



## Glove-Anesthesia Pain-Control Hypnosis

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Glove-anesthesia is a powerful pain-control technique that is highly effective when the subject can easily touch the painful area. In the case of lower-back or shoulder pain, it often hurts too much to reach around and touch the troubling area. For back and shoulders, I've created separate CD sessions.

*(NOTE: The PAIN-CONTROL CD uses Dick's classic body relaxation and countdown: "Number seven, deeper, deeper, deeper, down, down, down, number six . . ." Once this approximately 10-minute induction is complete, the main body of the program begins.)*

MODIFIED FOR BAY AREA HYPNOTHERAPY: The words "anesthesia" in this script have been changed to "comfort." We have chosen to have the trigger word be "comfort" because we are counseling our clients to eliminate the word "pain" from their vocabulary and replace it with "discomfort" or "physical discomfort." *And so the trigger word to use the anesthesia numbing technique has been changed to "comfort."*

## Professional Hypnosis CD PH103 Script

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And you're now relaxed and at ease and you can awaken at any time by simply counting up from one to five and saying the words, "wide awake." So you're in control of this mind-programming session. And I'm going to begin by providing suggestions which will be communicated to every level of your body and mind, and they'll be accepted on every level of your body and mind.

\* Your muscles are relaxed and your mind is at ease. \* You have the power and ability to block any sensations you don't want to feel. You do. You accept this. \* Focusing the unlimited power of your mind, you can send numbing sensations into any discomfort. \* You block all physical sensations you don't want to experience. You have this power. \* You block what you don't want to feel. \* Allow it to happen. Feel it happening. \* You obtain relief when you desire to obtain relief. \* Your mind is in control of your body. \* You feel better, and better, and better. \* Your entire body is relaxed all over in every way, and you're feeling better and better and better. \* The word "COMFORT" is your key trigger word for post-hypnotic conditioned response. \* And these suggestions have been communicated to every level of your body and mind, and they've been accepted on every level of your body and mind, and so it is. //// And you know that you must only use this pain-control technique when you know the cause. You will also consult a doctor if the condition persists.

And it's now time to invoke a technique called glove anesthesia. And we'll begin by concentrating upon your dominant hand, which is beginning to lose all feeling. It's all right. Focus your attention upon your hand and allow it to lose all feeling. Your hand is becoming numb. No feeling at all. No feeling at all. But I'd like you to help out here, by mentally telling your hand to go to sleep. Tell it to go to sleep. Go to sleep. Your hand is going to sleep. It becomes numb. No feeling at all. No feeling at all. And every breath you take seems to cause your hand to become number, and number, and number, until you just can't feel your hand at all. You just can't feel your hand at all because it is numb. Numb. No feeling. Numb. No feeling. No feeling.

And now . . . you're going to transfer this lack of feeling to the part of your body that you desire to feel numb. So on the count of three you're going to raise your hand and place it upon the part of your body you want to feel numb. And in so doing, you'll transfer this numbness to that portion of your body. //// So get ready now . . . on the count of three, raise your hand and touch the part of your body you want to become cool and numb. Number one . . . number two . . . and number three. Release the numbness into another part of your body. Move your hand and transfer the numbness.

*(30 seconds of silence with soothing music continuing.)*

And you've now transferred the calming, soothing, numbing coolness, and you're physically feeling better and better and better. Settling down to normal and the coolness permeates the area. You experience wonderful relief. All the tension is gone from your body and mind and you breathe deeply and relax completely,

feeling better and better. Calm ... cool ... soothing ... numbing sensations permeates the area. Better and better. Numbness ... Relief ... Numbness... Relief.

And it's time to focus the incredible power of visualization by imagining yourself having already resolved your current condition and you feel good all the time. You physically feel as good as you've ever felt and you experience joy in this realization. Create every detail of this visualization, including your reaction and the reactions of others. And in so doing you communicate your desire to the levels of mind that will assist you in manifesting the positive outcome. Visualize now while I'm quiet for awhile.

*(90 seconds of silence with soothing music continuing.)*

And you've just seen your own reality. You have the power and ability to create your own reality. You do, and you accept this. You experience this. And every day in every way you become more powerful in your ability to control your physical and mental reactions to any condition. You know that you must only use this pain-control technique when you know the cause. You will also consult a doctor if the condition persists.

And you are open and accepting of positive suggestions which you will consciously and unconsciously act upon. \* **Your muscles are relaxed and your mind is at ease.** \* You have the power and ability to block any sensations you do not want to feel. You do. **You accept this.** \* Focusing the unlimited power of your mind, you can send numbing sensations into any discomfort. \* You block all physical sensations you don't want to experience. **You can. You accept this.** \* **You block what you don't want to feel. \* Allow it to happen. Feel it happening.** \* You obtain relief when you desire to obtain relief. \* You mind is in control of your body. \* You feel better, and better, and better. \* **Your entire body is relaxed all over in every way, and you're feeling better and better and better.** \* **The word "COMFORT" is your key trigger word for post-hypnotic conditioned response.** \* And these suggestions have been communicated to every level of your body and mind, and they've been accepted on every level of your body and mind, and so it is.

**And I'm now going to give you a key trigger word for post-hypnotic conditioned response. //// Any time you begin to feel discomfort, you will simply stop what you're doing, close your eyes, breathe deeply and say this word quietly to yourself . . . "COMFORT." //// The word "COMFORT is a conditioned response key to your subconscious mind and when you say "COMFORT," you will draw upon the unlimited power of your mind to control physical sensations. When you say "COMFORT," you will feel the cooling numbness you experienced earlier in this session spreading to the part of your body in need of**

relief. The word "COMFORT" now becomes your key for totally effective conditioned response, and every time you hear this suggestion and every time you use your "COMFORT" programming, it will become more and more effective. ///

And now, once again, it's time to create another visualization in which you perceive yourself feeling good all the time. You feel as good as you've ever felt and you experience joy in this realization. Imagine yourself doing what you most love to do. Create every detail of this visualization. In so doing you communicate your desires to the mental levels that have the power to assist you in manifesting the positive outcome. Visualize now while I'm quiet for awhile.

*(90 seconds of silence with soothing music continuing.)*

And you've just seen your own reality, and upon awakening, you'll remember all that has been communicated. You'll awaken feeling as if you just had a refreshing nap. Your head will be clear, and you'll think and act with calm self-assurance . . . feeling glad to alive and at peace with yourself the world and everyone in it. So let's come on up now. On the count of five you'll open your eyes and be wide awake.

**Number one**, feel the life blood returning to your arms and legs.

**Number two**, coming on up and at peace with all life.

**Number three**, coming on up feeling an internal balance and harmony.

**Number four**, recall the situation and the room . . . and

**Number five**, wide awake, wide awake. Open your eyes and feel good.

**Number five, wide awake.**