

The Script Collection

a resource for therapists

Roger Elliott • Mark Tyrrell

Stop muscle
spasms

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Uncommon Knowledge Ltd
Queens Building, 8 George Street, Oban PA34 5SB
United Kingdom

Design by Kathleen Fedouloff
+353 (0)85 774 3736
email: kfedouloff@gmail.com



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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.

Stop muscle spasms

SCRSPASM

Muscle spasms can range from a distracting irritation to a painful recurring condition that can be very frustrating to deal with. While they are usually much more noticeable to you than to other people, you might have felt a bit self-conscious sometimes if you've twitched in public, or it might be a background annoyance that puts you off what you're doing, or even disrupts your sleep.

First of all, if you've had continuous muscle spasms for quite some time, it's important to verify with a doctor that they are a benign, stress-related symptom, and not connected with a neurological condition, or a side effect of any medication you are on. There are a variety of other physical factors that can create muscle spasms. They can sometimes be connected to a deficiency in calcium, magnesium and potassium, and it might be worth having some tests done to check your levels of these minerals, and upping your intake of foods such as almonds, bananas, and dark green vegetables, or investigating mineral supplements. Dehydration and excess caffeine can also cause muscle twitches, so be sure to pay attention to your fluid intake and moderate the amount of caffeinated sodas and coffee you have. And many athletes experience them after training particularly hard sometimes.

But along with these physical causes, muscle spasms can be closely linked to your stress levels. I've worked with many people who've been experiencing high levels of stress or anxiety which led to them habitually tensing their muscles, and who have developed twitches and spasms in one or more parts of their body. The habitual tension and rushing, and half finishing one task and then half-finished another task can lead to a build up of stress in the muscles which can set off tics and twitches. Often this kind of benign, stress-related twitching can occur in the eyes or cheek, or in the neck, back or calf muscles, or perhaps in one of the fingers or thumbs.

I've found it highly effective to teach such clients how to use hypnosis to deeply relax their body, often more deeply than they have for some years. And it's in that state of deep relaxation that you can re-educate the muscles and nerve fibres that have been firing unnecessarily to calmly relax once again. And most

importantly, you can learn to transfer this state of physical comfort into the times and places in life when you would have habitually tensed up, so that you build new healthier ways of moving and responding to the world that better support your body and your long term health.

Imagine how good it'll feel after regularly relaxing to this download and deeply integrating the ideas and suggestions you're about to hear, as your whole nervous system becomes so much calmer and more balanced, and you can move so much more easily and smoothly through the world, with your muscles free to rest comfortably when they aren't needed for action.

Now
if you haven't yet closed your eyes
you can do that now or in a few moments
as you prepare to **relax very deeply**
and over the course of the next few minutes
I'm going to be talking to you
about a fundamental characteristic of human beings
a fundamental characteristic of all animals
and that is
the urge to **complete patterns**
and what I mean by that will become clearer
as you continue to **become absorbed inside**
but even as I'm talking
there's a pattern I'd like **your unconscious**
to be completing for you
I'd like you to **set an intention for yourself**
here and now
that over the course of the next few minutes
you'll really **enjoy learning**
how deeply you can **relax**
physically and mentally
and I'd like you to get a sense
of what deepest relaxation would mean for you
how would it feel
to **have a wonderfully comfortable**
heavy feeling
flowing through that body
to have those arms and legs **feel heavier and heavier**
as you notice places in the body where you've held old habitual tensions
start to free up
to **learn more and more** about your own flexibility and ease of movement
once you notice how relaxed those shoulders and that neck can become
to look forward to being able to move through the world
feeling lighter and freer
a physical fluidity and vitality
that comes from allowing all those muscles
to really know **it's okay to rest** when they're not needed
and you don't need to **imagine all of that** really vividly

you can just *have that direction in mind*
knowing what you want from this session
knowing how you want to *feel*
so wonderfully relaxed and comfortable as you *go deeper inside*
and you want to be able to *feel more comfort* in your movements
and even at the level of your nerves
a calm grounded-ness
that can *feel so wonderful*
that's it
because that body knows about flexibility and vitality
because that body is a part of nature
and just as a tree comes up from the ground
and grows organically
swaying in the breeze
sunlight filtering through the leaves
drawing up nourishment and water from its roots
absorbing energy from the sun
and being such a vibrant part of nature
so that body knows a lot about how to *feel alive and grounded*
to *glow deep within* with a growing life force
that's been there all along
beneath any surface tensions and blockages of energy
which the rush of modern life has thrust upon you
and as you *drift even deeper*
inside now
that life force you were born with
that lets you instinctively know how to *sleep deeply* as a baby
and *breathe naturally* from that stomach
in a way that stressed adults sometimes forget to do
when they breathe tight breaths high up in their upper chest
and I wonder how it'll feel
to move and live with more natural grace
just as animals do
like cats do
and instinctively remember how to do
and as you already notice that breathing becoming fuller
naturally
deepening

comfort
can begin to flow
all the way
out of the core of your biology
and throughout the whole system of that body
reminding every cell
that *it's okay to rest*
deeply
remembering
how to *let go*
into that natural state of grace
where you can just be
as a tree grows
as a cat leaps
to allow that deep comfort to be
free
to remind you

■ Pause

That I was talking
about patterns
and as you *continue to relax*
you might really begin to wonder
about completing patterns
that pattern of intention
to *relax even deeper*
now
and how much we seek completion in life
like when someone says "Oh you'll never guess what so and so did!"
and your curiosity fires up
and you say "What?"
and then your friend says "No
actually I shouldn't tell you"...and you can *feel that urge* to know
there's a template of gossip and intrigue open in your mind
and you can feel that urge to *complete the pattern*

■ Pause

And how do mathematicians
and scientists
and inventors
keep on working at the same problem for years and years
until they finally complete the puzzle
and find the solution?
and how good must it feel to find that solution
to solve the puzzle and *sigh with satisfaction*
and *feel that inner fulfilment*
when you find those keys you thought you'd lost
when you finish the novel and the mysterious death is explained
that relaxation and completion that comes
when *the pattern is complete*
can *feel very good*

■ Pause

And when someone is stressed or anxious
and rushing about
and filled with half-finished worries
and half-finished actions
trying to do one thing and then getting distracted
imagining something terrible happening
and then worrying about something else
all while sitting in the office trying to get some work done
and how many incomplete patterns do they collect
in the course of a day?

■ Pause

And you know the particular part of that body that's been twitching
and you can just imagine that muscle
and the surrounding muscles too
and how the nerves leading to that muscle
have been overwhelmed
with incomplete messages
as if that brain has been giving those nerves such rapid-fire instructions
"do this

now that
tense this
release that
no wait
now do this”
that some of those signals
have become fragmented
and some of those nerves
are giving confused
incomplete signals to that muscle
or set of muscles
and I’d like you to really *give those nerves a chance* now
to *complete that pattern*
to *enjoy the relief*
of knowing *their job is done*
and they can now *just relax*
by imagining
almost in slow motion
a signal passing from that brain
through those nerves
that lead to that particular area in that body
and even as that body just continues to *rest comfortably still*
you can imagine the muscles in that area where the spasms have been
tightening fully
contracting as far as they can
and that might move other parts of that body in the vicinity
it might cause shifts in those tendons
or in the surface of the skin
even as you *just imagine it now*
and then
I’d like you to imagine that muscle contracting tighter still
and tighter
and then
as you *breathe out comfortably*
you can just allow that muscle
in your imagination
to *relax completely*
that’s it

■ Pause

And you can just *listen to the silence*
throughout that nerve pathway
the relief of knowing that *its job is done*
and it can *now rest*

■ Pause

And you can *repeat that process*
two more times right now
to really let that nerve pathway know with absolute certainty
that *it can now rest*
as you imagine that brain giving the command to tighten the muscle
and see that message passing through the nerve to the muscle
feeling it
in your imagination
contracting tighter
and tighter
to full contraction
and then a new message
to *release it fully now*
as you *breathe out slowly*
that's it
and just *listen to the silence inside*

■ Pause

And one last time
the message is sent
the muscle tightens
tighter still
and then with a sigh
that wonderful *release*
into the calm silence within

■ Pause

And this is a new pattern
that that brain can really pick up on
that in busy times
when there are incomplete patterns of movement
times when that neck or those shoulders would have tensed up
or when that face would have grimaced
or when those fists would have tightened
to really **complete that pattern**
either physically
or just in your imagination
in a way that's socially appropriate
so that you remember to **stretch those parts of the body** that need it
and let the muscles and nerves **complete the pattern**
to **tighten fully**
tighter still
and then **release with a slow out breath**

 Pause

And as you **listen to this session repeatedly**
you can just **notice this happen automatically**
perhaps when you're driving or working
perhaps when you're talking
a full stretch that's appropriate to the circumstances
that lets those nerves **complete the pattern**
and **go quiet inside**
so that those muscles are free to **rest**
fully
and completely
return you to that natural state of grace
free from any conscious mind stress
where you can move organically and smoothly
and feel so filled with vitality and a grounded energy
that's it

 Pause

And you can bring these changes with you
into waking consciousness right now
and *feel very good* as you do
as you prepare to *become more and more alert*
that's it
by noticing the position of your body
and the sensation of the surface you're resting on
and as you re-orientate to this present moment
and to your surroundings
you can just *come back feeling wonderfully refreshed in a few moments*
and as you *open up your eyes*
you might enjoy a nice stretch
and welcome back!