**Text, application

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**Create a Protective Atmosphere**

Much of the script is mine and the actual exercise is an excerpt from the book:[**Awaken Your Strongest Self**](https://www.amazon.com/Awaken-Your-Strongest-Self-Fiore/dp/0071742239/ref=sr_1_1?crid=1OFQI1TWZFS4B&keywords=awaken+your+strongest+self&qid=1636232295&qsid=131-8641194-5646219&sprefix=awaen+your+stron%2Caps%2C321&sr=8-1&sres=0071742239%2CB010TTA1CS%2C7512359357%2CB07R1VYNS4%2C1981089152%2C0593196686%2CB07YSVVKQM%2CB00K0SEV2A%2CB01M0680GI%2CB09DK33BD3%2CB0067QV140%2CB06XH2TN9Z%2CB004T4MIE4&srpt=ABIS_BOOK)by Neil Fiore

**I highly recommend this book** for excellent tips and quick hacks to reframe and transform negative emotions and beliefs. As described, Neil Fiore uses research findings in neuropsychology, Cognitive Behavioral Therapy, and Peak Performance strategies, to show you how to live with greater joy, ease, and effectiveness. When I was newly certified in hypnosis, this book was my go-to resource for ideas, exercises, imagery, all easily inserted into a hypnosis session. It is still a treasured resource of mine today, filled with highlights, tab markers and notes.

**INTRO TO EXERCISE IN A GROUP (OR TO AN INDIVIDUAL CLIENT)**

In a moment (not yet) I’d like you to **experience the safe feelings that you are capable of creating and which you can learn to rely on in times of stress**. I will invite you to imagine that you have your own protective atmosphere four feet all around you. By creating a visual-sensory image, you are communicating in a voice that speaks more effectively to the right hemisphere and to the limbic-emotional center of your brain (*your subconscious*). With the right brain awake and ready to assist, your left brain– considered to be the center of language and ego identity (*your conscious mind*) – can relax its vigilance and lonely struggle.

I will ask you to allow the image of the atmosphere and your body’s ever present defenses to protect you, so your consciously controlled muscular and nervous system can take a brief vacation. The calming effect that results will prepare you to react in a rational way, exercising your freedom of choice, and all parts of you (*conscious/subconscious, right brain/left brain*) enabling you to act from your highest self.

**HYPNOSIS (after a short induction)**

IMAGINE/VISUALIZE a safe, protective scene in nature or at home where you can feel at peace with the world. As you relax within this sanctuary, consider the fact that your mind and body know how to make more than five million healthy new red blood cells every minute – that your body and its autonomic nervous system take care of you twenty-four hours a day, even when the conscious part of you goes to sleep. This is a example of the power of your subconscious mind to help you and care for you. You are protected … You are safe …

IMAGINE, FEEL, and SENSE a protective atmosphere all around you – a protective bubble in which you feel very comfortable. Like the earth’s atmosphere, it weighs 14.7 pounds per square inch at sea level – thick enough to burn up most meteorites before they reach you and yet porous enough to allow you to breathe easily.

**FILL your protective field with a GOLDEN or WHITE LIGHT that burns up negative thoughts and noises before they get to your heart.** Your atmosphere slows down the daily intrusions of life and gives you all the time you need to push distractions aside … find the right words to address problems … and direct your focus on your top priorities. With your eyes closed … SEE, FEEL, or SENSE your protective atmosphere all around you.

BEFORE you go into a challenging or difficult situation … BEFORE you go into an interview … make a difficult phone call … confront an angry person … or begin a challenging task **… take one to two minutes to feel this warm cocoon of light all around you**. IMAGINE that your protective atmosphere provides you with a center of SAFETY and CALM. **In the midst of a typically stressful environment, your imagery of a strong, protective bubble makes you appear like the calm at the eye of a tornado.** It also sends a message to your lower brain functions – for example, the hippocampus, where memories of former experiences are stored – that your higher brain has assessed the current environment as safe and one that you can comfortably handle.

WITHIN THIS ATMOSPHERE, you have ENOUGH TIME to OBSERVE your conditioned reactions and catch them before they act out their survival programming. YOU HAVE TIME to access the voice of your highest self … to exercise AWARENESS and stay FOCUSED on your job and your mission.

YOU ARE NOW integrating all parts of your brain … left brain with right brain … conscious with subconscious … integrating your new human brain and its executive functions with your ancient lower brain. You have created A PROTECTIVE ZONE that allows you to perform optimally under pressure.

Now as you remain relaxed, enjoying this protective atmosphere, you NOTICE that you feel CALM, CONFIDENT, and IN CONTROL. You ARE … CALM, CONFIDENT and IN CONTROL. You may notice that you are feeling so SAFE … SO PROTECTED … and SO SECURE that you feel yourself SMILING FROM THE INSIDE TO THE OUTSIDE.

Your protective atmosphere has given you a PEACE and CONFIDENCE that you have never experienced before. Now I want you to KNOW … to really KNOW … that you can invoke this protective atmosphere any time you want to. You can call up this protective atmosphere BEFORE you go into a challenging situation. And you can call up this protective atmosphere even when you encounter an unexpected stressful situation. All you need to do is to take 3 deep breaths while you rub your thumb and forefinger together and say to yourself the word SAFE … SAFE … SAFE … invoke your protective atmosphere anytime you need to by simply relaxing … taking 3 deep breaths … and say to yourself SAFE … SAFE … SAFE …

**Try it right now** … take 3 deep breaths while you rub your thumb and forefinger together … say to yourself the word SAFE … SAFE … SAFE.

The physical action of rubbing your thumb and forefinger together is now PERMANENTLY LINKED to the security of your protective atmosphere and the experience you are having right now of SAFETY … SECURITY … CALM … PEACE … and CONTROL. Whenever you rub your thumb and forefinger together and say the word SAFE, you bring back all of the positive, shielding qualities of your protective atmosphere … and you bring back the powerful feelings you have right now of SAFETY … SECURITY … CALM … PEACE … and CONTROL. And you are CALM, CONFIDENT, and IN CONTROL.

**AND REMEMBER to FILL your protective field with a GOLDEN or WHITE LIGHT that burns up negative thoughts and noises before they get to your heart.**

Whenever you employ your protective atmosphere, you will be prepared to react in a rational way ... you are now able to exercise your FREEDOM TO CHOOSE how you will respond. Your protective atmosphere gives you the space you need to step back from your emotions and observe them. **Without effort, struggle or strain** … you see solutions with clarity and make wise choices. Your protective atmosphere gives you the safety and security you need to make wise, rational decisions … to choose a response that will benefit yourself and others. Whenever you invoke your protective atmosphere, ALL PARTS OF YOU (*your* *conscious and subconscious … your right brain and left brain*) will be united to act together in a positive way … you will have clarity of focus ... and you will find yourself acting from your highest self … from a position of SAFETY, SECURITY, CALM and PEACE … and in complete CONTROL.

**You are actively training your beautiful subconscious mind to work FOR you … for YOUR benefit … for YOUR unique needs for health and healing**. As you practice employing your protective atmosphere, everything will become easier for you. **Day by day you will find yourself growing stronger**. Your subconscious mind will guide you through difficult situations **without effort, struggle or strain**. You will find yourself **smiling and happy, from the inside out**, as you realize **you are now calm, confident and in control**  **…** and **YOU ARE SAFE**.

POST HYPNOTIC SUGGESTIONS:

* *I am an actor in my life … no longer a reactor.*
* *I put up my protective atmosphere and I feel safe and in control.*