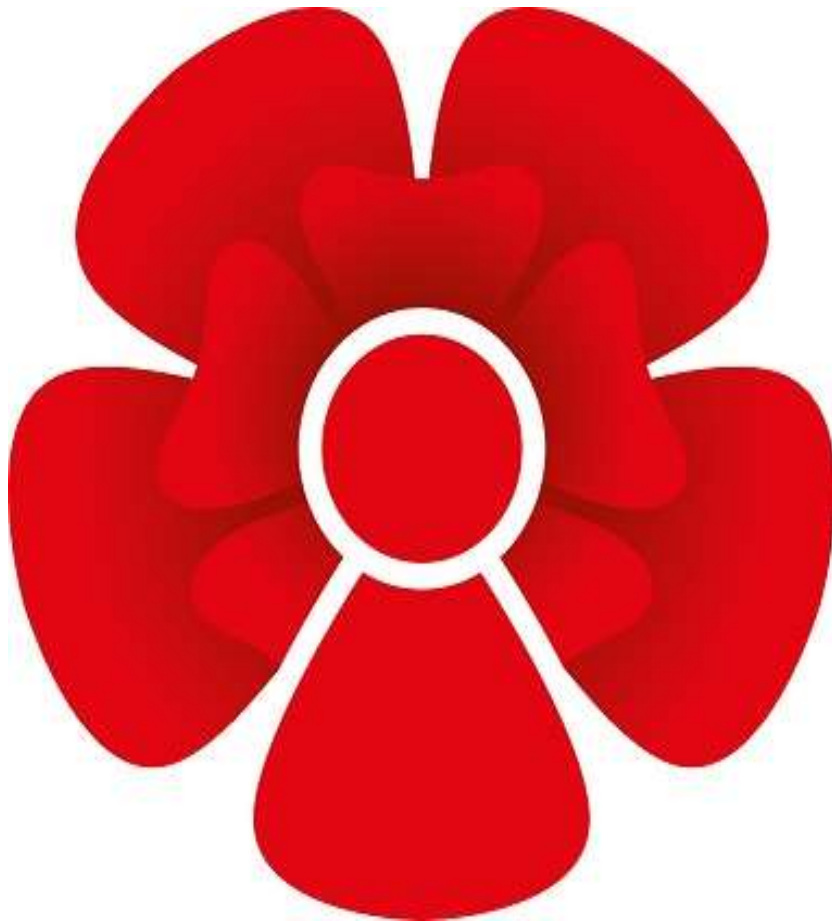


HSOH School of Hypnotherapy



THE EGG ONLINE TRAINING MANUAL



The Egg Online Training

Contents

The Egg Script.....	3
Further Training	5
Further Resources	5

The Egg Script

While you're resting in this very pleasant way, I want you to imagine something. I want you to imagine that you're looking into a bird's nest and in that nest there's one solitary egg. Just imagine that now. You're looking at an egg in a bird's nest. And as you look at that egg, so you see that it's getting near to that time when it will hatch out. You see the egg rocking slightly with the movements going on inside. Soon you see a tiny crack appear on the side of the shell. And then you see the tip of a tiny beak as it attacks that shell to make the crack bigger. The little bird works and works until the shell splits into two, and the two halves of the shell fall away, and you see a wet, bedraggled and exhausted little chick slump down onto the floor of the nest, puffing and panting.

Then the sun comes out, and the warm sunshine gradually dries out the little bird and gives it strength. As time goes by, the little bird's covering of fluff is replaced by new feathers, and now it begins to look more like a bird. The little fledgling now makes its first attempts at learning to fly. At first it flutters down to the ground, but it keeps trying until eventually we look up into the sky, and see that bird happily flying around. Free to do what it wants. Free to go where it wants.

Now there's a reason for imagining this because your life has been like this story. Not so long ago, you felt like that bird would have felt when it was still in its shell. While it was in the egg, it was growing and developing. Getting bigger. But the shell remained the same size. Soon that shell became like a prison. It was cramped and restrictive. It was dark. It could see no way out. And this is how you have felt. Confined by circumstance. Restricted. Seeing no way out.

But what did that little bird do? It began to attack that which confined it. It began to peck at the shell. And it kept at it until that first tiny crack appeared. The first shaft of light came into the egg. The bird could see a light, and it worked towards it. It worked so hard that eventually it defeated the shell, and it fell away from the bird.

You too, have been working, you have been attacking that which confined you. Now you can see the light. Now you know where you are going. And just like that little bird, you are at the point where those restrictions will soon fall away, leaving you completely free.

But think again about the story. When the shell fell away, the little bird was wet and exhausted from all that work. It slumped down onto the floor of the nest and rested. The sun dried it out and strengthened it. Now it could begin to learn.



Getting rid of restrictions does require work, and you have worked well at shaking off your chains. But it is tiring, and there is often a need for a period of rest before continuing. This is no cause for worry. The shell did not put itself back around the bird. Once it was off, it was off. So too your chains will not reappear once you have shaken them off. In other words, it's safe to have a period of rest. The sun will dry you out too and give you strength. Your sun is relaxation, and the strength you get from it. It takes away your tiredness and builds you up.

But look what happens from there. The little bird grows strong and learns to fly, maybe with a little difficulty at first, but getting stronger all the time. You too are getting stronger. You are learning to live without those chains. You are feeling your own freedom and learning how to use it. Soon, you will be just like that little bird, flying free in the heavens. Free to go where you want. Free to do whatever you want to do. With nothing holding you back or pulling you down.

Just imagine that freedom now. Just imagine you ARE free. You have NO restrictions - you have left them behind. As you imagine it, FEEL it. Feel that feeling of freedom. That feeling of relief. There is nothing in your way. There is nothing to restrain you. YOU ARE FREE.

I want you to imagine this well and feel that feeling. Get used out it. Notice how good it feels, because from this time on, that feeling is going to grow and grow. It will become stronger. It will become a part of you. What you are picturing and feeling now is going to become reality. This is the feeling you are GOING to have. So, feel it now. Feel its strength. Let it grow.

You're going to find now, that this feeling of freedom will become noticeably stronger as each day goes by. Each time you play this tape, you will awaken feeling more and more free, and much, much stronger.

So now I'm going to awaken you. And, when you awaken, you'll feel completely refreshed. You'll feel calm, relaxed, and happy. You'll feel free and very strong.



We hope you have enjoyed this short course and hope you will train with us again in the future. You can find out more about our training below.

Further Training

HSOH School of Hypnotherapy provides both online and classroom-based training.

Our Training Centre

Our training centre is located in Hampshire, U.K. We offer a full Diploma training course to become a fully qualified hypnotherapist as well as CPD (Continuing Professional Development) training.

Our CPD courses are also available as Live Online Training courses.

Accredited Diploma Course – [Click Here to Read More](#)

CPD Training – [Click Here to Read More](#)

Online Certification in Hypnotherapy – [Click Here to Read More](#)

Online CPD Training – [Click Here to Read More](#)

Further Resources

How To Be A Hypnotherapist

Written by Lorraine Gleeson to accompany her accredited Diploma course this book is available in paperback and eBook formats. You can purchase your copy from:

[amazon.co.uk](https://www.amazon.co.uk)

[amazon.com](https://www.amazon.com)

Newsletter

[Subscribe](#) to our newsletter and download Lorraine's free eBook A Career in Hypnotherapy, this eBook includes a free sample of **How To Be A Hypnotherapist**.