

The Script Collection

a resource for therapists

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**Hypnotic
phenomena •**

**Glove
anaesthesia**

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About The Script Collection

The Script Collection is a resource for professional and
trainee hypnotherapists. Scripts are useful as a source of
ideas and approaches which can be adapted to suit the
needs of individual clients.

We do not recommend that scripts are read verbatim.

The design of The Script Collection has been specially
devised to enhance the benefits of this resource. Ample
space is provided where you may write your own notes,
comments and adaptations.

A number of special conventions have been adopted to
make the scripts easy to use and study.

The first part of each script, in which the therapist is
preparing the ground for the trance work to follow,
is formatted as standard prose, and is intended to be
delivered with normal tone and pace.

The trance script that follows is formatted so that line
breaks mark suggested phrasing and pacing.

Silences play an important part in trance work, and
pause markers indicate different lengths of pause as
appropriate. Each coloured block indicates approximately
10 seconds.

Examples:

 Pause [approx 10 seconds]

 Pause [approx 30 seconds]

Words and phrases requiring special emphasis are marked
in bold text with a highlighted background.

Example:

your unconscious mind takes ***care of things*** in
that time

Studying the content and structure of these highlighted
phrases will be particularly helpful to the therapist who
wishes to develop their own skill in devising helpful
suggestions.

Hypnotic phenomena • Glove anaesthesia

Hypnosis is a state of optimum, instinctive learning akin to the night time REM state of mind and body we all experience as we dream at night. During REM the body naturally becomes cataleptic and, to some extent, naturally anaesthetised, so that you don't physically act out the dream you are having. These night time dream/ REM phenomena can be accessed during the trance state – which is not the same as sleep – and you can quite easily go from having a cataleptic hand to an anaesthetised arm.

When you experience this, you can begin to control your own pain levels and ask your unconscious mind to spread the numbness from your hand to any part of your body that might need it some time. You can learn to set your unconscious mind tasks, such as to produce glove anaesthesia, without your conscious mind having to do anything at all. It's an incredible feeling when you realise that your unconscious mind is producing these physical changes for you!

As your hand becomes hypnotically anaesthetised, you'll be given powerful suggestions to begin experiencing great changes in your life. Because when you learn the powerful truth that ***you can direct your unconscious mind*** to influence your body in this way, then you'll be able to direct your unconscious mind to make all kinds of positive changes for you. Just imagine if you could accelerate your own healing or direct your unconscious mind to control your blood pressure and sweat response, or to wake you up at a certain point in the morning or even to grow muscle tissue! Your conscious mind can just sit back and begin to observe what your unconscious mind can do and marvel at it.

Because we all know what it feels like to roll a snowball with bare hands and how this can make your hands feel numb. So your unconscious mind can recognise this feeling and be directed to recreate it when you require, and transfer that feeling to any part of your body that might need it.

And now I would like you to just close those eyes
and begin to **relax**
and as you **relax more deeply** you can choose to listen to my words
or even to the calming spaces in between my words
allowing those words to float around
sometimes drifting away
and then back again
relaxing deeper with each breath in

[pause to match breathing]

and out
releasing all those tensions of the day
allowing that relaxation to drift over and around you
each muscle and cell vibrating gently
with a wonderful **soothing calm**
and perhaps you can notice which part of you starts to
relax more deeply first
you can be curious about where that can be
and how it can feel
anticipating that deep relaxation spreading throughout your body
fanning out like a **wonderful warming blanket**
bringing calm and relaxation from the top of that head
to the very tips of those toes
a delightful tingling feeling

 Pause

And now I wonder if you can
imagine a wonderful spring day
the days just starting to **warm** after the winter
colour returning to the gardens and trees
new shoots breaking through the ground and bringing new life
the birds singing in the early morning light
the **relaxing sound washing over you**
breathing in those wonderful spring scents as the flowers bloom
getting a real sense of that now
turning towards the sun and feeling it warm your face

all the hope and expectation spring can bring
a *joyful relaxing time*

■ Pause

And just as spring brings new life
so the *warmth and vitality* of summer nurtures it
those long light days
beautiful relaxing evenings stretching on for ever
and how the shadows and colours can change with the light
vibrant beautiful colours and shapes that only summer can bring
and the smiles on everyone's faces
joyful laughter as everyone *relaxes more* in the warmth of the day
just sensing how everyone really does *relax deeper* and slow down
during those wonderful summer months
breathing in all those *calming summer smells*

■ Pause

And now perhaps noticing
as the days start to shorten again as life moves on
and you can feel *very comfortable and relaxed*
about the natural order of the seasons
drifting into autumn
perhaps the air feels a little fresher
the leaves turning gold and falling from the trees
and you can *relax deeper*
as each leaf falls and settles so gently on the ground
the sun reflecting through the trees
reflecting all those beautiful autumnal colours
feeling the freshness of the breeze
and the *calming* sound of it rustling those leaves
getting a real sense of a wonderful autumn evening
a *beautiful relaxing sky*

■ Pause

And just as day follows night so
the seasons march on
autumn drifting naturally into winter
feeling a chill in the air
noticing how **cool** and **refreshing** that can be
passing over your body
breathing in that crisp clear air
perhaps **noticing** that you can even see your breath
hanging in the air
and the different shapes and shadows cast by those trees
so different now without their leaves
and snow on the ground
reflecting that winter sunlight
feeling the snow **crunch beneath your feet**
and the wonderful sound that makes
relaxing deeper with each step

■ Pause

And now just getting a sense of scooping up a handful of snow
moulding it in those hands
rolling it into a snowball
and **I wonder which hand will start to feel numb first**
chilled by the snow
and you can notice which hand that is now
getting a real **sense of how that feels**
deep frozen by the snow

■ Pause

That's it
and here in this winter scene
perhaps **noticing** now a tub of ice cold water
the blueness of the ice floating on top
breathing in the cool crisp air
noticing how it feels in those lungs
plunging that hand into that ice cold water
noticing the freezing temperature

surrounding that hand like a frozen glove
really feeling that as it becomes **number**
and **number**
getting a **sense of that**
now

■ Pause

That's good
and as that hand becomes more and more numb
perhaps you can **notice** how it can almost feel separate from you
like an object at the end of your arm
and the **more numb** it becomes
and the less you can feel that hand
the more separate from you it can become
deeper and deeper numbness
almost a heaviness
separate from you
taking your time to **really notice** how that feels

■ ■ Pause

Good
because the freezing water can be like a **special freezing solution**
keeping that hand frozen even when
you take it out of that ice tub
removing that hand now and noticing how
the **freezing numbness remains**
that heavy remote feeling
at the end of that arm
and even as you remove that hand
the freezing solution can make it even **number**
and **number**
a still, heavy numbness
getting **a real sense of that**
now

■ ■ Pause

That's it
and now **drifting** to one side
watching that hand from the outside
noticing how it looks
numb and heavy
noticing the colour and texture of that hand
separate from you
really numb
frozen
still
taking some time to **notice** that

■ ■ Pause

And perhaps
there's another part of your body you can spread this numbness to
and gently letting that hand drift up
lifting it up
that's good
and gently placing that numb frozen hand on that other part of you
and as you touch it
noticing
how that numb feeling spreads
that **frozen frosty feeling** spreading out from that hand
and **your unconscious** mind **noticing**
how easily this numbness can be spread
to wherever you might need it
whenever you might need it
naturally spreading that **frozen numb feeling**
and you can wonder out loud just
how numb that numbness is
maybe it's ninety percent numb
ninety five percent numb
or even absolutely one hundred percent numb
your unconscious mind can **decide**
how numb that needs to be

■ ■ Pause

That's good
and now perhaps just allowing the sensation
to begin to return to that hand
knowing the unconscious mind has learnt very well
how to recreate that numbness
and watching those sensations
starting to *drift back into that hand*
a *warmth* starting to return
as the blood flows back through
warming right to the tips of those fingers
bringing those fingers together
and apart
together
and apart
just repeating that as the feeling returns
sensations flooding back into that hand

■ ■ Pause

Good
and you can *notice an amazing residue* of numbness in that hand
just for a couple of minutes
after you come back to the room
and full feeling can return quickly after that

■ Pause

And now as I count from one to five
you can come back to the room
knowing you have learnt well today
at a very deep level
and one and two
beginning to notice the room around you
and three and four
trusting that unconscious mind
and five
coming right back to the room and opening those eyes!