

## Conscious living with subconscious principles

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There are many versions of this technique, to simply set down what is too heavy to carry. This version comes from Chaplain Paul G. Durbin, Ph.D. <http://www.drbinhypnosis.com/script.htm> I have included some minor but helpful modifications. Use within the framework of a full and complete hypnosis session, customized to meet your client's individual needs (What is YOUR client carrying?)

### THE HEAVY BACKPACK

As you relax peacefully and calmly, imagine yourself walking down a beautiful country road. To the left of the country road is a field of beautiful flowers of various colors, sizes, and shapes. Beyond the flowers is a forest of majestic trees. To the right of the road is a pasture of green grass, at the foot of the pasture is a lake of blue clear water, by the lake of blue clear water are some trees, and there is a stream that flows from the hill in front of you Down by the trees ... into the lake of blue clear water.

There is only one thing wrong with this beautiful scene. On your back is a heavy backpack. **There is nothing in that backpack which you need for your journey.** In fact the backpack contains all of the conscious and subconscious reasons, excuses, and other unnecessary blockages which keep you from living your best life. *(Insert client's reasons, excuses, blockages for whatever the presenting problem is)*

I can't remove that backpack from your back, but you can. **You can be free of the heavy backpack.** It is a decision for you to make. Attached to each of your fingers is a trigger mechanism which will release the backpack if one of your fingers rise.

**If you want to be released from the conscious and subconscious reasons, excuses and blockages for why you are \_\_\_\_\_ your fingers will begin to feel very, very light ... so light that one will float upwards.** When that finger rises up, the backpack will automatically fall from your back.

Now just allow one of your fingers to rise. It may be the first finger on your right hand or the first finger on your left hand, it could be the second or third, or your little finger, or it could even be the thumb. **By lifting a finger now, you are symbolically letting go.** That's good. I see your finger floating up now. *(If a finger doesn't lift, work with the client until it does)*

The backpack is gone now. You feel free and comfortable. As the heavy weight of the backpack is gone, you feel lighter ... you feel a great relief.