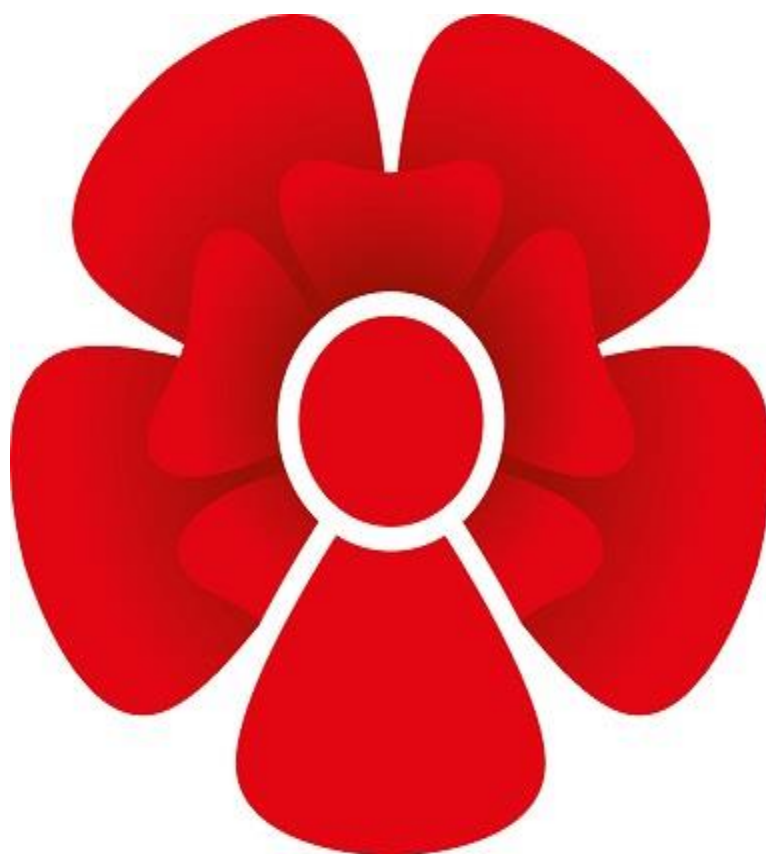


Hampshire School of Hypnotherapy



SCRIPT MANUAL

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INDUCTION

Before settling down to listen to this recording, you should, to the best of your ability, have tried to make sure that you won't be disturbed for about the next half an hour. You should not be driving or operating any machinery. You should be settled down somewhere; somewhere you can be comfortable and warm; somewhere you can just relax for a while and enjoy a few moments' peace.

Now if you are nicely settled down in this way, I'd like you to look up and find a spot to fix your gaze on that's right. And from this moment on, just fix your gaze on that spot and on that spot alone. And as you do this, you will find, very quickly, that your vision will get hazier and hazier as your eyes get tired and sleepy, until soon they will be closed and you will be drifting into a very pleasant, relaxed condition.

And while you are doing this, I will count slowly up to seven, and as this count progresses, you will find your vision is getting hazier and hazier as your eyes get tired and sleepy. Soon they will be closed and you will just drift into a very pleasant relaxation.

And it doesn't matter if your mind wanders onto more pleasant things. It doesn't even matter if you lose awareness altogether. All that matters now is your own relaxation. So just be comfortable. Settle yourself right down and just let yourself drift gently and easily into that relaxation as I count slowly up to seven. I will start that count for you now.

(therapist should be at about 3mins)

One relax...

And already you can feel yourself calming down. Becoming much more relaxed now. More and more relaxed. More and more relaxed.

Two relax...

You're feeling comfortable. Beginning to feel peaceful too. Just feel that relaxation working its way through your body. Bringing every part of you to rest. Settling yourself right down.

Three relax...

And now just breathe a little slower, and deeper now. And each deep breath you take is making you more and more relaxed. More and more relaxed.

Four relax...

Just feel your whole body getting heavier and heavier now. Almost as though you are sinking pleasantly down. Just sinking down into sheer comfort. As each deep breath you take relaxes you more... and more... and more.

Five relax...

You are feeling drowsier and drowsier, tired and sleepy, heavy and relaxed, beautifully relaxed. Peaceful, sleepy, relaxed.

Six relax...

Every part of your body is coming to rest now. Just settling down now. Just settling down into sheer comfort. Feeling tired, sleepy, relaxed. Tired, sleepy, relaxed.

Seven relax...

Just continue drifting now, deeper and deeper into that relaxation. And I am going to leave you in silence now, just for a few moments, so you can settle yourself right down. And when I talk to you again in a few moments time, you will be much more relaxed, far more relaxed than you are now. So just rest quietly for the next few moments, until you hear my voice again.

But in the meantime, even the loudest of noises will not concern you, or disturb you in any way. Even the loudest of bangs will not have any importance for you. All that is important now is your own relaxation. So just rest quietly now, until you hear my voice again, in a few moments' time.

(You should be at about 9 minutes)

(AT LEAST ONE MINUTE OF SILENCE HERE)

Okay as I now slowly count from one to five, just let yourself drift, deeper and deeper, more and more, into that relaxation.

1....2.....3.....4.....5 **(note increase time between counts)**

Just rest and relax now, that's right, just rest and relax...

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THE WATER BUCKET INDUCTION

TAUGHT BY ROY HUNTER

A MENTAL CONFUSION INDUCTION

(Ask client to extend both hands, palms up, and ask him/her to imagine holding an empty bucket in one hand, and helium balloons in the other. Also make sure you begin by asking the question would you like to be hypnotised?)

Just take a deep breath and close your eyes now and another deep breath and relax. Just IMAGINE that someone begins pouring water into the bucket, while someone else ties several dozen more helium balloons to the other hand.

Choose hypnosis, and you can be totally hypnotised when your hand touches your lap. But for now, just imagine that the water is pouring into your bucket. SEE the water pouring into your bucket. HEAR the water pouring into your bucket. FEEL the bucket getting heavier and heavier. In fact, your arm begins to feel like it simply wants to drop right on into your lap so you can drop right on into hypnosis. Or you may feel your light arm getting lighter as the bucket gets heavier.

(If the client's arm has reach his/her lap by now, skip down to the double asterisk () otherwise continue with the following skipping down to the (**) when the hand drops)**

That bucket is one-fourth full now. Every sound you hear just makes that bucket keep getting fuller. You can feel it getting heavier. SEE that water going in the bucket. HEAR IT FILING UP YOUR BUCKET. It would be SO EASY to simply let your arm drop down into your lap so you can drop on into hypnosis.

Now take a deep breath and relax. As you do, notice your bucket is one-third full now and you have an increasing desire to let your arm drop. In fact, your arm may be feeling somewhat tired as you try to hold that bucket which is half full now. And the water just keeps pouring on in!

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You feel an increasing desire to just drop that arm... and when you do, you just drop right on into pleasant hypnotic sleep. Releasing, relaxing and letting go.

(Even if the arm is still up, pay close attention to even the slightest downward movement, keying in on it. Vary your suggestions accordingly, using this script only as a guide.)

As you notice your arm beginning to drop, that bucket is almost full now, and it is so heavy!

(The instant you start the next statement, touch the palm of the client's hand and speak very authoritatively...)

Somebody drops in a rock. SLEEP NOW!

(In a more soothing voice, continue with the following...)**

The balloons are gone. Now just let both arms rest comfortably in your lap. Take a deep breath, and relax even deeper. It feels so relaxing. It's easier and easier to go deeper and deeper relaxed. In fact, every suggestion you accept helps you go deeper and deeper relaxed. Allow your arms to return to their normal weight. They feel totally comfortable, now, completely rested and relaxed.

(Continue with deepening.)

IMPORTANT ALWAYS REMEMBER TO RESTORE NORMALITY TO BOTH ARMS BEFORE PROCEEDING

PROGRESSIVE RELAXATION

Take a nice deep breath and just close your eyes.

Now I want you to notice your breathing... Notice how it feels to slow your breathing down **(Pause)**. Now notice your feet... toes... just allow them to relax **(Pause)**. Now allow that relaxation to flow, up your ankles... calves... thighs... just let your legs feel loose limp and relaxed **(Pause)**. Notice your stomach and you may find a comfort, growing inside you... that's right. Now let that comfort flow up your chest **(Pause)**, across your shoulders, down your arms, hands, fingers. Notice your neck, all those little muscles in the back of your neck, just allow your neck to feel comfortable relaxed.

Let that relaxation flow to your head, forehead, eyes, mouth **(Pause)** and as you continue to relax in this way I will count slowly up to seven and as this count progresses you will find that you get tired and sleepy...

And it doesn't matter if your mind wanders onto more pleasant things. It doesn't even matter if you lose awareness altogether. All that matters now is your own relaxation. So just be comfortable. Settle yourself right down and just let yourself drift gently and easily into that relaxation as I count slowly up to seven. I will start that count for you now.

One relax...

And already you can feel yourself calming down. Becoming much more relaxed now. More and more relaxed. More and more relaxed.

Two relax...

You're feeling comfortable. Beginning to feel peaceful too. Just feel that relaxation working its way through your body. Bringing every part of you to rest. Settling yourself right down.

Three relax...

And now just breathe a little slower, and deeper now. And each deep breath you take is making you more and more relaxed. More and more relaxed.

Four relax...

Just feel your whole body getting heavier and heavier now. Almost as though you are sinking pleasantly down. Just sinking down into sheer comfort. As each deep breath you take relaxes you more... and more... and more.

Five relax...

You are feeling drowsier and drowsier, tired and sleepy, heavy and relaxed, beautifully relaxed. Peaceful, sleepy, relaxed.

Six relax...

Every part of your body is coming to rest now. Just settling down now. Just settling down into sheer comfort. Feeling tired, sleepy, relaxed. Tired, sleepy, relaxed.

Seven relax...

Just continue drifting now, deeper and deeper into that relaxation. And I am going to leave you in silence now, just for a few moments, so you can settle yourself right down. And when I talk to you again in a few moments time, you will be much more relaxed, far more relaxed than you are now. So just rest quietly for the next few moments, until you hear my voice again.

But in the meantime, even the loudest of noises will not concern you, or disturb you in any way. Even the loudest of bangs will not have any importance for you. All that is important now is your own relaxation. So just rest quietly now, until you hear my voice again, in a few moments' time.

(You should be at about 9 minutes)

AT LEAST ONE MINUTE OF SILENCE HERE

Okay as I now slowly count from one to five, just let yourself drift, deeper and deeper, more and more, into that relaxation.

1....2.....3.....4.....5 **(note increase time between counts)**

Just rest and relax now, that's right, just rest and relax...

AWAKENING OUTLINE

Now I am going to count from one up to five and slowly awaken you. You will awake **(put suggestion connected with their therapy i.e. feeling positive determined non-smoker)**

ONE slowly calmly easily and gently you are returning to your full awareness once again

TWO every muscle nerve in your body feels loose limp and relaxed and you feel wonderfully good

THREE you feel perfect in every way, physically perfect, mentally alert and emotionally serene; and when you awaken from this trance state, you are perfect in every way, responding appropriately to every and all situations

FOUR eyes sparkling, just as though they have been bathed in spring water. On the next number now, let your eyelids open

FIVE eyelids open, you are fully aware once again take a good deep breath and stretch

IF A CLIENT COMES OUT OF HYPNOSIS WITH A HEADACHE

(Just explain to your client that they do not have to have that headache.)

(Ask them to close their eyes.)

Take a nice deep breath...

Relax deeper and deeper...

(Then use the NLP technique for pain control.)

REGRESSION TOO PAINFUL

(If your client finds the memory too painful during regression.)

(Say QUICKLY SLEEP assuming you have already installed a safe place.)

(If not then ask your client to think of a nice thought. If necessary, ask them if they like the beach and direct them to a nice thought. Then proceed.)

(Clients name) do you know why your subconscious showed you that event yes or no?

Do you understand where your problem has come from yes or no?

(Then ask your client if they are willing to go back and rescue that little girl/boy and take them away. Then proceed with the higher self. If necessary then cut negative ties.)

(OR USE THIRD PERSON SCENERIO AND SUGGEST THEY ARE WATCHING A MOVIE)

I want you to imagine you are sitting at home comfortably on the sofa; and in moment I want you to see that event as if you are watching a film comfortably at home. So you can watch this movie without all the emotions. You are safe, and when you understand why your subconscious mind has shown this event let me know.

(When your client has understanding then proceed with higher self, gestalt. Maybe rewrite history.)

LOCKING EYES

ASSURANCE PROCEDURE

Now that your eyes are closed, you will find them locking themselves tightly shut. As I count from five down to one, just find them locking tighter and tighter with each number.

FIVE... the eyelids are beginning to lock tighter now...

FOUR... they are locking tighter with each number...

THREE... lock them even tighter now...

TWO... imagine they are being glued shut!

ONE... they are locked so tight that even if you TRY to open them, you FIND that they just lock tighter and tighter.

Try to TEST them and find the harder you try, the more you find they just want to stay shut...

Now just relax all those muscles, and just allow yourself to drift deeper and deeper into that relaxation, that's right, deeper and deeper.

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ARM ASSURANCE (Outline)

In a moment, I am going to come over by your side and gently lift your **(indicate left or right arm)** arm in the air.

This will not disturb you in any way. **(Repeat x1)**

I want you to hold that arm in the air.

I want you now to use your imagination. I want you to imagine your arm feels light, so very light; as if it is resting on a cushion of air. I want you to imagine that you can feel me placing some cushions under your arm, that's right, I want you to imagine if they are hard or soft cushions. Imagine what colour or colours they are... **(keep going until you can feel that the arm is relaxed in the air, then continue)** if you wanted to, if you wanted to, you would be able to leave your **(left or right)** arm floating comfortably all day, if you wanted to...

PROCEED.

I am now going to lift your **(right or left (other))** arm in the air. This will not disturb your relaxation in any way, as I gently lift your **(right or left)** arm in the air... I want you now to notice all you can about your **(right or left)** arm. Feel your fingers, wrist, elbow, upper arm; I want you to notice all you can about this arm.

Now I want you to imagine that I have just placed **(suggest a bucket or bag whichever you feel most comfortable with)** over your hand. That's right, just imagine you feel me placing **(a bucket/bag)** over your hand...

Now do you remember the sound of sand being poured? That's right, I want you to imagine that you can hear sand being poured into that bucket. You can feel sand being poured into that bucket; and you find, that your arm is getting heavier and heavier, as it wants to come down and rest; heavier and heavier, **(keep going until the arm starts to come down)**

Try to hold your arm up and you will find the harder you try, the heavier your arm feels...

(keep going until the arm is down)

(when the arm is down then take the other arm down)

I want you now to let both your arms feel normal comfortable and fine. **(Repeat x1). (You must always restore normality)**

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I want you to think about what you have just achieved. You knew that there was no sand, no bucket; but you took my suggestion and allowed your arm to come down. I want you now to feel assured, that any suggestion I give to you, you will be able to take and do something real with; and make any positive change that you want...

TO DEEPEN A PATIENT

USING THE DAVE ELMAN METHOD

In a few moments, I shall come across and stand by your side. This will not disturb your relaxation in any way. When I tell you to, you will open your eyes and when I say deeply sleep, you will close your eyes and go deeper and deeper into relaxation. This will not disturb your relaxation in any way.

I shall do this three times. On the third time as your eyes close you will become more deeply relaxed than you have ever been before.

I'm coming across now.

Open your eyes. Now close your eyes and deeply sleep. That's good.

Now open your eyes. Good. Now close your eyes and deeply sleep.

This time when I tell you to open and close your eyes, you will be more deeply relaxed than you have ever been before.

Open your eyes, good. Now close your eyes and deeply, deeply, sleep. More relaxed than you have ever been before.

Another deepener

As I stand here now I shall raise your right/left arm in the air. Just let it go loose and limp. When I let go of your arm, it will drop back into your lap and you will relax even more.

(Perhaps do this twice – this is a further deepener and will help you to realise the depth of the relaxation. It your client helps you to lift the arm – do it again)

CHOOSE A DEEPER STATE

Choose a deeper state of hypnosis; desire a deeper state of hypnosis and you will go deeper with each suggestion you accept.

The deeper you go, the better you feel.

It's so enjoyable to let go completely, deeper into peace.

Your conscious mind can relax completely, and your subconscious mind is free... free to respond to my voice.

The sound of my voice can take you deeper and deeper until I awaken you.

The deeper you go, the deeper you want to go; or you can simply release yourself into total trance.

Your entire body is responding to the idea of relaxation.

Being hypnotized is always a very pleasant, very enjoyable, soothing restful, deeply relaxing experience.

It's so easy to respond to my voice... releasing, relaxing and letting go...

ANOTHER DEEPENER

You always enjoy the pleasant, relaxed feeling of hypnosis...

Because your body becomes completely normalised when you relax...

Your glands work in harmony with one another and your body chemistry is perfectly balanced...

You feel good about yourself...

You feel good about the world around you...

You feel great...

Not because I say so, but because your body is perfectly balanced, you feel better than you have felt for years...

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SEE A HOUSE

Now see a house,

any house,

just wander around.

from room to room.

noticing the colours, décor,

That's right,

Now see a beach,

any beach,

wander along the beach,

noticing the waves,

the sand,

you may hear some wild life.

Now see the moon,

that familiar moon you know so well,

That's right,

a familiar face may appear on the moon,

That's right,

(AND FLUFF)

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DEEPNER

USING A SCALE

I want you to imagine a scale from 1 to a hundred. Just imagine a scale of 1 to a hundred; and 100 means/represents just resting there with your eyes closed and you are wide awake; and 1 represents being as deep as you can go into hypnosis without falling asleep.

50 is halfway...

I want you now to move that scale down; deeper and deeper. 90 going deeper. 89, 87, deeper and deeper. Continue down to 20 taking as much time as you need...

YOU CAN ASK THEM TO LET YOU KNOW HOW DEEP THEY ARE BY ASKING THEM TO INDICATE TO YOU BY MOVING A FINGER

OR YOU CAN JUST TAKE YOUR TIME AND ALLOW THE CLIENT TO MOVE THE SCALE TO AS DEEP AS THEY WANT TO BE FEELING COMFORTABLE AND SECURE COMFORTABLE AND RELAXED

RELAXATION

While you are resting in this very pleasant way, I want you to imagine something. I want you to imagine that you are standing on a staircase of a hotel. Just imagine now, that you are standing on a staircase, in a hotel. The stairs are covered with a lovely carpet and you feel so calm so relaxed.

You begin to come down those stairs, and as you go down those stairs you find yourself becoming more and more relaxed. You continue down those stairs until you find yourself on the ground floor.

When you reach the ground floor, you walk across to the main entrance. The doors open, and out you go into the fresh air, feeling very calm and relaxed. As you stand on the steps outside the main entrance, you see, in front of you, an expanse of greenery. Trees and flowers. This hotel seems to be on the edge of a paradise.

You stand there for a few moments, breathing in that fresh air. Feeling the warmth of the sun. And generally feeling good. Something about this place makes you feel at peace. You feel calm and relaxed. You feel at home.

You start to walk now. And as you do this, so you feel the warmth of the sun as it shines down upon you. And you feel the coolness of a gentle breeze, wiping away the excessive heat from that sun.

You continue your walk, past the trees, and the flowers. You can almost smell those flowers as you walk past them. You feel calm, and relaxed as you walk along. It's such a lovely day, and you feel good. You continue your walk and you reach an expanse of greenery, you look over and there, laid out in front of you, is the greenest grass you ever saw. And this grass runs down to a golden, sandy beach, where you can see the pale blue water, lapping along the edge of that beach.

You decide to sit on the grass for a while, just to enjoy this place. At this point you put your head back and close your eyes and just drift deeper and deeper into that relaxation.

And as you close your eyes, so you become aware of the sounds of nature. You may hear the birds, as they sing in the trees. You can hear that gentle breeze, as it rustles the leaves of the trees, just enough to allow its presence to be felt. You can hear the waves as they lap up onto the sands of the beach. You feel so calm so relaxed.

And as you lie there listening, you begin to feel healthy, fine, calm and relaxed. And as you lie there, slowly, the surrounding noises, and the surroundings themselves, slowly begin to fade away. The noises begin to fade more and more, as you just drift deeper and deeper into that relaxation. Nobody wanting anything, nobody needing anything; this is your time, time for you. Deeper and deeper into that relaxation. You feel so calm so relaxed.

And as you rest there now, you become aware of the warmth of the sun. You can feel it penetrating deep into your body. As you rest there quietly and peacefully, you feel the warmth of the sun penetrating deep into your body.

And as that warmth penetrates deep into your body, so it seems to be able to search out, from deep down inside you, all your worries, all your fears, all your problems and difficulties that have been intruding on your consciousness; you can feel them being lifted from you. All your worries all your fears, being lifted from you and blown away in that gentle breeze.

As you rest there, relaxing, so the warmth of the sun is searching out, from deep down inside you, all your bad feelings. It brings them to the surface of your body, and there, that gentle breeze just lifts them all from you, and blows them right away.

And this leaves you feeling good. You can feel an inner quietness that wasn't there before. An inner peace. An inner tranquillity. And it feels good. All those tensions, all those anxieties, just lifted from you by that gentle breeze. All the doubts and fears, just lifted from you by that gentle breeze and blown away. And all you are left with is the peace, the quietness, and the tranquillity. And it feels good. So very, very good.

And this peace and quietness that you feel now, is going to remain with you. It is going to remain with you and grow stronger and stronger. And this is something you are going to become very aware of. You feel that peace now and you are going to feel it getting stronger and stronger as each day goes by. And the strength of that peace is going to give you the strength to cope with anything that life throws at you. No matter what may happen to you, in any walk of life, you'll be able to deal with it well, because that peace, that perfect peace that you feel now, is going to remain with you, and grow stronger and stronger as each day passes.

So, I want you to enjoy that peace now. Just rest there for a few more moments, enjoying this wonderful peace and quietness. Feel the freedom this gives you. Feel the relief it brings. Just rest there now, for a few more moments, enjoying these things... **(PAUSE)**
Now I am going to count up from one to five and slowly awaken you...

use awakening script...

RELAXATION 2

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you are on a beach. Just visualize yourself now. You're lying on a beach. Resting on a warm, sunny beach. And as you rest there, on that beach, you can feel the warmth of the sunshine as it beats down upon your body. You can feel the breeze, a cool, gentle breeze, as it blows through that sunshine, taking away the excessive heat from the sun. Just rest there, feeling fine, warm and comfortable.

I want you just to dwell on these thoughts for a moment, removing all other thoughts from your mind, taking away all other thoughts, and just concentrating your thoughts on yourself, as you rest on that beach. Feel the warmth of the sun as it shines down upon you. Feel the warmth of that sun, and ignore anything else that tries to get into your mind. Shut out any other thoughts. Remove any other concerns that you might have, and just imagine yourself, lying on that beach. And as you lie there, I want you to imagine also, that somebody of your choice, perhaps a friend or a relative, or somebody you just love being with, has arrived. They sit down next to you on that beach. And I want you to imagine yourself becoming engrossed in conversation with that person, about something you both have in common. Just picture yourself, talking happily and contentedly. Happily and contentedly.

This could be a memory from your past, or a creation from your own imagination. But whatever it is, concentrate on this alone, excluding all other thoughts from your mind. All other concerns from your mind. Let nothing else concern, bother, or disturb you in any way.

And I am going to instruct you now, that tonight, when you go to bed, you are to close your eyes, and just let your thoughts wander back to this beach. And you are going to allow yourself, eventually, to wander off this beach if you wish. But to begin with, your thoughts are to concentrate on this beach, and the people you may meet on this beach, and the sun, as it shines down upon you while you are on that beach.

And I want you to imagine yourself, leaving that beach, and engaging in some activity that you find pleasing. Maybe dancing, or a walk in the country. Tonight, when you are resting in your bed, imagine yourself engaging in a pleasant activity, and as you do so, imagine yourself enjoying that activity, as it tires you and makes you weary.

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And as you lie there, dreaming of some pleasant activity, so, as you imagine these things, you will feel yourself sinking, and drifting, even further, even deeper, into relaxation. And when you drift and sink into relaxation, so in turn, you will drift into a deep and natural sleep. You will drift into a deep and natural sleep. A sleep that will last the whole night long. A sleep that will satisfy you. So that when you awaken in the morning, you will feel refreshed, and ready for the new day.

Tonight, when you go to bed, you will close your eyes and you will dream of some pleasant activity, something from your own imagination, or from your own memory. But whatever it is, you will concentrate on it. And as you concentrate on it, so, almost without your awareness, you will drift into a deep and natural sleep. A sleep that will last the whole night long. A sleep that will satisfy you. and when you awaken in the morning, you'll feel refreshed and ready for the new day. **(REPEAT THIS PARAGRAPH)**

So now, I'm going to count up to five, and on the count of five you will awaken. And on awakening, you'll feel free from depression, free from tension, free from anxiety. On the count of five, awaken, free from any forms of anxiety, tension or depression. And when you go to bed tonight, you will sleep deeply and you will sleep well. So now on the count of five, awaken. 1, 2, 3, 4, 5.

RELAXATION 3

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you are enjoying a casual walk through a wood. Just imagine now, that you can see yourself walking along a pathway, through a wood. It's a beautiful summer day, and the sun is shining down through the trees. And there you are, just strolling along that pathway, feeling good. You feel calm and relaxed, and at peace with the world.

And as you stroll along, so you find that you are coming out of that wood. Out into the open air, and you can see for miles. Spread out before you is some wonderful countryside, with breathtaking scenery.

And as you follow the pathway, you find that soon, that pathway is joined by a very shallow stream that runs along by the side of the path. And as you walk along by that stream, you look down into it, and see that it is a shallow stream, with fast-running water, following its course as it hurries along. And here and there, you see a stone, or a rock, sticking out of the water. And you see a little turbulence in that water, as it finds its way around the rock, before continuing its course downstream.

As you look ahead now, you see a place, just a little way along the path, where it looks as though there are several streams that join up to become one larger stream. So you walk to this place and there, just as you thought, there are indeed several streams, all flowing in from different directions that come together at that point. And together, they form a larger, deeper, fast-running stream.

So now you follow this larger stream, until you reach a point where the waters in that stream launch themselves out into space, as they tumble down a large waterfall. And as you look over the edge, you see that the water plunges into the depths of a pool way down below.

So you decide to climb down to that pool. And as you climb down, you can feel the warmth of the sun as it shines down upon you. You can also feel a cool breeze that takes away the excessive heat from that sun. You feel the fine spray on your face from the waters as they fall. And you feel happy and good.

Soon you reach the bottom of that climb, and you find yourself by the side of a very deep pool at the base of the waterfall. You sit down by the side of that pool, just to enjoy this beautiful scene. And as you look at the waterfall, you see the waters falling down from above. And where those waters plunge into the pool, you can see a white foam on the surface, and great turbulence in the water, because of the impact of those waters falling down from above. And this sends ripples scurrying along over the surface of the pool.

And as you watch those ripples on the surface of the pool, so you find yourself studying that water. You find yourself getting involved with that pool. And as you do this, you begin to realize that all that turbulence, all that disturbance, is only on the surface of the water. Just a little way below that surface, there is a quietness, a stillness. And the deeper you go into that pool, the quieter, and more peaceful it becomes. And so you project your mind right down into the depths of that pool now. And as you do this, so you notice, how quiet it is. How still. How peaceful, and tranquil. You can almost feel that quietness.

In fact, as you think about it, you can feel it. So quiet, so peaceful, so still.

Now there's a reason for imagining all this. A reason that has importance for you. So let us go back to the beginning now and see what we can learn from it.

To start with, you found yourself walking along by the side of a shallow stream. A fast-running stream. And our lives are just like that stream, because we go through life at a very fast rate, pursuing our course through life. You also noticed that here and there, a rock stood out of the water, and you noticed the turbulence in the water as it found its way around the rock. So too, in our lives, we often encounter obstacles of some kind, which unsettle us, creating a little turbulence in our lives. But when we overcome these obstacles, we then continue our fast-running course, just as before.

Later on, we reached a point where several streams all came together to form a larger stream. Similarly, if we look at our lives, and the way they are made up, we can see that our lives are composed of several aspects, which, when added together, become that totality which is our self. For instance, one aspect may concern our home life. Another may concern our working life. One aspect may concern our relationships with people who are very close to us. Another may concern friends or acquaintances. There are several aspects to our lives. Each one is like a stream. It runs its own course. It overcomes its own obstacles in the course of its progress. But when we add all these aspects together, we have the complete personality that is you, flowing through life and following a course.

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Sometimes though, something drastic can happen to us. And when this happens, we feel as though the bottom has dropped out of our life, and we are falling, out of control, just like those waters as they fall over the waterfall. And when this happens, it introduces great turbulence in our lives, like the waters plunging into that pool. And this sends ripples, scurrying throughout lives, which seem to affect every part of us.

But remember what happened as you studied that pool. Remember what you discovered about that pool. Just a little way beneath the surface, there was a peace, a quietness. All that turbulence, all that disturbance, was only concerned with the surface of that water. Just a little way down, there was stillness. A peace and a tranquility. And the deeper you went, the more intense that quietness became.

So experience it again now. Project your mind into that pool and feel that quietness now. And as you go deeper and deeper into that pool, notice that quietness, that stillness. The peace. The tranquility. It's so quiet down there. So still. You can feel it in yourself. As you concentrate upon it, you can feel that quietness in yourself. Feel it now. Feel that quietness. That peace.

And as you feel these things, notice how strong it is. There is strength in that quietness. And that quietness is so strong, that it keeps all the turbulence, all the disturbance, on the surface. It cannot reach down here. The quietness is too strong.

As you feel that quietness in yourself now, notice how strong it is, because that quietness is inside you now. You can feel it. You know it is there. So feel its strength. Feel its power.

And just as the quietness of the depths of that pool could keep all the turbulence on the surface, so to the quietness you feel now, can keep all disturbances on the surface of you. That quietness is strong. It is inside you. And because of that quietness, and its strength, you are going to be able to cope with whatever life throws at you.

That quietness has always been there, but now you are aware of it. Now you can feel it. And from this time onwards, that quietness and peace inside you is going to grow and grow. It will become a part of you. So that no matter what may happen to you in life, you will be able to deal with it well. The strength of that quietness you feel now will help you to do this by keeping all disturbances, no matter what they may be, on the surface, so that they do not affect you deeply. That quietness that you feel now, is going to grow and grow. It will become a part of you. And you will become more and more aware of it as each day goes by. Now you know it is there. Now you can feel it. You know it is real.

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So go back into that pool again now. Feel its peace again. Feel the quietness. The peace. That wonderful tranquility. What a wonderful peace this is. Notice how calm you become as you think of it. From this time on, it's going to remain with you and grow. And as it grows, so you will gain strength, and feel better and better as each day goes by.

So now I'm going to count up to five and on that count of five I want you to open your eyes and slowly awaken. And on awakening, you'll feel totally refreshed. Calm, happy and relaxed. But very aware of that calmness, that quietness that is deep down inside you. So on the count of five now, open your eyes and awaken.

1, 2, 3, 4, 5.

FOCUSING; SHORT TERM

This technique is used prior to hypnosis.

(BEGIN BY SAYING:)

Just take a deep breath and close your eyes. I don't need you to speak. Now just imagine an attic, filled with all that clutter, now just clear a space...

1. CLEAR A SPACE

How are you? What's between you feeling fine?

Don't answer; let what comes into your body do the answering.

Don't go into anything.

Greet each concern that comes. Put each aside for a while, next to you.

Except for that, you are fine?

2. FELT SENSE

Pick one problem to focus on.

Don't go into the problem. What do you sense in your body when you recall the whole of that problem?

Sense all of that, the sense of the whole thing, the murky discomfort or the unclear body sense of it.

3. GET A HANDLE

What is the quality of the felt sense?

What one word, phrase, or image comes out of this felt sense?

What quality word would fit it best?

4. RESONATE

Go back and forth between word (or image) and the felt sense?

Is that right?

If they match, have the sensation of matching several times.

If the sense changes follow it with your attention.

Now let yourself feel that for a minute... (Wait for one minute).

5. ASK

"What is it about the whole problem that makes me so _____?"

Ask questions

What is the worst of this feeling?

What's really so bad about this?

What does it need?

What should happen?

Don't answer, wait for the feeling to stir and give an answer.

What would it feel like if it was all O.K.?

Let your body answer

What is in the way of that?

6. RECEIVE

Welcome what came. Be glad it spoke.

It is only one step on this problem, not the last.

Now that you know where it is, you can leave it and come back to it later.

Protect it from critical voices that interrupt.

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I'm going to count from 1 to 3 and on the count of three just open your eyes.

TAKEN FROM THE BOOK "FOCUSING" by Eugene T. Gendin.

Bereavement Script 1

As you relax and allow a sensation of peace and comfort to flow over you, you realise that it is quite all right for you to experience the range of emotions you have felt since your passing. You know that when you cry, you cry mostly for yourself and your loss. Whatever comes after this life, your **(insert relation)** can no longer experience any pain; mental or physical. And so, although you are unhappy at this moment, you realise that the sorrow will recede with the passing of time. You know that **(they/he/she)** would not wish you to continue grieving forever and that the greatest compliment you can pay to their memory is to remember their life with joy and love.

As you relax there and think about that person, you choose to picture them in happy times. You remember an occasion now when it was a pleasure simply to be with them. Allow one memory to follow another in your mind, recalling the smiles, the laughter, the joy. If these memories cause tears to flow, then you allow them to do so, knowing that they are nature's way of helping to heal the wound. But, even amid your tears, you find yourself able to smile at what was amusing and to take pleasure in the fact that you knew each other and that you were a part of each other's lives.

You loved them in your lifetime and you continue to love them now. You realise that they loved you too, whatever your faults or failings or any difficulties we may have had. We do not love someone only when they are perfect. You have not stopped loving them just because they have died, and you know that they have not stopped loving you.

You now allow the images to come into your mind, one after another and then when you are ready just let me know, feeling the sensation of peace.

Suggested Affirmations

- You are allowed to grieve
- You can think of happy times
- Thank you for letting me be part of your life and for being part of mind.

BLACK SPOT

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you can see in front of you, a sheet of white paper. Just think of a piece of white paper with a small black spot in the middle of that piece of white paper. And as you look at this piece of paper, you find that your attention is being drawn to that black spot, more and more as you look at it. In fact, as you continue looking at it, you soon find that that black spot seems to capture all of your attention. Almost as though you can see nothing but that black spot.

And there's a reason for imagining this, because your life is like that sheet of paper. As you look at your life, it is like looking at that sheet of paper. But as you look at your life, you find that your attention is being taken by events that have affected you. And these events have caused you upsets and stress. They have become like dark shadows in your life, like a black spot on a piece of paper. And just as that black spot captured all your attention as you looked at that piece of paper, so these past events capture all your attention now, and this upsets you.

Now, I want you to take another look at that piece of paper. That's right, just take another look at that piece of paper. Yes, there is a black spot on it. But look, there is something else there too. All around that black spot, there is a vast area of fresh white paper, untouched. In fact, that black spot only occupies a very small area on that sheet of paper. Most of the paper is white, untouched. So now look at that whiteness. And as you do this, then notice how small that black spot becomes. As you concentrate on that whiteness more and more, so that black spot almost seems to disappear. You can only just see it out of the corner of your eye.

Now if you look at your past life again, you will notice that many good events have also taken place. In fact, there have been a vast number of good events that have happened. So I want you now to go back in your mind, until you find one of the good things that happened to you **(make sure your client is thinking of a good event, either by nodding their head or moving their finger. If the client is struggling with this you will need to encourage them with for example a nice holiday, day on the beach a nice chat with one of their friend)** an event which gave you pleasure. For the next few moments, I want you to remember that event. Remember the pleasure that it gave you. That feeling of well-being. Concentrate hard on that event, that good event, any good event you can recall. And as you concentrate upon it, I want you to remember how good it felt. Remember the feeling of pleasure it gave you. That feeling of satisfaction.

And as you concentrate on this event, notice too that while you do this, you have shut out from your mind the dark shadows of your life. As you think hard about the good events, the other events lose their importance. It is as though you are now looking at the whiteness of the paper and ignoring that black spot.

And from this moment on, you are going to look at your life in this way. Instead of concentrating on the black spots in your life, you are going to look at the good times. And as you concentrate more on these good things, so the bad things will lose their importance. Those dark shadows of your life are now things of the past. They no longer have relevance. They can no longer be allowed to influence your present and your future life. They must take their place in history, as events that did occur, but are no longer worthy of so much attention. So from this time on, you are going to concentrate on the good events of your life; the events that have given you pleasure and satisfaction, the events that have given you a sense of well-being.

And as you continue to look more at the better aspects of your life, the whiteness of the paper; so you will find growing in you, a feeling of calmness and relaxation, a feeling of inner peace. And as these feeling grow and grow, you will find much more enjoyment in life. You will begin to fill your life with laughter, because you will feel much happier within yourself. You are going to enjoy this feeling of calmness and relaxation. Life, for you, will get more and more enjoyable as each day passes. You will find a new enthusiasm for life, the more you smile, the more you want to smile. Life is an enjoyable experience. And day by day, in every way, you're going to feel better and better. Day by day you're going to feel better and better as that peace and calmness just grows and grows.

And now, I'm going to count from one to five and slowly awaken you, and you will awaken feeling calm and relaxed, and feeling much, much, much, happier in yourself. You will awaken resolved to give less importance to the black spots in your life and to give more attention to the whiteness, the good parts of your life. One, slowly calmly easily you are coming back to your full awareness once again. Two... **(continue to awaken your client)**.

TENSION AND ANXIETY

And now we will relax each part of your body, a little at a time, and each time I say the word relaxed, you will become automatically ten times more relaxed than you already were. Each time I say the word relaxed, you will become ten times more relaxed than you already were.

So now concentrate particularly on the feelings in your toes and feet. Just allow all the muscles and fibres in your toes and feet to become very deeply relaxed. Perhaps even picturing in your mind's eye what that would look like, for all those tiny muscles and tissues to relax, to become loosely and deeply relaxed. Allowing yourself to get that kind of feeling you have when you take off a pair of tight shoes that you've had on for a long time. And you can just let go of all the tension in your toes and feet and feel the relaxation spread. **(pause)**

And now imagine that this comfort and relaxation is beginning to spread and flow, like a gentle river of fire, upward, through your ankles and all through your calves. Letting go of all the tension in your calves, allowing them to deeply and restfully and comfortably be relaxed.

And now that comfort is continuing, flowing upward, into your knees, behind your knees, through your knees and into your thighs, letting go of all the tension in your thighs. As they deeply, deeply become relaxed. Notice the sense of gentle heaviness in your legs as they just sink down limply and comfortably and relaxed.

Continue to let that comfort flow upwards and spread at its own pace and speed into the middle part of your body. Flowing into your pelvis and abdomen and stomach, through your hips and into your lower back. Letting that soothing, deep comfort spread, inch by inch up through your body from muscle group to muscle group. The whole of your body becoming deeply relaxed.

Now that relaxation, that river of fire, gradually progresses, flowing upwards into your chest, into your back, between your shoulder blades and into your shoulders, deeply, deeply, relaxed. Every muscle along your spine is relaxing, relaxing all the more, heavy and relaxed. Just allow all the tension to loosen and flow away, as if somehow, just the act of breathing is increasing your comfort and you become more and more relaxed.

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And allow now, that comfort and relaxation to flow into your neck and throat, perhaps imagining once again what that would look like, for all the little fibres and muscles in your neck and throat to deeply, softly, comfortably relax. Let the relaxation sink deep into your neck. And it gradually flows up your neck into your scalp, all across your scalp as if it's bathing your head with waves of comfort and relaxation. Deeply, totally relaxed. And that relaxation can flow down into your head and forehead and like a gentle wave, down across your face, into your eyes, your cheek, your mouth and jaw. Just let go of all the tension in your face, your mouth, your jaw, around your eyes, allowing those tissues and muscles to sag down and become slack and relaxed, totally relaxed.

And now allow that comfort to flow back down your neck, and across your shoulders, down into your arms, your hands, your fingers and your fingertips. Letting go of all the tension and tightness, letting go of all the stress and strain. Just allowing your body to rest and relax.

This is your time and a very special time for you. Nobody wanting anything, nobody needing anything. Nobody expecting anything.

You have now become so deeply relaxed, that your mind has become very sensitive and receptive to what I say, so that everything that I put into your mind will cause a deep and lasting impression there and nothing will eradicate it. These suggestions and instructions will always be to your benefit.

Every feeling that I tell you, you will experience, you will experience exactly as I tell you.

Every day your nerves will become stronger and steadier... your mind calmer and clearer... more composed... more placid... more tranquil. You will become much less easily worried, much less easily agitated... much less easily fearful and apprehensive... much less easily upset.

You will be able to think more clearly, and concentrate more easily.

Every day... you will become emotionally much calmer... much more settled, much more completely relaxed and less tense; both mentally and physically.

Every day now you will feel a greater feeling of personal safety and security than you have felt for a long, long time.

I want you now to imagine that you are outside a very tall wall with a large wooden door, there is a large handle to the door, and as you turn the handle it opens easily before you and you walk into the most beautiful garden that you have ever seen.

This is your very special place, take off your shoes and walk barefoot across the grass, see the flowers, the wonderful colours, smell the wonderful aroma of the flowers, the grass and the trees. See the browns and greens of the trees. See the leaves fluttering in the gentle breeze, the birds singing in the trees. Now find a place for you to lie down, rest your head back and look up at that clear blue sky, where the sun is shining gently and all is well in your world. And as you look up at the sky, so you notice one white fluffy cloud. This is your cloud, a very special cloud for you. And as you look at it peacefully, lovingly, so you notice it begins to descend from the sky, slowly, gently floating down towards you until eventually you are enveloped by that wonderful, soft cloud. It gently massages your body, soothing and healing with a very gentle energy and you feel calm, safe and secure. You can feel the soothing energy gently massaging the whole of your body. Now you can feel the energy of the cloud beginning to penetrate your body. In through the pores, flowing through your body and pushing out any remaining tensions, depressions or anxieties, these are being pushed out through your fingertips and toes. All those bad feelings are being pushed out. All negativity being pushed out. And you are left feeling, calm, relaxed and carefree. Nobody wanting anything, nobody needing anything. You are calm, safe and secure because that cloud has placed a protective shield around your body, protecting you totally from outside pressure. It is an invisible shield around your body and will remain there

You can feel your body tingle with pure healthy soothing energy. You can enjoy the wonderful clear, pure fresh air.

So take a deep breath, and as you breathe out, you are relaxing deeper and deeper. You are relaxing deeper and deeper. And as you continue to relax, feel yourself relaxed with your feeling. And should any unwanted pressure come to you, remember you are surrounded by an invisible shield from the cloud that will protect you from pressure. The shield will protect you from pressure. The shield from that cloud will protect you always. Pressure now will just bounce off and away. No matter where it comes from or who sends it, it just bounces off and away. The pressure and stress bounce off and away. You are protected from tension and anxiety.

You will now go through your days feeling fine. You will feel the stress bounce off and away. The more stress outside, the calmer you feel inside. You feel calm inside. You are a calm person and you are shielded from stress. You act in ways that make you feel good. You now have new calm responses to old situations. Your new responses will make you feel strong, calm and free. You will feel good about yourself because you have new calm responses that are making your days more pleasant. You are calm, strong and free from stress. You are

completely free from stress. You are calm and contented and free from stress.

Feel yourself relax; know that you are in control of your choices. You have the choice to be stressed, nervous or easily upset. You also have the choice to be calm, relaxed and at ease with your environment, and you NOW CHOOSE to experience life in a calm and relaxed way and to flow easily with life's ups and downs.

At work or at home, the pressure may mount, but you remain calm, at ease and relaxed. You breathe easily and evenly and your stomach is calm. From now on, you will make the choice to relax in any situation. You will feel yourself breathing easily and evenly. Now just let this new choice for peace and calm flow through every cell of your body.

You are now feeling very good. You can feel an inner quietness that wasn't there before. An inner peace, an inner tranquillity and it feels good. All those tensions. All those anxieties just lifted from you. All you are left with is the peace, the quietness and the tranquillity and it feels good. So very, very good.

And this peace and quietness that you feel now is going to remain with you and grow stronger and stronger. This is something you are going to feel very aware of. You feel the peace now, and you will feel it getting stronger and stronger as each day goes by. And the strength of that peace is going to give you the strength to cope with anything that happens in life.

You will be able to deal with it well, because that peace, that perfect peace that you feel now, is going to remain with you and grow stronger and stronger as each day passes.

In a few moments, I shall count from 1 - 5 and on the count of 5 you will gently awaken but this peace, this perfect peace will remain with you. 1, 2, 3, 4, 5.

STEEL BALL

While you're resting in this very pleasant way, I want you to imagine something now. I want you to imagine that you are looking at a steel ball, resting at the top of a gentle slope. Just imagine that now. You're looking at a steel ball, resting at the top of a gentle slope. And as you look at it, so the ball begins to roll slowly down that slope. It moves slowly, and follows a very straight course as it moves.

But now, I want you to imagine that a little way ahead of that steel ball, and off to one side of the track, you can see a strong magnet. The ball is rolling towards a strong magnet, placed to one side of the track. And as the ball approaches the magnet, so it enters into the magnetic field, and the magnet pulls on the steel ball. Not enough to make it stick to it, but enough to make it change its course. The steel ball is now rolling in a completely different direction to its original path.

Now there's a reason for imagining this, because your pathway through life is like the path taken by that steel ball. In the beginning, your pathway through life was set. You were following a course that was right for you. It was comfortable. It was right for you. It FELT right. But you soon found that you were being influenced by other people, acting like magnets. Trying to pull you off course. Trying to make you change direction. In short, they made you feel that your way was wrong. They wanted you to conform to THEIR ways, and follow THEIR course of action.

By trying to please them, you changed your course, and have been following a way that is not what you originally set for yourself. The result has been that you have felt uncomfortable. It has NOT felt right, and you have consequently felt that you have lost your individuality, through trying to please other people. And this has been a problem.

So let's see what can be done about it. Let's return to our picture and make a few changes. Once again, imagine that steel ball at the top of the slope. But as you look at it, see it grow to double its size. See it as now weighing twice as much. Now set it rolling and see what happens.

It approaches the magnet, and the magnet tries to pull on it. But this time, the ball is too heavy, and too big, and does NOT deviate from its course. It keeps on rolling in that very same direction. The influence of the magnet has not been strong enough to affect the ball. It just rolls straight past. This one simple change was enough to overcome the problem.

For you to overcome the problem does not require you to grow in size, or put on weight. But you too can grow in strength, and in power. And you can do this easily.

As you rest there now, I want you to realise something, and realise it well. Understand it and acknowledge it. It is not your purpose in life to become a carbon-copy of someone else. You are an individual in your own right. You have your OWN opinions. You have your OWN personality. These things are right for YOU. No other person has the right to try to take these things away from you, to make you conform to their ways. You are a person in your own right. A complete person. And they must either accept this fact, or go on their own ways.

Your individuality is precious. It must be protected. And you can protect this with your own strength. Your strength has been weakened by the influences of other people, but that strength is still there. It is within you now. So now is the time to rediscover it, and let it grow.

So as you rest there now, just imagine yourself as being strong. Strong enough to withstand the influences of other people. Strong enough to stand on your own feet. Imagine you are that strong now, and as you imagine it, FEEL that strength. It's there. You can feel it. Feel the confidence that goes along with it. Feel yourself able to speak out, able to defend your own individuality. Feel these things now, because as you can now feel them, you know they are there. You already have that strength. It's there. You can feel it, so you know it's there. Acknowledge it. Welcome it. It's yours.

Now that you have experience these things, you can recognise them and use them. Now that you know they are there, you can become more aware of them. Because of this, you already feel stronger and more able in yourself. And this feeling is going to remain with you, and become stronger as each day goes by. No longer will you be influenced into a wrong course by other people. No longer will you allow your individuality to be taken away from you. It is precious. It is yours.

In a few moments now, I am going to count up to five. On that count of five, you will awaken feeling calm, happy and relaxed. But you will feel stronger in yourself, and you'll feel determined, very determined to protect your own individuality. So on the count of five, awaken, feeling calm, happy and very relaxed. 1, 2, 3, 4, 5.

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TAKING CONTROL

Panic attacks, fears, phobias etc.

Before inducing hypnosis, you need to establish a situation that your client needs help with.

While you're resting in this very pleasant way, I want you to imagine something, but I want you to imagine it in a very special way. I want you to imagine it as though you were watching it on television. In this way, you can watch it without being emotionally involved with it. You can watch it without any bad feeling of any kind.

Now describe the client in that situation, feeling calm and relaxed.

Notice how calm you are. You are showing no signs of anxiety. No signs of tension. No signs of fear. In fact, you are undertaking this situation exactly as you would wish to be able to. This film that you have been watching is not just a flight of fancy, nor is it dealing with something in the future. You have been watching yourself doing something exactly as you are going to be able to do it from this time on. And the reason for this is that this film contains a skill – a skill that I am going to explain to you now. Although you could not see it in that picture, you were in fact using a procedure to protect yourself against the fears and tensions that would normally bother you in a situation like this. You were using it like a weapon to defend yourself against these feelings. But, as you will notice, there was no sign that you were doing anything out of the ordinary. You looked completely natural. And this is how it is going to be, because now I am going to show you this procedure, and you will be able to use it very successfully from this time on. I call it a weapon, because it is something you can use to defend yourself, and drive away bad feelings. But as you know, if I were to put a sword in your hand and ask you to defend yourself, you would not make a very good job of it. However, if you practised you would soon develop the skill and use it to much more advantage. This weapon is just like that. With practice, it will become more and more powerful in its effects, and I want you to understand this right from the start. Use it often, and it will defend you well. The main difference is, that from the start, you will be able to use it successfully. I will show this to you now. But first, let me describe this weapon to you. The first thing to say about it is that you should use it as early as possible. Whenever you feel those tensions or fears arise to difficult proportions, then use your weapon immediately. Do not wait for them to rise to difficult proportions. Use it immediately. And when you feel this happening, this is what you are going to do. First, you will take a deep breath, and then you will count backwards, very slowly, from three to one. As you say "three" you will immediately feel yourself calming down, becoming much calmer. On the count of "two" you will continue to become calmer and more relaxed. And when you reach the count of "one", you will be very calm, very relaxed, and comfortable. And that is all there is to it. Whenever you feel tensions beginning to rise, you will immediately take a deep breath, and then count backwards from three to one, very, very slowly. And as that

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count progresses, so you will feel yourself settling down once again to a very calm and relaxed state. Perhaps a little later on, those tensions may begin to rise again. If this happens, so you will use your weapon again. And you'll use it on every occasion that unwanted feelings begin to appear in you. In this way, you will be able to do many things that have been impossible for you in the past. There may be occasions when you forget to use your weapon, with the result that those bad feelings have become stronger than they should. But even here, that weapon will work for you. If you use it under these circumstances, you may find that the count of three has reduced those tensions, but not completely. If such a thing were to occur, then you simply use your weapon a second time and this will complete the task. In very severe circumstance, you may even find that you need to use it three times, but after three times you will always find that you are completely relaxed and calm. This then is your weapon. A simple procedure that you can use. Whenever you encounter stress of any kind, and feel tension rising within you, you will immediately take that deep breath, and count backwards, slowly, 3, 2, 1; and then you will come back to being calm, relaxed, and in complete control. But I want to show you now that this weapon will work for you, and to do this, I want you to imagine a situation which I will describe to you. But this time I want you to imagine it as a reality. If, as I describe it to you, you feel any tensions or fears arise in you, then I want you to indicate this to me by raising your arm. The higher your arm gets, the more intense the feeling. If I see your arm rise, then I will know you are experiencing some kind of tension, and I will stop, and together we will take those feelings away by using your weapon. And even though this will be the first time you use it, you will be surprised at how successful you are.

Now describe a situation to your client using lots of feeling, hearing and seeing words. Make sure your client experiences the panic of their unwanted feelings, and that their arm rises. Stop and do the count slowly, ensure their arm comes down. Then continue... (as a rule get the client to raise their arm about three times). When you feel the client has successfully used their weapon then continue

I want you to come away from that picture now and just relax. And as you rest there now, just consider what you have achieved. As you imagined a situation, you felt unwanted feelings arise in you, but this time you were able to control them, better than you ever thought possible. You did this by using this weapon successfully. And just as you were able to do this in your imagination, so too you are able to do it just as successfully in reality. From this time onwards, you are able to fight back. No longer do you need to experience those panic, tension and anxieties. Now you can defend yourself, and do it successfully. And the more you use this weapon, the more powerful it will become for you.

Now I am going to count from one up to five and slowly awaken you and you will awaken feeling calm relaxed and happy. You'll awaken feeling that now you can do something yourself to make life so much easier **MAKE THE COUNT AND AWAKEN YOUR CLIENT**

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 field of beautiful flowers of various colours, 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 clear blue water. By the lake of clear blue water are some trees and there is a stream that flows from the hill in front of you. It flows down by the trees, into the lake.

You are carrying a heavy backpack. A very heavy backpack; in fact, the backpack contains all of the conscious and subconscious reasons **(why you overeat, why you eat fattening foods, why you have trouble controlling your weight/ why you smoke, etc. And can be used for other problems as well.)** You continue walking towards the hill in front of you. After many miles of walking towards the hill, the backpack is feeling heavier and heavier but you find inside you the inner strength to continue to walk. You continue walking and getting more and more tired. You reach the base of the hill and you start climbing it.

You are finding it difficult and very steep. Your backpack is getting heavier and heavier. The weight of this pack is becoming limiting and unbearable. You really want to climb this hill, but the backpack is stopping you from doing it. Tiring you, limiting you, feel the heaviness. You continue to climb but very soon you realise that you can physically go no further. The burden of the backpack is too much. You know the only way that you are going to be able to continue your climb is to let go of the backpack.

I can't remove the backpack from your back, but you can. You can be free of the heavy backpack. You can choose to free yourself from all the conscious and unconscious problems that are limiting you from finding your true potentials in life.

You have to make a decision. Either you let go of the backpack and all its contents and you continue your climb up the hill or you hold on to the backpack and you will climb no further. You choose. What is your decision?

Attached to each of your fingers is a trigger mechanism which will release the backpack of one of your fingers rise. If you want to be released from the conscious and subconscious reason why **(you are overweight or whatever the problem is)** one of your fingers will feel very, very light, so light that it will float upwards. When the finger rises, 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, you are symbolically letting go.

That is good. Your **(first finger of your right hand)** is floating up. The backpack is gone. You feel free and comfortable. As the heavy weight of the backpack is gone, you feel a greater relief. Now make all the necessary changes within yourself to create the healing that you need in your life. Can you feel this?

Now continue to climb to the top of the hill. You feel so much lighter now. Your body movements are free and you feel refreshed and motivated to continue to walk. Now at last you reach the summit. You are standing at the top of this hill. As you look below you can see the sun in the afternoon sky. Very soon it will be sunset and you will watch the sun go down and the moon rise. Take a long deep breath and see it before your eyes. You feel so overwhelmed with this beauty and suddenly you start to acknowledge all the things that you need to change your life. You start to realise with so much clarity what you need to do. You now suddenly realise and recognise all the things, all the answers to your questions. It is all so clear now. Talk to yourself. Tell yourself what you need to do. Ask yourself all the questions you need to ask.

(Pause.)

(Awaken)

Pass Your Driving Test!

Whilst you are relaxing in the very pleasant state, I want you to reflect back on all the skills you have learned regarding driving a car. Remember how you felt the first time you got behind the wheel of a car. Perhaps a little excited and apprehensive. Wondering perhaps if you would ever be able to do all the things that you need to do.

But now you have practised thoroughly and learned how to handle a car, and those feelings have gone. You know exactly what you are doing. You are competent at driving a car and it feels great. You have learnt a skill and now is the time to pass a test to prove it.

As you go deeper now, each breath relaxing you now, you can imagine it is time for you to demonstrate your ability and skills as a driver, to prove that you can drive; knowing that you are going to be successful. What usually occurs is that which you expect, and you now expect that you will be calm, confident, relaxed and in complete control. You expect that you will pass your test easily and without effort, and you know now that what you thought could be difficult, will be so very easy, because you are relaxed and in the perfect frame of mind to succeed.

When you are called upon to demonstrate your skill as a driver you will be calm, confident, and completely relaxed.

You will be so pleasantly surprised at the ease with which you will maintain your calm and confident manner, as you demonstrate your skills and your abilities as a driver. You will be amazed that something you had thought would be difficult, will be so very, very easy, it will be easy because you will be completely relaxed and calm, and in this relaxed and calm, confident state you will be in the perfect frame of mind. You will be successful. You will pass your driving test.

Now, **(client's name)** I want you to visualise, as vividly as you can, these three following scenes that I will suggest to you. Every day, I want you to practise visualising these scenes, imagine them as vividly as you can, and in every scene, you are calm, confident, and relaxed. You are now in the car driving to the test centre. After completing the necessary formalities, you emerge from the test centre with your examiner, and you walk towards the car. You now sit in the car and the first thing you do is take a deep breath and as you expel the breath from your body, you say silently to yourself the words, deeply relax. You take a deep breath and as you breathe out, you say silently to yourself the words, deeply relax. This will immediately relax you and expel any remaining tensions and anxieties. This will always work for you and you will always remember to do this. Do it now. Take a deep breath and as you release the air from your body you say the words, deeply relax. Immediately you feel yourself relaxing more and more.

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Now you are ready to begin. You make all the necessary checks and adjustments before you start the engine.

Now you are driving the car and doing all of those things that you have learned, you perform each and every stage of your driving extremely well, imagine yourself, carrying out a three point turn, excellent. Now reversing around a corner, keeping just the right distance from the kerb, perfectly. Now imagine yourself parking the car between two other vehicles, taking your time, judging the distance just right, parking beautifully, excellent. Now imagine yourself performing an emergency stop, braking the vehicle to a halt. Quickly and with complete safety, perfectly.

Now imagine yourself doing a hill start, balancing engine, clutch and hand brake absolutely perfectly, pulling away smoothly, very well. Imagine yourself driving in traffic, keeping a proper distance, using your mirrors, observing and giving proper consideration to all other road users. Driving safely and smoothly, with anticipation and confidence. Knowing that you are competent and have studied and practised until you are perfect.

See yourself doing parallel parking, calm, relaxed and in perfect control. See yourself doing three point turns, calm, relaxed and in perfect control.

Now imagine the examiner, telling you that you have passed the test, congratulating you, handing you a piece of paper confirming that you are now a qualified driver.

When you actually take your test, you will have taken your test many times in your mind. It will be like something that you have done many times before, with great skill and confidence. In reality, it will happen just as you have practised in your mind.

You will find it easy to produce a polished and accomplished demonstration of your driving skills. You are going to pass your test, you are going to pass your driving test with total ease. You will be aware of a voice that speaks to you from within, as you take your driving test. You will hear the calm comforting voice of the skilful driver within you, that voice will calm you, it will relax you. And you always remember to take that deep breath and as the air expels from your body you say silently to yourself the words “deeply relax” and immediately you will be deeply, deeply relaxed.

You have done all you need to pass your driving test, you have prepared yourself physically. You have practised all the skills and techniques that are necessary, you have the experience. You have done it all many times successfully. You have studied the highway code. You are prepared mentally and physically, just believe that you can pass your driving test.

You can do it, I know you can and so you will. **(Awaken)**

Studying or Learning a Part

Whilst you are in this very pleasant state of relaxation, I am going to give you some instructions and suggestions, concerning your ability to memorise facts and retain the information to be recalled by you, as and when you want, or need to recall it.

Imagine yourself enjoying a day in your special place. Imagine yourself relaxing, smiling and feeling comfortable. Feeling so comfortable. Imagine for a moment that all your cares are far away. Imagine yourself lying down and stretching out. For the moment, nothing is of any importance, nothing is of any consequences. You have given yourself some time off and are enjoying relaxing.

Now begin to imagine yourself as a good student, a good learner, a fast learner. Imagine yourself as an athlete who is about to go into training. An athlete must learn how to move. He must learn the process of his sport before he can accomplish his feat. You are an athlete who is beginning the process of bettering your learning skills and ability so that you may accomplish your goals.

Now imagine yourself in a place that you have chosen as a study area. It is comfortable, you feel comfortable in this place. Imagine the time of day you have chosen for your study, and you begin to study and you focus on your work; and as you focus on your work, you become oblivious to any normal sounds around you. You begin to concentrate; to absorb all the information that you need, retrieve all the information quickly and easily whenever you need it.

The knowledge is there when you need it and can be retrieved quickly and easily. You are confident of your abilities. You are intelligent and learn more quickly now, because of all the learning you have accomplished in the past. You are talented and eager to reach your goal. You can see and imagine you focusing, studying, and concentrating daily. You are enthusiastic, eager to learn, because the results will be so positive for you.

Now just imagine that you have studied, absorbed all the information that you need and you feel confident, at ease. You are completely prepared. Now imagine applying what you have learned and reaching your goal. See your goal in the most positive way. Imagine how an athlete feels, when he has accomplished his goal, playing a perfect game, run the fastest race, or scored the most points. Just imagine yourself as an accomplished athlete, successful, happy and rewarded for your work; your consistency has paid off. You feel great, wonderful, confident and good about yourself.

As you watch the day drift by, you feel so lazy, so relaxed and you notice a piece of large white paper drifting and bobbing on the breeze. Soon the paper floats your way, and as it

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drops near you, you can read it and it has all the information that you need; all the information that you have learned. You now remember all that you have learned. You will remember it all.

If you are learning a part for a play or studying for some examination, you will find that you will have no problem at all in remembering and recalling what you have learnt.

Any time you learn anything, you are adding to your own private storehouse of knowledge. Whatever information you learn, can be stored and used when you need it. What is important is that any information you learn, can be stored and used when you need it. When you finish this learning task, when you finish learning **(your part for a play doctoral thesis/nurses training)** you will know that you have done a good job, a complete job.

Think about finishing your project, knowing that you have done a good job, a complete job, and now think about working through your task; remembering that everything you learnt improves you as a person, increases your knowledge, your worth.

Imagine yourself a few days or weeks before your knowledge is being tested. You have studied, memorised and retained all of the correct information that you need. You are confident and you feel at ease. Now become aware of your stomach area, your throat and chest. If you are experiencing any tightness or butterflies, then relax this area. Now once again imagine yourself just before the time you need to perform. Imagine you are prepared. You have **(studied/ practised/ rehearsed)** and you are now ready. You feel relaxed, calm, at ease.

Now imagine yourself entering the area where you are to perform. You take a deep breath and give yourself a cue and your cue word is “confidence” and as you repeat your cue word or phrase quietly to yourself, you can feel every muscle in your body relax. Your knees are relaxed, your stomach is relaxed, your chest, throat and breathing are relaxed. And now you begin. You focus, you concentrate. Your mind is clear and sharp. You recall all the information you have learnt easily; your body is relaxed. You feel at ease. You complete your part confidently, thoroughly. You are good. You feel great. You feel like a winner. Now see yourself being praised. Praise yourself. Now you feel relieved, relaxed and calm.

You will be able to concentrate completely on the subject you are trying to learn. You will be set aside a certain time every day for learning this particular subject and you will be able to concentrate entirely on this one subject. You will be able to recall all the information that you have learnt, you will be totally confident about this. Totally confident. You will learn your **(subject/part)** well and will be totally confident that you will be able to recall the information whenever you need to. **(Awaken)**

SUPER PERFORMANCE - IMPROVING GAME

(SPORT 1)

Now that you are resting in this very pleasant way, I want you to imagine yourself enjoying your sport. See yourself competing and enjoying it, enjoying it very much, and from now on whenever you feel afraid or intimidated, know that these are negative feelings that restrict you from having a good time, from enjoying challenge, from exhibiting your skills.

Take each one of those negative feelings, one by one and place these feelings in a box. Just take each one and put it in a box and now put a lid on that box and place it in your cupboard. They are no longer a part of you. They are not wanted by you.

Now out come all those positive feelings of well-being.

Now begin to see yourself having fun. You can compete, with anyone, men and women alike. You will not be intimidated by anyone watching you or playing with you. Male or female alike, you will not be intimidated by them, because you know you are giving a good performance. You are doing your best. You are playing your very best and in a relaxed and confident manner and you are doing well. You are secure and confident. You take your own mistakes in your stride. You are good, you are relaxed; you are enjoying your game. You are totally unaware of any negative feelings around you. You feel totally secure in your own game and with the way you are playing.

And you are enjoying it too.

Just imagine for a moment a situation that may be stressful for you. Imagine a situation that may be distracting, or make you feel unimportant. Now see yourself handle each situation effectively, assertively and well. You simply refuse to have negative thoughts and feelings. They have nothing to do with you at all. Nothing at all. You handle the situations easily, effectively, assertively and well. Imagine yourself playing your best game, imagine yourself competing, winning; secure and confident, relaxed and happy. Feeling that great rush of pleasure that comes from meeting a challenge and doing it like a champion.

From this moment on, no matter who you are playing with, you will feel secure in the knowledge that you are equal to play with them. Whether they be male or female this will not make any difference to you. You are equal to the challenge and you will feel secure and confident in yourself and your game.

Imagine now engaging in your sport. Imagine yourself as you perform. You are a good player and you enjoy exercising your body and competing to test your abilities. You enjoy the social

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aspects of your sport. You enjoy your sport and your attitude towards yourself and your opponent is positive, and cheerful.

You are confident and strong. Now just imagine yourself begin. You ready yourself and you take a few deep breaths and relax your entire body. You focus your attention on what you are going to do. Focus your attention on your movements. You concentrate and are oblivious to any distractions around you. You are able to keep your concentration for as long as you want. You move easily and quickly. You move easily and smoothly. You are assertive and positive, but not over anxious. You are steady and strong. Strong, steady and you feel proud of yourself, proud of yourself. You behave like a champion. You learn from your mistakes. You are reasonable with yourself and your opponent. Reasonable with yourself and your opponent.

You are strong in the knowledge that never again will you allow an opponent or opponents to intimidate you in any way, whether they mean to do it or not. You will be able to concentrate entirely on your game and not let any negative or outside influence disturb your game or concentration in any way.

Now imagine your body position just as it should be; it feels completely perfect and natural, and comfortable. Now see a perfect **(swing, a perfect steady swing)**; you are in control and you execute your **(shot. Making perfect contact with the ball. See the ball follow the exact course it should take. As you watch the ball it is as if you can make it go where it is supposed to go just by following it with your eyes. It's easy because your concentration and confidence made your stroke perfect.)** Imagine this well for this is how it will be in the future. **(Awaken)**

INSTANT SELF HYPNOSIS

(ask for two trigger words before beginning)

While you are resting in this very pleasant way, I want you to become aware of yourself as you rest there. And as you do this, I want you to notice everything you can about yourself. Notice how relaxed you are. Every part of your body is resting, comfortably, in its own private world of relaxation.

I want you to notice these things in order to be able to recognize them; so that you know how it should feel, because from this time on, you are going to be able to bring about this state in yourself, in order to be able to give yourself suggestions. Suggestions that will benefit you, or help you to achieve some goal that you set for yourself.

So I want you to spend a few moments now, just studying yourself and this relaxation. Notice your legs and feet, how relaxed they are. They feel loose, limp and relaxed. Notice your tummy and chest. They are also very relaxed. Your breathing is deep and even. Notice your hands and arms, how relaxed they are. And your shoulders, your neck and your head. Totally relaxed. Every part of your body is at rest. Now notice that heaviness. Because your body is at rest, it feels heavy.

And as you notice these things about your body, notice too, that your mind is also relaxed. There are no signs of tension, anxiety, or depression. Your mind has put aside all the problems of the world, because this is YOUR time. Your mind is relaxed and at peace, just listening to my voice.

I want you to notice these things, because you are going to learn something new now. You are going to learn how to bring about this state yourself, without the help of my voice. This is something you are going to do successfully and easily. And the reason you are going to learn this, is to be able to give yourself suggestions and put them into effect. These suggestions that you give yourself, will always be of a beneficial nature. Suggestions that will help you. And in this way, you will be able to improve your health, and achieve many of your aims in life.

So recognize this state. And I want you to follow the instructions I am about to give to you and when you have learnt to achieve this state yourself, you will give yourself the following little test, to prove to yourself that you have actually achieved the state of mind in which you can give yourself instructions and follow them out.

So stretch your arms out in front of you and repeat the following suggestions quietly to yourself.

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Concentrate on one arm, and feel that it is getting lighter and lighter, so very light that if I wished it too it could stay there all day. So light, it feels as if it is resting on a cushion of air. Very light, very comfortable.

I am now concentrating on my other arm, this arm feels very different. It's very heavy.

I am now going to imagine that there is a carrier bag tied to one of my wrists and my arm is very heavy. I am now going to imagine that there is a carrier bag tied to one of my wrists. Sand is being poured in, and I can feel it getting heavier already. That bag is getting heavier and heavier. And as more sand is poured in, I can feel it pulling my arm down. The weight of that bag is pulling my arm down lower and lower.

It's getting heavier and heavier. Pulling my arm down lower and lower. And the lower my arm gets, the heavier that bag feels.

My arm is getting tired and weary, and is coming down, down, down.

Soon my arm will come down to rest.

(Repeat these instructions until the arm does, in fact, come down to rest. Bring the other arm down and then repeat the following.)

Now my arm has come to rest, and both my arms feel totally comfortable and normal.

You are going to give yourself this little test for the first few times that you use hypnosis by yourself just to prove to yourself that you are in fact hypnotized.

So just rest and relax now. I am going now to give you some instructions and suggestions. And the reason I am going to give you these instructions and suggestions, is because you are now going to learn how to put yourself into this very pleasant condition instantaneously; as quickly as the light comes on when you flick a switch.

You will learn this quickly and easily. First of all, you prepare yourself mentally by saying to yourself. "This is the time. This is the place. I'm going to do it now." In other words, you make a decision and prepare yourself for it to happen. You mentally prepare yourself for this to happen. So you will always do this.

Earlier on you chose some words that you wish to use as a trigger. That word/phrase is **(insert two words here)**. And I am going to instruct you how this phrase is going to have particular significance for you from this time on. This phrase is your trigger. And I am going to explain how it will work for you.

From this time on, whenever you wish to enter this trance state, you will first of all prepare yourself mentally. Then you will find somewhere to do it. Having done this, you will take a deep breath, and as you breathe out, you will do two things at the same time. You will close your eyes and say to yourself **(two words)** and immediately, you will feel yourself sink into this relaxation, and there, you will be able to give yourself suggestions and put them into effect.

Whenever you wish to enter this trance state, you will first of all prepare yourself mentally. Then you will find somewhere to do it. Having done this, you will take a deep breath, and as you breathe out, you will do two things at the same time. You will close your eyes and say to yourself **(two words)** and immediately, you will feel yourself sink into this relaxation, and there, you will be able to give yourself suggestions and put them into effect.

Whenever you use the phrase **(two words)** with the intention of entering this trance state, it will always have this effect on you. It will instantly transport you into this relaxed condition. But this will only happen when you intend to enter the trance state. At no other time will the phrase **(two words)** have this effect. If anyone else uses this phrase in your presence, it will have no effect at all. Even if you yourself use it, without the intention of entering the trance state, it will not have this effect. But whenever you DO wish to enter the trance state and you use the phrase **(two words)** then you will instantly come to this rest and this relaxation.

So you will never enter this trance state by accident, or at any other time that you do not wish to do so.

But when you DO wish to enter this state, in order to give yourself beneficial suggestions, then you will mentally prepare yourself first. Take a deep breath. And as you breathe out, close your eyes and say to yourself the phrase **(two words)**. And instantly, you will feel yourself sink into this relaxation, and be able to give yourself suggestions immediately.

Whenever you wish to awaken from this trance state, all you have to do is to count from 1 to 3 telling yourself that on the count of 3 you will be awake, alert, calm, confident, or any other positive suggestions you may wish to give yourself, and you will immediately awaken. Now I am going to count from one up to five and slowly awaken you and you will awaken ready to do this for yourself for the very first time one, two... etc.

HEALING

While you're resting in this very pleasant way, I want you to imagine something now. I want you to imagine that you are looking down at yourself as you rest in that position. Almost as though you had been able to come outside of yourself, and look down on yourself as you rest there.

In particular, I want you to imagine that you are looking at your **(name affected area)** You can see your **(affected area)** very clearly. Very clearly indeed. And as you look at your **(affected area)**, I want you to imagine too, that you can see all the internal workings of that part of your body. Almost as though you had X-ray vision. So you can see through the outer covering of skin, and see the internal workings of your body. Imagine this in any way that you wish. You may see it like a meccano set, or a plumbing network. Any way you wish. But as you look at your **(affected area)**, and the internal workings, imagine too, that you can see what is wrong. Perhaps some pipes are blocked, or some pulleys have broken. You know what you feel is wrong, so put it into that picture. You can see what is wrong as you look at your **(affected area)**

And as you continue to look at your **(affected area)**, I want you imagine that you can see changes taking place. You can SEE the healing processes at work, as it IS happening, RIGHT NOW. And so, you can see your **(affected area)** getting healthier, getting cleaner, getting clearer from infection, getting stronger and more supple. Just visualise that entire area becoming whole, healthy and strong. See it in your mind's eye. See it happening RIGHT NOW. **(REPEAT THIS PARAGRAPH)**

Just as you visualise these things happening, so they ARE occurring in reality. Your **(affected area)** IS getting better. It IS getting healthier. It IS getting cleaner. It IS getting stronger. RIGHT NOW, just as you see it. So see it getting better and better. FEEL it getting better and better. **(REPEAT THIS PARAGRAPH)**

And as you concentrate on this healing process, you can feel your body's natural healing forces rallying to that spot. You can feel energy, starting to migrate to that area, almost as though that area had become magnetic, and is attracting positive, healing energy to itself. And all this positive, healing energy is beginning to concentrate itself in that area of your body. You can feel it getting energised. You can feel it getting warmer as more blood flows into the area. And as you visualise these things happening, so you can see it appear to glow, as that warm, healing energy increases. **(REPEAT THIS PARAGRAPH)**

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As you continue to observe, you begin to breathe a little deeper. And each deep breath you take feels as though it is reaching right to the spot. Each breath brings more healing energy to your **(affected area)**. So now, you have a healing energy both from inside yourself, and from outside yourself. And all of it is directed towards your **(affected area)** **(REPEAT THIS PARAGRAPH)**

And you ARE healing. You can SEE it. You can FEEL it. And so you KNOW it is getting better and better. It's getting healthier and stronger. YOU are getting healthier and stronger. RIGHT NOW, as you concentrate upon it. **(REPEAT THIS PARAGRAPH)**

And this healing process is going to continue energising and healing all by itself now, until the next time you play this recording. And when you do play this recording again, you will repeat and renew this process. So you'll be aware of continuing improvement at all times. **(REPEAT THIS PARAGRAPH)**

So in a few moments now, I'm going to count up to five, and on the count of five you will awaken. And when you do awaken, you will notice and be very aware of the work of this positive healing energy, because you'll feel an improvement in your condition. On the count of five you will awaken feeling very calm, relaxed and confident that this healing process will continue until there is no longer a need for it to continue. So on the count of five now, open your eyes and awaken, feeling calm, relaxed and much, much better. 1, 2, 3, 4, 5.

PSYCHIC TRIP HEALING

While you're resting in this very pleasant way, I'd like you to imagine something. I'd like you to imagine that you're looking up at the ceiling and that the ceiling rolls back and you can see clean fresh air, clear blue sky. It's a beautiful day and you can see the sky as the ceiling rolls back.

And as the ceiling rolls back and you see the sky, you feel a cloud forming beneath you. You feel a soft, gentle cloud forming under you. And this cloud gently lifts you up and you float up on the cloud, up and into the sky.

You float through the roof and the cloud carries you gently away. It feels good, so good, as you drift on that cloud over familiar surroundings and then further, over unfamiliar ground. And the cloud supports you and you just nestle into it and enjoy the journey.

You float over beautiful countryside and as you look into the distance, on the horizon you see a beautiful building. And that's where you're going. You float gently towards it and float in through an open window.

Inside, the building is full of all sorts of technical equipment and people walking around. This doesn't bother you at all. It feels so right, so comfortable, as you float into the centre of a room and your cloud settles you onto a couch.

One of the people comes over to you - a pleasant, kindly-looking person with beautiful hands.

You also notice, floating above you, three little clouds. One is blue, one green and one red.

The kind person reaches up into the blue cloud and takes some of it and applies it to the part of you that is ill. The effect of this is to soothe and anaesthetise. It also makes your skin transparent.

Then this kind person with the beautiful hands, reaches through your skin into your body itself, to where the problem is.

(THEY THEN CARRY OUT WHATEVER OPERATION IS NECESSARY. CAN HAVE E.G. ROLL OF SELLOTAPE TO PATCH UP; IT TURNS INTO NEW SKIN ONCE APPLIED. OR CAN HAVE BOWL OF DISINFECTANT TO GET RID OF MUCK.)

Then that kind person reaches up into the green cloud and takes some of it and applies it round the affected area. The effect of this is feelings of tranquillity and peace.

Then that kind person reaches up into the red cloud and takes some of it applies it round the affected area. The effect of this is to give you strength.

Then they get a bowl and reach up to the rest of the blue, green and red clouds and mix them together in the bowl where they turn into a white healing ointment. And this ointment is applied generously all over the affected area. And you can feel that the healing has started and will continue. The healing is well started and will continue automatically.

So then, your own cloud lifts you again and you float back through the window and back across the countryside and back to familiar surroundings, until you float back down through the roof and back to the couch. Then the ceiling rolls back into place and your cloud gently dissipates, leaving you feeling safe and relaxed and aware that your healing has started and will continue automatically. And it feels good.

(AWAKEN)

RESHAPE START

While you're resting in this very pleasant way, I am now going to give you some instructions and suggestions. And the reason for giving you these instructions and suggestions is that recently you made a very sensible decision; to do something about your surplus weight. And you decided to come here in an attempt to improve your health and make yourself more attractive, more energetic and more lively. This was indeed a wise thing to do. And what we are going to do is to educate you into a new way of eating. We are going to educate you and help you and make this as easy as it can possibly be.

As you will appreciate, all education is very much the same. When you were very young, you learnt to walk, you learnt to talk. And then you went on to learn other things like how to count and so on. These things you learnt very quickly, but you found that you had to practise them. When you learnt to walk, you practised every day. When you learnt to talk, you practised every day. And when you learnt to count, you practised, but for shorter periods because you were becoming more positive and more accomplished.

Now you're going to learn to eat correctly and this too, of course, you'll practise as you do it, each and every day. And just as your teachers at school made things easier by writing them on the blackboard, or explaining them from textbooks, so we are going to make things easy by the use of hypnosis.

You know you can, and so you will, begin to change your eating habits. You can and so you will, be very successful in this new way of life. You can and so you will, become much healthier, much healthier than you are now.

Your body knows what it needs to eat at any given time; these are the correct foods. And I am going to instruct you now, to find that the foods you need to eat, will be the foods you want to eat. The food you need to eat, will be the food that you want to eat. For example, when you find yourself fancying a certain item of food, then this item of food will be one of the foods that your body needs. It will never be something you don't need. You are going to find that you will not even want the wrong foods. You'll simply give them a miss. Just as you have in the past given other foods a miss, simply because you did not want them.

Just think of something now that you believe you don't like. Perhaps a particular kind of drink, or some variety of fish or meat. There must be something that you don't like. So that if you entered a room, where someone was eating this food and they offered you some, you would rather decline. You would rather go without. And this same attitude is going to be adopted towards all the foods that you know you do not need to eat. You are going to find that you would sooner go without them than eat them.

Just imagine yourself now, being offered a cake or a biscuit, and really and truly believing that you do not want it. That you'd rather go without. Because from this time onwards, this attitude is going to grow in you more and more, until it becomes totally automatic. Your attitude towards wrong foods is to become one of refusal, automatically pushing them away, just as you have done in the past, with other foods that you haven't fancied.

From this time onwards, you are going to feel the need only to eat the correct foods, the healthy foods, the foods that will make you a bundle of energy. The foods that will keep you healthy and stave off disease and things like that. The wrong foods not only increase your weight, but they also lower your resistance to health hazards. So from this time onwards, you're going to be determined that you're going to be healthier, better and far more attractive than ever before.

You will eat the foods that your body needs. The raw materials needed to break down the excess weight and to make you healthier and shapelier. **(REPEAT x3)**

And you'll begin to notice that your appetite for big meals becomes less and less as you become more choosy. Your appetite becomes less and less. And the little food that you do eat will very quickly make you feel full and bloated. Your appetite becomes less and less. And the very little food that you do eat will always be the correct food. You'll find that you enjoy eating just small portions of the correct food. You are going to find that you enjoy eating the correct food, the small amounts of the correct food that you do eat. And at no time will you ever miss the wrong foods again. At no time will you ever miss the wrong foods again. You'll find that the very little food that you do eat will be the correct food. You will enjoy eating the correct foods, but very quickly you will find your tummy becoming full and bloated. So you may find that you feel hungry for a particular food or become hungry more often - but for small amounts of the correct food.

And as a result of this, so, very rapidly, your health is going to improve. You're becoming more and more attractive, much more attractive. And some of those aches and pains you've probably suffered with in the past, begin to ease away. Tension begins to ease away, as you feel yourself becoming alive once again. Almost as though new life is being pumped into you. More energy. More awake. More lively than ever before.

And when you leave here today, you will be given a recording. And you'll find that this recording will be very beneficial to you. And you'll want to play it, each and every day. You'll look forward to the period of relaxation that this recording gives you. You'll feel the benefits this recording gives you, each and every day. And you'll notice too, that you are healthier, slimmer and more attractive than ever before. Healthier, slimmer and more attractive than ever before.

So now I'm going to count up to five and on that count of five, I want you to open your eyes and slowly awaken. And you'll feel wonderfully relaxed. And already, just because you've made up your mind to do something about your weight, already you're going to feel better. Already, there's going to be an improvement. And when you play your recording, whether it be in a few moments time or a few hours time, you'll find that this recording will relax you and will give you the necessary incentive and help, to reduce your weight, and to make you healthier than ever before. So now, on the count of five, open your eyes and slowly awaken, feeling totally refreshed, calm, happy and relaxed.

1, 2, 3, 4, 5.

RESHAPE

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you are standing in front of a full-length mirror, and the image that you see in that mirror, is an image of you, as you would like to be. Just imagine that you are looking at a reflection in a mirror, of yourself as you would like to be. Elegantly dressed. Looking neat and trim. And as you look at that reflection, notice how nice you look. All that surplus weight gone. Looking healthy, slim, energetic and alive, much more alive.

I'd like you to see this picture clearly and well. Let yourself see that picture clearly and well, because this image is your target. This is your goal. This is how you want to be. And as you look at this image, don't try to work out what you might weigh, but concentrate instead on the shape you would like to have. Concentrate on the shape you would like to have. There are lots of different tables that say that if you are this height, then you should be that weight. But these tables differ from each other. So ignore the weight. Think instead of the shape you wish to have.

This shape that you see is slimmer, more attractive. And if you had that shape now, you would feel healthier and livelier. And you would be able to go about your daily business without that feeling of sluggishness, without some of the aches and pains that have probably bothered you in the past. So this shape that you see, is to become your goal.

In the past, you've had to work harder than most people in doing a day's work, because everywhere you went, you had to carry that surplus weight. This of course means that you tire more easily, and become sluggish. But now, you have wisely decided that the time has come for you to DO something about this excess weight. To DO something, to help you look as you would wish to look. To DO something to help you achieve your goal.

So now, I am going to give you some suggestions and instructions that will help you further, to achieve this goal in the easiest possible way. And these instructions and suggestions you are going to carry out automatically, as automatically as you would feel pain, if someone trod on your foot. I am going to give you some instructions and suggestions, and these will be carried out automatically.

You are going to find that you feel more comfortable in yourself. You become more aware of what your body's trying to tell you. You become more comfortable in yourself and more friendly towards yourself. Your body knows what it needs. Your body knows what's best for you. And you'll become better at listening to yourself, better at knowing what you need.

As you become more comfortable in yourself, you find it easier and easier to be friends with yourself. To make friends with your body and give it what it needs. And you'll find that your appetite becomes less and less. You may become hungry more often, but for small amounts of food. Automatically, your appetite dwindles away very, very quickly. And while you're learning to listen to your body, you'll find that your stomach stays comfortable and you'll find your appetite just fades away.

You know that in future you will look on food only as raw materials, fuel, for your body. No longer will you be obsessed with food, no longer will food control your life. YOU will be in control and you'll learn to listen to what your body needs. You'll learn to be kind to yourself. So you'll find that your appetite gets less and less. You'll find yourself able to stop eating when you've had enough. You'll find that if you do eat something, very quickly you'll feel full and you'll know when you've had enough.

You've got plenty of energy stored around your body. So if you find that you eat very, very little, this won't worry or concern you at all, because you'll know that you're being kinder to yourself. By eating very small amounts of the food your body needs, you'll realise that you're being kinder to yourself. So if you find you eat very, very little or eat more often, but in small quantities, you'll find that doesn't concern or disturb you in any way. You'll find that just a small amount of food will suffice, and when you've eaten enough, then you'll stop eating. When you have had enough, you will stop eating. It doesn't matter if there's food left on your plate, when you've had enough, you'll stop eating.

And you'll find that the foods you are drawn to eat, are those that will help you break down the excess weight that's stored around your body. **(REPEAT x1).**

And you'll find that if any surplus fluid is generated, then it will very quickly be drawn off. Any excess fluid that might be generated as a result of breaking down the excess weight will very quickly be drawn away. You might find that you're drawn to drink more water or eat differently than you have in the past.

As each day passes, you'll find it easier and easier to help yourself by doing what your body needs, by eating and drinking the raw materials that are needed to help you feel better in yourself, to help break down the excess weight and help you feel more comfortable in yourself.

You'll find, from this time onwards, you will only eat the correct foods. The correct foods are the foods your body needs, and you'll find that from now on you will only eat the foods your body needs. And you will enjoy eating what your body needs. You will enjoy the feeling of being kind to yourself, considerate to yourself, and you will find that when you think about eating, you will automatically remember that image in the mirror. **(REPEAT x1)**.

Remember your goal. Each time you think about eating, you will remember that goal, that image of yourself as you intend to be. And because of your determination to achieve that goal, you'll find that your appetite is less and you are drawn to eat the foods your body needs, but in smaller quantities than previously.

And as each day goes by, you'll notice that you become healthier, and slimmer. As each day goes by you feel healthier, slimmer, more comfortable in yourself. **(REPEAT x1)**

So now I'm going to count up to five, and on the count of five, I want you to open your eyes and slowly awaken. And you'll feel very calm and relaxed, more comfortable in yourself, and determined to help your body to achieve your goal. Determined to go forward towards better health by letting go of that excess weight. When you awaken you'll feel very calm and relaxed, happy and content, and you'll look forward to the next time when you play this recording, because, each and every time you play this recording, you'll feel healthier, slimmer, more comfortable in yourself than ever before. So now, on the count of five, open your eyes and slowly awaken, feeling calm, happy, relaxed, totally refreshed, and more comfortable in yourself. 1, 2 ,3, 4, 5.

SHORT SLIM DIET START

While you're resting in this very pleasant way, I am now going to give you some instructions and suggestions. And the reason for giving you these instructions and suggestions, is that recently you made a very sensible decision; to do something about your surplus weight. And you decided to come here in an attempt to improve your health and make yourself more attractive, more energetic, more lively. This was indeed a wise thing to do. And what we are going to do is to educate you into a new way of eating. We are going to educate you and help you to make this as easy as it can possibly be.

As you will appreciate, all education is very much the same. When you were very young, you learnt to walk, you learnt to talk. And then you went on to learn other things like how to count and so on. These things you learnt very quickly, but you found that you had to practise them. When you learnt to walk, you practised every day. When you learnt to talk, you practised every day. And when you learnt to count, you practised, but for shorter periods because you were becoming more positive and more accomplished.

Now you're going to learn to eat correctly and this too, of course, you'll practise as you do it, each and every day. And just as your teachers at school made things easier by writing them on the blackboard, or explaining them from textbooks, so we are going to make things easy by the use of hypnosis.

You know you can, and so you will, begin to change your eating habits. You can and so you will, be very successful in this new way of life. You can and so you will, become much healthier, much healthier than you are now.

You have heard about the sort of foods we want you to eat, and the sort of foods we don't want you to eat. And I am going to instruct you now, to find that the foods you can eat, will be the foods you want to eat. The food you can eat will be the food that you want to eat. For example, when you find yourself fancying a certain item of food, then this item of food will be one of the foods that you know you can eat. It will never be one of the foods that we are asking you to avoid. You are going to find that you will not even want these wrong foods. You'll simply give them a miss. Just as you have in the past given other foods a miss, simply because you did not want them.

Just think of something now that you believe you don't like. Perhaps a particular kind of drink, or some variety of fish or meat. There must be something that you don't like. So that if you entered a room where someone was eating this food and they offered you some, you would rather decline. You would rather go without. And this same attitude is going to be adopted towards all the foods that you know you should not eat. You are going to find that you would sooner go without them than eat them.

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Just imagine yourself now, being offered a cake or a biscuit, and really and truly believing that you do not want it. That you'd rather go without. Because from this time onwards, this attitude is going to grow in you more and more, until it becomes totally automatic. Your attitude towards these wrong foods is to become one of refusal, automatically pushing them away, just as you have done in the past with other foods that you haven't fancied.

From this time onwards, you are going to feel the need only to eat the correct foods, the healthy foods, the foods that will make you a bundle of energy. The foods that will keep you healthy and stave off disease and things like that. Most of the wrong foods not only increase your weight, but they also lower your resistance to health hazards. So from this time onwards, you're going to be determined that you're going to be healthier, better and far more attractive than ever before.

From this moment, you're going to find that, at all times, your tummy is going to feel warm and comfortable. **(REPEAT x3)**

And no longer, whilst you are undergoing this course, will you suffer from the feeling of hunger in any way, because at all times your tummy is going to feel fine, warm and comfortable. No more will you feel those feelings of hunger or be bothered by the feelings of hunger. And the only time that your tummy is not warm and comfortable will be after you've eaten, because: After you've eaten very, very little, your tummy will feel full and bloated. **(REPEAT x4)**

And you'll begin to notice that your appetite becomes less and less. Your appetite becomes less and less. And the little food that you do eat will very quickly make your tummy feel full and bloated. Your appetite becomes less and less. And the very little food that you do eat will always be the correct food. You'll find that you enjoy eating the correct food, the small amounts of the correct food that you do eat. And at no time will you ever miss the wrong foods again. At no time will you ever miss the wrong foods again. You'll find that the very little food that you do eat will be the correct food. You will enjoy eating the correct foods, but very quickly you will find your tummy becoming full and bloated.

And as a result of this, so, very rapidly, your health is going to improve. You're becoming more and more attractive, much more attractive. And some of these aches and pains you've probably suffered within the past, begin to ease away. Tension begins to ease away, as you feel yourself becoming alive once again. Almost as though new life is being pumped into you. More energy. More awake. More lively than ever before.

And when you leave here today, you will be given a recording. And you'll find that this recording will be very beneficial to you. And you'll want to play it, each and every day. You'll look forward to the period of relaxation that this recording gives you. You'll feel the benefits this recording gives you, each and every day. And you'll notice too, that you are healthier, slimmer and more attractive than ever before. Healthier, slimmer and more attractive than ever before.

So now I'm going to count up to five and on that count of five, I want you to open your eyes and slowly awaken. And you'll feel wonderfully relaxed. And already, just because you've made up your mind to do something about your weight, already you're going to feel better. Already, there's going to be an improvement. And when you play your recording, whether it be in a few moments time or a few hours time, you'll find that this recording will relax you and will give you the necessary incentive and help, to reduce your weight, and to make you healthier than ever before. So now, on the count of five, open your eyes and slowly awaken, feeling totally refreshed, calm, happy and relaxed.

1, 2, 3, 4, 5.

SHORT SLIM

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you are standing in front of a full-length mirror, and the image that you see in that mirror, is an image of you, as you would like to be. Just imagine that you are looking at a reflection in a mirror, of yourself as you would like to be. Elegantly dressed. Looking neat and trim. And as you look at that reflection, notice how nice you look. All that surplus weight gone. Looking healthy, slim, energetic and alive, much more alive.

I want you to see this picture clearly and well, because this image is your target. This is your goal. This is how you want to look. But as you look at this image, do not try to assess the weight. Just concentrate on the shape you would like to have. There are many tables in existence, which say that if you are this height, then you should be that weight. But these tables differ from each other. So ignore the weight. Think only of the shape you wish to have.

This shape that you see is slimmer, more attractive to look at. And if you had that shape now, you would be healthier and livelier. And you would be able to go about your daily business without that feeling of sluggishness, without some of the aches and pains that have probably bothered you in the past. So this shape that you see is to become your goal.

In the past, you've had to work harder than most people in doing a day's work, because everywhere you went, you had to carry that surplus weight. This of course means that you tire more easily, and become sluggish. But now, you have wisely decided that the time has come for you to DO something about this excess weight. To DO something, to help you look as you would wish to look. To DO something to help you achieve this goal.

So now, I am going to give you some suggestions and instructions that will help you further, to achieve this goal in the easiest possible way. And these instructions and suggestions you are going to carry out automatically, as automatically as you would feel pain if someone trod on your foot. I am going to give you some instructions and suggestions, and these will be carried out automatically.

You are going to find that your tummy is going to feel fine, warm and comfortable. Your tummy is beginning to feel fine, warm and comfortable. **(REPEAT x1)**.

And your appetite is beginning to dwindle very rapidly. As you rest there relaxing, so your tummy begins to feel fine, warm and comfortable, and your appetite is beginning to drift away, drift away, so that your interest in food becomes almost nil. Your tummy is going to feel fine, warm and comfortable for the rest of today. And your appetite is going to dwindle right away. You're going to find that when this recording is finished, your appetite will have gone.

And if you do decide to eat anything at all, then very quickly, you will become full and bloated, and unable to eat hardly anything at all. It doesn't matter if you haven't eaten at all today. This has no bearing on it. You have plenty of energy stored around your body. So if you find you eat very, very little, this will not concern, or disturb you, or cause you any discomfort at all. You'll find that just the smallest amount of food will cause you to feel full and bloated.

You will also find that the very little food that you do eat will very quickly pass, from your tummy, into your bowels, and your bowels will operate regularly each and every day.

(REPEAT x3)

You will also find that the surplus fluid that tries to build up around your body, will very quickly be drawn off. Almost like a vacuum cleaner, sucking it away, pulling it away. Imagine that fluid, as you would the dust around your house. And just as the vacuum cleaner picks up the dust and transfers it into its bag, so you will draw off the fluid particles around your body, and draw them into your bladder.

And you will find that your desire to empty your bladder will occur far more frequently than before. Much more frequently than before. And you will pass water in far greater quantities than before. And although you may find that you drink a little more, your discharge of fluid will be far greater, much greater than before. From this time onwards, the surplus fluids that lie around your body, will very quickly be drawn off. And you will pass water in far greater quantities, and far more frequently than ever before.

From this time onwards, your tummy is going to feel fine, warm and comfortable at all times. And your appetite is going to dwindle right away. And even when you do eat, you will find that after you have eaten very, very little, that you will feel full and bloated. And this food that you do eat, will quickly pass from your tummy into your bowels, and your bowels will operate regularly, each and every day. And the surplus fluids that lie around your body will be quickly drawn off, and transferred to your bladder. And you will pass water more frequently and in far greater quantities than ever before.

You will also find that, from this time onwards, you will eat only the correct food. You will enjoy eating the correct food. **(REPEAT x1).**

And you will find that when you are about to eat, you will remind yourself of that image in the mirror, your goal. Each time you go to eat, you will remember your goal. And you will become determined to achieve that goal.

And as each day goes by, you'll notice that you're getting healthier, and slimmer, and looking more and more attractive. **(REPEAT x3)**

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So now I'm going to count up to five, and on the count of five, I want you to open your eyes and slowly awaken. And you'll feel very calm and relaxed, and the last thing in the world you will want to do, is eat or drink. You'll just feel very calm and relaxed, happy and contented, without any appetite at all. And you'll look forward to the next time when you play this recording, because, each and every time you play this recording, you'll feel healthier, slimmer, and a little more attractive than the time before. So now, on the count of five, open your eyes and slowly awaken, feeling calm, happy, relaxed, and totally refreshed. 1, 2, 3, 4, 5.

ANTI-SNACK

While you're resting in this very pleasant way, I am now going to give you some instructions and suggestions. And these instructions and suggestions are going to be carried out automatically. You are going to notice that each and every time you are tempted to do something that you know is not beneficial to you, that you are going to ask yourself whether or not you should really do it. And if the answer is "no", then you are not going to do it.

For example, somebody may offer you a cream doughnut, or a cake, or something else to eat, no matter what it is. And this may be outside your normal eating times. And up to that time you had not felt hungry and had not even thought of food. But then this person offered you this food. At that stage, you will immediately ask yourself whether you really need this portion of food. And if the answer is "no", then you will refuse it. It doesn't matter what excuses somebody else may give you to accept it. It doesn't matter whether they say that they made it themselves, or that it is something special. These things are still a health hazard to you. And the people that try to convince you to eat are not the people that are going to share the problems you will get through overeating.

So you're going to make a wise decision. And unless you are absolutely hungry, and there is a need for you to eat, then you will refuse this food. And you will refuse it even more strongly if it is one of the foods that you know you should not be eating. From this time on, you are going to eat with moderation, and you are only going to eat when you know you should eat. And at no other time will you feel the desire, or the need, to eat in any form or manner.

Even though you may become a little bored in the evenings, because you've had a hard day's work and things have slowed down. Your mind will not turn towards food. And if food is suggested to you, on each occasion that this happens, you will ask yourself if you really need this food. And on each occasion that you answer "no", you'll feel pleased and proud of yourself and a little healthier. You'll almost feel yourself improving your own health as you refuse more and more food, and the temptation to eat things.

Just imagine yourself this evening, perhaps sitting around with one or two others and these others start eating bits and pieces but this does not bother you. This does not concern you. Under no circumstances do you allow yourself to become involved with unnecessary eating.

From this time onwards, you are not going to feel the need ever to eat other than the bare essentials that you know you should eat. And by not eating, even by refusing to eat, you're going to feel happier, healthier, and more confident within yourself. You are not going to allow yourself to be weak, tempted; so that you have to suffer from overweight and many of the other ailments that go along with it. You are going to be determined, strong, confident.

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You are going to be determined never to allow yourself to eat unnecessary foods, in any way whatsoever. And you'll never allow yourself to eat at any time other than when there is a need for you to eat.

And each and every time the subject of eating arises, you'll ask yourself whether you really need to eat at all. And if you do need to eat, you'll ask yourself "how little" and aim for the smallest quantity there is. In this way, each and every meal you have will be just sufficient for your needs or even a little less than sufficient, until you lose some of that surplus weight around your body.

So no I'm going to count up to five and on that count of five you will open your eyes and slowly awaken, determined that today, tomorrow and every day, you are not going to allow any temptation to destroy the progress you are making. On the count of five, determination and confidence and strength of mind are going to be the factors that will help you reduce your weight more and more. So on the count of five, awaken. 1, 2, 3, 4, 5.

WHEATFIELD TRIP

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you are standing outside a building with a group of other people. This building can be a hotel, or a place of work. It does not matter. But you are standing outside this building with a group of people. And you are all waiting for the arrival of a coach.

As you stand there, patiently waiting, watching the traffic go by; in the distance, you see your coach approaching. It gets nearer and nearer until it stops by your group of people. You all get on the coach and sit down.

This coach outing is a mystery tour. It is something you've had arranged for you as a surprise. But nobody on the coach knows where they are to be taken. You sit down comfortably with your companion, if you have one, and the coach pulls away.

It begins to go along some very familiar roads, but later, it leaves the familiar places, and goes into some other country roads. Eventually it takes a turning that you do not know, or are familiar with, and it drives along some very lonely country lanes. You become aware of the sound of the coach's engine beginning to change as it begins to pull uphill, going up, up and up. The coach begins to lift higher and higher, until it eventually reaches the top of a very steep slope. And at the top of this slope, you all get out of the coach and go into a restaurant where a meal is being provided. And you find you are provided with a very sensible meal indeed.

After consuming the meal, you are then told by the driver that you have a further half-hour to wait until the next part of the trip. As it's such a gorgeous, warm and sunny day, and the grass outside looks green and inviting, many of your party, including yourself, decide to lie down upon the grass and just rest and relax.

As you lie back, letting yourself rest and relax, you become aware of the birds singing, and the pleasant breeze that blows across you. And the occasional cry of some wild animal somewhere. And you begin to think about nature.

Soon you find yourself sitting up and looking down below you. And as you do this, so, laid out in front of you are the corn, barley, and wheat fields of a farm. And as you gaze down at these, you notice movements. And you look at one field in particular. You think to yourself what a marvel nature is.

That cornfield that lies in front of you is a hive of activity. There are the field-mice, running in and out of the corn. The occasional rabbit. The birds' overhead, swooping down and plucking the caterpillars and beetles and spiders and anything else from the corn. The occasional cry you hear may be a rabbit being caught by a fox, or an owl, or some other animal swooping down on the cornfield, plucking these things out of the ground. And as you watch, so you see the movement, and you begin to wonder what happens when a rat is killed, or just dies in the open, when birds fly overhead, covering the corn with their droppings.

Then you become aware of an even bigger menace. Man himself, as he sprays entire fields with insecticides and chemicals, trying to rid the fields of the lice, the earwigs, and other insects that prey upon the corn.

As you watch, thinking about the joys of nature, and the multitude of different life forms that exist in just one field, suddenly you become aware of the noise of a giant machine creeping through one corner of the field. This is a combine harvester. It's a miracle of man's ingenuity. It can cut the corn, bale it, stack it, and put it in a trailer which follows on behind. And by doing this, it can very quickly reap the harvest in without it being touched by human hand at all. In the olden days, people used to pick the corn, and if there were any spiders or other things on the corn, they would shake them off. Dead foxes, rabbits, rats, or anything else would be left behind. If there was blood spattered on the corn, they would leave that bit. But this new modern marvel of man chops up the lot. Chopping up the insects, any animals, the pollution, everything that is there it chops up. It bales it up and puts it on the back of the trailer.

Now you are called in by your guide and told it is time to go on with the next part of your trip. And you walk away, wondering if the man driving that machine ever looks at what he's doing.

Your coach travels on to the next part of your journey. To your surprise, you arrive at a flourmill, and you can see at this mill, how the barley, corn and wheat is ground down into powder. And once again, not like the old days. The material that comes in on the trailers is immediately thrown into big machines, and nothing at all is sorted out. In go the caterpillars, the bits of fur, the pollution, the bird droppings. And the whole lot is shaken and shaken and ground down into powder. This powder is then sent to be bleached, into the white stuff we call flour. Then it is bagged up in big bags and taken away.

And you think to yourself that nothing is looked at all. Nobody sorts out the pollution. And when you mention this to one of your guides, he points out that caterpillars are quite edible really. So are the birds and foxes, snails and spiders. All these things are edible, high in protein, and that there are no bacteria, because when this flour is taken to the bakery, it is baked to such a high temperature that all bacteria are killed. And of course, you know this to be correct.

But then, sometime later, you just run your fingers over a slice of bread. And you can feel the differences in the texture. And you begin to wonder what this difference really is. Why should a slice of bread be different in colour? Why should some parts look different to others? Why should some parts taste doughier than others?

Perhaps it is not all it seems to be. Perhaps, among that taste there might be a ground down snail shell, or a squashed caterpillar. But each time you look at a piece of bread, a cake, or a doughnut, you will immediately be reminded of the activity of nature within that field. You'll be aware of course, that the natural foods, like vegetables, are not manufactured by man at all. Nature manufactures these in its own way, and you eat pure, good food. But the bread and the cakes, the doughnuts and the jam, are all involved in the same routine. All made by people who couldn't care less, providing they sell it. And they even have the audacity at times, to tell you on television that some flours have had the lumps taken out before they are even sold. But of course, it has never occurred to you before, to wonder what those lumps might have been.

So now, I'm going to count up to five, and on the count of five you will open your eyes and slowly awaken, feeling fine. You'll feel calm, happy and relaxed. Determined from now on to avoid those wheat products which can seriously damage your health. So, on the count of five now, awaken. 1, 2, 3, 4, 5.

SWEET FACTORY

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you are standing outside a building with a group of other people. This building can be a hotel, or a place of work. It does not matter. But you are standing outside this building with a group of people. And you are all waiting for the arrival of a coach.

As you stand there, patiently waiting, watching the traffic go by, in the distance you see your coach approaching. It gets nearer and nearer until it stops by your group of people. You all get on the coach and sit down.

This coach outing is a mystery tour. It is something you've had arranged for you as a surprise. But nobody on the coach knows where they are to be taken. You sit down comfortably with your companion, if you have one, and the coach pulls away.

It begins to go along some very familiar roads, but later, it leaves the familiar places, and goes into some other country roads. Eventually it takes a turning that you do not know, or are familiar with, and it drives along some very lonely country lanes. And as it drives along, so, in the distance you can see a town. And on the outskirts of this town, there seems to be what looks like an industrial estate. And as you approach it, the coach follows a road which leads right into the yard of a factory. Your driver asks you all to get out.

You are met by someone from the factory who informs you that this is a sweet factory. This factory is a sweet factory. And after you've been entertained in the canteen with a meal, you are going to be shown around the factory in two separate groups.

You go into the canteen, and as always, you enjoy a small, but nourishing meal, after which you join your group. Yours is the group that will go around the factory in the reverse order. So first and foremost, you are taken to the packing department, and there you see all the pretty coloured wrappers, of what used to be, a long time ago, some of the sweets that you used to eat. Then you're taken back to the next stage, and you come to the machine that puts these wrappers around the bars of chocolate, the fruit drops, and various other sweets that materialise along the conveyor belts.

You go back to the next stage, and here you see the great sticks of rock, coming out in an endless stream. The hundreds of bars of chocolate, as they come out in one giant mass, and are chopped into separate bars. And as you stand and watch, so you are taken back to yet another stage, and there you see the centres being covered with liquid chocolate as it pours down over them. You see nut chocolates and other varieties being made up.

And you go back to yet another stage, and see the giant cauldrons, giant tubs, that look like overgrown boilers at the end of the machine. And as the ingredients boil away, you can smell it, and feel the stickiness of it in the air.

Then you are taken up a long winding staircase that leads to a gantry which runs around the top of the factory. When you get up there, you feel hot and sticky because of the boiling masses of chocolates, liquid sweets, rock, honey, everything that is boiling and bubbling away in those giant cauldrons as you look down on this enormous automatic factory. The giant mixing bowls. The giant mixers going around inside them. The different contents of flour, sugar and so on being poured in. The liquids being poured in and out of giant hosepipes. The heat rising, making everything sweet, sickly and untouchable.

You begin to feel uncomfortably hot, and feel the need to remove your coat. So you put down the bag you are carrying on the gantry, remove your coat, and then you hear your driver announce that it is time to leave.

Away you go to join the rest of your group, and board the coach. The coach comes winding back and brings you home. Suddenly, you realise, when you have arrived at home, that you forgot to pick up your bag. You become a little worried about this, and so you immediately telephone the factory. But it is now closed, and the night-watchman answers the phone. He says he will go and have a look. You wait patiently while he does this. A little later he returns and says that he can see the bag up on the gantry. It's still there. So you make an arrangement to go back and collect your bag now, since you will need it in the morning.

So you set off, and arrive at the now darkened factory. The night-watchman lets you in and allows you to climb to the gantry to retrieve your bag. Up and up you go, until you reach the top. The place seems eerie and rather spooky, only very dim lights lighting the place up. You walk around the gantry until you spot your bag and pick it up.

Just as you are about to turn around and come back, you hear a noise way down below you, and you see a lonely figure come into the works. He starts throwing the big switches on the wall, and you realise that this is the maintenance man coming in to do some work while the machines are off.

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As he throws the switches, the main lights come on, and the machines begin to whirr into life and the cauldrons begin to warm up. And as the lights come on, so you see the swarms of flies that have been nestling down on the chocolate and the liquid fruit that has cooled off overnight. You see the rats and mice that have been nibbling at it. As the giant machines begin to turn, so you see one or two rats or mice get sucked under the liquid chocolate and crunched up by these giant machines. The occasional bird that gets into the factory and its droppings falling amongst all this. And one or two of these get swept in among the different mixes.

And you find yourself hurrying along the gantry and back down to the bottom of the stairs. When you reach the bottom, the maintenance man is there. He asks you if everything is all right and whether you found your bag easily. But you point out to him that while you were up on the gantry, you saw the machines start up, and saw rats and mice, flies and pollution drawn into the chocolate mixes, into the fruit drops, and into other things. And he points out that you need not worry about it, because these cauldrons heat the mixtures well above boiling point, and all the bacteria will have been killed anyway, and that the mixes are so big that the occasional squashed-up rat or mouse would not make any difference anyway. And you go home thinking about this pollution that so obviously got into those cauldrons.

Sometimes, when you've looked at a fruit drop, it hasn't been as clear as you thought it would be, but you've never given a second thought to what those smears could be. They could actually be the smears of blood from some unfortunate animal that got itself caught up in the machinery. The little crunchy things you come across when eating chocolate, may not always be the nuts that you thought they were. Perhaps they may be the remains of a dead creature. Who knows?

But what we do know is that because of the heat of the chocolate, or the fruit mixture, all the bacteria have been killed. But now, when we look at a bar of chocolate, and it has supposedly been treated the same throughout, perhaps we might wonder why different parts of it look a different colour. Why certain parts of it taste a little different from other parts. And although we've never thought about this in the past, each and every time we pick up a sweet, or a piece of chocolate, we will be reminded of this pollution, and the fact that modern-day equipment operates automatically. It's not like the olden days, when people watched and sorted things out carefully.

Nowadays, it's all done by machine, and nobody really knows what goes into the mixes. All we do know is that what comes out is normally edible and free from bacteria. But it might not always be the edible food you thought it was.

In truth, the occasional rat or mouse, when properly prepared and cooked, could be of good food value. But is this the type of food you would willingly eat voluntarily, unless you were dying of starvation? So whenever you pick up a chocolate or sweet, you might ask yourself what it is that you are about to eat. Can you be sure that that crunchy thing in the middle is what you think it is?

So now, I'm going to count up to five, and on that count of five you will open your eyes and awaken, feeling fine, calm and relaxed, and never again will you feel the desire or need to want to eat sweets of any sort. Never again will you feel the need to eat sweets, chocolates, or anything else of this nature, ever again. So now on the count of five, awaken. 1, 2, 3, 4, 5.

THINK THIN 1

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you can see yourself, walking along a country lane. But on this occasion, you're walking backwards. Just imagine yourself now. You are walking backwards, rather slowly, along a country lane. So you're looking back over the places where you've already walked. You're looking backwards along a country lane. Looking at the parts of the lane, and the scenery and the events that you have already passed by.

Now there's a reason for imagining this, because as you look backwards along that country lane, it's like looking backwards at your life. It's just like looking backwards at your life. You can see, and remember, some of the events that have occurred in your life. The good events, you just let them go by. But you're looking at the ones that caused you trouble, that caused you distress, particularly those occasions that were related to your size and weight. These may be attempts you made to control your weight, which ended in failure. The reactions you perceived from other people, some perhaps close to you. In fact, there are many things in your past life that you can look at, and as you look at them, so you can easily see why, and how, your own feelings towards your weight have come about, and why you are unhappy. So let us take a close look at this situation in order to understand it.

And as you walk backwards in this way, looking at the obstacles that caused you to fall down, looking at the places you bumped into, looking at the gateways and pathways that you missed, so you can easily see yourself stumble on yet another obstacle. Worrying too much about the obstacles in your past life, causes present-day obstacles to be a hazard to you as well. And as you continue your backward walk, so you bump into more things, and miss other pathways of opportunity, other gateways, other good things. And each time you bump into something, perhaps falling down and getting hurt, what do you do? You pick yourself up, brush yourself down, and then carry on, still walking backwards.

But it goes further than this, because as you walk backwards in this way, you find yourself waiting for the next collision to happen. You are actually waiting for it, and bracing yourself as you do so. But even so, it still catches you by surprise when it happens.

And this is how your life has been. Your actual experiences of failure in trying to control your weight, and the outside influences working against you, have all contributed to the way you think and feel about food, and to the unhappiness you feel about your weight.

So as you see yourself in that lane now, I want you to see yourself making a decision, a very important decision. This has gone on long enough. So you decide now that you're no longer going to look backwards at the past, allowing the events of the past to bring problems and upsets into your present and future life. If you're too busy looking backwards, it means that you are not ready for the present problems or situations that may arise. So I want you to imagine yourself now, stopping and turning around. Turn right round, so that you are looking forward now, into the future, along this path. And as you do this, so you can see clearly some of the situations that you may have to deal with. You can see some of the opportunities that may come up for you. Some of the new pathways you may want to take. Now you begin to walk forwards. Forwards into the future. And although the future will have its trials and tribulations, you are not going to be concerned or worried about what happened last time, or the time before that. You're going to walk confidently along this path, facing forwards. And as you do this, so you are going to feel more and more confident, with each and every step you take along the way. More and more confident, with each and every step you take along the way.

And just as you made a decision in that lane, so now you are going to make a decision, a very important decision. And that decision is to turn your back on all those upsetting events of your past. All those occasions where you tried to lose weight and failed. It has gone on long enough. It is now time to turn your back on failure, and look forward towards success - because this time, you ARE going to succeed. So from this day onwards, it's going to be as though you had drawn a line right across your life, because you are going to walk forwards from this time on. The events of the past are now behind you, out of sight, and therefore out of mind. And so is the thinking that goes along with them. There is no longer any need to be preoccupied with weight, or be dominated by it. And as each day goes by, they seem to become less and less important, less and less important. No matter what it was that you had to experience yesterday, last month, or even years ago, these things no longer seem important. All that you feel now is that you've got a good future to walk to. And I want you to imagine yourself walking into that future, exactly as you would wish to be able to walk. The experiences of your past life have accumulated to the extent that your thinking has become the thinking of a person with a weight problem. It is this way of thinking that has caused you to react to food in the way you have, and has helped you to put on weight. But by turning around, you have put these experiences and that way of thinking behind you, and they no longer have relevance. Now it is time to think in a new way. Now that those worries are behind you, you are now able to become aware of your body in a different way, a much better way, a more comfortable way.

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Your body has a way of talking to you. It lets you know what its needs are. If your body needs food, it tells you by giving you definite feelings of hunger. If it needs a particular kind of food, it tells you by giving you a definite desire, or fancy, for that particular food. When your body has had enough of these things, you know by the absence of these feelings, and the presence of feelings of satisfaction and well-being. This is how your body talks to you, and you're going to find, from this time on, that you are becoming more and more aware of the things your body is telling you. You'll find you WANT to listen to it, and follow its directions.

In no way will you find this a disturbing thing to do. In fact, you'll find it an interesting and absorbing thing to do - almost as though you had just discovered a new friend to talk to. And this new friend is going to show you the way - the way that is right for you.

So as you rest there now, I want you to imagine yourself doing this - listening to your body. I want you to imagine a situation, and imagine it clearly and well, because just as you imagine this now, that's how it is going to be in reality. I want you to imagine yourself confronted by an item of food, and asking yourself whether or not you really need it. Imagine yourself as being able to reject that item of food if you decide you are not hungry. But see yourself happy to do it this way because you know your body doesn't need it. This is your first step towards a new life, a happier life. This is how you are going to be.

In a few moments now, I'm going to count up to five. And on that count of five, you'll slowly awaken, completely refreshed, feeling calm, happy and relaxed, but feeling good about this new decision you have made, and feeling ready to begin listening to your body and working in harmony with it. So on the count of five now, open your eyes and slowly awaken. 1, 2, 3, 4, 5.

THINK THIN 2

While you're resting in this very pleasant way, I am going to give you some instructions and suggestions. And I'm going to remind you of some of the events of your past life. Because as you know, in your past, you have had to undertake certain problems and situations. You have had to face ordeals. And you have felt that some of the things you have done, or some of the methods you have used, have not worked out as well as they ought to have done.

As you know, so often in the past, you've referred to previous events, and you've related your successes and your failures to that past. So if you had to face something, in some cases as simple as an invitation out to dinner, while in other cases perhaps a family crisis, or a social situation, but in all cases you've tried to assess yourself on your previous experiences of these things. And because your assessments of past results have not been as good as you think they should have been, so you've allowed your confidence to slide away from you.

You developed a poor self-image. And you got yourself into a position where you began to believe that you would never be free from a weight problem.

But of course this was wrong. Recently, you've been listening to a recording where you were walking backwards along a country lane. And symbolically, this recording described your past, your present, and what you intend to do in the future.

Now, you're looking forward to that future. And although this doesn't remove the problems and obstacles in your life, it does give you a better chance to cope with them. It enables you to look at them in a different light. To cut them down to size.

In fact, from this day onwards, it's going to be almost as though you had taken that word "problem" right out of your vocabulary. Because from this day onwards, there is no such thing as a "problem" for you.

Problems are things that cause difficulties. They are things that break down confidence. So you are not going to have any more problems. All you are going to have are situations.

From this day onwards, the only things you are likely to encounter are situations. And these situations you'll be able to deal with quite easily, because from this day onwards, you are going to become much calmer, more relaxed within yourself. Much calmer, and more relaxed within yourself.

And when situations do arise, whether they are concerned with food or not, you'll be able to approach them in a far more positive manner. You won't refer to the past and its failures. You're going to recognise the essential need to think positively, and so you're going to think positively. And if a situation is one that is generally approached by everyone else, and handled by everyone else, then so can you handle that situation in the same way; whether it's an interview for a job, a shopping spree, learning to drive a new car, managing a group of people, or even going on a bus. The situation doesn't matter.

All these things have been taken in their stride by other people. And these people did it because they never ever thought that they couldn't. So from this time forward, you're not going to think you can't either.

You're going to think positively and constructively. You ARE calmer and more relaxed than before. Now you are ABLE to think positively. You're able to RECOGNISE THE NEED to think positively. And you're now BECOMING more positive in your thoughts, your words, and your actions. And so, as a calmer and more relaxed person than before, you're now thinking more positively, acting more positively than before. And because you think and act more positively, in a very calm and relaxed manner, so situations become far easier to deal with. Much easier to deal with.

From this time onwards, you are able to deal with situations in a more positive, constructive manner. And because you are able to deal with situations in this way, so your confidence automatically begins to build.

Your confidence automatically begins to build you into a calmer, more relaxed, positive-thinking person. So with each and every situation which arises, and which you deal with successfully and correctly, so your confidence begins to build, more and more. And as your confidence builds up, so you become even more relaxed, even calmer. You become relaxed, positive, able to deal with situations as they arise.

And by being able to do this, so the thing becomes easier and easier, as you just take it in your stride. And your confidence begins to grow and grow, as you achieve even greater heights than you thought possible. But just like anyone else, you CAN do it. You WANT to do it. And so you are GOING to do it. And you are going to prove to yourself, more than anyone else, that YOU are successful, a positive thinking person.

I want you now just to think of your weight, not as a problem, but as a situation. A situation you know you can deal with. A situation that will seem to resolve itself. And as you think of it this way, I want you to see yourself just as you wish to be, as you are GOING to be in the near future. I want you to see a picture of the future "you".

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You're looking happy and contented. A confident you. A "you" with a good self-image. Gone are all those habits and associations that helped you to put weight on in the past. Gone are all those ways of thinking that helped you to put weight on. The "you" you see is complete, well-adjusted, confident and successful.

And as you see yourself in this way, I want you to imagine now that you have been invited to a social function where a buffet meal will be served. See yourself dressed and ready to go.

See yourself arriving and entering the room. The buffet is displayed along on wall of the room, but you take no particular notice of it. Instead, you enjoy pleasant conversation with the other guests, enjoying their company. You feel relaxed and good.

Now see yourself beginning to feel hungry. You approach the buffet table, and survey the variety of foods laid out before you. See yourself deciding just what you would like to eat. Listening to your body. Deciding what it needs. Now you put some of that food onto your plate, perhaps a little more than you need and you sit down somewhere to enjoy your meal.

See yourself eating slowly. Studying each mouthful. Enjoying its tastes. And as you eat, you feel the feelings of hunger going away. Soon you feel satisfied, but there is still some food left on your plate. This doesn't worry you at all. You simply put the plate to one side and leave it.

You return to your friends and pick up where you left off. At no time do your thoughts turn to food. The meal was simply an episode that enabled you to satisfy your bodily needs. You feel satisfied, comfortable, happy and relaxed.

This picture that you see is no flight of fancy. This picture is real. It is a picture of you as you are going to be. You CAN do it. You WANT to do it. And so you are GOING to do it. And you are going to do it easily and well.

I want you now to imagine a situation of your own. One that you may have to deal with in the very near future. It doesn't have to be a situation where food is involved. Nor does it matter what that situation is, but imagine yourself dealing with it in a positive and constructive manner.

Imagine this well, because just as you imagine this now, that's how it is going to be in reality. Spend a few moments doing this now, dealing with something you know you have to deal with in a positive and constructive manner. And when you've completed your successful encounter with this situation, then, in your own time, in the next few moments, you may slowly awaken, feeling completely refreshed, calm, happy and relaxed.

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So deal with that situation now, and when you have done this, then, in your own time, in the next few moments, you may slowly awaken.

THINK THIN 3

While you're resting in this very pleasant way, I'm going to talk to you about the events of life. And you are going to realise and understand that some of the defects you feel you have, are only defects of your own making, but not necessarily of your own fault.

So let's go right back to the beginning now, or near to the beginning, to the days when you were just a baby, lying in your cot. And as you lay in your cot, you could see people, walking about and talking to each other. And as you watched them, you became ambitious. You decided that you wanted to be just like those other people you could see. To be able to communicate with them.

But first and foremost, you decided that you wanted to be able to stand up and walk about just like those other people did. And you soon found that, quite naturally, you could crawl about, or drag yourself around on the floor, quite quickly, quite efficiently. But this didn't suit you. You wanted to be the same as all those other people you saw, walking about on two legs.

Now, if you had had an adult mind in those days, and if you had sat down to work out whether or not it was possible for a human being, being the shape that humans are, and especially as babies, whether it was possible to stand up on two legs, balance on two feet, and then pick one up in the air and move it forward, in order to walk; then you would have found this to be physically and scientifically impossible to do.

But because you didn't know this at the time, you tried. You persevered. AND YOU SUCCEEDED. As a result, you learnt to walk. And every single child that is physically and mentally able, learns to walk, before the age of two in most cases.

Now when we look at this, it doesn't matter what talents people may claim to have, or how impossible it may seem to be; because where our interests lie in achieving something, somehow we manage to achieve it. Somehow we do it.

Let's look at another aspect of life. At about the same age, we learn to talk. And we do this without any reference books, without any teachers, without any knowledge of other languages which we can use to make the job easier. But we learn to speak what is probably the hardest language in the world.

We persevere. We practise. AND WE LEARN. And the reason for this is that we don't know any differently. We simply think that because everyone else can speak, then so can we. And we don't have to have a flair for languages, or a talent for this or that. We just learn to do it.

Later on, of course, we go to school. And this can be where the trouble begins, because now you find yourself sitting in a classroom with other children. And maybe for the first time in your life, you are being compared with others, perhaps humiliated if you are a little slower, or if you get something wrong. If one of the other children in the class learnt to do something a little quicker than the rest, then maybe that one was told how clever they were. And you could interpret from this that perhaps you're not. And if you're not clever, then your interest in that subject begins to die.

Eventually of course, you're forced to learn to read, because you need to, and so you can read. Other subjects, like writing, spelling and arithmetic, you learn them one by one. But you may be labelled "bright" or "dull" within these subjects. And because you believe what the teacher is telling you, so you begin to believe that you have talents in one direction, but none in another.

But of course, when you were a baby, when you were learning to walk, nobody compared your speed with that of anyone else. When you were learning to talk, you were not being compared. And if you'd not been compared with others when you were learning these other things, then these too, you would have done successfully.

So throughout the years you've accepted that you have failing in some things and that possibly you're not talented in others. But of course, all this is completely wrong.

It is because of these things; because of emotional upsets, or because of things outside your control, that you have had to endure problems, fears, frights and upsets, which, when they were forced on you, made you feel unable to cope with them at the time, and left you feeling that you were out of your depth.

It is because of this type of thing that many people pick up ailments. And weight problems can come about this way too. For instance, a person may encounter a situation where they feel the need of love, warmth or attention, but none is forthcoming. And so they try to console themselves with a pleasant item of food.

As time goes by, they begin to associate food with comfort, and being in need of comfort, they eat more food, and the weight increases. This disturbs the person. They need more comfort. They eat more food. And now they find themselves in a vicious circle which can only lead to increased weight.

But of course, this is like everything else we learn, whether or not we realise we are learning, whether we are competing with other people or not. The simple fact is, that the more we practise ANYTHING, the better at it we become. The more we practise ANYTHING, the better at it we become.

When we were babies, the more we practised walking, the better at walking we became. The more we practised talking, the better at talking we became. These things are helpful to us. But the same principle holds true for other things which are NOT helpful.

For instance, the more we practise being anxious and tense. the more anxious and tense we become. The more we practise being depressed, the more depressed we become. The more we associate these things with food, the heavier we become. In fact, the more we practise ANYTHING AT ALL, the better at it we become.

Looked at in this way, we can clearly see, that when it comes down to it, there is nothing that we can't do. All we have to do is practise something and we will get better at it. So if you dismiss all the negative aspects of your life, and practise this, the better you'll become at avoiding their influence.

In previous recordings, we've discussed turning around and walking forward. And you HAVE now turned around. You've put behind you all the things that no longer help you. You are now walking forward and thinking positively. You are taking each thing that you failed in the past with as though you were starting for the first time. But you are starting to do it successfully from now on. Now you know there is nothing you cannot do, and you have nothing to fear. There is nothing you cannot do, and you have nothing to fear.

Learning things may take time, but this doesn't matter. As adults, we should be able to learn things far more quickly than when we were children. So if there is a need for you to learn something all over again, then learn it again. But this time, learn it with the belief that YOU WILL SUCCEED.

Take the positive learning that you've had previously to help you with your future. Dismiss any fears from the past and face that next dinner invitation, that next family celebration, as though it were the very first time. Take a completely neutral viewpoint, and see for yourself just how easy it is, because from this time onward, you are going to become more and more confident.

In the past, things have gone wrong. They created tension and concern, which in turn caused you to feel inadequate, to lack confidence and to shy away from these events. This in turn, of course, just created more tension and anxiety. But now you are much calmer, a far more relaxed person than ever before. And because you are calmer and more relaxed, you don't have problems any more, but just situations.

Remember? We dispensed with problems. We only have situations now.

And because you are calmer and more relaxed, then these situations are easier to deal with. Much easier to deal with. No matter what they are.

Whether it's the ability to walk, talk, read, write, or even go on a bus. They are easier to deal with. And because they are easier to deal with, your confidence grows more and more. And once again you're back to being relaxed, calm, more able to cope with situations, which in turn makes you more positive and confident, so that as each day goes by, you notice that in every possible way, you just feel better and better. And the reason for this is that there is NOTHING you cannot do, and you have NOTHING to fear.

You are going to find that now you will have a much more positive attitude and achieve much more success where previously you've failed. So now I'm going to count up to five, and on that count of five, you'll open your eyes and awaken, feeling completely refreshed, feeling calm, happy, relaxed and far more confident than ever before. On that count of five, open your eyes and slowly awaken, feeling refreshed, calm, happy and relaxed. 1, 2, 3, 4, 5.

SMOKING

Listen very carefully to my voice. You find it so easy to listen to my voice. You hear my words echo deep in your mind. Each and every word echoes hundreds of times so that each and every word becomes firmly embedded in your mind. Each of the suggestions that I make to you, echoes deep in your subconscious mind hundreds of times. You can feel the suggestion that I make growing stronger and stronger, more and more powerful with each and every breath you take.

Deeper and deeper, deeper and deeper. You are feeling deeply relaxed. You are comfortable and secure, comfortable and relaxed. You are breathing comfortably and deeply, feeling completely relaxed, comfortable and secure.

And while you are resting in this very pleasant way, I am going to give you some instructions and suggestions. And these instructions and suggestions are going to be carried out automatically. And as you relax deeper and deeper, reflect for a moment on all the success that you have had in the past. **(Now take your time to make your client feel good about themselves, for example their work and achievement, their family. Make sure they feel good and proud) (pause).** The many positive goals that you have already reached and achieved. I want you to feel proud of yourself, proud of all the positive aspects of your life. Feel proud of yourself and know without a doubt, that just as you have been successful in the past and have reached many positive goals, you will continue to be successful in every area of your life. In every area of your life.

You are now motivated and more determined than ever before to reject all that is unhealthy and harmful to you: bad habits, tension, stress and the habit of smoking cigarettes. You now reject this habit of smoking cigarettes. You have all the right reasons to be a non-smoker. You are doing this for yourself, for your health and wellbeing and that feels right. And just as you have been successful in the past, you will continue to be successful and reach every positive goal that you set for yourself; and you have today decided to choose to be a non-smoker. One of the more sensible people in the world. You have chosen this day, and this time, to become a non-smoker. And so, from this moment, I instruct you to become a non-smoker. As from this moment, you are now a non-smoker. Years ago you were a non-smoker, and so, once again, you are now a non-smoker. As from this moment, you are a non-smoker, you are a non-smoker.

Throughout your years of smoking, you developed habits. You formed routines. For example; you may have linked cigarettes with cups of tea or coffee, with eating, relaxation, boredom, or a whole host of other things. But from this time onwards, you are a non-smoker, and all these habits, these subconscious habits which show themselves in this way, must immediately be broken. Those links must be broken. Those associations must be

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broken. And you are to return to the ways and the habits that you know all non-smokers have. From this moment on, you are a non-smoker, and you are going to act, think, and behave like all non-smokers act, think and behave. And of course, you will receive all the benefits that all non-smokers receive.

You are now a confirmed positive non-smoker with no desire or craving ever to smoke again. With no craving or desire for a cigarette you will find that being a non-smoker is far easier than you ever thought possible.

As a non-smoker, you will have no desire, or craving, ever to smoke again. **(REPEAT x4)**
At all time, your throat and chest will remain comfortable, relaxed and fine. **(REPEAT x4)**
(REPEAT BOTH x1)

With no craving or desire for a cigarette you will find that being a non-smoker is far easier than you ever thought possible. **(REPEAT x1)**

I want you now to see and feel an image of yourself. In this image, you are going about a daily routine, whether at work, at home or at play, but whatever you are doing you are doing without a cigarette or a packet of cigarettes near you. You are a non-smoker, and as a non-smoker you will not even consider having a cigarette with you. Whatever you are doing, you are doing with a smile on your face, because no longer are you polluting your body with nicotine. You are very happy about this. See that picture clearly and well. Because as you see it, this is how it will be. You have made up your mind to be a non-smoker and it feels great. Your body now rejects smoking cigarettes; your lungs no longer want those poisonous fumes. They want to feel clean air, feeling clear and healthy once again. Even as you lie there now they begin to feel cleaner and fresher.

Smoking is an unhealthy, antisocial, financially crippling habit. And nobody in their right mind wants anything to substitute or take the place of a habit like that. As a non-smoker, you do not need to do anything instead of smoking. Your diet will remain the same. You'll not turn to sweets, or anything else. You will not take anything instead of nicotine. Your diet will remain the same. You will find yourself taking exercise to speed up your metabolism. You will find you have much more energy feeling much more alive, exercising regularly, getting fitter, healthier. But of course, you are totally aware that you are just one cigarette away from becoming a nicotine addict again. You do not want this and therefore you will be sure that you never, ever take even one puff of a cigarette. You will use your new alternative choices and you will find the more you use your alternative choices the more you want to use your alternative choices.

The very thought of you smoking is now disgusting, the very thought of you smoking is now disgusting, the taste unappealing and unappetizing. **(REPEAT x1)**

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As a non-smoker, you will become healthier, happier, and proud of what you've done. Hour by hour, you'll become very pleased and proud, and content with your achievement. You are proud to be a non-smoker. And you'll become more proud as each day passes. You'll also feel healthier, more energetic, more alive. Much more alive. You'll feel happier too. Happiness and contentment, knowing that you are one of the more sensible, more contented, healthier people. And of course, because you do not have this drain on your finances, you'll also become wealthier. So you'll be happier, healthier and wealthier. And you will even smell sweeter. As a non-smoker, you'll have the wonderful ability to remain calm and relaxed at all times, and in the very best of humour. **(REPEAT x1).**

People will notice how pleasant you are, and in what a good humour you seem to be, with no signs of irritability or bad temper at all. Just a wonderful ability to remain calm and relaxed at all times. And in the very best of humour. You are a non-smoker. Proud of yourself. Your desire for a cigarette is gone. You are free. It is easy, natural. Your body feels stronger and healthier. Your lungs are well and strong. Every cell in your body feels renewed and full of life. You know that you will NEVER smoke again. All desire for a cigarette is gone. You are a non-smoker. Good health is important to you. You feel absolutely wonderful about your decision to quit smoking. You drink plenty of water. You drink plenty of water. You know that you will remain a non-smoker for the rest of your life. You do this for you. From now on you're going to be happy, healthy, and determined never ever to smoke again. And you're going to be more determined about this than you have ever been about anything in your life before; in the full knowledge that you are only one cigarette away from smoking. You are going to be determined, and confident, that you will never smoke again. Confident that you will never need to smoke. Very confident that you will never gain any pleasure from smoking. From this time onwards, you are changed. You are a non-smoker now. A determined non-smoker. A confident, happy, good-humoured, calm and relaxed non-smoker.

Feel now a tingle of confidence and determination from the tips of your toes, going up your feet, your legs, your stomach, your chest, all the way to the top of your head. Absolute confidence and determination NEVER EVER TO SMOKE AGAIN. Automatically, easily, naturally, the instructions and suggestions I have given to you will be deep in your subconscious and conscious mind and you will be free of any desire or craving ever to smoke again. In a few moments, I am going to count from one up to five and slowly awaken you, and you will awaken a happy, confident and determined non-smoker. And all the suggestions and instructions I have given you, as far as possible, will automatically be carried out. Even though you may not remember them, or you may have forgotten them after a short period of time. Even this does not matter. You'll just feel confident that everything I have said will be carried out. One slowly calmly easily and gently you are returning to your full awareness again... **(Continue to awaken your client...)**

SMOKING TAKEAWAY 1

While you're resting in this very pleasant way, I want you to imagine that you are out in the country, and that you are resting on the top of a hill. Ahead of you, you can see beautiful fields and farmyards, stretching out in front of you. And the sun shines brightly down upon the fields, and the animals as they graze. And beyond them is a golden beach, with the blue water lapping up on the shores of that beach.

You are resting on the top of this hill, and you are determined to continue a journey. A journey which you've recently started. And this journey is going to take you into this very lovely, healthy atmosphere.

You turn around and look behind you, and there, you see a town, covered in a murky, misty, smoky atmosphere. And where the mist does occasionally subside, so the buildings are grimy. The trees are dying. Every part of it looks filthy, dirty and polluted, as this filthy, whirling, smoky atmosphere engulfs the whole of the area.

And as you know, a few days ago, even your stomach, your lungs, and your whole body, used to be like this. But you became a non-smoker. You walked away from that filthy, polluted, undesirable state, and now you're walking towards better health, fresh air, and the wonders that nature intended you to walk to.

At this stage, you felt a little tense, a little anxious. So you've rested and you've re-thought.

And now, you feel very happy, and you feel very pleased. You've calmed right down, and you feel relaxed. And now you're going to carry on with your journey, getting nearer and nearer to your goal; allowing nothing to take you off this very successful path. You've climbed the hill. All that's left is the straight walk down and into health and happiness, and of course, wealth. Never again are you going to allow yourself to be tempted by anyone as regards cigarettes, or any form of substitute. From this time onwards, you're going to become health-conscious. And in being health-conscious, you're going to feel happy, calm and relaxed. You're even going to look upon food in a different light. You're not going to gorge yourself with food in compensation for anything at all. Food is a means of fuel, like petrol in a car. You never fill your car and overflow it with petrol. You're not going to fill your body, and overflow it with fuel either.

Now you're going to be healthy, happy, wealthy and content. Now, you're going to eat correctly - the correct foods and the correct proportions. Now, you're going to turn yourself into a much better citizen. You haven't just stopped smoking. What you've done it turn yourself into a much better, far more intelligent human being than you were some days ago. Now you don't pollute yourself, condemn yourself to a life of misery and ill-health.

Now you're going to be healthy, happy, fine and relaxed. Never again to worry over pollution. Now you're going to be determined to enjoy your better health, and your better wealth, and feel happy, calm and relaxed, from this day onwards.

So now I'm going to count up to five, and as I do this, so I will count you out of this sleep-like state. But you'll still feel as relaxed and calm as you do now, and you will remain this way. You will remain calm and relaxed, completely unflustered, from this time onwards. When I reach the count of five, awaken, happy and relaxed, free from any form of tension whatsoever, completely free from any desire to put anything at all unhealthy within your body. 1, 2, 3, 4, 5.

SMOKING TAKEAWAY 2

While you're resting in this very pleasant way, I'm going to give you some further instructions, and you will find that these instructions will automatically begin to carry themselves out. You'll find that these instructions will automatically begin to carry themselves out.

A few days ago, you became a non-smoker, and because you became a non-smoker you must immediately receive all the benefits that all non-smokers receive. Because you became a non-smoker, you must receive all the benefits that all non-smokers receive. You must, for example, at all times feel calm and relaxed, and free from any of the hazards that smoking develops. At all times, you must feel calm and relaxed, free from any form of tension. From this time onwards, you must feel calm and relaxed. Free from tension of any kind.

You're going to feel calm and relaxed. Free from any form of tension. **(REPEAT x2)**

You are to feel happy, proud and content with your new way of life. **(REPEAT x4)**

You are also to find that you will not be influenced by the actions of other people, or the temptations that may be put in your way. **(REPEAT x3)**

From this time onwards, you are to remain calm and relaxed. Every part of you is to feel free from tension, free from anxiety. And you are to feel healthy, fine, calm and relaxed at all times. You are to feel healthy, fine, calm and relaxed at all times.

I am now going to count up to five, and on the count of five you will awaken feeling calm, happy and relaxed, free from any form of tension whatsoever. I will now count from one to five, and on the count of five you will awaken calm, happy and relaxed. 1,2, 3, 4, 5.

Confidence 1

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you can see yourself, walking along a country lane. But on this occasion, you're walking backwards. Just imagine yourself now. You are walking backwards, rather slowly, along a country lane. So you're looking back over the places where you've already walked. You're looking backwards along a country lane. Looking at the parts of the lane, and the scenery, and the events that you have already passed by.

And this is like your pathway through life. You are looking back. And you're seeing, and remembering, some of the events that have occurred in your life. The good events, you just let them go by. But you're looking at the ones that caused you trouble, that caused you **(describe client's problem)**. These may be family events, social events, general or specific events which affected your health. In fact, there are many things in your past life that you can look at, and as you look at them, so they cause you some concern, and disturb you.

And as you walk backwards in this way, looking at the obstacles that caused you to fall down, looking at the places you bumped into, looking at the gateways and pathways that you missed, so you can easily see yourself stumble on yet another obstacle. Worrying too much about the obstacles in your past life causes present-day obstacles to be a hazard to you as well. And as you continue your backward walk, so you bump into more things, and miss other pathways of opportunity, other gateways, other good things. And each time you bump into something, perhaps falling down and getting hurt, what do you do? You pick yourself up, brush yourself down, and then carry on, still walking backwards.

But it goes further than this, because as you walk backwards in this way, you find yourself waiting for the next collision to happen. You are actually waiting for it, and bracing yourself as you do so. But even so, it still catches you by surprise when it happens.

But now you make a very important decision. This has gone on long enough. So you decide now that you're no longer going to look backwards at the past, allowing the events of the past to bring problems and upsets into your present and future life. If you're too busy looking backwards, it means that you are not ready for the present problems or situations that may arise. So I want you to imagine yourself now, stopping and turning around. Turn right around, so that you are looking forward now, into the future, along this path. And as you do this, so you can see clearly some of the situations that you may have to deal with. You can see some of the opportunities that may come up for you. Some of the new pathways you may want to take.

Now you begin to walk forwards. Forwards into the future. And although the future will have its trials and tribulations, you are not going to be concerned or worried about what

happened last time, or the time before that. You're going to walk confidently along this path, facing forwards. And as you do this, so you are going to feel more and more confident, with each and every step you take along the way. More and more confident, with each and every step you take along the way.

From this day onwards, it's going to be as though you had drawn a line right across your life, because you are going to walk forwards from this time on. The events of the past are now behind you, out of sight, and therefore out of mind. And as each day goes by, they seem to become less and less important, less and less important. No matter what it was that you had to experience yesterday, last month, or even years ago, these things no longer seem important. All that you feel now is that you've got a good future to walk to. And I want you imagine yourself walking into that future, exactly as you would wish to be able to walk.

If in the past, you've been frightened to say what you feel you ought to say, then from now on, without any rudeness, without any inclination to disturb people or cause trouble, when you feel the need to express your opinion, you're going to express your opinion. And if, in the past, you've not been able to speak correctly, or choose the right words, you'll find that with your new-found confidence, you're going to be able to do these things correctly and wisely. No matter what it is that you need to say or do, imagine yourself able to do it, or say it, successfully.

I want you now to think of a situation that you know you may have to deal with in the near future. Just think of a situation that you know may arise in the near future. And as you think of it, imagine yourself dealing with it successfully, saying whatever needs to be said, and doing it in the manner in which it needs to be done. Imagine this now, and see it clearly, because just as you imagine this now, that's how it is going to be in reality. So spend a few moments dealing with that situation now, dealing with it successfully. And when you've done this, then, in your own time, in the next few moments, slowly awaken. And on awakening, feel completely refreshed, feeling calm, happy and relaxed.

So spend a few moments now, dealing with a situation successfully, and when you've done that, then in your own time, in the next few moments, slowly awaken.

CONFIDENCE 2

While you're resting in this very pleasant way, I am going to give you some instructions and suggestions. And I'm going to remind you of some of the events of your past life. Because as you know, in your past, you have had to undertake certain problems and situations. You have had to face ordeals. And you have felt that some of the things you have done, or some of the methods you have used, have not worked out as well as they ought to have done. As you know, so often in the past, you've referred to previous events, and you've related your successes and your failures to that past. So if you had to face something, in some cases as simple as going on a bus, or a shopping spree, and in other cases perhaps a family crisis, or a social situation, but in all cases you've tried to assess yourself on your previous experiences of these things. And because your assessments of past results have not been as good as you think they should have been, so you've allowed your confidence to slide away from you. And you got yourself into a position where you began to believe that you wouldn't be able to tackle anything.

But of course this was wrong. Recently, you've been listening to a recording where you were walking backwards along a country lane. And symbolically, this recording described your past, your present, and what you intend to do in the future. Now, you're looking forward to that future. And although this doesn't remove the problems and obstacles in your life, it does give you a better chance to cope with them. It enables you to look at them in a different light. To cut them down to size.

In fact, from this day onwards, it's going to be almost as though you had taken that word "problem" right out of your vocabulary. Because from this day onwards, there is no such thing as a "problem" for you. Problems are things that cause difficulties. They are things that break down confidence. So you are not going to have any more problems. All you are going to have are situations. From this day onwards, the only things you are likely to encounter are situations. And these situations you'll be able to deal with quite easily, because from this day onwards, you are going to become much calmer, more relaxed within yourself. Much calmer, and more relaxed within yourself. And when situations do arise, you'll be able to approach them in a far more positive manner. You won't refer to the past and its failures. You're going to recognise the essential need to think positively, and so you're going to think positively. And if a situation is one that is generally approached by everyone else, and handled by everyone else, then so too can you handle that situation in the same way; whether it's an interview for a job, a shopping spree, learning to drive a new car, managing a group of people, or even going on a bus. The situation doesn't matter. All these things have been taken in their stride by other people. And these people did it because they never ever thought that they couldn't. So from this time forward, you're not going to think you can't either.

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You're going to think positively and constructively. You ARE calmer and more relaxed than before. Now you are ABLE to think positively. You're able to RECOGNISE THE NEED to think positively. And you're now BECOMING more positive in your thoughts, your words, and your actions. And so, as a calmer and more relaxed person than before, you're now thinking more positively, acting more positively than before. And because you think and act more positively, in a very calm and relaxed manner, so situations become far easier to deal with. Much easier to deal with.

From this time onwards, you are able to deal with situations in a more positive, constructive manner. And because you are able to deal with situations in this way, so your confidence automatically begins to build. Your confidence automatically begins to build you into a calmer, more relaxed, positive-thinking person. So with each and every situation which arises, and which you deal with successfully and correctly, so your confidence begins to build, more and more. And as your confidence builds up, so you become even more relaxed, even calmer. You become relaxed, positive, able to deal with situations as they arise. And by being able to do this, so the thing becomes easier and easier, as you just take it in your stride. And your confidence begins to grow and grow, as you achieve even greater heights than you thought possible. But just like anyone else, you CAN do it. You WANT to do it. And so you are GOING to do it. And you are going to prove to yourself, more than anyone else, that YOU are successful, a positive thinking person.

I want you now just to think of a situation that you know you may have to deal with in the very near future. It doesn't matter what that situation is, but imagine yourself dealing with it in a positive and constructive manner. Imagine this well, because just as you imagine this now, that's how it is going to be in reality. Spend a few moments doing this now, dealing with something you know you will have to deal with, in a positive and constructive manner. And when you have finished your successful encounter with this situation, then, in your own time, in the next few moments, slowly awaken, feeling completely refreshed, calm, happy and relaxed. So deal with that situation now, and when you've finished, in your own time, in the next few moments, slowly awaken.

CONFIDENCE 3

While you're resting in this very pleasant way, I'm going to talk to you about the events of life. And you are going to realise and understand that some of the defects you feel you have, are only defects of your own making, but not necessarily of your own fault.

So let's go right back to the beginning now, or near to the beginning, to the days when you were just a baby, lying in your cot. And as you lay in your cot, you could see people, walking about and talking to each other. And as you watched them, you became ambitious. You decided that you wanted to be just like those other people you could see. To be able to communicate with them.

But first and foremost, you decided that you wanted to be able to stand up and walk about just like those other people did. And you soon found that, quite naturally, you could crawl about, or drag yourself around on the floor, quite quickly, quite efficiently. But this didn't suit you. You wanted to be the same as all those other people you saw, walking about on two legs.

Now, if you had had an adult mind in those days, and if you had sat down to work out whether or not it was possible for a human being, being the shape that humans are, and especially as babies; whether it was possible to stand up on two legs, balance on two feet, and then pick one up in the air and move it forward, in order to walk, then you would have found this to be physically and scientifically impossible to do. But because you didn't know this at the time, you tried. You persevered. AND YOU SUCCEEDED. As a result, you learnt to walk. And every single child that is physically and mentally able, learns to walk, before the age of two in most cases.

Now when we look at this, it doesn't matter what talents people may claim to have, or how impossible it may seem to be, because where our interests lie in achieving something, somehow, we manage to achieve it. Somehow, we do it.

Let's look at another aspect of life. At about the same age, we learn to talk. And we do this without any reference books, without any teachers, without any knowledge of other languages which we can use to make the job easier. But we learn to speak what is probably the hardest language in the world.

We persevere. We practise. AND WE LEARN. And the reason for this is that we don't know any differently. We simply think that because everyone else can speak, then so can we. And we don't have to have a flair for languages, or a talent for this or that. We just learn to do it.

Later on, of course, we go to school. And this can be where the trouble begins, because now you find yourself sitting in a classroom with other children. And maybe for the first time in your life, you are being compared with others, perhaps humiliated if you are a little slower, or if you get something wrong. If one of the other children in the class learnt to do something a little quicker than the rest, then maybe that one was told how clever they were. And you could interpret from this that perhaps you're not. And if you're not clever, then your interest in that subject begins to die.

Eventually of course, you're forced to learn to read, because you need to, and so you can read. Other subjects, like writing, spelling and arithmetic, you learn them one by one. But you may be labelled "bright" or "dull" within these subjects. And because you believe what the teacher is telling you, so you begin to believe that you have talents in one direction, but none in another.

But of course, when you were a baby, when you were learning to walk, nobody compared your speed with that of anyone else. When you were learning to talk, you were not being compared. And if you'd not been compared with others when you were learning these other things, then these too, you would have done successfully. So throughout the years you've accepted that you have failed in some things and that possibly you're not talented in others. But of course, all this is completely wrong.

It is because of these things, because of emotional upsets, or because of things outside your control, that you have had to endure problems, fears, frights and upsets, which, when they were forced on you, made you feel unable to cope with them at the time, and left you feeling that you were out of your depth.

It is because of this type of thing that many people pick up ailments; problems like phobias, for instance. Some people found that when there was a need for them to shout, to make themselves heard, to overcome a problem, then here they froze. They just couldn't do it at the time. And so they gave themselves a communication problem which in some way showed itself from that time onwards.

But of course, this is like everything else we learn, whether or not we realise we are learning, whether we are competing with other people or not. The simple fact is, that the more we practise ANYTHING, the better at it we become. The more we practise ANYTHING, the better at it we become. When we were babies, the more we practised walking, the better at walking we became. The more we practised talking, the better at talking we became. These things are helpful to us. But the same principle holds true for other things which are NOT helpful.

For instance, the more we practise being anxious and tense, the more anxious and tense we become. The more we practise being depressed, the more depressed we become. The more we practise ANYTHING AT ALL, the better at it we become.

Looked at in this way, we can clearly see, that when it comes down to it, there is nothing that we can't do. All we have to do is practise something and we will get better at it. So if you dismiss all the negative aspects of your life, and practise this, the better you'll become at avoiding their influence.

In previous recordings, we've discussed turning around and walking forward. And you HAVE now turned around. You've put behind you all the things that no longer help you. You are now walking forward and thinking positively. You are taking each thing that you failed in the past with, as though you were starting for the first time. But you are starting to do it successfully from now on. Now you know there is nothing you cannot do, and you have nothing to fear. There is nothing you cannot do, and you have nothing to fear.

Learning things may take time, but this doesn't matter. As adults, we should be able to learn things far more quickly than when we were children. So if there is a need for you to learn something all over again, then learn it again. But this time, learn it with the belief that YOU WILL SUCCEED. Take the positive learning that you've had previously to help you with your future. Dismiss any fears from the past and face that next journey, or the next job interview, as though it were the very first time. Take a completely neutral viewpoint, and see for yourself just how easy it is, because from this time onward, you are going to become more and more confident.

In the past, things have gone wrong. They created tension and concern, which in turn caused you to feel inadequate, to lack confidence and to shy away from these events. This in turn, of course, just created more tension and anxiety. But now you are much calmer - a far more relaxed person than ever before. And because you are calmer and more relaxed, you don't have problems any more, but just situations.

Remember? We dispensed with problems. We only have situations now. And because you are calmer and more relaxed, then these situations are easier to deal with. Much easier to deal with. No matter what they are. Whether it's the ability to walk, talk, read, write, or even go on a bus. They are easier to deal with. And because they are easier to deal with, your confidence grows more and more.

And once again you're back to being relaxed, calm, more able to cope with situations, which in turn makes you more positive and confident, so that as each day goes by, you notice that in every possible way, you just feel better and better. And the reason for this is that there is NOTHING you cannot do, and you have NOTHING to fear.

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You are going to find that now you will have a much more positive attitude and achieve much more success where previously you've failed. So now I'm going to count up to five, and on that count of five, you'll open your eyes and awaken, feeling completely refreshed, feeling calm, happy, relaxed and far more confident than ever before. On that count of five, open your eyes and slowly awaken, feeling refreshed, calm, happy and relaxed. 1, 2, 3, 4, 5.

CONFIDENCE 4

While you're resting in this very pleasant way, I want you to let your mind wander back over the past few weeks. And as you do this, I want you to notice the improvements that you have made within yourself. Just let your mind go back now over the past few weeks and notice the changes you have made.

As you do this, I want you to see yourself as you did before, when you were walking backwards along that country lane. As you rest there now, just see yourself walking backwards, as you used to do, along that country lane. Remember how you kept bumping into things? How ordinary things became obstacles to you? And as you bumped into these obstacles, so life lost its beauty and became a burden to you.

But then you decided to turn around, to look forward along that lane. You began to look forward, into the future. And as you did this, so you could see clearly the things you would have bumped into had you continued to walk backwards. So now, as you walk forwards, that lane looks different. It has changed its character. No longer is it an obstacle course. Now, that tree that you would have bumped into can be clearly seen. It can easily be walked around. No longer is it an obstacle, but a thing of beauty, something to be appreciated. And as you look at this tree in this new light, so you begin to notice other things too about this lane. You notice that it is a bright and sunny day, and that sunlight is shining down through those trees so all the colours are at their best. It is a warm and comfortable day.

You begin to notice the wild life that lives in that lane, the birds, flying among the trees and singing their songs, the occasional squirrel, scurrying along a branch as it goes about its business. Perhaps you may go over to a nearby bush and examine it closely. You notice the formation of the leaves, the intricate detail of its structure, the delicate colouring. In fact, the more you study that lane, the more you find things to appreciate. The whole scene has become inviting, a thing to be appreciated. And so you continue your walk now, but now you walk briskly, with a spring in your step.

And your life too has changed. No longer do you look backwards at the past, letting those past events take the pleasure out of your present and future life. Now you are looking forward. You have let the past take its place in history. And all those things which would have become problems if you had continued looking backwards, have now lost their importance. They are problems no more, but just situations. Situations which can be dealt with in exactly the same way that any other situation is dealt with; positively, constructively and confidently. And with this lessening of the problems in your life, and with this confident attitude of yours, you are finding you are much calmer within yourself. Much calmer. And more relaxed within yourself. Much more relaxed.

And having this calm and relaxed outlook means that now you can begin to appreciate the beauty of life, just as you noticed the sun and the colours and the wild life in that country lane. No longer do you need to focus your attention on the things immediately in your path. No longer do you need to fear the next step along the way. Now you are able to look around you, and see the good things in your life. And as you look forward in this very calm and relaxed manner, so you can see a good, bright future before you. A future worth walking towards. And any situations that may arise, you deal with as though it were the first time, confidently, positively, and constructively. And that future holds many good things in store for you. There are many new pathways to be explored. Many new gateways of opportunity. Some of them may already be in sight. Others lie just around that bend. But they are GOOD things, pleasurable things, things that make life worth living.

And so, from this time onwards; you are going to continue walking forwards, in that same calm, relaxed and confident manner. From this time onwards, you are going to continue walking forwards, calmly, confidently, and in a very relaxed way. You're going to find that you will want to smile more often. You'll begin to fill your life with laughter. Not because of amusement, but because you feel happier within yourself. You're going to enjoy this feeling of calmness and relaxation and your new-found confidence. Life, for you, will get more and more enjoyable as each day goes by. You'll begin to look forward to each new day that comes. You'll begin to find a new enthusiasm for life because, from this day onwards, you are going to feel that life is worth living. Life is an enjoyable experience. And as each day goes by, in every way, you'll just feel better and better. As each day passes, in every way, you'll feel better and better.

So now, I'm going to count up to five, and on that count of five you'll open your eyes and awaken, feeling calm and relaxed and feeling happy within yourself. So happy you'll just want to smile. So you'll awaken with a smile on your face. On that count of five now, open your eyes and awaken, feeling refreshed, calm, relaxed and happy, with a smile on your face. 1, 2, 3, 4, 5.

OTHER CONFIDENCE 1

Take a deep breath. As you exhale, you are drifting deeper and deeper. **(REPEAT x1)**

You're feeling comfortable and relaxed.

The relaxation is flowing all the way through your body, feeling very relaxed, comfortable, safe and secure.

Now I want you to imagine that there is a white cloud beside you, a soft white cloud. If you were to lie down on this cloud it would be strong enough to support you, and you would feel very comfortable, safe and secure. So now, just let yourself lie down on this soft white cloud. And as you do so, you feel a wonderful sense of well-being and security come over you, becoming even more relaxed.

As you lie there, the cloud seems to gently massage your body with soothing energy, making you feel even more relaxed. You feel calm, safe and secure. You can feel the soothing energy gently massaging the whole of your body. Now you can feel that energy beginning to penetrate your body; in through the pores, flowing through your body, forcing out any tensions, depressions or anxieties, out through your fingertips and your toes. All these bad feelings being forced out. All negativity being forced out. This leaves you feeling so calm, so relaxed, so carefree.

If you choose, the cloud will just drift upwards into the clear blue sky. You can enjoy the wonderful clear, pure fresh air.

As you float on your cloud you are surrounded by pure healthy energy, and as you take a deep breath you can feel this healthy soothing energy flowing into you all the way into your lungs. You can feel it enter your bloodstream and circulate to all parts of your body.

Soothing, healing energy flowing all through your body. You can feel your whole body tingle with pure healthy soothing energy.

Now take a deep breath, and as you breathe out you are relaxing deeper and deeper.
(REPEAT x1)

You are now becoming more aware of the fact that you become exactly how you see yourself in your mind's eye. Everything, your actions, your appearance, your thoughts, your state of health, your degree of success, are all to a very large extent the results of your beliefs about yourself and how you relate to other people.

Now you are creating a more positive inner image of yourself in your mind's eye. Imagine yourself now being exactly the way you want to be. Do this with positive emotions. When you picture yourself as you want to be and back it with positive emotions, it becomes very powerful. So now let yourself feel the satisfaction, the fulfilment, the confidence, all the positive emotions that go along with being the way you want to be. See yourself walking, talking, standing, sitting, thinking and feeling as a strong, happy, confident human being. Now you are creating a more positive inner image of yourself, which will soon become reality. You were born with the potential for all of this and much, much more, and you are now beginning to recognise what you have been given to work with. Every day, you are becoming more like you were meant to be, more like the real you.

You are projecting an aura of self-confidence, which other people will notice. Others sense when you are self-confident and they will have more confidence in you as you display more confidence in yourself.

You are now revealing that true confidence that you have in yourself as a result of ridding yourself of past negative thoughts and programming, and you are now recognising your true potential, being the real you.

I will now tell you of some of your good qualities. I assure you that you have these good qualities, even though you may have been hiding some of them, even from yourself. The more you allow yourself to become aware of these good qualities, the more you admit that you possess them, and the more you will display them to the benefit of yourself, your loved ones, and the whole world. By listening to your recording, each and every day, you will soon know it to be true, and you will be more confident in all situations.

You are positive. You are friendly. You are kind. You are supportive. You are interesting. You are confident. You are intelligent. You are attractive. You are enthusiastic. You are caring. You are creative. You are fun to be with. You are happy. You are sexual. You are healthy. You are loyal. You are well organised. You are energetic. You are generous. You are open-minded, and much more.

You have all these qualities and many more, and if you so choose, they will soon become more apparent to you and those around you.

Your self-worth is located within you. You are in complete control of your self-worth, and you choose to acknowledge and recognise that you are a unique, worthy human being, and you are getting better and better in every way as each day passes. Your self-confidence grows each time you listen to your recording and imagine yourself in successful situations and allow yourself to enjoy those feelings of satisfaction, fulfilment and confidence; as you imagine yourself walking, talking, thinking, feeling and doing things as the person you want

to be. You are becoming exactly how you see yourself in your mind's eye, exactly what you believe to be true. You are finding it easier to make decisions and take a definite course of action. You are not a victim of bad luck. You are in control of your life and you create your own good luck. Each morning you will awaken feeling strong, healthy and confident, happy to be alive and eager to face a great new day.

Now let yourself feel your cloud gently massaging your body with soothing, loving energy, and feel this energy flowing through your body as you return from your journey on your cloud, safely, comfortably and happily, knowing that you can use your cloud again whenever you want to.

Now, in a few moments, I am going to count up to five **(etc...)**

OTHER CONFIDENCE 2

Let the words from the recording you have been listening to begin to drift through your mind. Remember the picture you have of yourself in your mind's eye. Feel those positive emotions backing that picture you have of yourself, making it more powerful. Feel the confidence, the satisfaction, all the positive emotions that go along with being the way you want to be.

You are now recognising your true potential, becoming the person you want to be. Remember all those good qualities you have. Just let those thoughts drift through your mind. As you allow yourself to become more aware of these qualities, the more you admit that you have them, the more you will show them, to the benefit of yourself, those close to you, and everyone around you.

Now say to yourself:

- I will believe more in my unlimited abilities.
- I will become more natural, more relaxed, more secure and confident in everything I do and I will experience a greater contentment within myself.
- Every day I will find it easier to think the following thoughts.
 - I am completely calm and secure and I am happy being who I am.
 - I am in complete control at all times.
 - I am confident and strong. I am growing towards my true potential.
 - Every day in every way I am getting better and better.
 - Each day, I feel myself becoming more positive, more assertive, more confident.
 - I am unique. In all the billions of people in the world, there has never been another like me and I accept myself as a unique person who was born with great potential and I am now recognising my own uniqueness and potential. I am becoming more of what and who I was meant to be.
- It is a waste of time to compare myself with others, because although we may have much in common, we are not the same.
- I enjoy my uniqueness and the uniqueness of others. I enjoy being who I am.
- I am living my life more fully and completely.
- I accept myself with all my imperfections. I don't have to be perfect. I just choose to be perfectly me.
- I welcome obstacles, for they help me grow. When I am faced with an obstacle, I ask myself "Is this really an obstacle?" Often, on close examination, I will find it isn't really an obstacle. It may only be the result of

past negative programming and I can expose it for what it is, brush it aside and direct my energy towards an end result which I desire.

- When I occasionally encounter a true obstacle, I welcome that also, because when I persist, I will find a way over, around or through that obstacle and I will learn and grow from that experience, and I will meet greater success than I originally thought. So-called obstacles are often opportunities or advantages. They are often blessings in disguise.
- I will turn a negative into a positive.
- Each time I turn a negative into a positive, I become more confident.
- I am gaining more self-control of my mind. I am taking good care of my physical body. I am taking more pride in my physical body.
- I am agile and graceful. I am becoming more attractive, happy and healthy.
- I am interested in other people. I am comfortable with other people. Each day I am more considerate and friendly with other people. I am honest and fair with others.
- I enjoy my family and friends more and more.
- As I become more natural and confident, everything I do seems to turn out right.
- I am becoming very good at solving and dealing with all situations.
- I am cancelling all thoughts of bad luck. I am responsible for and in control of my life.

Now feel the confidence building up within you. Take a deep breath and feel the confidence building up within you - growing stronger with each passing moment. The more real you let this be at this level of your mind, the sooner it will be in reality. What the mind can conceive and believe - it can achieve.

You are now becoming completely calm, secure and in complete control at all times. You are influenced only by positive thoughts and feelings. You are making a decision to cancel all negative thoughts and feelings and replace them with positive thoughts and ideas.

See and feel yourself as the person you want to be.

See yourself walking as a confident, secure person.

See yourself standing as a confident, secure person.

See yourself sitting as a confident, secure person.

See yourself talking as a confident, secure person.

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You are now feeling happy, confident and secure.

See this picture of yourself clearly and well. It is the law of the mind that what we hold in the mind we become.

Now let yourself feel your cloud gently massaging your body as you return from your journey on your cloud...

Now, in a few moments, I am going to count up to five **(etc...)**

OTHER CONFIDENCE 3

Whatever situation arises; you know you can cope with it easily and decisively, without any apprehension or worry. In your personal relationships, you will be tolerant and understanding of the shortcomings of others. You will always be seen to promote friendship and warmth and you will avoid all the feelings of hostility, resentment and guilt. **(WHATEVER EMOTIONS ARE APPLICABLE)**

Your whole life is improving in every direction and you can enjoy the experience of living. It is now becoming much easier for you to feel calm and relaxed at all times. Every day you are becoming more and more aware of your assets and the qualities you have within you. Each day you are becoming more aware of the things for which you can be thankful. You have a large supply of energy and you can draw on this supply whenever you need it. You understand and appreciate other people, and it becomes easier every day for you to do this.

Each day you are becoming more aware of the unique human being you are, and you find it more and more enjoyable, easier and comfortable to visualise yourself as the person you want to be. You are becoming more aware of the potential of your mind and you are using that potential to become more effective, happy and fulfilled in every area of your life. Each one of your thoughts has an effect on your life, and so you are careful to cancel all negative thoughts and replace them with positive thoughts. When you do this, you benefit yourself and everyone around you. Every day is a special day, unlike any other day, and you treat the day as a special day, and enjoy each one and each moment.

There is no-one else exactly like you. You are unique and you are discovering more of your potential each day. You are becoming more honest with yourself and therefore more honest with everyone else. You are developing a healthier appreciation of your body, every organ, every gland, every cell in your body will continue to function in a proper healthy manner. You have a vast amount of mental energy and you are directing this energy to enjoy better and better health. Every day in every way, you are getting better and better. You are a unique person and you occupy a special place in this world, and you are becoming more aware of the good within you and your potential. There is real power within you. A good, constructive kind of power. The most powerful thing you will ever experience is within you.

Your thoughts and actions literally do change the lives of those around you, and you can make each day a little better, often much better, for each and every person you come into contact with. Think now of the positive effect you can have on others through the use of a smile, a thought, a pleasant tone of voice, a sincere compliment. That is power and the constructive use of power.

You are now developing a healthy appreciation of yourself. You recognise and appreciate the good within you, so that it will materialise and become more and more apparent to you. You will continue to develop this, making your life more meaningful. You are beginning to enjoy your uniqueness and are becoming happier every day that you are who you are. You are now noticing the positive things about yourself and cancelling the negative thoughts. You are improving every day.

Mistakes may sometimes be made. Everyone makes some in their life. But you will learn from them and search for something good in every temporary setback or situation. You are developing a good feeling about yourself, and every day you are feeling more and more comfortable with yourself. You are becoming your own best friend. It is good to really like yourself and enjoy being you, and as this feeling develops, you are able to direct this feeling towards others. Just spend the next few moments enjoying the feeling of just being you. In a few moments, I will count to five... **(etc)**

COMFORTABLE CHILDBIRTH

How would you like to have your baby with a minimum of discomfort? Perhaps with little, pain. You know, you can, if you give yourself permission to learn to “let go”. Now you can learn to let go very easily. As you follow these instructions; gently, that’s right, be gentle with yourself. Just allow yourself to relax.

Now it is so easy to have a baby. It’s in this state that contractions, instead of being unpleasant, become very pleasant. This is how that works. The average mother-to-be has heard talk from friends and perhaps from relatives that having babies is quite an ordeal and so the expectant mother looks forward to what she has heard referred to as “labour” or “labour pains” or “hard labour”. There is no labour associated with the birth of a baby. All those names are false names that keep a mother’s attitude in exactly the wrong condition. But we can change that attitude, to the right attitude by having you know just what does happen when a baby is born. Nature has a way of making the birth of your baby possible by contractions. Each contraction you have helps push the baby a little bit forward, so that the baby can be born very easily. Now you do have contractions and so you don’t have labour, labour pains or hard labour. All you have are these contractions and the odd thing about contractions is that you look forward to them pleasantly. You know that they are going to be something pleasant to have; you won’t even feel the contractions at all. You know you have contractions and you only feel them in a pleasant way. Now here is what happens when you have your first contraction, just go to **(the hospital or birthing centre)**. When you are at the place of delivery, I want you to close your eyes, just as they are now and let go that’s right, take a deep breath and let go. The nurses help you with the birth of your baby, just as soon as possible; so let go, like you are letting go now and the birth of your baby is so easy for you.

All you have to do is take a deep breath and say to yourself let go and you will find yourself relaxing just as you are now.

One of the wonderful things this does is to shorten the delivery beautifully, it shortens it miraculously, and you are delighted as with each contraction, the contractions get so pleasant that at about the third or fourth contraction you are actually smiling as you have the contractions and saying to yourself that, now that the contraction is over, I am much closer to the birth of my baby. As with each succeeding contraction is over, I am much closer to the birth of my baby. As with each succeeding contraction is over, you have that thought and it keeps a smile on your face. You feel so good, all the time your baby is being delivered and then after your baby arrives you see, your baby immediately. You see your baby the second it is born, as you are fully aware and awake during the wonderful miraculous event.

Remember this gentle comfort and ease you are having now, is going to be used in addition to all the aid medical science has available. To make the birth of your baby easy, so this comfort is a wonderful plus to everything else you have, to make the birth of your baby easy. After your baby is born you feel so good, so very good. You're as strong and calm as you are now and with a wonderful feeling of achievement and accomplishment. You feel strong, calm, happy and you recover much more quickly. You feel so good, so proud of your achievement.

Each and every time you play this recording you find yourself able to take a deep breath and let go. You find you practice this technique of taking a deep breath and let go; so that when your baby comes you are ready for it. Feeling so good and feeling so wonderful.

In a few moments, I will count from one up to five and slowly awaken you and you will awaken feeling this gentle, comfortable, easy state and notice how the feeling of comfort holds on and has you saying to yourself, "motherhood is a glorious adventure for me", "I'm loving every minute of it".

One... two... **(slowly awaken your client).**

Based on script outline from Wilfred Proudfoot and amended by Lorraine Gleeson