Hypno Script

Name: Christine Martin

Date: June 12, 2017

Close your eyes and take a deep breath, allowing your body to sink into a state of profound relaxation. Feel the tension gradually fading as you exhale, allowing tranquility and calmness to take over. With each breath, imagine a soothing wave of relaxation gently washing over you, starting from the top of your head and cascading down to your toes.

As this wave of relaxation flows through your body, visualize the release of any stress or anxiety. Feel your muscles loosen like a weight lifted off your shoulders. Notice how your breath becomes deeper and more steady, effortlessly carrying you into a serene state of being.

Let your imagination transport you to a place of utmost serenity and beauty. It could be a picturesque garden adorned with vibrant flowers and lush greenery or a secluded beach where the sound of gentle waves lapping against the shore creates a symphony of peace. Take a moment to visualize every detail of this tranquil setting—the vivid colors, the delightful fragrances, and the soothing sounds that envelop you.

As you immerse yourself in this serene environment, allow yourself to feel a deep connection with the world around you. Notice how the warm sunlight caresses your skin, bringing a sense of comfort and harmony. Listen to the melodic songs of birds or the rhythmic crash of waves, letting them lull you into complete relaxation and inner stillness.

Now that you have entered this blissful state of relaxation, it is time to focus on empowering yourself with positive suggestions. In your mind's eye, repeat affirmations or statements that reflect the changes you desire in your life. For example:

"I am confident and capable in all areas of my life."
"I release any negative thoughts and embrace positivity."
"I am motivated and take action towards my goals."

Feel the truth and power behind each word as you speak them silently or aloud. Let these affirmations resonate within you, filling you with confidence, motivation, and a sense of purpose.

With every positive affirmation, you strengthen your belief in your own capabilities and open yourself to the limitless possibilities that lie ahead. Embrace the notion that you are capable of achieving your goals and dreams. Release any lingering negative thoughts or doubts, replacing them with unwavering faith in your abilities.

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Jo Ana Starr

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Quantum Hypnosis Scripts Jo Ana Starr,2012-01-31 FREE PROFESSIONAL AUDIO HYPNOSIS SESSION INCLUDED WITH PURCHASE Do you need complete and effective Hypnosis scripts for your practice or for your own use Then this is the book for you Quantum Hypnosis Scripts is a 222 page book of full length professional Hypnosis scripts ideal for either professional use or for Self Hypnosis As the title suggests this book focuses exclusively on Hypnosis scripts and instructions for their best use In addition to the individual push button Hypnosis scripts Quantum Hypnosis Scripts provides 2 Master Hypnosis Inductions which are essential to the use of the provided Hypnosis scripts Also included are 2 Hypnosis Series Programs of 3 Hypnosis scripts each for Weight Loss and Stress Reduction Since these applications are ideally treated with a series of sessions which are frequently hard to find as scripts I think that readers will be pleased with these session scripts Readers of Quantum Hypnosis Scripts also receive a Bonus FREE full length audio Hypnosis session valued at 59 available at the book s website Detailed information on how to access your free Hypnosis session is available in the last chapter of this book Incidentally if you are a user of Instant Self Hypnosis method or a reader of Eyes Open Self Hypnosis reading these complete and suggestion rich scripts will work well for you For readers of Quantum Self Hypnosis and students or graduates of NEIH these are new scripts for you although the now familiar script framework the beach scene is used in all the included scripts There are also a few important duplicate Hypnosis applications featured in this book complete with new suggestions The general approach for all of the included scripts is ego strengthening and nurturing and very helpful for professional use as well as for Self Hypnotists Also important there are no scripts in this book that utilize negative programming or aversion therapy These scripts are all positive present tense and affirmative in nature thus very effective This book was written as a stand alone text as well as a companion book to Quantum Self Hypnosis so readers of that book will find many new and interesting scripts to use in this book We decided at the 11th hour to include one of our well known Stop Smoking Hypnosis scripts because it seemed wrong not to include a script for one of the most popular Hypnosis applications in this first volume of Quantum Hypnosis Scripts Since this script is not brand new or unique it is being included as a Bonus script and not being counted as one of the advertised 24 Hypnosis scripts included in this book While the script isn t unique it is very effective so for readers looking for a good Stop Smoking script enjoy your bonus script This book is considered a cornerstone work by many Hypnotherapy professionals working full time in our field If you are looking for quality time tested Hypnotherapy scripts this is the book for you *Seventy Proven Hypnosis Scripts:* Robert Hughes,Jerry Mooney,Carole Mooney,2015-06-16 This book Seventy Proven Hypnosis Scripts is designed to accompany and add to the powerful Self Hypnosis scripts from the Robert s first book Unlocking the Blueprint of the Psyche The hypnosis scripts in both works were crafted from his years of experience in his own practice such as inductions deepening and awakenings plus topics such as stress management pain management emotional freedom addictions and compulsions personal growth weight reduction stop smoking improving

memory All of these can be used as is or can be easily modified to improve your life in thousands of ways **Self-Hypnosis** Henry Leo Bolduc,2000-05 You have the power to change and control your life Hypnosis by its very nature is holistic it encompasses the whole person body mind and spirit By using self hypnosis you can achieve your goals and direct your subconscious mind to work for you in any area you desire to create a better life In addition to offering everything you need to know about self hypnosis this book provides 33 word for word scripts which you can adapt to fit your needs of literally hundreds of ways you can use self hypnosis to bring you greater happiness fulfillment and achievement in your life The scripts include losing weight quitting smoking sports achievement stress management self confidence holistic healing developing psychic ability attracting abundance past life regression enhancing creativity and many more Inside this book are all the tools and techniques you need to create powerful and positive changes in your life Visit Morpheus Books for more information http morpheusbooks blogspot co **Hypnotherapy Scripts** Ronald A. Havens,Catherine Walters,2013-05-13 Hypnotherapy Scripts 2nd Edition is a straightforward practical guide for doing Ericksonian hypnotherapy This book not only explains the rationale for every step in the hypnotherapeutic process it also contains sample scripts for each step This edition of Hypnotherapy Scripts guides professionals through the construction of their own hypnotherapy induction and suggestion scripts Verbatim sample transcripts of various induction and therapeutic suggestion procedures with detailed guidelines for creating one s own hypnotherapeutic inductions and metaphors are included Recent research and writings on the role of unconscious processes wellness and positive psychology have been added to this edition Also included is a detailed review of the diagnostic trance process a therapeutic procedure unique to this text **Breathe Easy Self Hypnosis Hypnotherapy Meditation Script** Key Guy Technology LLC,2019-09-11 Breathe Easy Self hypnosis this is a powerful hypnosis script that helps you breathe easier Hypnosis is theorized to work by altering your state of mind it does this in such a way that the left brain is turned off while the non analytical right side is made alert The conscious mind is slowed down and the subconscious mind is made more alert This professional made Hypnosis Script was created and copyrighted by Key Guy Technology LLC As a bonus you will receive access to the audio mp3 version of this script Hypnosis is theorized to work by altering your state of mind it does this in such a way that the left brain is turned off while the non analytical right side is made alert The conscious mind is slowed down and the subconscious mind is made more alert **Quantum Hypnosis Scripts** Jo Ana Starr,2015-03-30 Quantum Hypnosis Scripts is a 222 page book of 26 full length professional Hypnosis scripts ideal for either professional use or for Self Hypnosis As the title suggests this book focuses exclusively on Hypnosis scripts and instructions for their best use In addition to the 20 individual push button Hypnosis scripts Quantum Hypnosis Scripts provides 2 Master Hypnosis Inductions which are essential to the use of the provided Hypnosis scripts if you don t already have a favorite Hypnosis induction Also included are 2 Hypnosis Series Programs of 3 Hypnosis scripts each for Weight Loss and Stress Reduction Since these applications are ideally treated with a series of progressive sequential sessions which are frequently

hard to find I think that readers will be pleased with these session scripts Readers of Quantum Hypnosis Scripts also receive a Bonus FREE full length audio Hypnosis session valued at 59 available at the book s website Detailed information on how to access your free Hypnosis session is available in the last chapter of this book Incidentally if you are a user of the Instant Self Hypnosis method or a reader of Eyes Open Self Hypnosis reading these complete and suggestion rich scripts will work well for you For readers of Quantum Self Hypnosis and students or graduates of NEIH these are new scripts for you although the now familiar script framework the beach scene is used in all the included scripts There are also a few essential duplicate Hypnosis applications featured in this book complete with new suggestions and thus different scripts from those offered in Quantum Self Hypnosis The general approach for all of the included scripts is ego strengthening and nurturing These scripts are very helpful for professional use as well as for Self Hypnotists Also important there are no scripts in this book that utilize negative programming or aversion therapy These scripts are all positive present tense and affirmative in nature thus very effective This book was written as a stand alone text as well as a companion book to Quantum Self Hypnosis so readers of that book will find many new and interesting scripts to use in this book We decided at the 11th hour to include one of our well known Stop Smoking Hypnosis scripts because it seemed wrong not to include a script for one of the most popular Hypnosis applications in this first volume of Quantum Hypnosis Scripts Since this script is not brand new or unique it is being included as a Bonus script and not being counted as one of the advertised 24 Hypnosis scripts included in this book While the script isn t unique it is very effective so for readers looking for a good Stop Smoking script enjoy your bonus script This book is considered a cornerstone work by many practicing Hypnotherapy professionals If you are looking for quality time tested Hypnotherapy scripts this is the book for you *Advanced Ericksonian Hypnotherapy Scripts* Dan Jones,2014-12-29 The first edition of Advanced Ericksonian Hypnotherapy Scripts has remained a bestseller since its release in 2011 It remains essential reading on many top hypnotherapy and NLP training courses as well as recommended reading for all those interested in self hypnosis and creating their own hypnosis audio tracks these hypnosis scripts can be used to make commercial audio tracks as long as credit is given to the author and the book This new and expanded 2nd edition of Advanced Ericksonian Hypnotherapy Scripts contains additional hypnotic inductions and additional therapeutic scripts Many chapters have also been expanded with new helpful content to help you be as effective as possible and to help you to understand the scripts the hypnotic language and techniques being used and an overview of how to do hypnotherapy This book of more than 100 Hypnotherapy scripts is based on over 20 years of experience that the author one of the UK s leading hypnotherapists and hypnotherapy trainers has had working with a wide range of clients and training other professionals in hypnotherapy psychotherapy and the healing arts There are scripts to help people stop smoking lose weight lift depression calm anxiety sooth pain increase performance enhancement tackle insomnia and many more This isn t just another hypnosis scripts book the author hopes that readers will use these scripts as a starting point rather than just reciting scripts verbatim

This book shares ideas and suggestions on how to run hypnotherapy sessions from gathering information to carrying out the hypnotic work ending a session and setting tasks It also introduces Ericksonian hypnotic language patterns and script structure so that the reader can have a deeper understanding of what is being done in the scripts and why they are written the way they are This all round package makes this book a valuable resource for anyone wanting to learn more about Ericksonian hypnosis Hypnotherapists in training can also read and analyse the hypnotherapy scripts and study the language structure and multi level communication used to further their skill and knowledge The ultimate goal is to help hypnotherapists move beyond scripts to regularly performing script free hypnotherapy sessions that occur in response to the client in front of the therapist This hypnotherapy scripts book can help the hypnotherapist develop ideas from the scripts that can come out spontaneously once mastered The author Dan Jones has had over 50 000 book purchased over 1 5 million views of his self hypnosis and self help videos and over 500 000 of his self hypnosis and self help mp3 s downloaded Jones has been published in magazines worldwide and appeared on UK TV and radio He has been described in the British press as Remarkable with Expert Insight and Personal Development Guru the UK s Leading Personal Development Coach Jones has also carried out extensive research into the effectiveness of using a Humanistic Solution Focused Approach with families to reduce youth crime and anti social behaviour and has been published in the peer reviewed journal Human Givens **Self Hypnosis** Ryan Cooper,2015-08-21 SELF HYPNOSIS HOW TO FOR BEGINNERS WITH 75 STEP BY STEP SCRIPTS This Self Hypnosis book contains proven steps and strategies on how to hypnotize yourself in order to gain success and freedom in life Today only get this Amazing Amazon book for this incredibly discounted price The book contains step by step techniques in improving yourself removing the fears in your life healing various diseases and earning more money Through reading its chapters you will be able to understand the magnificent power of self hypnosis and become a better and more successful individual Here Is A Preview Of What You ll Learn Introduction Of Self Hypnosis For Beginners Elements Of Successful Hypnosis 75 Self Hypnosis Scripts Hypnosis Vs Self Hypnosis Hypnosis And Your Subconscious Mind Manifestation Of Wealth And Money Using Self Hypnosis Self Hypnosis Visualization Techniques Using Meditation To Get Focused Eliminating Distractions Training The Brain For Self Hypnosis Much Much More Get your copy today *Better Handwriting Self Hypnosis Hypnotherapy Meditation Script* Key Guy Technology LLC,2019-09-11 Better Handwriting Self hypnosis this is a powerful hypnosis script that helps you have better handwriting Hypnosis is theorized to work by altering your state of mind it does this in such a way that the left brain is turned off while the non analytical right side is made alert The conscious mind is slowed down and the subconscious mind is made more alert This professional made Hypnosis Script was created and copyrighted by Key Guy Technology LLC As a bonus you will receive access to the audio mp3 version of this script Hypnosis is theorized to work by altering your state of mind it does this in such a way that the left brain is turned off while the non analytical right side is made alert The conscious mind is slowed down and the subconscious mind is made more alert

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or can be easily modified to improve your life in thousands of ways including a Self Hypnosis master script that can be applied to anything you want to work on Unlocking the Blueprint of the Psyche is designed to help harness the incredible power of your mind to create self help miracles in your life **Butterfly Induction Self Hypnosis Hypnotherapy Meditation** Key Guy Technology LLC,2019-09-11 Butterfly Induction Self hypnosis this is a powerful hypnosis script that helps you relax and unwind Hypnosis is theorized to work by altering your state of mind it does this in such a way that the left brain is turned off while the non analytical right side is made alert The conscious mind is slowed down and the subconscious mind is made more alert This professional made Hypnosis Script was created and copyrighted by Key Guy Technology LLC As a bonus you will receive access to the audio mp3 version of this script Hypnosis is theorized to work by altering your state of mind it does this in such a way that the left brain is turned off while the non analytical right side is made alert The conscious mind is slowed down and the subconscious mind is made more alert **Hypno-Scripts** Mary Deal,2021-12-24 Unleash the power of your mind and discover your potential Do you wish you had the power to become all that you can be All good intentioned programming works best when you reach a deeper state of mind The secret is in accessing those states through easy life changing techniques A thin window of consciousness differentiates two states of the mind self hypnosis and meditation and this book will show their similarities and define each condition and accessibility If you re curious enough to at least peruse this book then the ability to learn these techniques is already a part of your consciousness and will soon to be recognized Lucky you Your subconscious is prompting you to investigate It is saying that you are capable of deeper states of mind Many have tried to focus to learn either self hypnosis or meditation and failed Applied concentration and knowing what to expect once entranced may be what was missing The instructions in this book are meant for those wishing to learn and use the techniques of self hypnosis and or meditation for self improvement Easy yet powerful scripts are provided to produce desired changes You can change your life today **Discover Your Potential** Nobuko Iheme,2021-07-12 Most of these hypnosis scripts are in the public domain and have been collated on this site for use by clinical hypnotherapists hypnotists hypnosis students stage hypnotists and those enthusiasts who are interested in the hypnotic arts If you re curious enough to at least peruse this book then the ability to learn these techniques is already a part of your consciousness and will soon be recognized Lucky you Your subconscious is prompting you to investigate It is saying that you are capable of deeper states of mind Many have tried to focus to learn either self hypnosis or meditation and failed Applied concentration and knowing what to expect once entranced maybe what was missing The instructions in this book are meant for those wishing to learn and use the techniques of self hypnosis and or meditation for self improvement Easy yet powerful scripts are provided to produce desired changes You can change your life today

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