calm.

Each breath marks each moment and in this moment as you're deeply relaxed, your body, your mind, your immune system are calm and in each way, in each day you have the opportunity to practice mindfulness and being present in the moment and choosing to respond with calm rather than stress or anxiety. Continue to relax, 3,2,1, zero and pay attention now to your forehead. Pay attention to the center of your forehead and as you pay attention to the center of your forehead, think of the word 'cool, cool' and as you think of the word 'cool' say to yourself: My forehead is cool, my forehead is cool, my forehead is cool.

Notice an awareness of the sensation of coolness on the forehead. You can even expand that sense of coolness from the center of the forehead across the forehead and all the way to the

edges of the forehead, paying attention to your cool forehead, from the top, near the hairline to the bottom near the eyebrows and say to yourself again: My forehead is cool, my forehead is cool, my forehead is cool.

Now ask yourself this question, am I noticing at any level that my forehead has an awareness and sensation of being cool. I haven't adjusted the temperature in the room where you are, I haven't made it any warmer or any colder, it is exactly the same temperature now as it was probably just a few moments ago and yet by activating a physical response with a mental thought, you've created coolness in the forehead and at any time in the future when you experience allergy you can pay attention to that part of the body where the allergic response is and you can say to yourself, for example: My skin is cool, my skin is cool and in response to a rash you can quiet that rash by focusing on that place in the body and saying to yourself: My skin is cool, my skin is cool.

Just like you could create coolness in the forehead here and now, you can create coolness to quiet a response in the future, just like you could create coolness in the forehead right now, you can create comfort in any part of the body. For example sometimes cool air allows us to open the sinuses when we are having an allergic response and you can say to yourself: My sinuses are open and cool, my sinuses are open and cool and you'll notice that just like the forehead, the sinuses become open and cool and as you continue to relax, 3,2,1, zero, you can use this deep state of access and creativity to the unconscious mind to reprogram all messages that you may have received in the past.

You see allergic response is often a result of our immune system, believing that some sort of cue in our environment is an intruder that needs to be defeated but a flower is not an intruder that needs to be defeated, the pollens or the essence of the wildlife in the world around us is not an intruder that needs to be defeated but something we fear because of what we have been told, rather than something we appreciate because it simply is a part of the world around us and from this point forward you'll notice an automatic response to the things in the past that might have troubled us.

A simple recognition of the right of the world to co-exist around us in the world in which we live, replacing those wrong messages of the immune system with a new message which simply invites us to be a part of the world without fear or stress or anxiety. I don't know if you've ever had somebody in your life who interrupted you, perhaps you were trying to do something like read or listen to a hypnosis recording or simply pay attention to something you were doing and that intruder came along and either started talking or tapping on your shoulder or other ways vying for your attention and an allergy is a lot like an intruder.

By ignoring the intrusion and simply practicing mindfulness, breathing in, breathing out and paying attention to the breath and continuing to focus on what's most important to you, you'll find that the habit of not only anticipatory allergic response but being irritated by the intrusion of allergic response will simply begin to become less and less intense in each and every way, each and every day.

Now as you continue to relax, 3,2,1, zero, I want you to practice what you've accomplished in

this hypnosis recording and by the way, you can congratulate yourself. You can congratulate yourself for learning something new and for handling allergies in a new way and imagine now in the room where you are is a Plexiglas divider between you and the allergens that you have been exposed to in the past. Imagine on the other side of that Plexiglas separating you are either the flowers of the day or the trees of the earth or the foods which have been distressing to you or even the medications or other allergens that your immune system has fought. Of course where you are right now is safely on this side of the Plexiglas.

Ask yourself, by reducing my stress and anticipatory response and by learning techniques such as creating coolness in the forehead and choosing to be mindful rather than responsive to the intruder and reprogramming the messages that some parts of this world are not allowed to be in our world. Do you believe now that if we were to remove the Plexiglas separation, your response to that allergen that in the past had bothered you would be less severe and decreased and even eliminated? The answer to that is of course yes and so in your mind's eye imagine that that Plexiglas is removed and that there's nothing separating you and the allergens that were at one point on the other side of the Plexiglas and notice that from this vantage point of your inner mind, the response that had been there in the past is a response that is no longer present.

As you continue to breathe in and breathe out, continue to allow yourself to be amazed by this new reality, let a smile come across your face. Allow your body to relax and allow yourself when our session is over to open the eyes and step into a new chapter of life, a new chapter of life with new responses to old cues in the environment. New responses to allow you to each and every day in each and every way and new responses that rather than holding you back from the things you

enjoy most, help you to enjoy life to its fullest.

Pay attention to the chair below you or the floor below to you and pay attention to the next breath, noticing how easy it is to breathe in and to breathe out and that when you breathe in and breathe out, it brings oxygen to every cell of the body and rejuvenates and allows you to become energetic and ready for the rest of the day. When I count to three, opening the eyes, feeling fantastic and ready for the rest of the day, one, taking in another breath and feeling energetic, two, stretching out any muscles that need to be stretched and number three, opening the eyes now, feeling fantastic and ready for the rest of the day.

ORTHOPEDIC HYPNOSIS

In this recording I'm going to guide you through hypnotic suggestions that can help you to recover from an orthopedic procedure or even to prepare for an orthopedic procedure. In order to enjoy this session fully, close out any computer windows that might be open that could pop up to make noise and silence your cellphone and dedicate a short period of time here to learning something new and following this process of guided self-hypnosis.

To begin, find a comfortable place where you can relax, you can sit in a chair with your arms on your lap or on the armrest of the chair or you can choose to lie on the floor. Now that you've found a comfortable place and you've turned out any of the devices that potentially could interrupt you, breathe in and pay attention to the breath. In the background you're going to be hearing some music and this music is designed to help you relax. Close the eyes down now and

focus on the breath, breathing in, breathing out and relaxing deeply with each breath.

As you breathe in and breathe out, pay attention to the muscles of the body where you may be carrying any tension of the day and let those muscles relax. As you breathe in and breathe out, relaxing the muscles of the body, imagine a perfect day underneath a clear blue sky, perhaps a place you've been before or a place you'd like to go or even a place of your own creation and imagine as you gaze up into that clear blue sky, a single, white, puffy cloud, lazily and leisurely floating through the air. It's always fun to watch clouds float through the air and in your mind's eye focus on this slow moving, lazy and leisurely single, white, puffy cloud and of course as it moves across the horizon, it becomes a little bit smaller and a little bit smaller as it gets further and further away.

You can let anything known or unknown keeping you from health and wellness simply disappear with this puffy, white cloud off into the horizon and let go completely. It feels pretty good to take some time to let the mind relax doesn't it? Just like the mind can set aside any stresses of yesterday or worries of tomorrow, your body can relax as well. Let your arms rest on the armrest of the chair or on the floor beside you and let those hands and arms be heavy with relaxation. Let your eyelids relax and be heavy with the eyes closed. Unclench the jaw and let go of any tension you hold in the face, relaxing both mind and body as you deeply relax.

Of course there may be a place in your body where you've had an injury or a surgery or preparing for orthopedic work to be done, that place may be vying for your attention right now, asking you to become aware of it and although it's okay to be aware of that spot, you can even

let that place, even if it has been uncomfortable to this point, deeply relax. It feels pretty good doesn't it, to with intention allow that place to relax. Let the muscles of the back and the belly and the buttocks and thighs relax and the muscles of the calves and shins and feet, and even the little tiny muscles of the toes and the muscles of your fingers, the muscles of the jaw and eyelids.

Notice your breathing, smooth and rhythmic and your heart rate calm and regular. As I count backwards from ten to one allow yourself to relax even further, each number and each breath, relaxing deeper into a state of deep relaxation, never asleep but deeply relaxed, 10, 9, 8, all the way down now, completely relaxed 7, 6,5, letting go a little bit more, 3,2,1, zero. With each breath allow yourself to embrace the healing potential within, imagining that place where that incision or surgery or a fusion has taken place, to begin healing. The skin draws together, the skin of the incision melts together. A smoothness occurs in that area and on the inside where the bones are, whether it's a break or a sprain or certainly a fusion, you can imagine those growing together strong and healthy.

You can imagine with each breath the oxygen that is drawn into the lungs becomes part of the respiratory system and the blood system and that the nutrients from each breath of life goes to the capillaries and the veins and the vessels to every part of the body, healing both an incision on the outside and an injury on the inside. Now notice something, notice how the pain that you have felt in the past in that place on your body where you're either preparing for a surgical process or have experienced a surgical process is different than the pain you felt before this session.

Just like your breath has become smooth and rhythmic, any amplifications of pain have been decreased and any awareness of discomfort has been replaced with a feeling of calm and healing. Notice how in this place a strength is developing, a strength that comes from healing, a strength that comes from wellness, a strength that comes from proper nutrition and self-care and by resolving the issues that brought you to medical attention in the first place. I like to think of the bones as rebar in a concrete building, able to withstand anything, even gale force winds and without a doubt the new you will be a stronger you and a healthier you.

You'll even notice a sense of balance in your life, not just in your gait and your walk, in your ability to balance from a physical perspective but an emotional balance as well, recognizing that any time off to take care of your physical needs for a short time has long term rewards that will help you in each and every way, in every day. As you continue to relax, 5,4,3,2,1, any swelling in any part of the body that is not a resource to you and is not valuable to you, you'll find becomes less intense and dissipates rapidly, allowing your body to heal faster and stronger and with balance.

If you think about the day and you think about the night and you think about the dusk and the dawn, all of these words describe different skies, but all of them are sky and as you heal, one part of the body and another part of the body are still part of the body and although a part of you may have felt discomfort or pain or has required a surgical process, there's also comfort present and there's also relief present and there's also wellness present and to amplify that now as you decrease anything, either physically or mentally, anything either known or unknown that has been causing you to stress.

Of course over the next couple of days and weeks and even months as you continue to heal, the activities that promote health and wellness, exercise within the recommended guidelines for you and choosing to engage in healthy behavior, like fresh air rather than smoking cigarettes and choosing to exercise moderately and appropriately, are all things that will help to strengthen and condition you along with proper nutrition, choosing at each and every meal to contribute to your healing process by choosing those foods which are richest in nutrients most and choosing those things that are less healthy for you and have less nutritional value less often.

The result of course will be that your body achieves naturally the ideal weight, allowing your bones and your ligaments and your tendons and your joints to all work together in a way that supports your healthy body within your ideal weight. You've done a great thing today by participating in this session, by listening and learning and by going through these processes. You've done a great thing by creating healing from within and a new vibrant and stronger and healthier you, decreasing pain, increasing your comfort, increasing your strength, increasing your balance and by using the visual capacity of the mind to see that joint or that bone functioning exactly as it was intended to function and so pay attention to the chair below you, the air in the room around you.

When I count to three, open the eyes, feeling fantastic and ready for the rest of the day, one, taking in a breath, two, feeling fantastic and three, opening the eyes, ready for the rest of the day.

STROKE HYPNOSIS

This hypnosis recording has been developed to help you recover fully and faster from stroke or TIA. People ask me all the time: How can hypnosis be helpful in the rehabilitation process following a stroke? Well, it can help in a number of different ways. First it can help prevent a recurrence by helping us to make different choices that can potentially help us to minimize some of the risks.

The second way that hypnosis can be helpful is that by mentally rehearsing in our mind motions such as the movement of a joint or the resonance of a vocal cord following a stroke, we can activate that part of the mind that can help during the rehabilitation process to help again fully restore movement and speech. Following a stroke is often a period of anxiety, what if another one occurs, when will it occur and hypnosis is a tremendous tool for managing anxiety and helping us to live in the moment.

Begin this session by turning off your cellphone and closing any computer windows that may be open and I'd prefer if you used this hypnosis recording sitting in a chair with your hands either resting on your lap or on the armrest of the chair to begin.

Now that you've found a comfortable place where you can relax and listen to this recording uninterrupted, begin as you sit in the chair by holding your right hand or your left hand up in the air, about eye level, hold that arm straight and in front of you and let your wrist just relax so that there is essentially a bend at the wrist and your hand is relaxing, as your arm is held at eye level.

As you breathe in and breathe out, pay attention to a spot right on the top and on the back of the wrist, it could be a hair or freckle or spot, or even where the light is shining on a specific part of the wrist. What's really most important is that you just bring all of your attention to this spot.

As you bring your attention to this spot, gaze at it, stare at it, you'll notice that by focusing on a very specific place, you have set aside the concerns about yesterday or fears of tomorrow and have become fully present in this moment and this is really learning number one that no matter what else is going on in our world, we can choose where to focus our attention and in this case on a spot on the back of our wrist.

Go ahead and close the eyes down and with the eyes closed down you might notice that the hand and wrist and arm is heavy. Imagine though that a large golden ring, a large golden bracelet is placed over the back of the hand and the weight of that shiny, heavy, gold bracelet brings the hand down a bit and imagine another shiny gold bangle or bracelet is placed on the wrist, weighing it down even more and now a third gold bangle with your mind's eye, a third bracelet clanking up against the other two, adding more weight to the wrist and notice how your hand and arm have begun to drift down towards the armrest of the chair or towards your thigh.

Go ahead and just bring that arm all the way down, let it touch the armrest of the chair or your thigh and completely relax. As you breathe in and breathe out in this moment, deeply relaxing, never asleep but deeply relaxed, notice what it felt like to feel the heaviness in the arm and wrist and what it feels like now as your arm and wrist and hand rests on the armrest of the chair, a sensation of deep relaxation in that part of the body. As you breathe in and breathe out, allow

the rest of your body to become deeply relaxed. Allow the other hand, if you chose the right hand, to place the imaginary bangles on, then choose the left hand now or if you chose the left hand to place the bangles on, choose the right hand now and let that arm and that hand and that wrist become as relaxed as the other arm as it relaxes on the armrest of the chair or on your thigh, notice a symmetry between the weight of the left and the right and the right and the left.

Let all of the muscles in the body relax, you can let your shoulders relax and you can even let the muscles in your throat and neck relax and you can even let the little tiny muscles of the eyelids relax. You may have heard a hypnotist say: Your eyes are getting sleepy, that's not that we're actually asleep in hypnosis, we've allowed the muscles to deeply relax, even the little, tiny muscles of the eyelids and that relaxation not only feels good but allows us to access the intuitive and creative parts of the mind and to activate the bodies healing potential.

Continue to relax the muscles of the back, belly, the buttocks and thighs, allow your calves and your shins, your feet and even the little tiny muscles of the toes to deeply relax. Without a doubt, having a stroke or a TIA can produce a tremendous amount of anxiety but notice how it feels so good right here and right now to choose to relax while listening to this self-hypnosis recording. You see, this is not a state that I've created or done to you, rather it's a state that you've created by choosing to set aside some time and master self-hypnosis.

Amplify the resource state of hypnosis, creativity, intuition, healing, wellness and as you breathe in and breathe out, notice your heart rate has become smooth and rhythmic and your breath calm and regular and in this state of deep relaxation your blood and the nutrients and the

oxygen that flows through your body is able to reach every cell of the body. I don't know if you've ever seen a Skeleton Back watch. It's a mechanical watch that on the back, instead of having a solid case, has a glass or a clear case which lets you see the inner workings of that watch. It's always amazing to see such a watch and with the precision that the mechanical movement makes and our bodies are very similar in that although complex, they work perfectly to keep us healthy.

As you listen to this recording, recognize that you're in the recovery phase, which means your body is functioning as it should, it is doing well. You could even imagine another you outside of you, watching you but seeing inside of you and able to see the oxygen being drawn into the lungs with each breath and the oxygen being delivered through every vessel and capillary and vein in the body to every place in the body, from the feet to the head, from the fingers to the heart, from the back to the front and left and right.

It feels good to be aware of this balance doesn't it and the body's ability to do its job and the result of this awareness is of course a sensation of calm and relaxation which is of course the opposite of anxiety and stress. As I count backwards from five to one, with each number and each breath, double your awareness of relaxation, 5,4, all the way down now, deeply relaxed, 3,2, each number and each breath completely relaxed, 3,2,1, zero. Having entered into this resource state that we call hypnosis and recognizing that you have an inner ability to create calm among chaos and to quell anxiety by replacing it with steadiness and calmness, so the good news here is that any time in the next week or two, or month or two or year or two, should you feel anxiety or fear, you can close the eyes for a moment, with or without this recording and

simply take in a breath and bring yourself back to this resource state of calm that you've created, quelling any anxiety, setting aside experiences of the past or fears of the future and being deeply relaxed.

In your mind's eye now, focus on that part of the body which has been limited in its movement or mobility since your stroke. For some people this is very pronounced, with physicians maybe even using the word 'paralysis' and in others it's simply an awareness that the muscles on one side are different than the muscles on the other side and the movement in one way or another is restricted or impeded, but in your mind's eye now, imagine that part of the body being able to move as it was intended to move, being able to lift or lower or rotate or grasp.

Imagine that part of the body moving towards and away and you being able to control the ability of that part of your body with the signal from your mind travelling through a new connection or a new cable to the receptors in those muscles. You can even imagine that part of the difficulty you may have experienced is a breakdown and the electrical or cable connection between what your mind desires and what your body is able to do, because of the interventions that have been taking place over the last couple of days and weeks and maybe even the past couple of months, a new cable is being laid, a new connection is available. By being able to utilize this new pathway, our minds can create signals that our bodies respond to.

What this means is that not only will your motion be improved but your balance and equilibrium and sense of security will be increased. Your speech will be strong, your vocal cords flexible and resonant and your body, with each breath and in each moment, in each way, each and every day

getting better and better. Should for some reason you find yourself holding thoughts of anxiety or fear, again, close your eyes and take in a breath and say to yourself: My body is perfect, my body is perfect, my body is perfect and allow your perfect body to function at its peak processes of wellness, setting aside fears of impending disaster or recollections of previous experiences and living fully in each perfect present moment, confidently and calmly ready for the rest of the day.

Now you can congratulate yourself, you've done a great thing by listening to this recording and internalizing its concepts and ideas. When you open your eyes at the end of this recording and when you take in a breath and when you stretch out your muscles, when I count to three and you feel refreshed, notice a sense of strength and balance and comfort and calm, one, taking in a breath, two, stretching out any muscles that need to be stretched and allowing your body to be that perfect body and three, opening the eyes, ready for the rest of the day and feeling fantastic.

SPORTS INJURY HEALING HYPNOSIS

People ask me all the time, how can hypnosis be a useful tool to help me recover from sports injury. Hypnosis is a wonderful tool to use if you're recovering from a sports injury. It can not only address the physical issues and help you to recover faster, but it can also address the mental issues, helping you remain on your game during any down time and helping you to step into a new future where you can perform at a peak level of performance post-recovery.

In order to enjoy this hypnosis session, find a comfortable place where you can relax. You can sit in the chair or you can lie on the floor and you can listen to this recording, but please turn off

your cellphone and silence any computer windows which might pop up and open up with a message or something trying to grab your attention.

Now that you've found a comfortable place where you can listen to this recording and devote your energy to healing from sports injury, begin by closing the eyes down and scanning the body for any obvious areas where you're holding the tension of the day. As you relax those muscles and allow those parts of your body which are perhaps sore or injured to also relax, bring your attention to your breath, breathing in and breathing out. You neither have to try to speed up nor slow down your breath, just breathe.

As the music plays in the background, this music is designed to help you relax even further during this session. As you breathe in and breathe out, continue to allow the body to become very relaxed, allow the body to become heavy and warm. Allow the muscles and the eyelids to relax first and unfurl the brow, letting the muscles in your forehead and unclench the jaw, letting the muscles in your jaw relax.

Let the relaxation extend through the shoulders and the neck, relaxing completely in both mind and body. Allow your hands, your forearms, your back, your belly, allow all of the large muscle groups in the legs and the feet to relax. Allow your fingers and your toes to relax and continue to just breathe in and out with each breath, inhaling excellence and exhaling anything known or unknown holding you back and keeping you from feeling your very best. So far we've only spent a minute or two focusing on this moment and deep levels of relaxation, but it feels nice doesn't it, to know that you're spending some time doing that which is best for you, to help you recover

fully from a previous injury, not only from a physical perspective, but from a mental perspective as well, being able to set aside any regret of the past or fear of the future and to just mindfully be aware of this moment.

There are many beautiful places in the world, perhaps you've been to one or perhaps there's a beautiful place that you would like to go to, some people enjoy the tranquility of the mountains and the rugged terrain of the Wild West and others prefer the smooth sandy beaches of a tranquil place that is undisturbed by others. Some people like open spaces, clear, blue skies and others enjoy a cool, perhaps even snowy scene where they can enjoy nature in its finest. Perhaps some of these suggestions have brought to your mind a place that's relaxing to you or special to you, a place you've been to before that captured your attention or even a place of your own creation you would like to go to.

In your mind's eye allow yourself to be taken to that place that you find beautiful and serene and relaxing and see yourself enjoying the sounds, the sights and even the smells of the unique place that you can call your own. It's probably miles away from any problems you have. It's probably miles away from any thoughts of injury or illness you have and because of this distance it probably feels wonderful to not only think of this place but to imagine yourself relaxing in this place and space and time. By travelling to this special place you've done something, you've taken the first step in recovering from sports injury because you've removed yourself from any of the trauma or pain or stress of your injured condition and brought yourself to a place far away from any difficulties where you know you can begin the process of healing and so right now, right here in this place allow yourself to amplify feelings of comfort in every part of your body.

You can do this by continuing to relax with each number and each breath, relaxing a little bit more, 5,4,3,2,1, zero. You can do this by paying attention to this moment and noticing that effortlessly and without conscious intention, your heart rate has slowed and your breath has become smooth and rhythmic and you've increased the feeling of comfort in both mind and body, even in that place on your body where healing should take place. Go ahead, check that part of you that was injured and notice that in this moment, in this time, with all of the problems of life miles away from here, that place that perhaps has caused so much stress is a place that has finally found rest and healing and it feels pretty good doesn't it?

You can engage the healing process right now by recognizing that our bodies are remarkable machines capable of recovery from almost any condition and at every level. It's amazing to see the skill with which a surgeon can heal an injury. It's amazing to see how productive the mind can be in down time where we're not distracted by daily practices but instead have a chance to focus on our mental game, to improve the outcomes in our sport, even if we're experiencing what others might call 'down time.'

As you relax into this moment, with each breath and each number, never asleep but deeply relaxed, allow yourself with each number and each breath to relax even further, 10, 9, 8, all the way down now, completely relaxed, 7,6,5, you're doing perfect, 4,3,2,1, zero. In this perfect place and in this perfect time not only can you create a feeling of physical wellness or quiet the nerves or aches or sores or swelling or injuries, but you can also increase comfort in every part of your body. Notice the comfortable, smooth and rhythmic breath, the calm and comfortable

heart rate. The comfortable, relaxed muscles of the body, but just as you can create comfort, you can also create confidence.

Hypnosis is a resource state and it allows us to activate on an unconscious level our most creative mind and what the mind can conceive the body can achieve. So healing is, of course, attainable, but so is an increase in your confidence level, perhaps your conscious mind has wondered after my injury, will I be able to perform or play or enjoy the activities that are most meaningful to me, but with confidence you can know that at the level which is most beneficial to you, you'll be able to engage in the activities which are most meaningful to you and it feels pretty good to claim that confidence now doesn't it?

Bring your attention back to that place on your body where you've experienced injury, if any swelling or inflammation remains, just as you allowed your body to relax, let the inflammation relax and let the swelling relax and notice a calming feeling in every cell of the body. It feels pretty good doesn't it, to exercise control over your body in this way and to have confidence that your body has the ability to heal. Of course you may be facing additional processes, maybe even surgical processes but to this point you've managed your injury well, doing the things that are most important to you and taking care of your body, even taking care of your spirit and your mind by learning about self-hypnosis and so you can set aside any anxiety about these processes by imagining yourself weeks and months and even years after that process is long into the distant past and seeing yourself once again engaging in those activities that are most beneficial to you, playing your sport, enjoying your game and functioning at your highest level of peak performance.

With each number and each breath continuing to focus and relax, 3,2,1, zero, you're doing perfect. Letting go completely, knowing that in no time at all you will be able to get back in the game but this time the game will be different because in this down time you have an opportunity, the opportunity to practice your mental game, to rehearse in your own mind your response to other players and participants and competitors and to see yourself taking the actions necessary to perform at your very, very best.

You see, so often when we're practicing our sport we engage in the tasks of strengthening and conditioning the body without paying attention to the mind and so this down time you're experiencing from physical activity gives you the opportunity to mentally rehearse your strategies, your swing, your step, your stride, your throw. You're doing perfect right now. Seeing yourself as you know you will be in a peak level of performance, three weeks from now, three months from now, three years from now, enjoying every aspect of this time which allows you the ability to focus on your mental game, to revisit past performances, to improve your position and your abilities.

By learning hypnosis what you've done also is you've learned to get in the zone, undoubtedly you've heard about peak performance and being in the athletic zone, but we can be in a mental zone of complete laser-like focus on the ability of our subconscious training to carry through in the conscious moment, to help us to do our very, very best. You can congratulate yourself for being a winner, for daring to achieve, for taking health and wellness seriously by not only complying with your physicians directions, medications or post-surgical follow-up, but also by

addressing the mental game, the mental rehearsal and stepping into a new confidence and new abundance by your abilities and desires following this time of rehabilitation.

You've done fantastic in this session and so over the next week or two, or even the next month or two, you'll take time as your body gets better and better each and every day to listen to this recording again and again, committing to a path of subconscious learning, those suggestions which most powerfully can help you to step into your peak level of performance with health and wellness and abundance. It feels pretty good doesn't it?

Say this word in your own mind 'confidence, confidence' and say the word 'performance, performance' and say the word 'wellness, wellness, wellness' and say the word 'healing, healing, healing.' In a moment I'm going to count to three and when I do it'll be time to open the eyes and when you open your eyes take in a deep breath, let a smile come across your face and recognize that you're on the pathway to recovery and doing your very, very best. One, stretching out any muscles that need to be stretched, paying attention to the chair below you and your hands as they rest on the armrest of the chair or on your thighs. Two, breathe in deeply, let oxygen fill your lungs, be ready to open the eyes in a moment, let oxygen travel to every cell of the body, energizing you and bringing health and wellness and an experience of abundance and three, open the eyes, feeling fantastic and ready to take on the rest of the day.

Stop Essential Tremors

Actual transcript of session with real-life client.

Adapt this script for tremors to your client's needs: Allow yourself to experience a deeper state of calm relaxation. Calm in the mind, calm in the body. If you are in any way carrying the tension of the day, you can relax those muscles of the body. You can let the eyelids relax, just the little tiny muscles of the eyelids. You can let the forehead and eyebrows relax, and unclench the jaw. If it's more comfortable for you, you can even relax your muscles in the shoulders and neck by letting your chin drop towards your chest a little bit. A lot of people find that if they let their chins drop towards their chests a little bit, it will keep them from feeling tension in the neck and shoulders. Of course during this session if at any time you need to move just for your comfort, to scratch to an itch or otherwise adjust, those things won't disturb you. In fact, they will help you to relax ever further by making you more comfortable. You are doing great so far, deeply relaxing and paying attention to the feeling of relaxation in the muscles. You can do that by noticing the muscles of the arms, like the biceps, forearm, and triceps, letting those relax and having the muscles in your hands relax after. In fact, the muscles in your left hand must be very relaxed. After all, your fingertips are resting and they look calm and relaxed, staying in a comfortable state of stillness. The right hand, which has the fingers curled, may be uncomfortable. Go ahead, uncurl those hands and just let them rest on the arms of the chair. Notice how there is a difference between the tension of the curled muscles and the relaxation of the open hand. As you breathe in and breathe out, you are not asleep but deeply relaxed. You may pay attention to each and every word that I say, maybe even with the conscious mind wondering how this is helpful, but with the subconscious mind learning new things and creating new experiences that can help you in each and every way, each and every day. Relax the muscles of the belly and the back, muscles of the chest, the muscles of the buttocks and thighs, the knees, the calves, the shins even the muscles of the feet, adjusting for comfort is ok, even encouraged in

order to relax the muscles feet and toes. This is only a basic process of physical relaxation, but you will notice the benefits by taking a minute to relax the muscles in the body. Both of the hands are still, breathing is smooth and rhythmic, and the heart rate is calm and regular. Focus on the hands now, and as they relax, think of the word heavy. Let those hands just be heavy, heavy. Even say to yourself, my hands are heavy, my hands are heavy. Allow yourself to feel the sensation of heaviness in those relaxed hands. Heaviness didn't come from putting a weight on the hands; heaviness came from just letting those hands relax. To be calm, smooth, and rhythmic like the heart and regular like the breath. It feels really good to notice those hands just heavy rather than shaking or filled with the tremors, doesn't it? This feeling is not something that I created, but something that you created, by simply saying to yourself my hands are heavy, my hands are heavy and just letting those hands be heavy. You have the power or ability to really create sensations that are important to you. For example, think of the word warmth. Warmth like the heat that comes from the sun, or warmth like the heat that comes from the inside of the body. Think of the word and sensation of warmth in the same way that you thought about the heaviness of your hands. Let those hands feel the sensation of warmth. Say to yourself, my hands are warm, my hands are warm, and let those warm hands notice the sensation of heaviness and heat. You are saying to yourself my hands are warm and heavy, my hands are warm and heavy, my hands are warm and heavy. Our conscious mind knows that at any time should you want to, you could move your hands, but it feels so good to let those hands relax, be both warm and heavy. You'll find if you try to lift those hands they become weighed down, if you try to lift those hands they become heavier and heavier resting on the arms of the chair. In fact, if you try to move those hands, the tremors the hands will simply become heavier and heavier, locked down, even tighter and deeply relax. You are doing perfect, with each breath doubling the sensation of

relaxation and calm. With each number and each breath, let yourself drift into a slower state of relaxation, or hypnosis as we call it. 5, 4, 3, 2, 1, 0. You are doing perfect. You are warm and heavy, weighed down by the comfort of yourself, with a smooth and rhythmic breath and calm heart rate. You look very relaxed, not asleep but deeply relaxed. Before we started I asked you to make an OK sign with the right hand. Go ahead and do that now, just touch that thumb and index finger together on that right hand. Touch them, hold that tension for a moment and then relax your fingertips, let them relax, noticing the difference between tension and relaxation. Again, touch the fingertips together of thumb and index fingers, press them hard, and hold them tightly for a moment. And now relax the fingers again, let those fingers be simply relax like they were a few moments ago, noticing the difference between tension and relaxation. Can you feel that difference? This is what we call an anchor. It is something that you can do any time during the next day or two or three or in the next week or two or three or the next month or two or three or even the next couple of years. Before you have a tremor, if you have any fear or an anticipation of you might experience a tremor, simply touch that thumb and index finger together, press them together for a moment and then relax them and notice, notice a sense of heaviness and warmth in the hands, allowing yourself to return exactly to this state that you've created right here and right now. It is amazing that we have the ability to do that. To take control over our bodies by doing something as simple as touching the thumb and index finger together, relaxing them and then returning back to this state or perhaps even a deeper state of relaxation. In fact, with each number and each breath, you can allow yourself to go into an even deeper state of hypnosis, calm, tranquility, stillness. 10, 9, 8, 7 ... You are doing perfect. 6, 5, 4, 3 ... all the way down now completely relax. 3, 2, 1, 0. Knowing that by coming here today you have created the same success that you have had in your previous hypnosis sections. Able to easily achieve a state of

physical calm but mental learning. Even feeling the power and the ability to shoot guns, reach for your credit card, or eat a meal. Feel that state of calm and the little tiny muscles of the fingers, the little tiny muscles of the hands, the little tiny muscles of the wrists. Right here, right now while your hands rest on the arm rest of the chairs and remain calm. Look and see that those hands are enormously still, heavy, warm, calm, just like the breath, just like the mind. Remember that this state is not one that I've created for you, it's one that you created within you, by listening to the instructions and by following the suggestions. Because of this we know that when you step over the threshold of the door and leave the office today, or go down the elevator or get in your car, that the change has been made. In fact, you will first notice it when you reach for your keys to open your car door and find it's easy to do that. As you drive home, you will be alert and awake and oriented of course, but you will notice that your hands are feeling calm, and you are relaxed through the rest of the night. Even if you look for a tremor that may have been there in the past, you will notice that with each breath, each heartbeat, your hands are calm, still, confident, and relaxed. Over the next couple of days, you will notice something else. The color red. It will just be brighter, sharper, crystal clear. It could be a red QuikTrip sign, a red cup, or somebody's red necktie or red piece of paper or red on the TV, some stop sign, a tail light. When you see the color red, not only will it appear clearer, it will actually bring a smile to your face. It will be a reminder to you that you've actually accomplished something important in today's session; the smile is recognition of that. The lesson of today can actually be reinforced by the CD I am going to give you, and by listening to tracks 2, 6, or 9 once or twice a day for the next ten days, you will find that by studying these methods the tremors that have distressed you to this point are nothing to worry about. Because you've learned the strategy or technique, you can dial back or turn down the volume or intensity of those sensations. So you have to congratulate

yourself for learning something new, for taking control over an area of your life that is so important for you. And as you breathe in and breathe out, really notice the oxygen filling your lungs, pay attention to what it's like to just breathe. Follow the breath as it travels through the nose and into the lungs and what it feels like to exhale gently. Every time you breathe of course, oxygen goes through the lungs to every cell of the body. Over the next couple of days and the weeks and even months, as you take your meditations and diuretics you will find a happy sense of calm overtake you in this relaxing way. You will find it easy to go to sleep once you get up in the night to go to the restroom. It will be easy to drift to bed into a deep night of sleep, comfortable and calm as if you had never even gotten up in the first place, rejoining your night with the same level of sleep and calm and relaxation. As you breathe in and breathe out, here in my office, I'd like you to pay attention to your feet. The heaviness of your feet resting on the floor. Your hands resting where they are. Your breath in and out. Become aware of the spot directly in front of your vision, the place that you think of right before you close your eyes. Now move your attention back to that mental place, that mental halfway between where you are and where the wall is. You can move your attention all the way back to that spot on the wall where we started even though your eyes are closed. When I count to 3, you can open your eyes, focusing on the spot on that far wall. You will find when you open your eyes that you are alert, awake, oriented, and ready for the rest of the day. 1. Pay attention to the breath, congratulating yourself for warmth today, and also for creating these experiences and 2. Taking a breath, becoming aware of the muscles in your body, 3. Opening the eyes, paying attention to that spot on the far wall, opening the eyes and feeling fantastic and aware of something new, experiences and success. It feels pretty good, doesn't it, to go through that process to learn those things.