

# The Script Collection

a resource for therapists

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**Knee Pain  
Relief**

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### The Script Collection

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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.



# Knee Pain Relief



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Knee pain can interfere with the quality of your life in many ways, because our knees are such a fundamental part of how we walk and move through the world. Often we only come to appreciate how wonderful it is to have healthy knees once we're experiencing symptoms of pain, discomfort, and reduced mobility in that part of our body. Not all knee pain requires the same treatment, so it's essential that you get an accurate diagnosis from a medical professional and that you understand what you need to be doing to effectively look after your knees in the best way possible.

Hypnosis has been successfully used for many years to assist with physical issues. Research shows that hypnosis can measurably reduce inflammation and accelerate physical healing. And it also gives you a way to tune out pain – to turn down the volume on the pain signals themselves – so that they become more manageable and you experience more ease and comfort throughout the day.

Pain itself is, of course, a useful messenger, telling you that there may be something you need to attend to in your body. But when you're doing everything you need to be doing to look after your knee, then it's time for those pain signals to calm and quiet down, so that your attention can be freed up to attend to other things.

And that's exactly what this session is going to help you do.

Now  
as you prepare to *relax very deeply*  
you can just *close those eyes*  
if you haven't yet  
and allow yourself to *settle down*  
and to *settle back*  
at your own rate and speed  
as you begin right now  
by taking a very slow  
deep breath  
hold it for a moment  
and then *breathe out very slowly and smoothly*

 Pause

That's it  
and you can just start to *focus your mind*  
on the sensations in those hands  
sending your awareness into the tips of those fingers

 Pause

As you *notice which hand feels a little bit warmer*  
and which one feels a little cooler

 Pause

Becoming aware of which one feels heavier  
and which one feels lighter

 Pause

And noticing which one feels more relaxed  
right now  
than the one that's left  
to *relax* in a way that feels just right  
for you  
now

can begin to *breathe sweeping calm and rest*  
all through the body  
as you allow the facial muscles to *soften*  
and the shoulders to *loosen*  
that's it

■ Pause

And you can relax all the way down  
through the core of the body  
arms comfortably heavy  
legs comfortably heavy

■ Pause

As you *notice which foot is the most relaxed foot*  
and you become curious  
about how much more deeply you can *continue to relax*  
to the sound of these words  
and to the space between and behind the words

■ Pause

And you know there are some places where  
just being there  
allows your body to *feel so rested and relaxed*  
and maybe there have been times  
when you'd been outside relaxing in the sun  
and your body just relaxed  
to the natural warmth and tranquillity of that place  
just so much  
sometimes it's lying on a beach  
or in the countryside somewhere  
or maybe just in a park on a summer's day  
and now in your mind  
just get a sense  
of the kind of place you'd need to be  
to just *relax so deeply and comfortably*

noticing the types of colours and shapes  
and the light of a soothing  
comfortable place  
maybe with a sense of a gentle breeze  
as you *rest more completely*  
with each and every passing moment

 Pause

And now  
or in a few moments  
you can just *get the sense of*  
*feeling deeper and deeper peace*  
because when you *drift*  
into a deep relaxing dream sleep at night  
your body becomes very still and restful  
and it's as if your mind wanders  
far from your body as it experiences those dreams  
into another time  
another place  
another space  
into which you can allow yourself to *drift and float*  
in a way that takes no effort whatsoever  
no need to try  
no need to try not to try  
you can simply *let go*  
deeper and deeper

 Pause

That's it  
as right now you get a sense of drifting  
into dreamland  
and as I count from ten to one  
just get the sense of floating down  
in your mind  
to even deeper comfort and relaxation  
into a place within

where you can *rest even more completely*  
*and restfully*  
that's it  
and *ten*  
*nine*  
that's it  
letting go  
into an even more restful place  
perhaps getting the sense of the colours there  
or maybe the light  
or the air on your skin  
or maybe sensing the kinds of sounds  
in such a place  
as you begin to *relax so completely*  
and *eight* and *seven*  
and *six*  
just getting that sweeping kind of restful feeling  
just soothing all about you and throughout you  
that's it  
and *five*  
and *four* and *three* and *two*  
and then all the way down to *one*  
that's good

 Pause

And in a curious way that knee remembers  
a time from before  
feeling perfectly comfortable  
almost as if physically  
you can get a sense of a time from before  
maybe weeks  
or months  
or even years before  
when that knee knew how it feels  
to *feel so normal*  
*comfortable and relaxed*  
and your inner mind can *remember the reality of this*

even more fully and deeply  
as you *relax to these words*  
and listen on an even deeper level  
that's it

■ ■ Pause

And you know  
sometimes the mind can just fix upon something  
and the focus can be so deep  
like becoming immersed in a story  
or in a piece of music  
or in a fascinating conversation  
and the more you notice that  
the more  
you *notice an even deeper sense of comfort*  
and deep calm and *rest*

■ Pause

And when a messenger feels like its message is being ignored  
it may try to shout the message  
to get your attention  
and instead of trying to block out the sound  
of that excessively loud message  
you can now say to that messenger  
inside  
"Thank you  
I've heard what you're saying  
I've received the message  
I'm dealing with what's happening down there in the knee  
in the best way that I can  
I'm looking after that knee  
in the best way that I can  
but thank you for reminding me  
thank you for letting me know  
your work as a messenger is appreciated"  
and then the messenger's job is done



and the signal can *quiet back down*  
quieter  
and quieter still

■ Pause

As this quietness flows  
down the pathways of the body  
down the nerves  
all the way down to the knee  
message received  
things are being taken care of  
okay to *quiet down now*  
okay to *quiet down that message now*  
okay to *quiet it all the way down*

■ Pause

And through this quietness  
you can find that you are becoming so much more  
free to focus on other aspects of your life  
as your attention is freed up  
to get on with other things  
and that can feel very good

■ Pause

And you know  
you can just get the sense  
of what a sensation dial might look like  
and I just want you to get the sense  
of its texture and the controls and colours  
like you can *turn down a sensation dial*  
to a much more appropriate level in just a few moments  
that's it

■ Pause

Just get a sense of *turning down that dial  
down and down*

as the knee calms and quiets itself  
turning that sensation *down and down*  
to a level that is right for you  
leaving you with such relief and comfort  
*really get a sense of that right now*

 Pause

And if that message from the knee  
needs to be sent in the future  
only when it's needed  
it may be sent as a vibration  
a tingling reminder  
at just the right volume  
just what is needed to remind you  
to *move in a way that's respectful and appropriate for your knee*  
and to *rest the knee when needed*  
and you can hear the message  
receive the message  
respectfully thanking the messenger  
and make the appropriate adjustments  
to care for your knee in the best way possible  
and then the message can *quiet back down*  
and recede away  
into the distance  
or disappearing completely  
*now*  
leaving you free to *focus on other things*

  Pause

And in a moment  
I want you to just get a sense of what colour  
pure *rest* and comfort would be if it had a colour

 Pause

For some it's sky blue  
for others green  
or a glowing silvery gold light  
or maybe some other colour  
just **notice what colour comes to mind for you**  
this time  
as you **listen and relax**  
**deeper and deeper still**

 Pause

That's it  
pure comfort  
glowing  
flowing  
soothing light

 Pause

And in a few moments I just want you to  
**really get the sensation of that colour**  
as a kind of light streaming into every part of you  
and concentrating anywhere within your body where it's most needed right now  
that's it  
and when I've counted from three to one  
just notice that happening more and more completely  
and **three** and **two** and **one**  
that's it  
just get the sense of that kind  
comforting  
soothing  
light just filling you up  
bringing peace and calm and **rest**  
and such **comfort**  
to every part of you right now  
that's it

  Pause

And you can really notice that  
concentrated colour soothing and healing  
and bringing rest and comfort  
to all parts of you  
and soothing one of your knees  
with a gentle soothing  
healing sensation right now  
that's good

 Pause

And in a few moments  
just get the sense of observing that knee  
from the outside  
that's it  
almost as if you can now *observe it from a great distance*

 Pause

And as the restful distanced comfort spreads where it needs to  
just *notice how your mind can wander to other things*  
that's it  
as you *gently relax*  
so comfortably and peacefully

  Pause

That's it  
really observing that knee from a calm distance  
now  
and watching the knee itself *become calmer*  
*and calmer*  
everything calming down  
coming to *rest*  
healing  
soothing energy  
flowing into the knee

  Pause

And you know  
how large the ocean is  
with so many miles and miles of water  
and it's almost as if  
you can take any of that old discomfort  
and release it completely  
sending it away  
gone  
dispersed into the thousands of miles  
and billions of gallons of water  
leaving you free right now  
and that can *feel so very good*  
such a deep  
deep  
comfortable sigh of relief  
that's it

 Pause

And you can get a sense of a future memory now  
of remembering from the future  
having already had much more ease  
comfort and mobility in the knee  
of there being more comfort throughout the day  
a glowing  
soothing light  
there in the knee  
encouraging comfort  
and healing  
as you *care for your knee appropriately and respectfully*  
here in the future  
and *notice how you're feeling so much more free*  
to *get on with enjoying your life*  
so much more relaxed and at ease  
and this relaxation and comfort can deepen  
each and every time you listen to this session  
here in the future  
and here in the present

now  
that's it  
you can *integrate*  
*all that we've been doing here*  
in a way that works just right for you

 Pause

In the knowledge that it's time  
to prepare to *come all the way back*  
to full alertness  
back to the here and now  
with a sense of wellbeing in yourself  
and a sense of calm ease in your knee  
as I count from one to ten  
and one and two  
you can notice the position of your body  
and the sensation of whatever it is you're resting on  
that's it  
three  
four  
and five  
feeling refreshed and alert  
six  
beginning to *come all the way back now*  
that's it  
seven  
feeling very good  
eight  
coming all the way back now  
nine  
getting ready to *have a nice stretch*  
that's it  
and ten  
and whenever you're ready  
you can *open your eyes.*