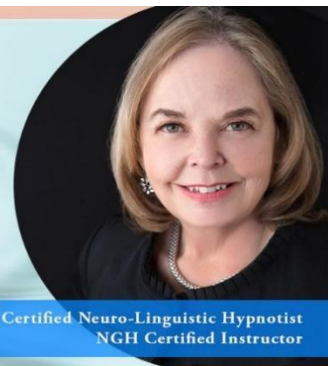


Conscious living with subconscious principles

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I have used this script numerous times and clients have experienced full resolution and release of various types of trauma. Always customize to be sure the release and healing is unique to the specific needs of your client.

Cloudy Beach Anxiety Treatment Script

■ By David Mason, Key Hypnosis

NOTE BY THE AUTHOR OF THIS SCRIPT: This visualization hypnosis script is designed to take away anxiety. Anxiety is the cause of many problems - IBS, nail biting, problem drinking, binge eating, facial tics and other stress related behavior. It works by suggesting a way for the listener to visualize letting go of all the tensions they have been holding. The tensions are taken up into a cloud and then the cloud moves away taking all the old anxieties with it.

This is a powerful, general purpose script, and can be applied in many different situations. It can be used on its own or included as part of another session.

INDUCTION SECTION

Visualization induction

Now just take a breath, hold it... and let it out... that's good... and now take another breath and let it out... focus on your breathing... become aware of the breath going in and out of your body... that's good... just become aware of what it's like to relax completely... focus on... each gentle breath in and out... That's good... Using the parasympathetic response and just tell yourself with each breath out... That you are feeling more and more relaxed... more at ease... more comfortable... That's right...

Self-Induction

and as you close your eyes maybe you can imagine lying in a park somewhere... or a garden... think back to a time when you were relaxing outside somewhere... on a warm sunny day... and the sounds and smells of that time... suntan lotion... grass ... and I wonder what you would hear... maybe you could hear children playing... people talking... and as you relax all the way down those voices can just fade away... like a radio being turned right down... as you lie there... peacefully relaxed... breathing gently... just feeling yourself supported... and your own weight pressing down... like being really relaxed some where outside... and maybe you can imagine a I Recall childhood memories - invoking sights, sounds, smells, touch David Mason 216 www.key-hypnosis.com gentle breeze... warm sun on your face... and as you lie there now every muscle can become... limp and loose... It's so good to just totally relax... just let everything go... and you might remember back to a time... a simpler time... when you could just relax and enjoy that peace and calm... that's right... and just think how good it is... to enjoy relaxing... nothing to do... nothing to worry about... reminder of relaxation

DEEPENING THE TRANCE SECTION

Pace with breathing... Countdown deepener

Countdown deepener and maybe you can imagine lying on a beach... a nice sandy beach somewhere... on a warm day... nothing to do... and no one to bother you... waves rolling gently... just lying there... completely at ease... and in the distance there is the sound of traffic... and the smell of sun cream lotion... while you lie there... head back... shoulders relaxed... feeling totally at peace... Invoking memories with sound, smell, vision. And in the sky... high above... in the blue sky... there are clouds... and as you watch the clouds drift across... and the clouds are drifting slowly from one side to the other... And those clouds go down towards the horizon... and as they go... you watch them... gently floating... and you count the clouds going by... and as they go off there are ten left... and then one disappears... and there are nine... and still the clouds go down and there's eight... and now there's seven... and then there's six... and those clouds are drifting gently down... and five... and four... and with each cloud disappearing... you feel more and more relaxed... more at ease... and three... and two... and there's just one cloud left... and you can imagine yourself in that cloud... being completely surrounded by a lovely soft warm fleecy cloud... and you can feel yourself... gently supported... floating, drifting... just going down and down and down ... as if you were floating like that cloud... safe and secure... letting go as that last cloud disappears...

CLOUD METAPHOR SECTION

Troubles drift away ... and, as you lie there... above you is a big blue sky... and from one side a cloud slowly appears... and then drifts away silently... and after a while another cloud comes along... and that cloud passes by...

Set up the anticipation of clouds

and then another cloud... but this cloud seems a bit different... this cloud comes across and then stops... high above ... and as you look at that cloud... you begin to realize there is something special about it... and as you watch the cloud gets a bit lower... and a bit lower... and that cloud begins to get a bit darker... heavier... and yet at the same time you feel lighter... one change leads to another change and while you are thinking about this very curious state of affairs... just lying there relaxed... as you relax more you become aware that there is a connection between you and that cloud... looking at the cloud... it's like there is some sort of link, some channel ... between you and that cloud... I relaxing = making the connection and as you watch... that cloud begins to get darker and darker... and bigger... cloud more dark and you become aware that there is something coming out of you and going up into the cloud... and you can imagine lines or threads... connecting you to that cloud ... and that cloud is sucking up things from your body... like water evaporating... = body more light and as that cloud gets darker still... you become aware... of feeling lighter and lighter... that all those old worries are just drifting away... all those ancient hurts, all those old feelings, memories... are being sucked up into that cloud... all the stuff you have been carrying... stuff you didn't ask for... didn't want... don't need any more... all of that is getting sucked out and transferred to that cloud... feel lighter = letting go and as you feel that connection... you realize that these were other people's problems... ideas... expectations... and you can let them go now... you don't need to hold on to them any longer... And as you lie there... you can begin to feel lighter and looser and happier... because... things you have been worrying about for a long time are just loosening ... lifting... and detaching... going up that connection into the cloud... filling the cloud... and you can feel them drifting from your body... and drifting out and away... the more your body relaxes the stronger that connection gets... and still the cloud takes more and more of these things... and the cloud is getting darker... and you feel... so much lighter perhaps... because deep inside... some part of you knows it's time to let go... of things that have been there for such a long time... and they can just drift up and up and you can feel things detaching... moving... leaving... shaking loose at last...

Suggest physical feelings – any feeling means it is working

and beginning to feel that lightness... loose and warm and happy... and now look around your body... your arms... legs... shoulders... everywhere... look around your body... become aware of any tension... and just let it go... let everything drift up into that cloud... all that old stuff... all the unhappiness... the misery... the old feelings... the memories... are all letting go now... loose and limp and easy relaxation... D Clear any residual tension and more and more things are sucked up... away... just removing themselves... and the cloud is getting darker and darker and heavier... and there is a rumbling sound... and flashes of light.. coming from inside **(ADD: THINGS THAT WERE SAID**

THAT NEVER SHOULD HAVE BEEN SAID – THINGS THAT WERE DONE THAT NEVER SHOULD HAVE BEEN DONE)...

more and more of that horrible stuff goes into it... developing the metaphor and ... the cloud begins to move... and you realize it's because you have let go of all that stuff... and as it moves the connection gets thinner and thinner... and when the last thing has passed up the connection breaks... and as it breaks the cloud begins to drift away... that dark angry cloud... flashes of lightning in it... and a rumbling... like people arguing... as it drifts away... rumbling = family problems and you are left there... lying on that pure clean beach... beautiful fresh sand... it's like a new day... a fresh beginning

Capability

and that cloud is drifting away out to sea ... and the winds blow it... and it drifts on and on... further and further... and it gets smaller... and that grumbling and the noise and the flashing and boiling... all that bitterness, unpleasantness, anger... fades... getting smaller until you can't hear it any more... you can't see it... it fades into the distance... amnesia, can't see, can't hear it. and the cloud continues to drift far out to sea... and it gets as far as the horizon... and still the cloud moves on... getting smaller and smaller... and it passes over the horizon and out of sight... and that cloud begins to get rid of old metaphoric symbols for ever David Mason 218
www.key-hypnosis.com mixed with the air currents far away... and is forced to change ... and suddenly the cloud opens... dumps all its contents into the sea... and that rain mixes... dilutes... all that evil stuff... mixes with the vast oceans and is no more... gone completely... carried away by the currents...

Introduce new symbol = light

and far away... the next day... a bright new sun shines on an ocean where it once rained... but the ocean has no memory.

Reorientation

And on the beach... you are ready to take a deep breath now... and it feels like for the first time in years the air is pure and clean... that everything has changed now... things from now on will be different ... Capability And as you relax on that beach... lying there now... you can begin to be open to that happiness that is overdue... you can really begin to change... feel that change... feel it spreading... from the forehead and down the cheeks... and down the neck and spreading and spreading... warming and relaxing... comfortable ... become aware of certain things in your body... the feeling of certainty... the feeling of taking back control... the feeling of choices... doors opening... clouds parting... sunshine flooding into a dark place...

Suggest physical change = emotional change

and in that bright sunshine... on that beach... it is time to move on... > Reorienting In a moment you can begin to come back to the present... when you are ready you can count silently to yourself... from five up to one... and as you are counting you can remember that feeling of letting go... and how good it is to let go of old stuff... and imagine you getting ready to leave that beach... standing up... brushing the sand off ... putting your belongings into a bag... gathering up any trash that's been left... and as you count up to one imagine leaving that beach and throwing the last of that trash into a trash bin... throwing away all remaining rubbish. So when you are ready... begin counting NOW and when you get to one you will be back in the present... eyes open... feeling good ...