****

Please Note:

The contents of this manual are intended to promote further development and understanding of the use of guided imagery in conjunction with other therapeutic modalities. This material is intended to further resource appropriately qualified professionals in the mental health helping industry, and is not a qualification of competence. The author makes no guarantees in respect to the accuracy of content herewith, or advice for a particular patient/client. Readers should consult with an accredited supervisor before implementing any concepts into their clinical practice that are discussed within this manual. It should be noted that the information contained in this manual is only current as at date of publishing. Post this date, research, website addresses, and information may be outdated. Neither the author, nor those responsible for the contents of this manual, shall be liable for any damages arising herefrom. In summation, any application of these contents, clinical or otherwise, must be undertaken under the advisement of an accredited supervisor and responsibility for outcomes lies with the qualified clinician.

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How Does the Mind Create an Image?

What is Guided Imagery?

# In the absence of external stimuli, how can early memories be restructured through Guided Imagery?

# Looking at emotionally charged schemas.

# What benefits does Guided Imagery have over traditional interventions?

# How important is trust in my Guided Imagery therapist in relation to outcome?

# Am I being mind controlled? How much will I remember after a guided imagery session?

# What presentations work best with Guided Imagery?

# How quickly does Guided Imagery work?

# Literature Review table that provides results of Guided Imagery with specific presentations.

# Intake Questions

When beginning a new therapeutic relationship, clients can feel anything from mild tension to a sense of threat. It is quite possible that the client’s state is not within the ‘window of tolerance’ where they are hypo-aroused (withdrawn) or hyperarousal (agitated). This means they are likely operating from the brain’s limbic system rather than the brain’s pre-frontal cortex. Therefore, answers to questions around traumatic experiences may lack insight if answered from the limbic system in the absence of reasoning from the pre-frontal cortex. To avoid re-traumatising the client, it is best to ask questions face to face about information that may provoke traumatic memories. Provided below are examples of questions sent out prior to appointment, followed by in-session questions you may wish to ask. All questions are suggested and rely on the discernment of the clinician to ask at the time.

# Pre-Session Intake Form

Dear Client,

Please note that all information provided in this Questionnaire will be kept strictly confidential in line with our policies outlined in **“Provision of Psychological Services” (see attached)**.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, hereby authorize

YOUR NAME/ORGANISATION to provide guided imagery psychotherapy services.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If you have any queries at all about the questions or your responses to the questions, please discuss your concerns with your clinician.

**PLEASE REMEMBER TO BRING THIS FORM TO YOUR NEXT VISIT**

**Personal Details:**

Date: Referred By:

Ms./Mrs./Mr. Full Name:

Date of Birth: Address:

Occupation:Marital Status:

 Mb Phone: Email:

CREDIT CARD CONSENT FORM

|  |  |
| --- | --- |
| Credit card full nameI give consent for automatic payments to be deducted from my credit card when I attend sessions with CLINICIAN NAME, and when I fail to cancel with less than 24 hours notice.  | Print Name:Sign: |
| Credit card number |  |
| Credit card type (eg. Mastercard, Visa etc) |  |
| Expiry Date |  |

MEDICARE REBATE PROCESSING FORM

(Must have a GP mental health plan to be eligible to receive a Medicare rebate)

|  |  |
| --- | --- |
| Medicare Card No. |  |
| Medicare Card Individual Ref No. |  |
| Medicare Card Exp Date |  |
| Dr Name (Referral and Mental Health Plan)  |  |
| Dr Provider Number |  |
| Dr Practice name and address |  |
| Dr Letter Date Of Referral |  |
| Dr Email Address |  |

AUTHORITY TO OBTAIN OR RELEASE INFORMATION

 TO HEALTH PRACTITIONER

I ­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (print name)

 of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (address)

give permission for CLINICIAN’S NAME to obtain/release information regarding my psychological health to my health practitioner.

Have you ever been diagnosed with a mental health diagnosis

If **Yes,** please identify what applies andwhen it has been diagnosed (year and month**)?**

|  |
| --- |
|  |

Any Other Known Significant Mental Health Issues (if yes, please identify):

|  |
| --- |
|  |

List any medications you are currently taking:

|  |
| --- |
|  |

**Consent:**

As part of providing a psychological service to you, CLINICIAN’S NAME will need to collect and record personal information from you that is relevant to your situation, such as demographics, medical history and relevant information. This information is kept securely and used only by CLINICIAN’S NAME and authorised practice personnel as necessary.

* **Cancelation Policy**.

24 hours is required to cancel an appointment. If I fail to give 24 hours notice I will be liable for the full $190 fee no matter the circumstance, and the amount will be automatically deducted from my credit card.

* **Provision of Reports**.

CLINICIAN’S NAME does not provide court reports. Please tell her if you may need one and you will be referred to a psychologist who is competent to help you. I agree not to request a court report.

* **Limits of Confidentiality**.

This service is provided confidentially, except when you state that you intend to harm yourself or others, and in the case where your notes may be subpoenaed. You will allow CLINICIAN’S NAME to consult with her supervisor about your case in order to assist with your therapy.

Please sign that you have read, and agreed to conditions of therapy outlined above:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

# Session Intake Form

**Briefly answer the following questions:**

1. If you had to pick only one word to describe your life, what would it be?

|  |
| --- |
|  |

1. If you had to pick only one word to describe your problems, what would it be?

|  |
| --- |
|  |

1. If you had to pick only one word to describe the good times in your life, what would it be?

|  |
| --- |
|  |

**Please complete the following sentences:**

One of the things I feel proud of is

|  |
| --- |
|  |

One of the things I feel bad about is

|  |
| --- |
|  |

I am happiest when

|  |
| --- |
|  |

If I were not afraid to be myself, I would

|  |
| --- |
|  |

I get so angry when

|  |
| --- |
|  |

I am most saddened by

|  |
| --- |
|  |

All my life

|  |
| --- |
|  |

Ever since I was a child

|  |
| --- |
|  |

One of the ways I could better help myself is

|  |
| --- |
|  |

It is hard for me to admit

|  |
| --- |
|  |

I am a person who

|  |
| --- |
|  |

A mother should

|  |
| --- |
|  |

A father should

|  |
| --- |
|  |

A true friend should

|  |
| --- |
|  |

Developmental History for Guided Imagery

Overview of why important. Clinician to complete a genogram (Genogram of FOO and current)

# Consider these questions when completing Developmental History

Any family history of any mental health issues or relevant medical conditions

* Significant health history (e.g. hospitalisations, grommets, brain injury)
* Visual assessment (i.e. optometrist report, glasses prescribed)
* Auditory assessment (i.e. hearing deficits detected, auditory processing difficulties)

**Developmental details – Don’t worry if you don’t know the answers, just tell me what you can remember.**

What was your parents relationship like before you were born?

Do you know if you were you wanted?

Did they want a boy or a girl when they were pregnant with you?

Were there any problems with your pregnancy?

Did you reach your milestones on time, crawling, walking, talking?

Do you remember going to kindy/school.

What was it like to leave mum’s side?

What was primary school like? (friendships, learning)

How do you handle change in your life?

Who can you go to for comfort if you’re stressed?

**Please note down your most significant memory, experience or event from each of the following ages. Include all ages – even past your age (where you imagine yourself to be at that age). If you cannot recall a significant event, don’t worry, just skip the line.**

0-5

|  |
| --- |
|  |

5-10

|  |
| --- |
|  |

10-15

|  |
| --- |
|  |

15-20

|  |
| --- |
|  |

20-25

|  |
| --- |
|  |

25-30

|  |
| --- |
|  |

30-35

|  |
| --- |
|  |

35-40

|  |
| --- |
|  |

45-50

|  |
| --- |
|  |

50-55

|  |
| --- |
|  |

55-60

|  |
| --- |
|  |

60-65

|  |
| --- |
|  |

65-70+

|  |
| --- |
|  |

**Please give short answers to the following questions:**

What motivates you?

|  |
| --- |
|  |

What makes you happy?

|  |
| --- |
|  |

Which behaviors do you believe are getting in the way of your happiness?

|  |
| --- |
|  |

What would you like to start doing more of?

|  |
| --- |
|  |

What would you like to stop doing?

|  |
| --- |
|  |

What do you see or imagine yourself doing in 5 years from now?

|  |
| --- |
|  |

What do you see or imagine yourself doing in 6 months from now?

|  |
| --- |
|  |

What would have to change or be different for that to happen?

|  |
| --- |
|  |

I truly believe that

|  |
| --- |
|  |

I also truly believe that

|  |
| --- |
|  |

I truly value that

|  |
| --- |
|  |

I also truly value that

|  |
| --- |
|  |

**Please answer the following question in only two or three sentences**

For what particular issue/problem – issues/problems are you seeking help?

**Issue 1**

|  |
| --- |
|  |

|  |
| --- |
| **Please rate on a scale from 1-10 how strongly you believe this issue is affecting you day to day (check box)** |
| **Not very strong** | **Moderately strong** | **Quite strongly** |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |

In your opinion, what could be causing this problem/issue?

|  |
| --- |
|  |

**Issue 2**

|  |
| --- |
|  |

|  |
| --- |
| **Please rate on a scale from 1-10 how strongly you believe this issue is affecting you day to day (check box)** |
| **Not very strong** | **Moderately strong** | **Quite strongly** |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |

In your opinion, what could be causing this problem/issue?

|  |
| --- |
|  |

**Issue 3**

|  |
| --- |
|  |

|  |
| --- |
| **Please rate on a scale from 1-10 how strongly you believe this issue is affecting you day to day (check box)** |
| **Not very strong** | **Moderately strong** | **Quite strongly** |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |

In your opinion, what could be causing this problem/issue?

|  |
| --- |
|  |

When you make the changes you have come here to see me for, how would this positively affect your life (list 4 or more changes)?

|  |
| --- |
|  |

**Please answer the following questions ONLY if you consider the use of GUIDED IMAGERY:**

Do you have any fears or phobias, if so, please describe:

|  |
| --- |
|  |

List your most favorite relaxing activities (i.e. walking, swimming, etc) and favorite places (i.e. beach, forest, mountains, etc)

|  |
| --- |
|  |

Have you experienced guided imagery before? If yes, for what

|  |
| --- |
|  |

Scripts for Guided Imagery

START HERE

May I have permission to touch your arm---your hand ----and the top of your head during the session? – (also explain finger signal)

# Eyelid relaxation (physical)

Now---take your attention to your eyelids.----  And allow your eyelids to relax so much--- that they just won't work.  Do that for me now.  ------And--Once you are sure that you have done that---- give them a check to make sure that you relaxed them so much ---that they just won't work....  Good--- now stop testing--- and allow yourself to go deeper relaxed.

Now ----take that feeling of deep relaxation that you are allowing there --in your eyelids---right to the top of your head

**(touch top of head)**

Really let that area of your body relax like your eyelids are relaxed...

Now gently ---send that feeling of relaxation down across your entire body---

**(touch tip of toe)**

from the top of your head ----right down to the bottom of your feet ----like a warm wave of deep--deep relaxation...

# Arm relaxation

Now ---In a moment,--- I am going to lift your right arm lightly ---by the wrist.

I'm going to do this ---to find out ---how well you have relaxed so far.  ----So let your arm be completely relaxed, ----heavy like a bag of sand.

Now--- let me do all of the lifting. --- And-- when I let it drop --- just imagine how you allow yourself –to drop much---much deeper –into relaxation—.

So---Let your muscles be heavy –very heavy——like a bag –full of sand—

**(Lift hand and drop it.)**

That’s right.

## Arm relaxation enforcer

Please understand –that from now on--- whenever I lift your arm during the session ---and drop it the way I just did—I like you to drop even deeper ---mentally and physically –deeper into deep relaxation –feeling wonderfully heavy –deep down --with not a care in the world.

## Eyelid enforcer

Good, ---- now ---once again --- I’d like you to take your attention to your eyelids---- and just like before, ---test them -----to make sure--- they are so relaxed---that they just won't work.-----

Good ----stop testing.  --- Now take that feeling of wonderful relaxation that you feel there --in your eyelids---right to the top of your head.  **(touch top of head)**

Good, --now this time, --when you send that feeling of relaxation down across your body, ---do it ---as if you could go ten times deeper.

Now ---send that feeling down across you entire body... **(touch tip of toe)**

that’s right... Now, let’s do that one more time...  Once again take your attention to your eyelids and just like before ---test them ----to make sure--- they just won't work...

Good--- now ---stop testing and go much deeper.

Now---Take that feeling of relaxation ---to the top of your head, ----and this time,---- send it down across your body----- as if you could double that relaxation.

Send it all the way down to the tips of your toes... **(touch tip of toe)**

Good--- you are doing very well----Now I'm going to help you relax mentally.

# Number relaxation

 In a moment, ----I am going to have you count out loud---, softly **(said softly)** and s - l - o - w - l - y (said slowly)**.**  Starting from the number 1---up.

And---I would like you--- to let it be different from every time that you have ever counted, ---because I'd like you to put less effort into each number ---that you count--- so that after a few numbers, ----you will be putting **zero effort** into the numbers---because you will have relaxed so far that—that you have simply --- relaxed them out of your mind--- and they will be gone. -----

Want that---- and you can have it very easily.

Now--- in a moment I want you to begin counting, ----starting from the number 1-- putting about half as much effort --into each number --as you relax them away.  ----And when they are gone ---- I’d like you to raise your right index finger **(touch right finger)** to show me –just how well you are doing...

OK---Begin counting now –starting with the number 1--  **(Client says "one".)**   Softer.

**(Client says "two".)**  S-l-o-w-e-r with only about half the mental effort.

**(Client says "three".)** Slower, softer and double your relaxation.

**(If the client says "four".)**  Softer, and double your mental relaxation.

**(If the client says "five".)** S-l-o-w-e-r, calmer, softer, doubling your mental relaxation.

**(If the client says "six" tap on the finger and say...)**  Nothing, nothing, nothing.

**(If the client says "seven" repeat the process with what you said when she said "one.")**

Any sound you may hear **(such as dogs barking somewhere near or far---phones ringing- birds singing - cars driving past—people talking--- --doors opening or closing- any noise-any noise – any sounds --any sensation that you come to notice)---**simply takes you even deeper---in fact---**every** sensation takes you deeper ---and following my suggestions---certainly takes you much ---much deeper.

# Finger Click Deepener

And you can know that your mind will automatically help you to let go-- so there is not even a need to consciously listen to the sound of my voice.

Now there in your imagination-- I want you to find a door in a pleasantly - well lit place with a sign on it that says deeper and deeper,--- and behind that door there are 3 steps leading down into a well lit place - and when you can find that door in your imagination - I want you to give me a finger signal

(wait for finger signal).

Good,-- now in a moment I’m going to click my fingers --and as soon as I do -- you can go immediately through that door into yet another pleasantly well lit place --and as you do-- go twice as deep into deep relaxation-- right there right then as what you are right here-- right now

(click fingers). **3-2-1**

Good now—wherever you are there now - I want you to find another door there ahead of you -- in an even more pleasantly lit place -- with a sign on it that says much – much deeper and deeper, and behind that door there are 5 more steps leading deeper down - when you can find that door in your imagination I want you to give me another finger signal

Wait for finger signal

Good – now - And as soon as you hear me click my fingers again- I’d like you to go straight through that door – stepping down further --into a bright and sunny place-- and go twice as deep into trance-- right there right then --as what you are right now

(click fingers). **5-4-3-2-1**

Very well—let’s do that one more time – this time I want you to find a door there where you are-- with a sign on it that says – the deepest I have ever been-- and behind that door there are 10 more steps leading down into a very deep relaxing place -- and when you can find that door in your imagination I like you to give me another finger signal.

Wait for finger signal

Good – now - And as soon as you hear me click my fingers again- I like you to go through that door into a place – that is like no other – a place where you feel so relaxed – your muscles so comfortably heavy- that it would take an incredibly strong effort to move any part of your body- a place – where your mind is so focused --on how much deeper you can go – that nothing else matters – so get ready now to go through that door-

(click fingers). **10-9-8-7-6-5-4-3-2-1-**

Good – from now on -- Just continue to let go -- as my voice goes with you – and each – and every time you hear me clicking my fingers – I’d like you to allow yourself to drop deeper and deeper – no matter where you are – no matter what you do- and no matter what it is that you are thinking – or feeling -- and if this is OK with your subconscious mind – I’d like you to give me another finger signal- Wait for finger signal

# General Deepener (mental)

Good--- now go much deeper.  And now---- as I count from ten down to one ---let yourself go much deeper—with every number—down—further down—more relaxed--You will find—that you can always go much –much deeper.

**Ten----**

**Nine,**  ----feel yourself relaxing much further.

**Eight,** -----relaxing more and more with each and every breath

**Seven,** -----feeling safe and secure and attending only to the sound of my voice.

**Six,**  --deeper and deeper relaxed-- as if all you care about now is how much deeper you

 can easily go.

**Five,**

**Four**

**Three**

**Two**

**One** ----as your body relaxes,-- your mind relaxes --and your body relaxes now much

further. ---and every and any sound you may hear **(such as dogs barking somewhere near or far---phones ringing- birds singing - cars driving past—people talking--- --doors opening or closing- any noise-any noise – any sounds --any sensation that you come to notice)---**simply takes you even deeper---in fact---**every** sensation takes you deeper ---and following my suggestions---certainly takes you much ---much deeper.

# Eyelid Catalepsy Convincer

I’d like you to take your attention to your eyelids now ---and as you do—you will notice that they become tighter.

As I count from one to three, --they will twitch and tighten. –and when I get to three- but not before --you will try to open them but you will not be able to.---

1. OK---One, ---your eyelids are twitching, --tightening and locking down.
2. Two,---- they are tighter and tighter,-- locking down ---and stuck like glue –stuck like glue
3. Three, ----- you try to open them --but you cannot. Try,- but you cannot. Try,- but you cannot.

Good! -- Stop trying and go much –much deeper.

# Voice Installing

Now –I’d like you to know that you will be able to use your voice just like you normally would--while under hypnosis –your voice will work perfectly fine---as you stay comfortably deep within a pleasant state and level of deep relaxation.

Now-- from this point on,--- whenever you hear me counting down from 10-1 saying the words—deeper—and deeper--- I’d like you to imagine how you are drifting deeper and deeper- further away and down – stepping down a staircase – or falling backwards into relaxation - deeper and deeper – and before I reach the number one – allow your eyelids to simply shut down – so heavy – heavier than bricks – and so you will find yourself instantly returning to this level of deep relaxation ---even deeper than what you are right now – so - whenever you hear me counting down from 10-1 – allow your eyes getting heavier and heavier – so that all you want to do is shutting them down completely before I reach the number 1- remember– I’d like you to allow yourself to drop deeper and deeper – no matter where you are -- and no matter what it is that you are thinking – or feeling – whenever you hear me counting down from 10-1 (and if this is OK- I’d like your subconscious mind to give me a finger signal)

# Compliance Deepener

it doesn’t matter if you consciously hear all I say --because the subconscious part of you naturally will -- even though you may not be consciously aware of it—so please let go –and follow my instructions –even though –there may be a part of you –that wants to interfere with the process—just allow yourself to refocus on my words and you will come to realize that this interference will soon pass –

Because we both know-- that you are listening to these instructions --because you want to achieve positive changes in your life –and that part of you --that interferes in the form of perhaps --vigilant analysis - doubt --or outright rebellion or opposition—to what we are doing here today----is the part of you--- that has up until now prevented you-- from making the changes you so desire.

And when you come to think of it —if it would be any other way –you would not be here today—attempting to find a better way --to come to terms with the challenges you are facing--- so – let go now –and surrender yourself to the process--- because if you do—the benefits of this session will truly surprise you. And as part of you thinks about these words – I’d like you to let go now—completely -- as we begin..

# Staircase Deepener

(And as you are there so wonderfully relaxed – I like you to have a dream in that comfortable place of yours) So---please listen up---and allow yourself to follow my instructions---In a moment---you will hear me counting backwards---down-- from 10 to 1

The moment I say the number 10, ---- in your mind’s eye ----I’d like you to see yourself at the top of a set of stairs—very safe stairs ---imagine you are looking down –those stairs ---feeling perfectly safe—and secure with no worries-

As I say the number 9 ---and each additional number ---I’d like you to simply imagine – how you step down those stairs, ---allowing yourself to relax more completely---with each step you take down—deeper and deeper--- allowing your body to get heavier and heavier – more limp and more loose – with each step deeper down—getting more and more heavy – and relaxed—until you are so heavy and relaxed –that all you want to do – is lying down somewhere – as I like you to imagine that you have grown so relaxed – that you find it very –very hard –to even support your own bodyweight – feeling so very --very comfortable—

Luckily –at the very bottom of the stairs lies a very large feather bed ---and a very relaxing feather pillow –in a place you feel most comfortable – a place just for you – somewhere you feel at ease – where you can let yourself go completely--this place can be anywhere – or anything you design – or it can simply be whatever comes to you when you get there-- it is your special place – where nothing – and nobody can disturb your peace of mind.

The moment I say the number 1--- I would like you to sink down into that feather bed ---and rest your head--- on that feather pillow- sinking deeper and more relaxed than ever before – feeling so heavy and relaxed that it would take great effort to move any part of your body – except for your index fingers and your thumb -- because you have allowed yourself to be heavier than many--many big bags of sand – melting deeper and deeper into that feather bed and pillow --

OK---Breathe in deeply--- as we begin

# 10, you are at the top of the stairs looking down---, you are relaxing-- and letting go, # 10

# 9, stepping down ---becoming more limp,--- more loose,---more calm, # 9 -8, feeling so very comfortable, peaceful and relaxed---moving down

10, stepping down—9---deeper , 8 down – heavier --, 7 way down,--- 7, way down 6—even deeper –even heavier –down to 5 --you are halfway there – very heavy –wondering how much heavier --and how much more relaxed you could be--, --- looking down seeing that comfortable feather bed down there --

4 deeper , down to 3, heavier –deeper down to 2,

5,---deeper – letting go of those neck muscles,--- 4, --letting go of those shoulders 3, deeper down to 2 ----way down---, 3 way down, arms getting even heavier --- 3 down – heavier down to 2 –legs very heavy --,

On the next number---the number # 1 ----simply allow yourself to be completely---your whole body heavy ---sinking deeper --and deeper

Let your body go more limp---- and more loose----- as if you were made ----from a handful of loose rubber bands –

OK---3 deeper down, 2 very deep , and 1 -----way---way down ---sinking deeper and deeper into that feather bed – feeling very comfortable – wherever you are there now --

# Elevator Deepener

Now—(as you lie there on your featherbed (And as you are there so wonderfully relaxed – I like you to have a dream within the dream )) – I’d like you to use your imagination now--- and I want you to imagine that it is a pleasant summers day,---- it is a pleasant summers day,--- just let go ---and relax ---and melt –and drop down further—just allow yourself to let go – because-- why wouldn’t you—if all you want to do --is being much more relaxed?

Good --Now--- I’d like you to use your imagination to help you –to go even deeper – and I am sure you can do that—because one can always go even deeper relaxed and comfortable -

Now,--- I’d like you to imagine that you are in an office building,--- it's a twenty story office building--- and you are way up on the twentieth floor,--- and –in a moment --you're going to take the elevator ---from the twentieth floor ---all the way down--- right down --to the basement,---- and each floor that passes by, ----each floor that goes by, ---you're going to continue to drop ---and relax, --down deeper –and further relaxed than the floor before.

OK now ---You're in the elevator now--- and the elevator is beginning to move down—you are a safe and secure—with no worries--

There goes the 19th floor, --- you've relaxed. Dropping deeper --

There goes the 18th floor, dropping even deeper, getting heavier in your arms and legs – just let go

There goes the 17th floor,--- just let yourself go --- and melt yourself down to the 16th floor. Dropping deeper- more heavy-- Down to the 16th floor.

The 15th floor,--- the 14th floor, ---even deeper and heavier --your whole body feels like a rag doll as you melt to the 14th floor, ---the 13th, ---the 12th, ---the 11th, ---the 10th, ---the 9th, ---the 8th floor,--- it feels as if there are magnets ---in the bottom of this elevator, ----those magnets are pulling down on your body,---- they're pulling you right down--- to the very carpet of the elevator.

Just let go and relax ---down to the 7th floor, dropping even deeper --- the 6th floor, ---the 5th,--- the 4th, --the 3rd, ---the 2nd, ----as the sound of my voice, --- helps you to drop down deeper to the 3rd floor,---- now – the 2nd floor, ----and we're almost down to that very first floor, very heavily relaxed now ----

and as soon as I reach that number 1 floor ----allow your body to feel like a puppet, ---your body will feel like a puppet that has strings attached--- to your arms ---and your hands ---and your feet ---and your legs, ---and as soon as I reach that number 1 floor, ---it's going to feel like I cut all of your puppet strings at once, -and I’d like you to allow yourself to feel so wonderfully relaxed—that you won't even be able to support your own body weight ---

because all of your puppet strings would have been cut and you have dropped so deep – deeper than you have ever been before – allow yourself to be in a state of complete inner calmness and relaxation – so deep inside – feeling so completely relaxed that even the tiny muscles in your jaw are so relaxed that you have difficulties keeping your mouth shut--

Get ready to let go, ---get ready to let go completely,-- here it comes, 3, deeper –down – down to ---2 dropping deeper now –to 1, down deeper and deeper just letting go,--relaxing and melting and dropping.

I’d like you to imagine that wherever you are there now – to remember that feeling of complete relaxation – for you can go there whenever you wish to – or whenever you hear me counting down from 10-1 – you can go there instantly -

Nothing bothers you now---any noise you may hear ---such as—cars driving past---dogs barking---doors opening or closing --people talking somewhere—anything ---will just make you go even deeper into relaxation---and the deeper you go---the better you feel---and the better you feel –the deeper you can allow yourself to go –that’s right

# Swinging Hammock Deepener

Now---At this point ---you're going to find it even easier to use your imagination.

Now--I want you to use your imagination now--- and I want you to imagine that **(the lift door has opened- and you are stepping outside to find that)** it is a pleasant summers day,---- it is a pleasant summers day,--- just let go ---and relax.

And I want you to imagine-- that it is a pleasant summers day ---and (in your very deep dream) you can see a hammock over there stretched between two trees – and now you are making your way to that hammock – and make yourself really comfortable lying down in that hammock – and when you have done that-- I like you to give me another finger signal

(wait)

– and so you're lying in that hammock there now---stretched between two trees, ----you can see the sunlight coming down--- through the leaves of the trees, ---and you can see the limbs of the trees ---as they sway back and forth in the gentle summer breeze.

I'm going to count down from ten to one---- and on each number I count--- that hammock is going to sway--- back and forth---, back and forth, ---and each time that hammock swings you're going to continue to relax ---and melt and drop down--- further and deeper than you were a moment before.

Now--- listen to my voice---

You're in this hammock now--- and this hammock is beginning to swing in the breeze,--- and you are starting to doze off – into a dream- 10, and you've relaxed, 9, 8, 7,--- it feels warm ---and safe and comfortable,---- 7, 6, 5, 4, as the hammock goes back and forth---, back and forth---, just let yourself go,---- 4, 3, 2 and 1, all the way down.---all the way down---that’s right…

Now-- from this point on,--- later on – whenever you hear me counting down from 10-1 saying the words—deeper—and deeper--- I’d like you to imagine how you are drifting deeper and deeper- further away and down – stepping down a staircase – or falling backwards into relaxation - deeper and deeper – and before I reach the number one – allow your eyelids to simply shut down – so heavy – heavier than bricks – and so you will find yourself instantly returning to this level of deep relaxation ---even deeper than what you are right now – so - whenever you hear me counting down from 10-1 – allow your eyes getting heavier and heavier – so that all you want to do is shutting them down completely before I reach the number 1- remember– I’d like you to allow yourself to drop deeper and deeper – no matter where you are -- and no matter what it is that you are thinking – or feeling – whenever you hear me counting down from 10-1 (and if this is OK- I’d like your subconscious mind to give me a finger signal)

# Garden-beach Sand Deepener

Now---that you feel so wonderfully relaxed ---so comfortable --- I like you to imagine ---that you are having this wonderful dream – that dream of a beautiful garden... With lush manicured lawns... And beautiful exotic plants... The sun is shining --and there is a very pleasant breeze of warm air... And the temperature is just as you would like it...

The air is pure and fresh... And as you look around at the wonderful scenery you hear ---the relaxing sound of birds--- singing overhead...

Now ---your conscious mind can drift anywhere pleasant it wishes to --while I continue to talk to your subconscious mind--- and your subconscious mind continues to listen--- to understand-- and to believe my every safe and sensible suggestion and what they mean--- and transfer those new suggestions to the conscious mind--- the body mind--- and the emotional mind.

And as you stroll around the garden... Feeling the soft grass under your feet... You wander towards some beautiful flowers... with colours brighter than you have ever seen...

And as you take a deep breath again... And inhale the soft –and warm fresh air... And as you breathe out ---you relax even deeper and deeper...

And as you continue on your way...

# Wishing Well Deepener/Clearing/Confuser

(And as you are there so wonderfully relaxed – I like you to have yet another dream –within the dream) and so --I want you to find yourself in a lush green field, under a blue sky,-- with that natural earthly smell of the country in the air. Look around in your mind and off in the distance you will notice a large old building --- a very old building almost like a castle. When you can find it ---just give me a finger signal

(wait for finger signal)

Good that’s right. --Now between here where you are now--- and there where that old building is then,-- you’ll notice that you can find an old stone wishing well in the field, -- all the way down a valley - when you notice it –just give me another finger signal.

(wait for finger signal)

Good now-- in a moment I’m going to count backwards from five down to one ---and by the time I get to one --I want you to be five times deeper in trance then than what you are now, --and I’d like you to make your way down that valley and by the time I reached 1-- I like you to be standing right next to that wishing well --- where you will notice- three upturned plates sitting evenly spaced around the rim of that wishing well. ----

OK - 5-4-3-2-1- and be there -- and when you feel you are there --- next to that wishing well – seeing those upturned plates on the rim- I’d like you to give me another finger signal (wait for finger signal)

Good- Now I want you to pick up one of those three plates --and turn it over, ---and I want you to notice – that there is an inscription on it --that says deeper and deeper-- then ---when you are ready—I need you to throw it into the wishing well --and at the same time --double your relaxation. ---So-- when that plate is in the well – I want you to go twice as deep into trance right there right then,-- than what you are right here- right now,--and when you have done all that -- then I like you to give me another finger signal- again. (wait for finger signal)

Good- Now turn over the second plate-- and notice an inscription that says – (Stress, anxiety, depression, weight, disappointment - anger and sadness) and then -- let go --- of all of that -- as you throw it into the well-- and allow yourself to go twice as deep again, -- and only when you have done that -- I like you to give me another finger signal.

(wait for finger signal)

Good--- now pick up the third plate and turn it over, -- notice the face is blank, --now using the power of your own mind --- I want you to inscribe something – you know – deep down - you can realistically achieve for yourself, -- to yourself. And when you’ve done that --throw the plate into the well and go even deeper into trance --- then and only then,-- let that finger flicker again.

(wait for finger signal).

Good,-- now in this deeper state of relaxation -- you can begin to move towards that old building – which lies even deeper in the valley -- and as you get closer ---you’ll notice sooner or later that the door is easy to find………………….

And above the door there is a sign that says -- “All Welcome”—and behind that door there are 5 steps going deeper down into the building ---Take all the time you need ---and go and find that door that sign-- and when you are there at the door ---give me a finger signal - (wait for finger signal).

Good -- now in a moment I’m going to click my fingers ---and when I do ---I want you to welcome yourself into that building ---and go in all the way down those stairs –into a lovely and comfortable bright hallway (click fingers) – good 5-4-3-2-1.

And there where you are there now – I like you to find yourself now in that very long, --well lit, --but very pleasant hallway. ----and as you do - you can notice that there are many doors down on both of the walls,- and you know-- that they lead into many other corridors – some that go to here – and others that go to there – with even more doors that go to here --and others that go to there, ---and I like you now to open one of these doors to your left somewhere further down that corridor – and you will notice that it leads into yet another corridor – and when you have done that – I’d like you to give me a finger signal (wait)

Good - and as you make your way all the way down that corridor – right at the end of it – I like you to open another door – where you find 5 steps going down deeper behind it- even deeper down into that building -- and when you are there – I’d like you to give me another finger signal (wait)

Good—now – I like you to keep walking through that corridor – and then open the next possible door to your right - (wait)-- and as you go through that door – into yet another very bright corridor - at the end of that corridor – you can now easily notice an impressive and very large door – right at the end of that corridor -- and right above that door there – you will find the word ---(**control room /library/ bedroom)** clearly etched in a large sign above it.— and when you are there – right in front of it-- I like you to give me another finger signal (wait)

Good - I want you to go into that (**Control room** - **library -bedroom)** right now -- and go twice as deep into trance again --- right then -- and give me another finger signal when you are there.

(wait for finger signal).

# Control Room Deepener

And now that you find yourself there in the control room of your mind – you will find a number of large switches and buttons on the wall opposite you – now – go and find that switch that says – master control – and switch it to off--- and when you have done that – allow your mind to really empty itself – let it go blank – as much as you can – and when you have done that ---give me another finger signal.

Good – now just next to that switch there now – you find another switch that says ‘muscle tension’---go over there and then switch turn that switch off also – and the allow yourself to get really really heavy --- and only when you have done that – give me another finger signal (wait)

Now – find that switch that says (depression, anxiety, stress, unhealthy eating, confusion, excessive drinking, etc.) and switch it to off -- and when you have done this – give me another finger signal.

Good –

Now I like you to go and find the switches or buttons that say focus, attention, clarity, happiness calmness, relaxation, etc.) and switch them to on – and when you have done that – give me another one of those finger signals.

Good -

And as you look around, you will probably see a number of other switches there in the control room of your mind. Now---I would like you to have a really good look at some of them – the most important ones – some will be switched on – and others might be switched off –

Now—go and flick the switches that you know --need to be switched on --- on ---and those you know need to be switched off—off --and allow your subconscious mind to simply do whatever needs to be done-- to ensure that all those neurons – and pathways -- in your body and all those thoughts in your mind – simply do what needs to be done – in the most effective way possible -- from now on – without you even having to think about this consciously – it just happens – automatically—subconsciously – without you even having to think about it at all.

And when you feel that all this has happened there for you – I like you to give me another one of those finger signals. (wait)

Good – now I like you to find a door there where you are – in the control room of your mind – a door that leads you even deeper – much deeper – to the deepest part of you – so deep – you seldom come here – you may be surprised to know – that there is such a deep part to you -- but you know it is the deepest part of you - - and when you can find that door there where you are – I want you to get ready – to go deeper than you ever been before – and when you are ready I like you to give me a finger signal. (wait)

Good – now in a moment I like you to open that door and behind that door you will find 10 steep steps that lead all the way down into a beautiful place – an enchanted forest perhaps or some other place that you know is a place – so deep – and peaceful -- where nobody and no one --could ever disturb your peace of mind --

(just imagine this place there of glorious beauty – and sounds of peace – where you are at ease – a place where there are magnificent eucalypt trees – with their wonderful and calming aroma– permeating all through you – putting you at complete ease.

Take it all in there – now – the aroma – and the feelings of peace that you are experiencing there – and when you feel completely at ease I’d like you to give me another one of those finger signals (wait) )

And I want you to know from now on ---you will simply be able to remember that place – anytime you want to go there – (or whenever you smell the wonderful scent of eucalypts) – you can go there instantly – by simply counting down from 10-1- or whenever you hear me counting down from 10-1 – you can go there instantly --- and nothing – absolutely nothing -- could disturb your peace of mind- not even the problem or situation that has brought you here today –simply vanishes out of your mind – and there will only be feelings of hope – clarity and positive excitement for the future that stay there with you – becoming stronger and stronger with every breath you breath in – and out.

And if this is ok with your subconscious mind – I’d like you to give me another one of those finger signals. (wait)

# Library Deepener

(I want you to find another door there where you are – on that wall somewhere -- with the word library clearly written above it- and when you can see that there – I like you to give me another finger signal- (wait))

Good, -- now open that door – let yourself in – take two steps down ---and notice all the long rows of books amid the peace and quiet ---then find the (S --D –A--W\_\_\_\_\_\_\_\_\_\_\_\_\_\_) section with the books on (Stress - Depression.. Anxiety…Weight\_\_\_\_\_\_\_\_\_\_\_\_) some old some new, large and small they’re all there in the (S…D..A…W\_\_\_\_\_\_\_\_\_\_\_\_) row.

And when you’re there give me another finger signal.

(wait for signal)

Good that’s right,--- now choose the oldest book in that section—which is probably also the biggest – the one that is looking a little tattered and tired. --- Pull it off the shelf --and as you do--feel how it turns to dust in your hands – but that’s OK - let it simply filter through your fingers -- and fall to the floor like sand, --- and when it’s gone completely --- allow yourself to go deeper and allow your finger to flicker again.

(wait for finger signal)

Perfect --- now I want you to go a little deeper into that library inside yourself and take every book in the (Stress , Weight, Depression..Anxiety…\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) section--- no matter how many there may be there.-- Take every book from the shelf --and notice how it falls to the same dusty sand – simply falling through your fingers. --- Take all the time you need ---and by the time they are all gone--- you will be very deeply relaxed – And when all that’s happened there for you-- a finger signal will do.

(wait for finger signal)

Good go much deeper now. Follow my count way down deep to that comfortable and peaceful place inside from: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

# Bedroom Deepener

(I want you to find another door there where you are – with the word bedroom clearly written above it- and when you are there – I like you to give me a finger signal- (wait))

Good now – Good, -- now open that door – let yourself in and notice that you are there now in a bedroom,--- and I like you to notice that there is a bed there—and as you look closer there now – you notice that there is somebody asleep in that bed.--- When you can find that there -- go a little deeper and give me another finger signal.

(Wait for finger signal and say “Good that’s right).

Now move closer to that bed ---and that sleeping figure – have a really good look at that sleeping figure --- and notice that it is you in that bed--- asleep-- deeply, resting peacefully. -- Notice the way your breathing is rhythmically lifting the image --- up and down,-- as the lungs expand and contract in pace with the breathing rate.---

Now -- when you’re ready-- I want you to imagine -- that you are going to slip into your sleeping image,-- flow into it on an in-breath -- and go deeper into trance,-- right there, right then, -- when I click my fingers.

Ready now? (Click Fingers and say). Go in there now and go deeper and deeper………….. Good that’s right.

And as you are so nicely asleep – dropping deeper and deeper into some wonderful dreams – you find yourself dreaming about (a beautiful garden – with lush manicured lawns and many exotic plants – with colors brighter than you have ever seen…) and as you walk along …

# Cliff Deepener/Clearing

Now there in your mind’s eye -- I want you to find a door with a sign on it--- that says deeper and deeper ………………………. And behind that door there are 10 steps leading deeper down into deep heavy relaxation. And when you can find that door with that sign on it there-- in your imagination, --- give me a finger signal

(wait for finger signal)

That’s right,--- now when I click my fingers you can go through that door-- into an even deeper trance right then, ----than the one you are in there right now ………………………….(click fingers) 10-9-8-7-6-5-4-3-2-1-

Good - and you can notice that you are in a brightly lit place ---with another door just over there - that says deeper and deeper on it there ---right in front of you and when you can see that second door give me another finger signal (wait for finger signal).

That’s right …………………….. now when I click my fingers again ---I want you to go through that second door-- and go twice as deep into trance right there,-- right then …………. And on the other side of that door-- you can find yourself in a very well lit room …………………………that is perfectly safe ……………………….

You will also notice there--- that there is an exit door --- and a brand new shiny rubbish bin in one corner----

Go through that second door now (click fingers) ---- and when you find yourself in that brightly lit room with the exit door and the shiny new rubbish bin,--- -- give me another finger signal (wait for finger signal then say)

Good - Now I want you to go over to where you can see that rubbish bin ………………….. And I want you to take the lid off …………………. And when you know it is completely clean inside ……………….. Then give me another finger signal (wait for the finger signal and say)

Good that s right ……………………. Now let your imagination help you --- and I want you ……………………… to simply begin to put all of those unhelpful ………………….. Unwanted ………………….. Negative issues, which you no longer need to carry as a burden in your life ……………….. Into that bin ……………………… And only when you have finished with doing that --- and only then- I’d like you to give me another finger signal (wait for finger signal then say)

Good ………………………… now take all the time you need and only when all of those things are in that bin ……………… allow a pleasant feeling flow all through you,-- then you may notice, ---or you may not notice ……………………. that you will give me another finger signal. (Wait for finger signal and say)

That’s right ………………….. Good -- Now I want you to put the lid back on that bin -- and to look at the exit door,--- then pick up that bin in your mind’s eye -- and go and stand in front of the door with the bin …………………….. When you’re there,-- give me another finger signal- to let me know (wait for finger signal and say)

Now in a moment …………… when I click my fingers that door will open up --- and on the other side you will find a very-- very high cliff face …………………… a cliff that you could never fall over.

Ready now (click fingers and say)

Now go through that door in your mind there ----and throw that bin off that cliff ---and watch it disappear …………………… and when its gone,--- and only then--go deeper into trance—and give me another finger signal. (Wait for finger signal).

# Bridge Clearing

And as you walk along –I’d like you to see – there in your mind--just ahead of you --- a beautiful bridge ---that leads over a very deep---deep canyon below. And just below that bridge far – far down ---in the distance---there is a raging -- vast –and deep –deep river ---that leads out –out into the vast –vast –deep blue ocean –a peaceful ocean. And as you get to the bridge –feeling very safe and secure--you notice an old biodegradable leather suitcase –standing right there --in the middle of that bridge – and as you walk closer now—I want you to open that rather wondrous looking suitcase –and fill it with all that –that bothers you –all that that bothers you –anything you want to get rid off - from now and from the past – fill it right up --- fill it--with all that outworn – unwanted stuff --that has been with you for far too long --- fill it now---fill it with all those outworn –and unwanted believes –and issues –all that --- that bothers you --- fill it --- take some time--- (and when you have done so –give me a finger signal - wait)---

Very – well - and now – close that suitcase – take it right to the edge of that bridge - and push it off that bridge –and see it falling –falling –falling –away –falling down into the distance ---deeper and deeper -- away from you –until it has disappeared into the distance – deep down into the river – which carries it out into the vast deep ocean –where it sinks deeper and deeper –and simply dissolves into nothing – nothing – nothing - just like a drop of ink –dissolves into nothing when added to a large pool of water –so too has all that you have put into that suitcase been dissolved – making you feel light – and relieved –---(and when that has happened there for you – give me another one of those finger signals please)

Now-- from this point on,--- whenever you hear me counting down from 10-1 saying the words—deeper—and deeper--- I’d like you to imagine how you are drifting deeper and deeper- further away and down – stepping down a staircase – or falling backwards into relaxation - deeper and deeper – and before I reach the number one – allow your eyelids to simply shut down – so heavy – heavier than bricks – and so you will find yourself instantly returning to this level of deep relaxation ---even deeper than what you are right now – so - whenever you hear me counting down from 10-1 – allow your eyes getting heavier and heavier – so that all you want to do is shutting them down completely before I reach the number 1- remember– I’d like you to allow yourself to drop deeper and deeper – no matter where you are -- and no matter what it is that you are thinking – or feeling – whenever you hear me counting down from 10-1 (and if this is OK- I’d like your subconscious mind to give me a finger signal)

# Negative Emotion Clearing- Objectifying Emotions

And now --- I’d like you to identify an emotion, or a feeling, that you wish to change the most. Something that you don’t want to feel any more--- or any longer ---(and when you get that emotion – or that feeling – give me a finger signal)

Good -- And now-- Ask yourself a number of questions.

1. If the emotion/feeling-- that you have there in your mind--were an object, what would it feel like to touch it?

(and when you know – give me a finger signal)

1. Good- now -- If the emotion/feeling were an object, what would it look like?

(and when you know – give me a finger signal)

1. Good- now -- if the object had a taste, -- what would it taste like?

(and when you know – give me a finger signal)

1. Good – now ---If you shook the object, what would it sound like?

(and when you know – give me a finger signal)

1. Good- now – there in your imagination --How big is the object?

(and when you know – give me a finger signal)

6) Good – and finally – Where could you fit this object into? A small box? A big box? A sea container? Or anything else? (wait) And when you know – I would like you to put that object into the container and close it – and make sure you lock it up too. (wait) and when you have done all this – I’d like you to give me a finger signal

# Negative Emotion Clearing- Kites Metaphor

Now – I’d like you to picture yourself holding on to a number of kites --on a very windy day.--- so they are pulling strongly—(wait) – Now—I’d like you to imagine that each kite represents a negative emotion/feeling,--- just take some time – to see the kites there in the sky – and associate a negative feeling or emotion with each kite you can see up there – up in the sky – while the wind is whispering in your ear – and your feet are firm on the ground - (wait) and when you have done all this – I’d like you to give me a finger signal

Good now ---One at a time ---just release the kites. Let go of each one – one by one- and watch them fly away--- and with each release-- feel and know -- that the associated emotion/feeling is now gone—flying and drifting - away further and further.

# Negative Emotion Clearing- Feather Metaphor

Now – I really want you to look carefully if you really have let go -- of all the negative emotions and feelings – have a really good look – and if you can still find one that has escaped somehow—I want you to find it – right now—and I’d like you to see that emotion as a feather.---(wait) ----Now --- Simply grab hold of it – and then throw it right into the air --- and because it is a very windy day you watch it blow away, -- further and further to the horizon – until it is out of sight --- never to be seen again. (and when you have done all this – I’d like you to give me a finger signal)

# Negative Emotion Clearing - Smashing Balloons

Now—I like you to picture yourself facing a colorless,--- concrete wall. Beside you, on the ground, there are a number of balloons of different colors and patterns, -- much like a pile of marbles,-- only these balloons are the size of bowling balls. --You notice --these balloons are alive;-- they glow,-- pulse, and breathe. They are filled with a material that represents ---all that --of what you are attempting to rid yourself of.

Now---find the balloon that represents the emotion -- you wish to destroy. Make sure to get a good look at it, and then—use a whiteboard marker – and write the emotion's name onto them.

Finally, throw the balloon at the wall and watch it burst.—and as you do Picture gas escaping into the air and picture a watery,-- colored splat on an otherwise featureless concrete wall.

– and when you have done that- I’d like you to give me a finger signal

# Anxiety Clearing - Mountain air

And as you cross that bridge –leaving behind all those old outworn –unwanted believes –and issues ---

Now – I’d like you to imagine how you make your way – up a magnificent mountain --- and imagine how you stand there – on top of that mountain- and you are standing there in the fresh crisp and clear mountain air – you are at the highest peak – and you breath in the pure fresh air – breath by breath – you fill your lungs – to the last corner – and as you breath out – you notice black steam coming out of your nose and your mouth – and deep down you know -- that this is all the stress and the anxiety that you breath out there – and that black smoke quickly evaporates in the fresh and crisp – clear - and pure mountain air--- And I‘d like you now to keep breathing in the fresh mountain air – until all black smoke has left your lungs completely – and there is only pure and fresh – crisp and clear mountain air in your lungs – and when you have done that- I’d like you to give me a finger signal

# The Inhale Energy - Exhale Smoke Clearing

**Step 1**

Take a slow, deep breath from your stomach or abdomen. As you breathe in---- I’d like you to picture there in your mind --- white light or very strong energy particles in the air around you, being sucked into your system by your breath. --- (wait)

Now---allow yourself to feel the energy in your body as you breathe.

Each time --- feel the energy peak as you are about to exhale.- do this for a little while – and notice how the energy in your body rises – more and more--

**Step 2**

Good-- Now picture there in your mind -- all the bad -- destructive-- painful emotions (all that stuff you couldn’t get rid of on that bridge before – and so I like you to really check yourself deep inside for whatever that could be ) picture that there in your mind as thick-- black smoke --rolling around in your system. ---- Identify these emotions and insecurities—and let them build up in the smoke.

Picture it ---as if it is forming in your chest, --- ready to be released. -----And Take a moment to make sure you have a firm grasp on the black smoke before proceeding, ---remembering that it represents everything that you want to get rid of (and when you have done that – give me a finger signal)

**Step 3**

Good now ---In a moment when I count down from 3-1 - I like you to exhale slowly, making sure to visualize your breath as black smoke-

OK now 3-2-1 exhale slowly

**Step 4**

Good now and - I’d like you to continue to keep breathing like this -- until the color of the air you exhale matches exactly the energetic air you inhale. ----In other words, --keep doing it as long as you feel there is still smoke to release and keep breathing in the energy that surrounds you- until you are feeling 2 times more energetic as you do now.

(and only when you have done that – give me a finger signal)

#  Beach Deepener

And as you cross that bridge –leaving behind all those old outworn –unwanted believes –and issues ---You come to a very pretty--- long winding pathway ---which leads you down to the beach...

And as you wander along ----relaxing deeper and deeper--- with every step... You soon reach the beautiful beach--- with miles of golden sand...

And as you slip off your shoes--- and stroll across the soft sand...sinking in the soft sand –sinking deeper and ---deeper into trance---with every step you take--

You gaze out into the distance... And see the vastness of the sea ... And-- you watch how the waves roll towards the beach... In a never ending sequence... One after another... And you hear the sound of the waves building up... And then breaking near the beach...

And you feel a growing feeling of peace and calm... As the warm sea air lightly brushes your skin... And as your feet sink into the sand with every step you take... So you are relaxing deeper and deeper with every step...

And you soon reach the wet sand near where the sea begins... And you notice how much louder the sea is up close... As wave after wave rolls towards you...

And your feet now sink down deeper than before... Into the wet warm sand ... And when you reach the sea... You gently let your toes test the water... Which is slightly cold at first ... But soon warms as you take a few more steps into the water...

And as you allow the waves to roll over your feet and ankles... And then retreat again... You breathe in the fresh warm -- salty sea air... And relax deeper and deeper...

And after a while you stroll back up the beach... To a most inviting –well cushioned deck chair –under a palm tree---which is there especially for you...

You lie back in the chair... And as you take a deep breath once more... You relax deeper and deeper still as you breathe out...and many wonderful memories ---come to your mind.

And as you gaze out at the calm blue sea... You see the waves lapping lazily on the beach... And hear the sound of the seagulls up above... You notice a fishing boat... With its colourful sails... Gently moving up and down... The sun is shining... The sky is clear blue... Not a cloud in the sky... And you are feeling more and more relaxed... As you doze in your deckchair... With not a care in the world ... At this moment in time... And you take a deep breath once again... And as you breathe out you relax deeper and deeper... than ever before...

you are now--completely relaxed--- and your subconscious mind will listen to—hear-- understand and believe my every safe--- and sensible suggestion and what it means.

Now-- from this point on,--- whenever you hear me counting down from 10-1 saying the words—deeper—and deeper--- you will find yourself instantly returning to this level of deep relaxation ---even deeper than what you are right now – so - whenever you hear me counting down from 10-1 – allow your eyes getting heavier and heavier – so that all you want to do is shutting them down completely before I reach the number 1- so just allow yourself to go with these suggestions whenever you hear me counting down from 10-1 from now on – deeper and deeper –-- I also like you to remember that each and every time you hear me clicking my fingers – I’d like you to allow yourself to drop deeper and deeper – no matter where you are -- and no matter what it is that you are thinking – or feeling --

# Arm Levitation/Convincer

Breathing deeply ---and slowly---- brings more oxygen into your body,--- and each time you breath out ----you will notice that --your body keeps relaxing more and more ...

Each time you breath in and breath out--- you can allow yourself now – to become more aware of the natural rhythm and flow-- of your body ---and the feelings of comfort ---that develop ... there deep inside of you -- (Pause)

And I wonder – how much more comfortable you can feel --when you let your arms and hands rest ---very---very -- gently on (the armrests of that chair) whatever they are resting there right now? – so lightly that they barely touch (the armrest of that chair) whatever they are touching there right now—but with no effort at all—just easy

Now—as you keep focusing on your hands ... you may become aware – of the feeling ---that there is a difference between those hands ----maybe ---one hand feels a lot warmer than the other ---and you will surely find that one hand begins to feel ---a lot lighter than the other –---- wait

You know - that happens all the time---so the question really is ---which one will it be ---the left or the right hand? --- I wonder which one it is – that is getting lighter --- and when you know---I’d like you to focus on that hand..... that is becoming lighter and lighter --- the more you focus on it - effortlessly --- effortlessly ---with every breath you breath in..... wait

while the other hand may even have grown more heavy --- and more limp –and feels as if bricks are attached to it---and that is perfectly OK ….. wait

And as you allow yourself to experience these differences between your hands--- I would like you now-- to focus only on that hand that is feeling lighter and lighter—and which seems to be getting lighter with every breath you breath in--- and I like you to imagine how that ever increasing lightness that you feel there in your hand -- slowly flows from your hand all the way up your arm—effortlessly-- until your whole arm feels like a feather –so light ….. wait

and as this is going on --- I like you now to imagine--- that there is a string comfortably tied around the wrist of that hand -- and attached to the other end of that string--- is a very large,--- bright-red, ---beautiful ---beautiful helium balloon, --that is floating up there just above that hand – and which is pulling very strongly on that string- that is tied around your wrist –

and all that the balloon is wanting to do – is what all balloons want to do – and that is to fly up higher and higher into a beautiful blue sky - and with each – and every breath you breath in --- that balloon is just getting bigger and bigger – and it is pulling stronger and stronger on that string – pulling stronger and stronger on your hand and forearm – is lifting—strongly - floating—strongly – pulling higher and higher –into the sky- and it is getting lighter and lighter – and it is pulling stronger and stronger…wait

And it is pulling so strong now – that you can no longer hold it down – and so you think to yourself – that it is better to let go – let go -- and so the balloon is starting to lift your hand –---with it ---up – with it—effortlessly—effortlessly---further and further – with every breath – stronger - so light--- that hand – is lifting higher and higher into the sky--with that beautiful balloon. ---

and you may start to notice that that hand is wanting to lift --- is starting to lift –drift –float—at first -- very slightly.... very slightly upward.... that's right--- it's moving upwards... lifting---drifting-- floating ---bit by bit---with every breath ---you breath in ---into the sky--and with each bit of lifting --you feel-- it is getting lighter and lighter... moving up all the way.... bit by bit---gently moving.... rising... that's right... and it's getting lighter and lighter........ as that hand lifts and rises.... more and more... further and further lifting that hand.... lifting and moving...drifting—floating—bit by bit---effortlessly --   higher and higher –and the higher it goes –the better you begin to feel--- the lighter – and more clear – and refreshed - your mind is going to feel –

--and with each breath out... you feel yourself more relaxed... more comfortable... more at ease... feeling better and better ---    --while your hand is getting lighter and lighter - feeling lighter and lighter ---feeling better and better –so good ---you haven’t felt in years---so refreshed and happy---so at ease--

And each gentle breath is making you more relaxed... letting go.... as your hand keeps drifting lifting –lifting ---lifting---higher and higher.... and you may just take a few moments to enjoy that wonderful feeling of relaxation... of delight -----as every part of your body relaxes deeply... deeply-- deeply relaxes ... now –---with no worries at all – and as you do---you will come to notice--- that your head –and your mind ----is starting to feel wonderfully light and refreshed –your mind feels crisp and clear—all worries starting to simply evaporate—into –nothing –nothing -- –because there is no space for it ---there is only space for ---wonderful deep relaxation ---and refreshing emptiness – of mind--crisp and clear

As your mind keeps feeling lighter and lighter--- as that hand is lifting higher and higher--as the rest of your body continues to feel heavily relaxing ... you can go even deeper – as your mind is beginning to feel so wonderfully refreshed and at ease---so crisp and clear –as all the tension in your mind –simply starts to evaporate –into the air around you –into nothing --

## Arm Lowering Deepener

That’s right—and as you focus on your mind-- and all the sensations that you feel there--I don’t want you to let that arm go down any faster---or any sooner ---than what it takes you to go even deeper ---into a deeply relaxing hypnotic trance --

# Opening of Subconscious Mind

Good. Now your conscious mind can think about any constructive or happy thing it wishes to, because I am now talking to your subconscious mind--- So it may be even helpful if your conscious mind were to just wander off into some pleasant daydream place --- and perhaps not even bother listening,--- it makes no difference,-- because soon I’m going to give your subconscious mind some very positive and helpful suggestions--- and your subconscious mind is going to listen to and believe and obey my every helpful suggestion.

So much so--- that even when you are not with me here, --- ---regardless of what is going on around you there and then.

These positive suggestions—that I’m going to give to your subconscious mind ---are going to sink in so deeply, ---in such a beneficial and helpful way into your subconscious mind --that your conscious mind will have no option-- but to react and obey these helpful and beneficial suggestions.

And no person - and no event from there and then, -- or here and now, -- or from even the future, -- can change the helpful things I tell your subconscious in the here and now –

Now-- listen very carefully with your subconscious mind-- in a way that allows your subconscious mind -- to believe every word I say.

# Accepting change

**As I talk to you here and I can do so comfortably---, I want you to simply remain comfortable,-- listening and not listening peacefully-- with every part of your mind.**

## Dragons & Watermelons

Let me tell you a story now – you should know – that many years ago in the hills of Patagonia there was a tiny village.-- The inhabitants were starving. --Because they lived in fear of a dragon-- that they believed they had seen in their fields--, and so they wouldn’t go to the fields to harvest their crops.

Then one day a traveler came to the village,--- and when he asked for food --the villagers explained that they couldn’t give him any ---because the dragon kept them from their fields. You must know – that the traveler was extremely brave and offered to slay the dragon,--- but when he arrived at the fields-- he saw that there was no dragon-- only a large watermelon. ---So he returned to the village and said---” You have nothing to fear; there is no dragon, only a large watermelon.” ------The villagers were angry and so they hacked the brace traveler to pieces.

Some weeks later another traveler came to the village. ---When he asked for food --he too was told about the dragon. ---He was also very brave and offered to kill the dragon. ---Once again the villagers were overjoyed. --- However - when the second traveler arrived at the fields he also only saw the giant watermelon and so he returned to the village to tell the villagers that they were mistaken about the dragon. ---And they need have no fear of a giant watermelon. And so the villagers also hacked him to pieces.

More time passed and the villagers were becoming desperate.—Then -- One day, a third traveler appeared.--- He could see how desperate they were ---and so he asked what the problem was--- so they told him, --- and he promised he would slay the dragon so that they could go to the fields to harvest their crops.

As you can imagine - when he got to the fields --he too saw the giant watermelon. -- But he was adaptive and very inventive,--- so he drew his sword, --- leaped into the field-- and hacked the watermelon to pieces.

Then he returned to the villagers-- and told them that he had killed their dragon - they were delighted. --- The traveler stayed in the village for one more night,-- which was easily long enough to teach the villagers the difference between dragons and watermelons –

Now-- from this point on,--- whenever you hear me counting down from 10-1 saying the words—deeper—and deeper--- I’d like you to imagine how you are drifting deeper and deeper- further away and down – stepping down a staircase – or falling backwards into relaxation - deeper and deeper – and before I reach the number one – allow your eyelids to simply shut down – so heavy – heavier than bricks – and so you will find yourself instantly returning to this level of deep relaxation ---even deeper than what you are right now – so - whenever you hear me counting down from 10-1 – allow your eyes getting heavier and heavier – so that all you want to do is shutting them down completely before I reach the number 1- remember– I’d like you to allow yourself to drop deeper and deeper – no matter where you are -- and no matter what it is that you are thinking – or feeling – whenever you hear me counting down from 10-1 (and if this is OK- I’d like your subconscious mind to give me a finger signal)

# START THERAPY

Now-- from this point on,--- whenever you hear me counting down from 10-1 saying the words—deeper—and deeper--- I’d like you to imagine how you are drifting deeper and deeper- further away and down – stepping down a staircase – or falling backwards into relaxation - deeper and deeper – and before I reach the number one – allow your eyelids to simply shut down – so heavy – heavier than bricks – and so you will find yourself instantly returning to this level of deep relaxation ---even deeper than what you are right now – so - whenever you hear me counting down from 10-1 – allow your eyes getting heavier and heavier – so that all you want to do is shutting them down completely before I reach the number 1- remember– I’d like you to allow yourself to drop deeper and deeper – no matter where you are -- and no matter what it is that you are thinking – or feeling – whenever you hear me counting down from 10-1 (and if this is OK- I’d like your subconscious mind to give me a finger signal)

# Subconscious Issue Release

Now there in your imagination ……………. As you continue to drift deeper and deeper down…………. I want you to imagine yourself ---on a large flat surface …………………. Like a desert……………………… and I want you to notice --that there is a very low sky above ……………. ----Stretching to blue as far as your eyes can see ……………………….

Notice how tranquil it is there ……………………. In that place ………………… And when you find yourself there in your imagination …………………………. I like you to give me a finger signal

(wait)

Good, that’s right ---- Now I want you to notice -----that a wind is beginning to blow ……………….. Gently at first …………………………. And that there are some strange and intriguing shapes---- and things beginning to blow around---- in that wind ……………………..

Nothing that can touch you--- or harm you …………………………………….

When you can see those strange and intriguing things blowing around – I like you to give me another finger signal (wait)

Now ---you will notice ---that the wind is beginning to intensify ---and those things are blowing in all directions ………………………………………………….

And your subconscious mind can know --that all of these things that are blowing there in the air -- represent all of the issues -- that you came here to resolve today --- in any part of the mind ---or in any part of the body --- from any time or place--- – whatever they may be – whether you are consciously aware of this or not -

Now ---you can notice --that that wind is beginning to get stronger--- and stronger ---and blowing all those issues ---and things high into the air …………………………………… ---Notice them up near the low sky now ………………………… and you will feel that --- as a very pleasant feeling of release ----and relief ……………………………..

And soon---- all those things will blow away ----- out of your imagination ---- as you continue to go deeper and deeper …………………..

Here …………. There …………………….. And when all of those things have gathered together--- they will all blow away--- out of your sight there ……………………… and then a very pleasant feeling ---will flow through you here …………………………. And only when that has happened ………………… I’d like you to give me a finger signal

(wait)

Good,-- that’s right ………………………… and when the subconscious mind has got the picture ……………………….. Heard the message …………………. and understood it all for the future ……………………………. -----Then I’d like you to give me another finger signal

(wait)

Now I’m going to give the subconscious mind --some very helpful and positive suggestions ……………………… and I would like the subconscious mind to use its tremendous --and immense power ----and to use these suggestions -- to begin to ………………. and continue to heal the body and the mind ………………………….

And so -- If the subconscious mind is prepared to do that …………………………. Now-- and permanently into the future ……………. I’d like you to give me another finger signal

(wait)

Good -- that’s right ………………………………. Now listen very carefully to my every safe--- and sensible suggestion--- and what it means.

You are calm now – relaxed and as comfortable as you can be there right now

And as you are so very relaxed there now ----- I’d like to ask the subconscious mind – a question that is of great importance - and I’d like the subconscious mind to listen carefully now--

And I’d like to ask the subconscious mind – if it is aware that there deep within there is an issue with (weight, stress, anger, sadness, depression, confidence, self esteem, self worth, illness, pain)? And if so—to give me a finger signal

(Wait)

And I’d like to ask the subconscious mind ---if it is also aware of any emotional attachment to this very unhelpful condition – and if so-- then I’d like the subconscious mind to give me a another finger signal

(Wait)

Good – and I’d like to thank the subconscious mind for its cooperation so far – and so I’d like to ask the subconscious mind-- if it would be prepared --to find a way to reverse-- this unpleasant condition -- like back in a time in the body --- and the mind -- when all was and feel well?”

and if so-- then I’d like the subconscious mind to give me a another finger signal

(Wait)

Good – then I’d like to ask the subconscious mind -- to begin to -- and continue to heal the body and the mind there now--- using the innate and immense powers of the body and mind’s own natural healing forces.

Because – you know fair well – don’t you – that you too have to live in this body – just as well as I know-- that you have all the power and resources - to heal the body – and your mind -- that is really a very important reason- of why you should do your best – right here right now

And I’d like to ask the subconscious mind --- to start to safely and comfortably overcome the unhelpful symptoms of ( pain, illness, weight, stress, anger, sadness, depression, confidence, self esteem, self worth)--- and if this is accepted by the subconscious mind – when this all happens – then I’d like you to give me a finger signal

(wait)

Good – and I’d like to thank the subconscious mind for its cooperation.

# Pain in a Box on a Helium Balloon

Now—Imagine there deep inside of you – there is a box standing there – and that box is large enough to fit all your discomfort—and pain that you experience there inside --of you----if you wanted to--

And when you can see that box there – inside of you – standing there – I’d like you to give me a finger signal

(Wait)

Now I like you to find all your discomfort there inside of you – and put it in that box. Go and find it all collect it and put it in that box—and when you have done that- I’d like you to give me another finger signal

(wait)

 Now – close that box and now imagine that you are attaching the box to a ribbon--- which is attached to a beautiful red helium filled balloon.------and as you do the balloon being lighter than air so -- when if you let go of the box it will begin to float upward. ---So now -- just imagine that you are lying there on a blanket--- in a beautiful garden--- and you let go of the box containing your discomfort. ---so do that for me now – so see the balloon with the box attached beginning to float more and more upwards.

And as the balloon goes higher and higher, --the box gets smaller and smaller --and as the box gets smaller and smaller, ---so does the discomfort becomes less and less. And the balloon goes higher and higher,--- the box gets smaller and smaller ---and the discomfort less and less. ---That’s right – just watch as the balloon goes higher and higher,--- the box gets smaller and smaller --and you feel more and more comfortable. ---

the box gets smaller and smaller ---and the discomfort less and less. ---That’s right – just watch as the balloon goes higher and higher,--- the box gets smaller and smaller --and you feel more and more comfortable. ---

The box is going, going, going, it is out of your sight and you feel very, very good, very, very comfortable.

And when the box is out of sight – I’d like you to give me another finger signal

(wait)

# Pain vaporizing as Steam

And I want you now to focus your attention on the area where you are experiencing pain – just focus on it – and when you are completely focused on that feeling there – I’d like you to give me a finger signal –

(wait)

Now – listen carefully – as steam rises from a kettle--- so is the discomfort leaving that area there -- as steam. Visualize the steam rising stronger and stronger - and as the steam rises-- the discomfort is evaporating more and more --. As the steam rises ---the discomfort is leaving ---and you are feeling more and more comfortable---and when all the steam has evaporated – I’d like you to give me a finger signal—

(wait)

# Pain Button Technique

Now –that you are so wonderfully relaxed --I like you to really tune into yourself –and notice where exactly you experience that pain –---just take some time and really find out.

Locate where exactly that pain is—what it actually feels like – go there now – and get to know it better than ever---where is it – what does it feel like – is it sharp--is it like a pulse—or more like a stabbing sensation – or does it feel more like a kind of pressure --- or perhaps is it a combination of all of it?

 (wait for 2 minutes)

## Eliminating Negativity

and as you do all of that --- you may also become aware of those negative thoughts that perhaps say things like –—why am I even trying – it will be just the same as always ––– why not give up now –– can I trust myself?-- and all the other negative thoughts –that come to your mind – locate them – where are they--hunt them down – find them

you see---some people can clearly hear those negative thoughts coming from the left side –others from the right –and some may even hear them coming from the front or the top of their head --- or perhaps from below-----please---just give yourself some time now –and become aware – where those negative thoughts are located --- really tune in to their location – and -- if they come from many different directions at the same time– imagine how you are forcing them into one direction – so it becomes absolutely clear to you – where they are coming from-- (wait for 2 minutes)

(wait)

**(and when you clearly know –where these thoughts are located --I’d like you to give me a finger signal)**

(wait)

Good- Now –we are going to do something very special now----I’d like you to use your imagination now ---and I like you to imagine --that you have a dial attached on the direction from where your negative thoughts-–or voices—are coming from ---a black dial perhaps –or any color you may wish–and I’d like you to imagine that this dial has numbers on it –from 0-10 -------with 0 meaning silent –and 10 meaning extremely loud --

(wait)

Good

Now – (ask yourself) --tell me – how loud are your negative – thoughts –or voices – right now – on that dial from 0-10?

(wait for answer)

|  |
| --- |
|  |

1. OK – I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down to the-- next --lowest position on the dial **(I’d like you to turn them down to..........)—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good – let’s go even further---I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down even further-- to the –next-- lowest position on the dial **(I’d like you to turn them down to..........)—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good –---one can always go further down –and I am sure you can certainly do that – so---I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down to the next lowest position on the dial **(I’d like you to turn them down to..........)—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. OK – now that you have gone that far --I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down two more levels – two more levels down from where you currently are **(I’d like you to turn them down to..........)—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good –you are doing very well –so -- let’s go much—much -- further---I’d like you now to use the dial and turn these negative –unwanted thoughts or feelings down to the lowest position you see possible on the dial **(I’d like you to turn them down –all the way to..........)—(and when you have done that—I’d like you to give me a finger signal)**

Good --- Now –halt it there for a moment –and notice how still you have become— notice that you have great control with that dial – control that allows you to turn down negativity as far as you want –anytime you want it --

## Eliminating Pain

You are doing very well – now that you are so relaxed—and now that you realise how much power you have to adjust things simply with the power of your mind –I’d like you to take your attention now -- to the way you are experiencing that pain that you came here to address—and – just like before --I’d like you to imagine that you have a white dial attached to that painful feeling –--also ranging from 0-10 with 0 meaning silent or feeling nothing or numb –and 10 being a feeling of extreme unpleasant sensation--

Now—take some time and really imagine all this there in your mind –do that for me now--

 **(And when you can clearly imagine all of this – I’d like you to give me a finger signal – to let me know how well you are doing)**

(wait)

Good -- I‘d like you now to focus completely on that most important dial – the dial that that has everything to do with your unpleasant sensation – your pain -- please do that for me now –- and become aware of the position of that dial – (and ask yourself) –how strong or how weak is your experience of that unpleasant sensation now? – in other words---how high or how low on the dial do you experience it right now?

 (wait for answer)

|  |
| --- |
|  |

Good – now I’d like you to focus on that area and **as you do –** imagine howthat area is warming up –how it is getting pleasantly warmer and warmer---- and as all that happens, I like you to become aware of all the changing sensations is that area.

(Wait) Good--

1. OK – I’d like you now to use the dial and turn the unpleasant sensations down to the-- next --lowest position on the dial **(I’d like you to turn them down to..........)** andstart to notice how that warm sensation is slowly getting colder and colder– as if someone had suddenly placed a bag of ice exactly on that spot – and so it is now getting colder and colder- and more and more numb as all feeling drains away – bit by bit – that’s right

**(and when you can start feeling a cooling sensation —I’d like you to give me a finger signal)**

(wait)

1. Good – let’s go even further---I’d like you now to use the dial and turn that unpleasant sensation down even further-- to the –next-- lowest position on the dial **(I’d like you to turn it down to..........)** andallowyourself going even more cold and numb than just a moment before – and at the same time I’d like you to allow yourself to feel more and more at ease – the number it gets.

**—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good –---one can always go much further down –and I am sure you can certainly do that – so---I’d like you now to use the dial and turn it down to the next lowest position on the dial **(I’d like you to turn it down to..........)** and **as you do--** feel yourself getting even more numb – so numb that nothing could bother you there right now – so numb and so light-and cool – and pleasant- so in control – you haven’t felt in years
2. **—(and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. OK – now that you have gone that far --I’d like you now to use the dial and turn it down two more levels – two more levels down from where you currently are **(I’d like you to turn them down to..........)** going much further **— (and when you have done that—I’d like you to give me a finger signal)**

(wait)

1. Good –you are doing very well –so -- let’s go much—much -- further---I’d like you now to use the dial and turn all of it down to the lowest position you see possible on the dial **(I’d like you to turn them down –all the way to..........)—(and when you have done that—I’d like you to give me a finger signal)**

Good --- Now –halt it there for a moment –and notice how it all has become comfortably numb- comfortably cool—comfortably relaxed – and notice how much control you have — notice that you have great control with that dial – control that allows you to turn down your feelings of discomfort as far down as you want –anytime you want it – it is all within the power of your mind – to control your body – is easy for you now... (wait)

# Phobia Resolution

## Step 1

Explain fears or phobias are learned in an instant and can be unlearned in an instant – they are useful

OK – firstly I like you to know:

1. Fears are learned in an instant and can be unlearned in an instant
2. For example - If you are surprised by a spider or a snake or literally any other stimulus that you can think off - you may learn a phobia or fear instantly –
3. in that case – what has happened - was that that part of your mind has created an image- that is somewhat frozen – and stored in a very powerful part of your mind – and the area of the brain where it is located is called the amygdala
4. And so that part of the mind that has created the fear or the phobia - is the protective part that aims to condition you –to be fearful- so that you can escape future dangers without having to think too much about it – just react -
5. As you can see- it has its function – and it means good – it is here to assist you – and to address your fear - we just need to re-educate it a little bit - to get things into the right perspective- or the right channels so to speak- because it got a few things wrong when it was overstimulated back then – whenever that may have been-

So again- Understand –

1. You have learned that fear that you are facing here today in an instant – and so-- even if this is maybe hard for you right now to believe -- you can also get rid of it in an instant. –-- I don’t know where you’ve learned your fear -- and we may never know – but the fact is that you have learned it in one or two instances –just with the speed of though –just like that – and that means that we gonna unlearn it just as very quickly - right now –
2. Know -- that you don’t have to give up anything – you just have to change something
3. So – there is no need for internal fighting – no more war between the parts of your mind – just agreeing –
4. So- understand that the part of you that has created the fear or phobia is --very, very valuable – and as I said earlier - we just need to give this very powerful part of your mind some more information – to make better judgments

**And I want to give you an example of why this powerful part of you --wants to naturally protect you:**

Let’s assume for example - you have a fear or phobia about driving over bridges –

Now - It would be absolutely foolish of course to drive over a bridge-- that was about to crumble or collapse – wouldn’t it? Of course it would be—but if there were no reasons whatsoever to fear that this bridge is about to collapse or crumble – because it is strong and stable -- and millions of people drive over it every day -- then that fear is really not very helpful – is it? So in a sense the bridge causes that part of the mind to exaggerate thoughts about things that ‘could happen’ rather than what actually happens in the here and now.

So – we can say -- that part of your mind that is generating this fear –wants to simply and powerfully protect you – so in that sense it wants to do a good thing for you ---Because – there is absolutely no doubt that it **should** make you afraid to drive over a bridge that is about to collapse –

Now – this is nothing unique to bridges really – when we see a lion walking down the streets- we better run, but when it is on a television screen and we are in our living room watching it-- there really is no reason to break out in a sweat-and shaking- but for a phobic person the later part of such logic simply doesn’t apply--- because the stimulus triggers a reaction that goes straight up through the sympathetic nervous system to the amygdala almost entirely bypassing that part of the brain that would be able to make a rational decision.

Now- something very similar happens when it comes to social phobias. For example, we may have come to believe that we got something terribly wrong with us –

This could have been --because of a trigger that was set when we were very young – let’s say - maybe when were on the beach-- some influences caused us to believe that we have a strange feature that makes us stand out for the wrong reasons--.

And so no matter how irrational this thought and believe may have been – a terrible panic befalls us because we fear that if society finds out about our secret - we are doomed. --This kind of fear is very similar to any of the other fears or phobias I have just mentioned.

In such case, -- we are struggling for our naked societal survival – something that brings out a primeval fear of death – and so that is exactly the message that goes up through the sympathetic nervous system to the amygdala where it causes all the symptoms that I have described.

A person suffering from such fear or phobia feels often very isolated and may engage in behaviours that are aimed at controlling the situation as much as possible to the point of obsession. ---

Yet,--- no matter how much they try to control their environment and themselves,-- if the frozen picture they have formed in their mind isn’t unfrozen – it is unlikely that they will ever experience the best possible outcome.

 but – what we gonna do today,-- in a sense- is that we gonna educate that part of the mind to make better decisions about what bridges are safe -- and what bridges aren’t – and I am sure - you know fair well what I mean. In other words, --- we are going to educate this very powerful part of your mind – about which situations are safe and which aren’t...

## Step 2

Step client into fear and determine level of fear

1. Do you know how this fear has started?
2. OK - so let’s move on - as I said- to educate that powerful part of your mind -- let’s establish a starting point –– and to do that - let’s go to (THAT) a time when you had that fear
3. Now – to do that – I need you to think strongly about (THAT) one of those situation(s) where you had that fear? In other words – Think about whether there was a particularly intense time when you have experienced the fear (perhaps you may even remember when you had it the very first time)? Do that for me now and when you have an image in your mind- give me a finger signal

1. Good - I’d like you to really be there in that situation – but I like you to be there in **first** person – now what that means is that – I want you to imagine that you are there – in that situation - right now in person -- looking through your eyes and hearing through your ears – not being removed from it – so imagining actually being there – looking right at that situation – seeing everything that goes on there – and if you can be there as good as you can – I’d like you to give me a finger signal.

1. Good – now I would like you to go to the very first time – or earliest time-- you have ever felt that fear- do that for me now ––if you can’t get an earlier experience than the one you have already-- that’s fine too - and when you have done that --give me another finger signal
2. Good – now I really want you to get into that experience – like I said before –looking through your eyes and hearing through your ears –– so imagining actually being there – looking right at that situation – seeing everything that goes on there – and if you can be there as good as you can – I’d like you to give me a finger signal.
3. OK – now become aware of how and where you feel that fear there in your body?

Many people say that they experience their fear like some sort of an internal shaking - just above their stomach somewhere – they say it is a bit like having the flu –- and so they say that their heart and breathing is more rapid than normal – they may even have sweaty palms –or maybe they are unconsciously making a fist and they are almost always generally very tense when they think about the situation that causes their fear)

And when you come to think of it - it is normal that all physical reaction that evolution has designed into us – is simply the body’s response to a dangerous situation – but at some other level in your logical mind you know that you are not in a dangerous situation - your mind clearly recognise that this fear you are experiencing --is not in proportion.

And I wonder if that is a little bit how you are feeling right now – when you think about your fear?

1. OK – now rate that fear- (in your mind) - on a scale from 0-10 –

(0 being nothing at all and 10 a lot)

**Create most disturbing image**

1. Good – now – think of the most severe aspect of your fear – and make a snapshot of that aspect of that experience – that situation that you picture there in your mind – in other words - I like you to freeze frame the most disturbing scene that you can picture there in your mind-– (do that for me now - let me know when you have done that)

**Create starting point**

1. Now--I also like you to create a starting point – and that would be an image or a scene – where all is just perfectly fine – perhaps some time before the fear or the traumatic event comes into play -- and make a freeze frame of that too (do that for me now - let me know when you have done that)

**Create end point**

1. Good – now do the same for the endpoint – and that would be the image where all is bearable again- sometime after the event –so it would be an image when you knew that you were OK – after the situation calmed down ––when you realized you would be fine again - and let me know when you have a freeze frame for that too **(wait)**

## Step 3

**Put client into movie theatre and disassociate**

1. OK – now – I like you to think of a movie theatre situation – with a big screen and many seats in it – So – I want you to picture yourself there right now -- sitting in that movie theatre– and you are looking at that screen – **(let me know when you can picture that there in your mind) —**
2. Now float out of the you --that’s in the theatre seat ---and back into the projection booth – so that you can see yourself – sitting in the theatre – watching the screen

1. Good – now I’d like you to imagine that that scene that you have the most disturbing scene that you have freeze framed just before --is up on that movie screen--- but the movie hasn’t started yet - But that’s the scene that would be up there on that screen -- **(so - let me know when you can picture that?)**

1. OK now – drain all the colour out of that scene - so go all black and white – because – a little later on-- when I ask you to do so --we want that movie to be running in black and white –-
2. OK – so for now - make sure you float out of your body- into the projection booth and watch yourself sitting right there-- watching yourself on that screen – seeing that black and white snapshot – or scene – on that screen (again- let me know when you can picture that there in your mind?)

## Step 4

**Watch movie in black and white**

1. Now – in a moment – when I say the words ‘run movie now’ - but not before - what I want you to do on that movie screen -- is to run that movie – in black and white – all the way from just before you had that fearful situation happening – all the way--- till after the fear was over and you knew --you were safe again –and all was calm

1. important here is that –you watch yourself from the projection booth – seeing yourself sitting in the cinema - watching that movie on the screen – so you are kind of watching yourself – from the distance of the projection booth- watching a movie that was taken of you being in that situation

do you understand? wait

1. Good - Now – as I said before- in a moment - when I say the words ‘run movie now’-- I want you to run that movie that’s on that screen all the way - in black and white - until the end-- all the way – from just before you had that fear happening to you - to the end point ---which is that point where your fear is gone -- and you are calming down again – and all is OK- and that is the image - that I want you to stay with when you’ve finished.

And if this is OK – I like you to let me know

**OK – Good - now get ready to run that black and white movie -- from the beginning just before the fearful situation started - all the way to the end right up to the last scene when all is OK again- and when you have done that I like you to give me a finger signal**

**OK - ready set –**

**RUN MOVIE NOW**

**(and when you have done that – give me that finger signal)**

1. Good - Now ask yourself - How did that whole experience feel when you watched it from the projection booth? And to do that – I would like you to once again rate your experience now on a scale from 0-10.

Wait

1. At this stage - what most people find-- is that when you view the situation from a distance-- the emotional content isn’t quite as high --as when compared to before – and if that is or isn’t quite true yet for you, -- don’t worry—as this is not what needs to happen right now-- .
2. But - What is most important right now – is to understand that this is the first skill that you teach your mind –the skill of how to dis-associate - how to separate yourself from the experience – and that it’s perfectly Ok -- to be separated from the feelings in this instance – and understand - that - to have that skill - is a small step forward in addressing your fear -.

**Adding silly stuff**

1. Good – now - let’s do something else with the whole movie as well – let’s add some silly music to it in a moment – like some circus music or something – it’s important that it is somewhat funny and silly - and if there are people in your movie, including you of course---- I’d like you to also add one of those clown noses and floppy shoes to everybody and everyone in that scene --- so - make everything in that scene look very silly – ridiculously silly— Maybe – you want to put a beeny hat – on everyone – that is in that scene – you know- one of those silly hats with a propeller on it? It doesn’t matter what you do – for as long as it all looks silly and funny – So- just do that for me now – And don’t forget to add some of that silly circus music into it as well – think of some tune that reminds you of something funny –

(and when you can picture all of that in your mind- let me know)

1. Good – now – from what it was before – you should now have a rather silly picture in your mind? Wait

**OK – then – then let’s run the movie one more time –this time with all that silly stuff added to it –**

**OK – get ready to run that black and white movie – all the way from the beginning just before the fearful situation started - all the way to the end right up to the last scene when all is OK again – this time add as much of the silly stuff as you can - and when you have done that I like you to give me a finger signal**

**OK - ready set –**

**RUN MOVIE NOW (play silly music)**

**(and when you have done that – give me that finger signal)**

Good - Now ask yourself again - How did that whole experience feel this time on a scale from 0-10?

**Client steps into movie and rewinds quickly**

1. Now what I like you to do now is to take that freeze frame of the endpoint - that picture that you have there – from the end point of the movie - when everything is OK - and – then I want you to step right into that screen- step into that picture—and make it as real as possible – imagine you are really there.
2. so you are floating out of the projection booth all the way down to the screen and jump into that scene – just imagine as good as you can how you are that person in the movie now – you are no longer just watching that ‘you’ from a distance - but you are that person now – this is very important – you are that person in the movie now– looking through your eyes and hearing through your ears – so be in the screen yourself --with your own eyes and your own ears but you are still freeze framed – **(and when you have done that let me know)**

1. Now– make that scene – that freeze frame picture – that you hold there in your mind – make it color – (and if you want to get rid of that silly stuff – that’s OK – but if not - that’s OK too)— **(and again – let me know when you have done that)**
2. Good – Now that you are in the movie right now - in a moment – we do something different -- when I say the words ‘rewind now’ I want you to rewind the movie very-- very quickly-- from that endpoint freeze frame -- all the way back to before the fear started— all the way through the most disturbing image – right to before when everything was fine, --- but with a twist – I want you to imagine how everything happens backwards - and so I want you to end up with that freeze frame from where all was fine- before the fear came into play.

1. So in a way -- I want you to allow everything to happen very very quickly around you backwards - like sssiiippp – you have probably seen what it looks like -- rewinding a movie – so imagine something similar- – just that you are actually in the movie – so everything is happening backwards very- very quickly around you-- the whole experience sssiiiiiipp-- everything happens at very high speed around you backwards - all the way back to before the fear started –
2. (and when you are ready for the rewind – let me know)

**Process**

Good now—–and now REWIND NOW all in color! All the way -- all the way -- and when you are back at the starting point – I’d like you to give me a finger signal.

**WAIT** - Good – very good - and now -- I like you to float back into the projection room from where you are – seeing yourself watching the screen -- and when you are there – let me know

**Good** – now let’s do this a few more times –

from where you are there now - watching yourself watching the screen from the projection booth – as I did before -- when I say the words ‘run movie now’ -- I like you to run the whole movie --- again - all the way from starting point through the most disturbing part – right up to the image – to the freeze frame - when all was good again.

**Are you ready**? – wait

**OK – ‘run movie now’**

And when you are at the point where your fear is gone -- and you are calming down again – and all is OK- I like you to give me a finger signal (or let me know)

Wait

**Good -- Now – again - get into the movie** and when I say the words ‘rewind now’ I want you to rewind the movie very-- very quickly— sssiiippp -- this time even faster than before - from that endpoint freeze frame -- all the way back to before the fear started—right to before -- when everything was fine, --- but everything happens backwards - and you end up with that freeze frame from where all is fine- before the fear came into play.

OK - and when you are ready for the rewind – let me know)

Good ready now—–and REWIND NOW in color! All the way all the way – this time faster -- and when you are back at the starting point – I’d like you to give me a finger signal.

**WAIT** - Good – very good - and now -- I like you to float back into the projection room from where you are – seeing yourself watching the screen -- and when you are there – let me know ---good

**And so - let’s do it again**

now - as before -- when I say the words ‘run movie now’ -- run the whole movie --- - all the way from starting point through the most disturbing part – right up to the image – to the freeze frame - when all was good again.

**OK- ready – ‘run movie now’**

And when you are at the point where your fear is gone -- and you are calming down again – and all is OK- I like you to give me a finger signal (or let me know)

**Good -- Now –get into the movie** and when I say the words ‘rewind now’ I want you to rewind the movie even faster than before— sssiiippp – much faster than before – all the way from that endpoint freeze frame – right back to before the fear started—everything happens backwards - and so you end up with that freeze frame from where all is fine-

 OK - and when you are ready for the rewind – let me know)

Good now—–and now REWIND in color! All the way all the way -- and when you are back at the starting point – I’d like you to give me a finger signal.

**WAIT** - Good – very good - and like before -- I like you to float back into the projection room from where you are – seeing yourself watching the screen -- and when you are there – let me know -- wait

**And so - let’s do it again – even faster**

3.

when I say the words ‘run movie now’ -- run the whole movie --- - all the way right up to the image –when all was good again.

**OK- ready – ‘run movie now’**

And when you are at the point where your fear is gone -- I like you to give me a finger signal (or let me know)

wait

**Good -- Now –get into the movie** and when I say ‘rewind now’ rewind the movie even faster than before— sssiiippp –all the way from that endpoint freeze frame – right back to before the fear started—ending up with that freeze frame from where all is fine-

 OK - and when you are ready for the rewind – let me know)

Good and REWIND NOW in color! All the way all the way -- and when you are back at the starting point – I’d like you to give me a finger signal.

**WAIT** - Good – now float back into the projection room– seeing yourself watching the screen -- and when you are there – let me know -- wait

**And so - let’s do it again – but this time I like you to do it all by yourself**

4.

So I want you now -- all by yourself -- run the whole movie --- from the starting point - all the way right up to the image –when all was good again – then when you are at the point where your fear is gone –

**get into the movie** and rewind the movie very fast –all the way from that endpoint right back to before the fear started—to that freeze frame where all is fine- then float back into the projection room– seeing yourself watching the screen – so – do this for me now - and when you have done all of that – let me know.

Good – now – do this 3 more times – then give me a finger signal or let me know-

**REWIND EFFECTIVENESS INDICATOR**

On a scale of 0-10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the situation feel to you now?

|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10  |

**Start again at No.3 -6 Processing then ask again**

On a scale of 0-10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?

|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10  |

**Start again at No.3 -6 Processing then ask again**

On a scale of 0-10 where 0 is no disturbance or neutral and 10 is the highest disturbance you can imagine, how disturbing does the incident feel to you now?

|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10  |

**Session finish**

# Negative Thought Pattern Conversion Script

## Create Positive Image with Anker

Now I would like you to think about something good in your life – something that really makes you feel good – that feeling could be a memory or a situation of the past – or any other time you felt as happy as you could be – imagine it there in your mind—what it was like –— when you felt really—really-- good about yourself? --Resourceful- happy – confident that you could deal with whatever lay ahead - feeling at ease – or in some other way positively exited – a time that you knew your confidence was strongest- Just look deep inside your mind --- don’t force it-- just allow one of these memories to come up–– just allow your subconscious mind to remember - what it was like to feel so good- try to recall one of these memories as best as you can – **(so- do that for me now please-and when you have done so- give me a signal- Wait)**

Good- now that you are in touch with that memory –I like you to remember now as many details of that situation when you felt that good---and positive-- just try to get in touch with as many details of that memory as possible - -- remember what you saw – or maybe you are even able to get in touch with any smells, -- or sounds connected with that memory-

**(so- do that for me now please-and when you have done that- give me another signal- Wait)**

Good – now we do something else – so listen carefully – In a moment when you hear me counting down from 3-1 --- and only then -- I want you to do 2 things ----Firstly- --**I’d like you to actually get into that good memory that you hold there in your mind- like a time traveler – in other words- don’t just watch the whole scene that you are holding there in your mind from a distance- but** actually **be there in that situation – as good as you can- be there with your own eyes and ears – see everything—most importantly -feel everything as good as you can - so simply try to relive it again-– right now**---as good as you can- and what you can is always good enough.

And as you do all that- I want you to simply allow those good feeling – to get more and more intense – so – in other words- allow those feelings to come up stronger and stronger within yourself – and I want you to take all the time you need

Secondly **– just when your feel good experience is about to be as strong as it gets**– I like you to take a snap shot of that moment **just exactly when the experience is strongest** and as soon as you made that snapshot - I want you to press your index finger and your thumb together – and picture yourself holding that snapshot --of that most intense positive moment there -- between your fingers –- and as soon as you have done that - I’d like you to release your fingers again –

So again- in a moment - I’ll count from 3 down to 1 – as soon as I’ve done that - you are getting back into that memory, feel everything there is to feel, make it even stronger,-- then imagine you have a mental camera there in your mind--with which you take a snapshot of the strongest part of the scene, ---and as soon as you have done that – you grab hold of that snapshot between your index finger and your thumb, --then release your fingers again-- to show me that you are done.

**Give me another finger signal to show me if you get all that (wait)**

OK –then - get ready here it comes – from 3-2-1 – find that memory now and make it stronger – take all the time you need

**Wait until fingers close and open again**

Good –I want you to know - that your subconscious mind understands now that you have resources that it can use under any circumstances – to make you feel – the way you want to feel-even though your conscious mind doesn’t necessarily understand all that I am saying here right now- but you will find that your subconscious mind knows fair well what it all means-

OK- Now- listen carefully – let’s do something different now--- I’d like you to think about the question why a beautifully colored fish in the coral reef has its form and its colors? (and if you’ve done that already before- just think about it again)

wait

## Creating Problem Image with disassociation

And as you keep thinking about that question for a while – I like you to do something different now- In a moment when you hear me counting down from 3-1 again - I want you to think of the situation,-- the scene or the image that is most representative of the problem—or the situation you are facing –– the reason why you are here today— just let your subconscious mind come up with whatever comes up-

but I want you to do that in a removed kind of way – just as if you would watch a home movie of yourself- on the screen of your television- from the safety of your living room- you don’t need to get involved--

So again—in a moment - when you hear me counting down from 3-1 – in your mind’s eye- I’d like you to bring up the most severe situation, scene or the image of the problem you are facing – something you want to resolve here today ––watch it – by projecting it on a TV screen in your mind- like you would watch a home movie of yourself being in that situation -– knowing that you are in the safety of your living room- so you don’t need to get involved--

And as I mentioned – what comes to your mind could be just an image -- or a picture or perhaps a whole scene – like in a movie – or maybe the screen is black-- and it is just voices or sounds you hear – or whatever your subconscious mind wants it to be - either way- take all the time you need- and let whatever comes to you – come to you- and when you can picture all that there in your mind – I’d like you to give me another finger signal – to show me how well you are doing OK – get ready now – from 3-2-1

**Wait**

1. OK – now rate that fear- (in your mind) - on a scale from 0-10 –

(0 being nothing at all and 10 a lot) and when you have done so – give me a finger signal

(Wait)

Good – now keep that image there somewhere – and now - with your mental camera- I want you to take a picture of the most upsetting aspect of the problem situation there in your mind- so just take all the time you need - and let your subconscious mind select the scene that you feel represents all that – in other words – that which you feel -- is the most upsetting part of it all.

Let whatever comes to you come to you – and make a picture of it – and then freeze frame that picture there in your mind.

**And when you have done all of that – I like you to give me another finger signal. Wait**

Good now- imagine you are sitting in a cinema right now– and you are looking at an empty screen in front of you—

I want you take that freeze framed - problem image or picture that you hold there of the situation you wish to resolve here today -- and project it on that screen in front of you – so take that freeze framed picture and put it on that screen - and when you have done that – I’d like you to give me another finger signal…

Wait

Good – now listen carefully – you are looking at that screen now – which shows that problem image – that freeze frame of the problem you are facing – now take all the color out of that picture until it is black and white – and when you have done that – give me another finger signal

Wait

Good – now we are going to do something different - I want you now to remember that other freeze frame you made earlier – the one with the good image – and as soon as you recall it –then make it small—and then- I want you to place it right in the center of that problem image that you have on that cinema screen there now– and when you have done that – give me another finger signal.

Wait

Good- So – just to make sure- you are looking now at that screen in front of you - with the image when you felt good in the centre and the negative black and white image sort of behind that - in the background.

So when you get that - give me another finger signal

wait

Good – now – in a moment when I count from 3 down to 1, -- I like you to press your index finger and thumb together-- and the moment you do that –very very quickly allow that feel good image or picture – or whatever it is that you get there- in the centre of that screen--to take over the whole screen –very quick – like in a fraction of a second- like sssssuuuuuupppp – very quickly – then I want you to jump straight into that picture-and make the positive feelings as strong as you can- then – when your good feelings are strongest – allow your index finger and thumb to relax and open again.

So again- when I count from 3 down to 1 –- press your fingers together and then sssssuuuuuupppp very very very quickly – like – sssssssuuuuupppp allow that positive picture or image to take over the whole screen – jump into that positive picture - and when you have done that simply release your fingers again.

OK- get ready now 3-2-1

Wait

Good – you are doing very well -

OK - Let’s do that again – back in the cinema - you are looking now at that screen in front of you - with that image when you felt good in the centre and the negative black and white image behind that - in the background.

So again- when I count from 3 down to 1 –- press your fingers together and then sssssuuuuuupppp very very very quickly – like – sssssssuuuuupppp allow that positive picture or image to take over the whole screen – jump into that positive picture - and when you have done that simply release your fingers again.

OK- get ready now 3-2-1

Wait

Good – you are doing very well -

Let’s do that one more time – back in the cinema - you are looking at that screen in front of you - with that image when you felt good in the centre and the negative black and white image behind that - in the background.

So again- when I count from 3 down to 1 –- press your fingers together and then sssssuuuuuupppp very very very quickly – like – sssssssuuuuupppp allow that positive picture or image to take over the whole screen – jump into that positive picture - and when you have done that simply release your fingers again.

OK- get ready now 3-2-1

Wait

Good – now I’d like you to do that a few more times by yourself – in your mind- up to the time where you find it impossible to bring up that problem image anymore- because the positive image takes over straight away.

So- in a moment when I count from 3 down to 1 - go as many times through the whole procedure as it takes- go faster and faster each time you do it – so all you need to do is bring up that problem image – with the positive image in the centre of it – then press your fingers together and sssupp.. change over the image from problem to positive image faster and faster --

And you probably come to notice that after a time it is so fast --that after a time you find it very difficult to access the problem image at all – because it changes over straight away – as soon as you try to think about it – and the only thing you are left with is that positive image - then stop trying – and stay with that feeling --

So- I will be quiet now for a little while- and --I want you to run through this procedure as many times as it takes – (And when you have done that – give me another finger signal)

so get ready now from 3-2-1

1. OK – now rate that fear- (in your mind) - on a scale from 0-10 –

(0 being nothing at all and 10 a lot)

OK- now I want you to continue doing it until you can get it down to the lowest possible point on that scale – as part of you keeps listening to my voice -

## The Fish Metaphor

And while all this is going on, you may have thought about why the fish has it’s colors and form but most importantly – did youunderstand-- that the fish has it’s form and it’s colors only because it has a big problem?

And you may or may not know what that problem is?

Wait

Either way – let me tell you -- the problem is the shark out there - who wants to eat the fish of course – well there could be many problems really – but the shark is probably the biggest.

That’s why the fish had to develop a body and colors that allows it to swim fast and blend in with the coral reef.

So…when you really come to think of it….Without the shark there wouldn’t have been any reason for the fish to be and look what it looks like today.

Or is there? Well…most likely not…

Despite this,--- it is only to easy to understand that the fish will find it very difficult to appreciate the shark -- simply because the fish doesn’t have the conscious understanding that we all need to have a shark in life that motivates us to bring out our most beautiful forms and colors. And each time the fish changes because of the shark – so changes the shark because he has to eat after all --- and that’s why he has to adapt just as much as the beautifully colored fish in the coral reef.

And so it is only natural that each time the fish moves – the shark must move too. And this is how it goes on and on – this is how life motivates life to expand ever further and further – it is truly a creative process – is it not?

Well…if you come to think of it …even the tiny little cells in a body unconsciously and continuously think- ‘how can I overcome the problems I am facing today- so I can be something else tomorrow’ and that’s why they keep developing – keep changing - ever further – even though to the naked eye it looks still…. But when we look really close – everything is constantly moving -

Ah well…..Isn’t it lucky that you are a human being and not a fish? But even so – you are a living thing and so the question is of course ‘what is the name of your shark that keeps you developing?’

Then again it is entirely because you are human that you can understand that our problems are nothing more than motivational forces for an ever greater development that never ends – you are now able to truly appreciate that which makes you grow – and perhaps you can even see things in its true light.—In fact you may even come to appreciate the shark as a good friend who simply does his job--

Seen from that perspective – one could say that the ultimate question is: what do you want to be – and how strong is your motivation to get there? Some need a very scary shark swimming out there in the ocean to move them where they want to be – others need to have scary sharks that swim in the vast expansive oceans on the inside – Some need to have both…- but one thing is certain…when we come to realize that the sharks are our friends in disguise – we come to sit on the beach of our lives and are able to watch the struggle from a distance – then we are no longer swimming for our lives….

1. OK – now rate that fear- (in your mind) - on a scale from 0-10 –

(0 being nothing at all and 10 a lot) and when you have done so – give me a finger signal

(Wait)

## Post Hypnotic Suggestions

So from now on – I’d like you to understand – that no matter how hard you try – you will find it more and more difficult to think about that what used to disturb you so much --- in fact – you will come to notice that the harder you try – the better you begin to feel about yourself -- because you know now – that good thoughts and feelings are far stronger than thoughts that are hurtful- and all you have to do to remind you of that – is pressing together your index finger and your thumb – to remind you of that – subconsciously – automatically – naturally - like a warm wave – gently washing over that which you no longer need - that’s right.

And you know you will no longer think and feel the same – from now on – you are in control – realising that you have the power to change your thoughts – and change your feelings – anytime you choose to do so...

Now-- from this point on,--- whenever you hear me counting down from 10-1 saying the words—deeper—and deeper--- you will find yourself instantly returning to this level of deep relaxation ---even deeper than what you are right now – so - whenever you hear me counting down from 10-1 – allow your eyes getting heavier and heavier – so that all you want to do is shutting them down completely before I reach the number 1- so just allow yourself to go with these suggestions whenever you hear me counting down from 10-1 from now on – deeper and deeper –

**Projection words: Feeling Good**

# The Swish Technique

## RELAXING

Wherever you are there now – I would like you now to concentrate on your breathing – slow it right down - breath in deeply- and then breath out - and feel yourself relaxing even further – and further - as much as you can- as you keep listening to my voice;

## NEGATIVE IMAGE CREATION

Now I’d like you to create,- in your mind's eye,- an image of yourself- just at the very moment of having to deal - with the anxiety-causing situation. Make it as vivid and sharp as you can make it-- filling your whole vision,-- the colours bright and alive, with you looking just as uncomfortable as you can possibly imagine.

## Ask how do you feel about the problem on a scale 1-10

Make that image seem like an enormous colour slide- being projected in your mind,-- and include anything that will make it more lifelike; for example - if applicable you could add other people around you, their expressions, the scenery, --the sounds, smell, touch, etc. – anything – anything that has to do with that image of the anxiety provoking situation.

When you have that picture vivid enough that it actually makes you squirm, --then you've got it right. So—I’d like you to do that for me now – make a picture in your mind of the anxiety provoking situation -- as I will be silent for a little while

**(wait)**

## NEGATIVE IMAGE LABELLING

Good – I am sure you are doing very well – Let’s agree to call that picture that you hold there in your mind - the 'moment of anxiety'. Giving it a name makes it easy for you to recall that picture later on, but for now, let’s just imagine how you 'lay that picture of anxiety to one side' in your mind – Do that for me now –

**(wait a little)**.

## POSITIVE IMAGE CREATION

Now for something that you will probably find a little more comfortable. ---This time you are going to create an image of yourself just at the moment when you have SUCCESSFULLY dealt with the problem. See yourself in the moment when you are free from the fear and anxiety of the situation --Again make it as vivid as possible and use the same method as before to make it real. – In other words include anything that will make it more lifelike; for example - other people around you, their expressions, the scenery, --the sounds, smell, touch, etc. – anything – anything that has to do with that image of success – whatever success means to you -- Do that for me now – and when you get it right, when it makes you feel really good - allow yourself to enjoy it for a moment –

**(wait a little).**

## POSITIVE IMAGE LABELLING

Good – now let’s agree and call this image your 'moment of achievement.' As mentioned earlier -in it, you should be looking absolutely as if you truly have just been incredibly successful in the way you have been dealing with the issue. So...just imagine it there in your mind – your moment of achievement – until you can see it as clearly as possible.

**(wait a little).**

## POSITIVE IMAGE SHRINKING

Good - Now – I would like you to imagine that image of your ‘moment of achievement’ shrinking, --becoming smaller and smaller,-- with the colours becoming less and less pronounced,--fading more and more---less and less --- until you are left with a small black-and-white picture about the size of a postage stamp. ---Then 'lay it to one side', ---just as you did with the first one. **(wait a little).**

Good -

Now:

1. I would like you to pick up the 'moment of anxiety' picture, -- and really make sure that it fills your entire vision, --huge --just as sharp, ---just as lifelike, ---just as 'squirm-making' --as it was before,-- but this time --with a very important addition. ---down in the very left hand corner --The small,-- black-and-white 'moment of achievement' picture that you have laid aside earlier--- is now tucked into the bottom left-hand corner – of that moment of anxiety picture. –Now imagine that there in your mind – do that for me now ---see that moment of anxiety picture – all in colour –there in your mind -- and then Imagine how the small,-- black-and-white 'moment of achievement' picture that you have laid aside--- is now tucked into the bottom left-hand corner –.

**(wait a little).**

1. OK –Good --NOW --When you have that image clearly in your mind, ---in a moment - I’d like you to say to yourself --: 'S-W-I-S-H', ---and at the same time I’d like you to change the pictures over in your mind so that the 'moment of achievement' becomes the large colour picture ---and the 'moment of anxiety' shrinks to the size of a postage stamp tucked into the bottom left-hand corner, --becoming black-and-white as it does so. – simply just swap them over-

OK – just do that for me now **(and when you have done so- please give me a finger signal)**

**(wait a little).**

Good - Enjoy the changed image --now for just a few moments.

**(wait a little).**

1. Now---Let your mind drift to some neutral place. ---This can be anywhere you like - a room in your house,-- the park, --a deserted beach,-- anywhere, --as long as it's a place where you are comfortable and at ease. – Do that for me now --- go to a place where you feel comfortable and at ease – and remember that place.

**(wait a little).**

Good- Now -- It's very important that you perform this switch to a neutral place each time we are going to swish pictures around----

In a moment we will repeat this whole procedure several times – starting– with the ‘moment of anxiety picture’ being largest in your mind – in color - with the ‘moment of achievement picture’ – in black and white - being tucked in the bottom left hand corner – then - swishing both pictures around so that the ‘moment of achievement picture’ will be the larger picture – in color - and the moment of anxiety picture -- will be – in black and white - tucked in the bottom left corner instead – thereafter let your mind drift to that neutral place. – after which we will start the process again.

After a while,-- with some training --you will find that the pictures change over so easily and so rapidly that you scarcely have any time to see the 'moment of anxiety' --before it is replaced with the 'moment of achievement'. --This can take as few as three or four attempts and should be repeated every day until the pictures change instantly right from the start, --or you find that you simply cannot produce the moment of anxiety picture at all.

OK let’s begin

**PROCESS**

## SWISH EFFECTIVENESS INDICATOR

On a scale of 0-10 where 0 is no not much or neutral and 10 is extreme, how disturbed do you feel right now about the incident/ experience/ or the fear that you are about to swish around in a moment?

|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10 Initial:  |

1. Now --imagine that ‘moment of anxiety picture’ –there in your mind –in color - and then Imagine how the small,-- black-and-white 'moment of achievement' picture --- is tucked into the bottom left-hand corner –

**(wait)**

1. Good --Now- - 'S-W-I-S-H', ---and change the pictures over in your mind so that the 'moment of achievement' becomes the large colour picture ---and the 'moment of anxiety' shrinks to the size of a postage stamp tucked into the bottom left-hand corner-, --becoming black-and-white. –
2. Good -- Now---Let your mind drift to that place where you feel comfortable and at ease –

**(wait)**

1. AGAIN

1. imagine that ‘moment of anxiety picture’ –in color - with the small,-- black-and-white 'moment of achievement' picture --- tucked into the bottom left-hand corner – (wait)
2. Good --Now- - 'S-W-I-S-H', ---and change the pictures over in your mind so that the 'moment of achievement' becomes the large colour picture ---with the 'moment of anxiety' shrinking to the size of a postage stamp tucked into the bottom left-hand corner-, --becoming black-and-white. –
3. Good -- Now--- drift to that place where you feel comfortable and at ease –

2. AGAIN

1. imagine that ‘moment of anxiety picture’ –in color - with the black-and-white 'moment of achievement' picture --- in the bottom left-hand corner – (wait)
2. Now-- 'S-W-I-S-H', --- the 'moment of achievement' becomes the large colour picture and the 'moment of anxiety' shrinks to the bottom left-hand corner-, --becoming black-and-white. –
3. Now--- drift to that place where you feel comfortable and at ease –

3. AGAIN (repeat 3 more times)

1. In colour – the ‘moment of anxiety picture’ –-and the black-and-white 'moment of achievement' picture --- in the bottom left-hand corner – (wait)
2. Now-- 'S-W-I-S-H', --- swap the pictures around
3. OK---now-- drift to that place where you feel comfortable and at ease –

## Process Checking

**OK- Stop there for a moment – and assess what is happening for you there now– First of all – ask yourself now** on a scale of 0-10 where 0 is no not much or neutral and 10 is extreme, how disturbed do you feel now about the incident/ experience/ or the fear that you have just swished around?

|  |
| --- |
| 0 1 2 3 4 5 6 7 8 9 10  |

And now – ask yourself --what happens when you really try to think very hard about that moment of anxiety – or that experience or traumatic event –

Do you still feel the same about the situation? Or has your feeling of anxiety greatly reduced – or has it vanished altogether - perhaps?

Do you find that as soon as you attempt to think about that picture or image of anxiety – it swishes automatically to your moment of success image or picture?

Or do you find that it is difficult or even impossible to produce that image or picture of that moment of anxiety in the first place?

## Direct Suggestions

Now –you will come to notice that when you try to think of the memory again from now on -- it swishes around to that positive image you hold – automatically – naturally – just like that – from now on --you will not be able to visualize or even imagine the image clearly at all – that’s right – because from now on – whenever you try to think of that memory again from now on -- it swishes around to that positive image you hold – automatically – naturally – just like that – from now on --you will not be able to visualize or even imagine the image clearly at all – that’s right -

# Whiteout Technique

I like you now to think of that something that--- when you think of it---makes you feel uncomfortable-----that something that you can't get out of your mind—– might that be a memory – a situation – an experience – or an irrational fear that produces a negative feeling—bring up that feeling and see it there in your mind --that image that you want to get rid of -- **(and when you do –when you feel it there -- give me a finger signal)**.

Now I’d like you to really look at that image – that picture that you hold there in your mind – of that memory- the experience – or fear -- and notice – what it looks like – the way it presents itself – its colours – and everything else that is important – everything that you feel needs to be in it --- all that which makes it so terrible and uncomfortable – just take some time – to really see it there in your mind -- **(Wait)**

Good – now keep that image or picture in mind -- Now at the same time --I’d like you to imagine that you have the ability to change the brightness of that picture – just as you can on your television screen – just imagine you are holding there in your hand – a remote control with a +- button that allows you to increase or decrease the brightness of the picture that you hold there in your mind. **(and when you can see it there in your mind -- give me a finger signal)**

 **(Wait)**

OK - Now,-- rather than turn the brightness down—I’d like you now to increase the brightness—very—very quickly.—that’s right – do that for me now – very -- very quickly---up and up---more and more –faster and faster -- until the brightness is increased so much—that the image goes completely white. **(and when you have done that -- give me a finger signal).**

**(Wait)**

Good – now think of something completely different – maybe think of what one of the rooms in your house looks like – or what you will have for dinner – or what you are going to do on the weekend – or even something pleasant that you have recently experienced--- anything –really . (**and when you have done that -- give me a finger signal**). **(Wait)**

Good—you are doing very well---keep all those picture in mind –because we are going to use them few more times---and now that you know the process – you know exactly what to do – so --I am sure you will be able to do what we just did a lot faster—and faster – as we keep on repeating this process a few more times.

## Process

1. So ---Again -- remember or bring up that uncomfortable memory – just the way you did before – (wait)

Holding the remote control in your hand -- Turn the brightness up very quickly—quickly – quickly -- all the way to white –fussy – fussy – white-(wait)

OK – Now -- pause for a moment and think of something completely different **(Wait)**

1. So ---Again – think of that uncomfortable memory –-

Remote control in your hand -- Turn the brightness up very quickly—quickly – quickly -- all the way to white –fussy – fussy – white-

OK – Now -- pause for a moment and think of something completely different **(Wait)**

1. OK ---and again – think of that uncomfortable memory –-

Now -- Turn the brightness up very quickly—quickly – quickly -- all the way to white –fussy – fussy – white-

OK – Now -- pause and think of something completely different **(Wait)**

1. OK ---and again – think of that uncomfortable memory –-

Now -- Turn the brightness up very quickly—quickly – quickly -- all the way to white –fussy – fussy – white-

OK – Now -- pause and think of something completely different **(Wait)**

1. OK ---and again – think of that uncomfortable memory –-

Now -- Turn the brightness up very quickly—quickly – quickly -- all the way to white –fussy – fussy – white-

OK – Now -- pause and think of something completely different

**Process Checking (CD only):**

Now –stop there for a moment -- think of the memory again and see what happens when you do – if it whites out all by itself – or if you can’t visualize the image clearly at all – you have successfully completed this exercise.

Understand that by repeating this process over and over you are telling your brain what you want it to do,-- and by finishing each attempt with a completely white image, ---you are making it very difficult for your brain to reverse the process. If you cannot have the desired effect right now----

**Continuation**

--- lets repeat this process a few more times. But this time – we are going to perform the whiteout even quicker and add a sound effect to it –so---in other words--I’d like you to imagine that your image or picture makes a whooshing sound when it gets whiter and whiter until it’s whitened out - OK get ready :

1. So ---just as before-- remember or bring up that picture or image of that uncomfortable memory – or feeling (wait)..
2. Holding the remote control in your hand -- Turn the brightness up very quickly—quickly – imagining that it makes a swoooooosh sound as you doing that --quickly – quickly -- all the way ---swoooooooooosh – turning into white –fussy – fussy – white-
3. OK – Now – just like before --pause for a moment and think of something completely different

**(Wait)**

1. So ---Again – think of that uncomfortable memory –-
2. Remote control in your hand -- Turn the brightness up – swoooooooooosh ---very quickly—quickly – quickly – swoooooooooosh--- all the way to white –fussy – fussy – white-
3. OK – Now -- pause for a moment and think of something completely different

**(Wait)**

1. OK ---and again – think of that uncomfortable memory –-
2. Now -- Turn the brightness up – swoooooooooosh ---- very quickly—quickly – quickly -- all the way to white –fussy – fussy – white-
3. OK – Now -- pause and think of something completely different

**(Wait)**

1. OK ---and again – think of that uncomfortable memory –-
2. Now -- Turn the brightness up –swoosh----very quickly—quickly – quickly -- all the way to white –fussy – fussy – white-
3. OK – Now -- pause and think of something completely different

**(Wait)**

1. OK ---and one final time – think of that uncomfortable memory –-
2. Now -- Turn the brightness up –swoosh----very quickly—quickly – quickly -- all the way to white –fussy – fussy – white-
3. OK – Now -- pause and think of something completely different

**Process Checking (CD only) :**

Now -- think of the memory again and see what happens when you do – if it whites out all by itself – or if you can’t visualize the image clearly at all – you have successfully completed this exercise. If you still cannot have the desired effect--- don’t worry --- you can keep repeating this process as many times until you have the desired effect.

**Direct Suggestions**

Now –you will come to notice that when you try to think of the memory again from now on -- it whites out all by itself – automatically – naturally – just like that – from now on --you will not be able to visualize or even imagine the image clearly at all – that’s right – from now on – whenever you try to think of the memory again from now on -- it whites out all by itself – automatically – naturally – just like that – from now on --you will not be able to visualize or even imagine the image clearly at all – that’s right -

# Swish Protocols

|  |  |
| --- | --- |
| **Problem** | **Swish Protocol** |
| Bad Memory  | Visualize the bad memory in the big frame. "Swish" into a memory of something that makes you happy. Dim and shrink the bad memory frame while increasing and brightening the new, good frame. |
| Hearing people chew with their mouth open is infuriating  | Imagine hearing the sound (and seeing it as well, if that bothers you). Make sure you feel the aggravation you normally would upon witnessing it in reality. Now, as above, pick any happy memory. Make this one particularly relaxing, because that will be particularly contrary to the old memory, which is very arousing, but in a bad way. Swish the two frames and repeat until a test of the unpleasant memory elicits the new, happy reaction. After that, you will actually enjoy the sound of people chewing with their mouth open. |
| Intimidated by boss  | Visualize your boss in front of you or passing you in the hall. Feel the intimidation and the knot in your stomach. Now "Swish" that image with another one that is relaxed and happy, one that makes you feel confident and in control. Do this as many times as possible and make sure it is quite vivid. |
| Smoking  | Habit Control using the Swish method can be done by identifying what is done just before the undesired behavior is acted upon. In the case of smoking, it would probably be you reaching for a cigarette. Make that the first, unpleasant image frame. Make sure you internally feel the craving as you would if you actually were reaching for a cigarette. Now the next (desired) image frame should be of you retracting your hand. Make something about the second frame pleasant. Feel satisfied.Now Swish the two image frames and repeat until the two are one. In this way, the first act (reaching for a cigarette) elicits the second act, which is to pull your hand away and feel happy and satisfied about it. So in effect your desire to light up a cigarette will extinguish itself. |
| Injury  | See yourself about to go to bed, looking at your wound. That is the unpleasant, first frame. Now picture yourself waking up, looking at your wound and seeing that it is completely healed.Swish the two images and repeat until even thinking about the wound gives you a happy picture of it fully healed. This will trigger accelerated healing while you are sleeping. All you have to do is remember to look at your wound in the same way you imagined it. By using sleep as an intermediate, it allows the technique to not be contradicted right after triggering the response. Remember that the second response is automatic, so don't bother looking over your wound in the morning for the purposes of consistency. Just remember to trigger the response every night before bed until the wound is healed. |

|  |  |
| --- | --- |
| **Desired Mental State** | Anchor Protocol |
| Relaxation  | Imagine yourself at your favourite relaxation spot. --- Perhaps your bed or your sofa – or any other place you will find most comfortable. ---- Imagine yourself there – (and when you are there – give me a finger signal)**(Visual)** Now imagine as good as you can --what that place looks like.**(Auditory)** And as you do - you hear softly spoken words,--- saying: "You are floating. You are relaxed." **(Kinesthetic)** And as you feel more and more relaxed --you tilt your head slightly to the right. And as all this is going on – I’d like you to press together your index finger and your thumb – but do it on the hand that you normally don’t use |
| Pride / Self-Love  | Now—I’d like you to recreate your proudest moment. – think about – what was your proudest moment like--- Take some time – and make sure you have the situation fully mapped out in your mind -----when you felt really proud. -----And as you do-- make sure that situation is so vivid---- that you can actually feel the pride --- and all-encompassing self-love that comes with that situation.—(and when you have done that – give me a finger signal --) **(Visual)** Now— I’d like you to Imagine a piece of furniture or some other item relating to your proud moment. Anything really that reminds you of that situation.**(Auditory)** And as you do -- You hear words, softly spoken-- saying: "I am confident and without fear”**(Kinesthetic)** And as all this is going on – I’d like you to press together your index finger and your thumb – but do it on the hand that you normally don’t use. |
| Aggressiveness  | Now – I’d like you to imagine or remember yourself-- being very aggressive, --in a number of appropriate situations. --Get yourself to a state where you feel you can do anything. – So--cause yourself to **feel** aggressive, whether you are timid by nature or not.- and when you have done that- give me a finger signal**(Visual) Now--** Imagine a car engine revving – aggressively **(Auditory)** And as you do -- You hear the word "Yes!" aggressively spoken**(Kinesthetic)** while at the same time you press your index finger and your thumb together – but you do that -- on the hand that you normally don’t use |

**Confidence** (Visual) – now I’d like you to see yourself there - in a situation where you have been the most confident – it could be a situation from the past – or a more recent one or – even a scenario that you make up entirely in your imagination – something that may have not happened yet – but you hope will eventually manifest –

And when you can see that there in your mind – give me another one of those finger signals-

Good—(kinesthetic) now – while seeing this image or images there in your mind’s eye – I like you to connect with it by pressing your index finger and thumb together – (well done)

Now (auditory) – as all this happens there for you I like you to hear the whispering of words somewhat faint – and then sometimes very clear – and as you listen more intently – you start to realize that these words are – I am confident --- I am confident – I am confident – I am a confident winner they say – over and over again – and these are words you cannot easily forget – they will be there in the back of your mind – reminding you – I am a confident winner

# Forgiveness of Self Script

You see- deep down –in your sub-consciousness mind ---you know fair well that -- in order to fully appreciate ‘up’-- we need to understand ‘down’ – is it not? – well--- think about it -- to know ‘hot’ – we must know ‘cold’----- without left – no right - - and to go even further -- to experience that which is ‘good’ -- one needs to experience ‘bad’ somehow – how else would we otherwise know-- what it is --that we are experiencing – right now? - How else would we come to understand --all that --we don’t want – and all that -- which we no longer need? – As you know- a smooth sea never makes a skillful sailor – and without two ends there cannot be any middle ground.

And your subconscious mind knows very well what it all means –—just as it knows that without your conscious mind -- there would be no way for us -- to be aware of our subconscious mind— because how could we be aware of it any other way – other than by being conscious of it? -- and so -- even though your conscious mind may still try to reason in its own unique way --to make sense of it all –

And as you do – you probably come to realize-- that all has its purpose really – even though true purpose is difficult to understand at times – because purpose is what you make of it - and that is perfectly OK too…. Because there comes a time where we understand on a much-- much deeper level--- that whatever happens – happens for the simple reason-- of creating as many different experiences as possible – so that we have as many different choices as possible – to create a life of our own choosing – to understand that– through understanding –who we are not – we come to know who we are….and so on an unexpected level it all makes sense

And as you clearly understand more and more-- who you are not – there is no more – or no longer any reason to hold on to something-- that had the purpose of showing you-- who you are not – because you know now-- who you choose to be -- and as your conscious mind still thinks about the meaning of these words---

In a moment ---your sub conscious mind can let go now --of all those old ---outworn unwanted believes that have kept you –perhaps--feeling regretful –guilty- unwanted – or unworthy– for far too long—because you are starting to understand—that this is what is no longer needed-

You are starting to understand that holding on to such thoughts and feelings no longer serve you- that these thoughts and feelings have no place here anymore – because as you know fair well – and have known fair well on a much deeper level—all along ---holding on to feelings of guilt and regret- prevents you not only from loving and respecting your true self—it just as much prevents others from their need of loving and respecting you ––and so---nobody is helped either way – nobody wins.

And even though part of you may still feels perhaps undeserving – on some level – Part of you knows-- that by not moving forwards from that which has past – the circle remains firmly closed – and you will have to repeat the cycle endlessly – and without respite – and you will find that all that changes-- are nothing more than the players – but not the game – no matter how hard you try to escape from it all—So is it really worth holding on to all that?

Think of the example of a child -- that does not get the love it needs -- because of a mother feeling unworthy of giving it – wasn’t the mother that now feels unworthy a child once -- that deserved just as much love, - care and attention? So…what if she didn’t receive it back then just as much as she is now incapable of giving it?

So – what do you think will happen-- if the child of that mother- will be a mother or a father one day too? --Would he or she know how to give the kind of love --that is needed without having experienced it? -- And so another generation is affected by those who cannot forgive themselves --because they feel unworthy of being loved.

- As you can see – this is how the circle remains firmly closed – it is so with many things – and so the self abuse continues – until we stop -

And so - One could ask –what came first? the chicken or the egg? Who was first-- and who was last - But then again - does it really matter who-- and what came first --when it all belongs to the same cycle?

And so – I like you to listen carefully now – for I will tell you a secret that many don’t know – so I want your subconscious mind to understand - that ---now--- is all there is. Everything is in the now – the past the present and the future – it is all here with you right now – And so - All one really has to do—to step out of the cycle -- is making the call right here-- right now—making the first step – to change everything—from here on – you are the one taking the responsibility – you are the one stepping out of the cycle- imagine yourself stepping right outside of it – right now -

And even if you may be consciously a little unsure – of the why or how -- your subconscious mind understands it all clearly now – and so you come to realize very soon - --that this is a new beginning for you – and this beginning is now—towards a you- that you have never experienced before – a glorious you – a confident you – a victorious you – someone with a purpose – and you are ready – ready now to eliminate that which holds you back – once and for all – right now --

## Locating Issues

And now......as you stand outside the cycle – there where you are right now--- in a moment.....when I will be silent for a while – In a moment when you hear me counting down from 3 to 1 -- I’d like you to search deep inside – and locate all your feelings of regret –guilt – or any other feelings-- that you know – need to be addressed here today – that which holds you back – from becoming --the one that you know you can be -- all those feelings – that have never really served you --other than for the purpose of showing you who you are not--

So – search deep and wide now – for all that – which no longer serves you – let come up whatever needs to come up – bring up -- all that which tries so hard --to keep you in a cycle that has nothing to offer anymore – let your subconscious mind locate those feelings and those thoughts -- that you know – no longer serve you – whatever they may be---– however they may present themselves-- whether they are snippets of thoughts – disjointed pictures – voices - sounds – or scenes as vivid as pictures in a movie - just let come -- whatever comes to you there now ––your subconscious mind – in its own unique way will make perfect sense of it all – without you even being consciously aware of it all----

while I -- will be silent for a moment – OK – 3-2-1

wait 2 minutes

## Re-framing old thought pattern

Good – and whatever it is that comes there to your mind right now – in a moment – when you hear me counting down from 3-1 again--- I want you to take the opportunity ---to forgive yourself for all that – that you know – deep down – you need to be forgiven for – so that you can move on from here – yes – your subconscious mind knows fair well what that is – let go all that which made your life so much more difficult -- than it needed to be –---because part of you mistakenly thought that this is ---what you deserve –or perhaps you may even have – for some reason or the other- come to believe that you are not worthy of a happy – more fulfilled – life –

But now you understand that this is no longer you – you are outside of the cycle – right now – your heart fills with joy – because it knows -- that this is a new beginning for you – and this beginning is now—towards a glorious you – a confident you – a victorious you – someone with a purpose – and you are ready – ready now to eliminate that which holds you back – once and for all – right now – and allow yourself to feel the excitement of a new beginning – a better way – filled with hope -

In a moment – when you hear me counting down-- from 3-1 --- I like you to tell yourself – in the most sincere way - from the bottom of your heart and your soul –

I forgive myself – I am letting go -- as many times as possible –

Yes- I forgive myself – I am letting go

and as you do - allow your subconscious mind to cut loose -- those feelings-- that have held you back --for far too long – so that they can drift away –like logs of wood – drift down a mighty river – with a current so strong – that it would easily wash away anything-- that stands in its path. So – will you cleanse yourself – of the logs that have hindered you up until now -- from becoming the one that you know you can be --

So-----get ready to letting go now – of all those old –outworn-- unwanted believes –get ready for a new start ---a better way for you – from now on – from 3-2-1-

I forgive myself – I am letting go

(wait 2 minutes)

Good - I’d like to ask the subconscious mind to listen carefully now – and understand –that you have learned what there was to learn – from the situation --- you have understood what there was to understand –-- because you understand – that all things – large or small – all have their reason – even though it may not seem that way at times—

Understand –and remember that your subconscious mind knows – and has come to accept - that you are perfectly worthy – you always have been-- understand that you are always loved and included– that your home is where your heart is–

because you realize and come to accept more and more-- who you are – naturally – automatically –you are starting to see the world in a much more positive light—self accepting – and –from now on --you need nobody but yourself to make you feel that way – accepting – understanding– being you – with all that that makes you --you – because your heart is your guide – wherever you may go

and so you can welcome your much better – more accepting way of being truly yourself – accepting –always remembering – that you are perfectly worthy – feeling calm and confident – and to your surprise you will discover –that that confidence grows day by day – hour by hour – because you are in control –because you are complete--– just letting it all go –accepting yourself completely—

**Projection words: I forgive myself**

# The Forgiveness of Others Metaphor

So let me tell you a story now – it is a story of a friend – and this friend of mine – she most certainly experienced a terrible injustice – so terrible in fact that it defies words – but that was a long time ago -- and so I really want to spare you the details – because I know that you have your own struggles to deal with...

But anyway- what is more important is to understand what happened to my friend who suffered such grave injustice – and so – listening to her story-- it is only natural to understand that she had immense feelings of anger, --resentment and hatred towards the one --- who had so selfishly and maliciously done deliberate harm.

And when you know the story - it is easy to imagine what this must feel like --

And so – listening to her I came to realise – that one may feel anger and resentment for years and years towards someone that has done you harm – or in fact may still doing so in many ways right now – because that person has violated your rights and your dignity so badly – but as time moves on - you also come to realise that carrying feelings of anger and resentment are indeed very—very -- painful emotions...especially when we are carrying them around with us wherever we go...they are like bags of sand weighing heavy on our shoulder – they are like knives churning in our stomach -

And so - the person you feel angry towards may not know or care how you feel, -- or may even be dead – but even so -- that person will always be alive in our minds long after they have died – because we are still holding on.

And so my friend tells me that there is always a price to pay- for holding on – because deep down we know fair well-- that if we can’t let go of our anger and resentment - then we are in a way stuck on a giant hook and right next to us, --- stuck on that hook, -- is the person who has hurt us. They got ‘hooked’ after us, -- and therefore they are closest to the barb.

And as you probably know from your own experience--there is no doubt that the hook is very painful. Wherever you go -- the hook goes -- and so does the person who has hurt us so much —

And so –after a while --you realise that the only way you can get off the hook ---is if you allow the one who hurt you to get off the hook first. Because deep down we know fair well that the cost of not allowing the offender off the hook-- is a lifetime of misery.

This is even more painful, --as the anger and resentment may be replaced or compounded by feelings of GUILT and so we find ourselves experiencing even greater levels of anxiety and depression- and so the drama unfolds in ever greater proportions.

And so -- Looking into my friends face – - I asked how one could possibly escape suffering the effects of such terrible cycle of emotional turmoil-

And so my friend looked me in the eyes - as if to find out if my question was sincere enough to warrant a deeply true and meaningful answer – and after confirming that I was indeed sincere– my friend told me the secret that got her off the hook – and so she said

Well – if you want to really move on with your life – you need to learn how to forgive those who have hurt you the most

Noticing my puzzled expression – my friend explained further:

Yes – you need to learn the concept of ‘Forgiveness’ – but, she says with a wise smile in her face - understand that the process of forgiveness is a complex and subtle business.

It may not be a good thing to forgive too soon – because there is much to be said for anger as an appropriate first response to violations of our own, or others, rights and dignity because it carries some very important messages.

And what messages would they be – I asked?

Taking a deep breath while looking calmly at me– she said -

You see - The first message is that we had our rights violated -- and so we know that we deserve to have been treated better. And so we can say that our anger honours the serious moral breach that has taken place.

But – nevertheless - anger is a painful emotion, and thus blocks our opportunity to have more pleasant experiences. If we come to think of it – many of us are very much encouraged to learn that we must avoid our painful feelings.

So...deep down many are pressured by this kind of thinking – and therefore feeling somewhat the need to trying to forgive too early -- as an attempt to avoid the pain of anger-- is therefore unproductive. But what we really need to understand is - that the feeling of anger as a first response to injustice is perfectly normal and most of all healthy.

Because – as I mentioned earlier - our initial anger carries a message that is good for our self-esteem--- It says ‘I deserve to be treated better than this.’

But there is also something equally as important coming out of this.

Our anger also carries a message that says the person that has hurt us so much--- has acted in a way that is beneath their dignity as a member of the human race. And even if it is difficult to hear – but it is therefore also an affirmation of the worth of the one who has hurt us. It says -- that you expected better from them; --it says that what they did is beneath their value as a human being.

Understanding this certainly helps to let go of the hurt and move on. And so --Forgiving others enables us to forgive ourselves more easily, and so we are able to let go of the negative and self-attacking thoughts and futile struggles with a past that cannot be changed.

I don’t believe it’s that easy – I said shaking my head in disagreement – I don’t think that people just go on - and forgive and forget just like that –

Who said forgive and forget? My friend calmly replied to my little outburst -

Understand that forgiveness has nothing to do with forgetting even though it is of course possible to forget hurts in the course of time-- whether or not they have been forgiven. Forgiving involves a level of deep transformation of the one doing the forgiving that’s for sure --

It is possible to forgive and not to forget. There is really no need to forget an injustice. You see – I told you the act of forgiveness is a complex business – it needs to be well understood-

For make no mistake – the act of Forgiveness is not an act of excusing.

Forgiveness does not involve telling yourself or the one that has hurt you that what they did really was not that bad, and that it was o.k. for them to behave as they did.

Oh no---If you forgive someone,-- it must be with the clear consciousness-- that what they did was NOT o.k. at all-- Your forgiveness does not ever, and should not ever, remove that fact.

But if you decide the behaviour of the one who hurt you was not morally wrong after all-- then you simply are just excusing them-- not forgiving them – as there is no moral offence to forgive.

So – you need to understand that -- Forgiving the one that has hurt you-- does not have to include pardoning them. Sometimes it probably should not. --- Pardoning involves sparing the offender the appropriate and necessary negative consequences of their actions.

So—what Forgiving really involves is a wish to replace hatred -- and resentment-- with more generous feelings of benevolence.

And of course - if what this person or people have done to you - is indeed very bad, -- then realistically any feelings of benevolence might be very difficult to nurture, - and if anything – they may remain fairly slight at first. But you may be surprised to find that eventually you might have nurtured these feelings enough to release you from the intense pain of perhaps chronic hatred.

Think of the example of you being mugged in the street.

If the perpetrator is arrested and sentenced by the courts, -- you might feel it is appropriate for them to receive their punishment, ---whilst being prepared eventually to forgive them

In other words- you may perhaps come to some point – where you wish the offender or offenders well-- in their journey through life --and perhaps even feel compassion towards them for their own human suffering, -- and hope they will in the course of time develop enough compassion and insight to set them on a different path.

So – as you can see - Forgiveness of others-- need not involve reconciliation – or a return of the relationship to how it was before the injury happened.

Nor is Forgiveness dependent on whether the offenders show remorse for their actions. – otherwise – you --could be forever on the hook-- if this were to be the case – and as we know now - there would be no end to the pain.

There is of course no doubt that It is certainly easier to forgive-- if those who hurt us express sincere remorse.

However---understand – that it is possible, --- and often necessary, -- to forgive --REGARDLESS OF whether the people who have hurt us show--- remorse or apologise.

As I mentioned before -- Forgiveness is a commitment to engage in the tricky ---and sometimes long-term project --of letting go of resentment or hatred towards those who have hurt us the most.

And even though –it is a difficult process -- is also empowering for the forgiver: --- as the power for enabling forgiveness to happen -- is taken away from those who have hurt us.

A well – I said – what happens then --when the person who has hurt us -- is no longer with us – or we never get to see them face to face – how can you forgive then?

My friend smiled – then with her mild mannered voice - she said

Forgiveness does not have to involve telling those who have hurt us, ‘I forgive you’. You may never meet the person who has injured you,-- or see them again – or they may have died. They do not need to know you forgive them. Forgiveness is your own private experience-- you do not need to share it with those who have hurt you, ---unless of course you really want to.

But – I must warn you -- Telling someone ‘I forgive you’ ---is often used by people as a means of hurting them – by shoving the perception of moral superiority in the face of those who have done us wrong. –Well -- Doing this is hardly forgiving –.

You see-- Forgiveness involves a willingness to ACCEPT the injustice one has suffered as a fact. It involves giving the world permission to be as it is-- because that is what the world is like-- and struggling to deny that reality will just increase our suffering.

Again – don’t misunderstand me - This does not mean WANTING the world to be as it is-- a compassionate being will always strive to make it better.

And if we carefully consider it -- We all - are likely to have violated the moral rights and dignity of other people ourselves at some point in our lives --

Please also understand that it is clear that we can’t just switch our resentment-- and anger off like a light. As you have come to realise by now -- Forgiveness is an action, ---but it is a tricky one.

It is an action of loving kindness towards the deepest—spiritual-- part of the person who has harmed us – even though at the surface we find this difficult to understand--

It is a gift to those who have hurt us—it is freely given—and it is a gift that they do not deserve.

But – as you will realise-- The gift has a wonderful two way quality -- because when you do it right --it turns into a gift to yourselve—for if we forgive-- we are released from the chronic pain of resentment,---anger and hatred.

Releasing oneself from unforgiveness, --with its chronic resentment, --anger or even hatred,-- can be a difficult business. We get very attached to our feelings of hurt,--and so we can feel very reluctant to let those who hurt us -- ‘off the hook’ -- by letting go of these feelings.

But don’t forget – Those who hurt us—are also vulnerable to suffering. They may one day experience a similar injustice to the one they have committed-- which may transform their understanding of what they did --- People can change. And so--The person who hurt you might deeply regret it in a few years, -- or sooner. They may well have changed. All human beings suffer – a lot.

And so -- In the process of forgiving,-- it might help to try first to make some space for the possibility-- that the behaviour of those who have done us wrong, --- requires excusing -- rather than forgiveness.

Ah—I said – did you not tell me just before that excusing has nothing to do with forgiving?

Well – it doesn’t – my friend was quick to reply – but there are many factors that somehow explain why people do what they do-and there are many explanations one could find therefore- to make sense of it all-but from our end --we just don’t know the answer to the ‘why’ it all happened. And as with anything in life – as soon as we can explain the possible reasons – we will notice that we find ourselves in a much better position to understand – and forgive.

And so we could assume that the person who has caused us harm may be suffering from a psychological illness that has played a large part in their actions.

Or we could say that given their parenting, -- or the culture in which they have grown up,-- or all their other life experiences,--- their genetic inheritance, --- or their own delusional self-deception,-- have caused them to have such a narrow perspective -- that they see their behaviour as appropriate.

So---you may even start asking yourself if it is possible that, had you been born in the place of the person that has hurt you --, would you too have been inclined, as a result of your experiences, to behave in the same way as they did?

Then again- we might also come to the conclusion that some people are less developed in moral and spiritual wisdom---perhaps in part as a result of their life circumstances? Maybe - they have not yet had the kind of experiences that would enable them to develop a higher degree of moral wisdom – or have had life experiences that have hampered their normal ethical development? We just don’t know the answer to these questions- but it sure would explain a lot.

For If this is the case,--perhaps we can separate out the deepest self of this person – and somehow see deep inside them a potential that they have not yet developed.

Some people think that there are no bad people – only bad actions, --- which arise largely from moral and spiritual ignorance, which in turn are largely caused by negative existential circumstances…

And so we could argue that the individual acted to some degree in moral ignorance, because life has not yet taught them enough moral wisdom.

It might, of course, be the case, that the individual acted selfishly or maliciously, whilst knowing and feeling they were doing wrong. This is the element of their action that perhaps deserves the attention of forgiveness, rather than excusing.

But as I mentioned before - It is no doubt difficult to remove or change the form of painful feelings by acting on them directly. If you try to get rid of your painful feelings of anger by trying to suppress them, -- or trying to replace them directly with feelings of benevolence, you may well find that this strategy entangles you in a futile struggle -- that could make things even worse.

OK- I interrupted - So- you are a saying that it is a good thing to excuse the behaviour of those who have hurt us – by finding reasonable explanations for their behaviour? – is that all one has to do ---to get the process of forgiveness started? To be honest- I think it sounds a bit weak especially when someone has been hurt a lot.

Oh no – that’s not all there is to it- my friend quickly responded- explaining to oneself how it may have come to all of this – is only one strategy –

## ACTION

A different strategy involves giving a gift to the person who has caused you hurt -- could be another very helpful stage on the road to forgiveness.

A gift? I asked with genuine surprise in my voice.

Noticing the skepticism in my voice – my friend went on to explain—

Not a gift in the normal sense of the word- of course.

In order to forgive,-- it might be useful to giving those who hurt us -- a moral gift. Offering a real gift that they know about --and can be rejected or disparaged -- such as sending a birthday card, -- might make you too vulnerable to the possibility of rejection and add insult to injury.

One important moral gift I would suggest-- is for us to wish that those who have hurt us-- will make progress in their journey through life, --growing in wisdom,-- including moral wisdom,-- and in compassion for themselves-- and for their fellow human beings. So – in other words - we can try to work towards wishing that their journey will eventually end in fulfilment and happiness for them.

Now you really asking for a lot – I interrupted – how would something like this work? I mean—how can someone wish those well that has given them so much pain?

Well, she said....in practical terms, this can be achieved by us believing that life is an eternal process – a process where we are constantly changing and expanding our insights and capabilities—and where we are inhabiting different bodies in our journey through life. The purpose of life is to be creative – and thus to create as many experiences as possible—and so we play different roles but our essence or potential always remains the same.

So – in a way we need to believe-- that there is an indestructible potential in all of us to choose good- no matter how terrible those who have hurt us may come across – and as all people are interconnected --they therefore influence each other – as we are governed by the law of cause and effect- in other words - what goes around comes around--

However- if we take this approach—we need to believe that some of us have not yet achieved their higher human potential -- and therefore serve as examples for us to know who we are not— but at some stage or the other - they too --will eventually be where we are – and that may require them to experience what we have just experienced – so – we thank them – for their contribution – in making us realise that we need to move on to become greater- and wiser than ever before – in other words- we thank them for making clear to us – which choices we need to make -- and so by directing our good will towards that part of the person that is their deepest self -- we may even come to feel sorry for them -- as they will have to most certainly have to suffer the consequences of their actions -- and if they don’t mend their ways right now – then certainly later. The law of causality is strict – what you do to others – you do to yourself

So...if we come to belief this—than whatever character,-- beliefs, -- or urges the offender now has—are all impermanent. And so we know – that these can and will change, and are not a part of their innermost identity – even though those who have hurt us may not know this themselves – in fact – they might not even believe it right now due to their limited understanding of the law that governs all life.

But we know – and that is all it takes – and so with increasing moral enlightenment that will come as a consequence of perhaps painful live experiences that still lie in the future, they can eventually kill off selfish, malicious and morally ignorant aspects of their character, and emerge a better human being – eventually - it is up to them – when this shift is to take place.

Of course- We all know that some people never seem to improve their behaviour towards others, -- despite having a whole lifetime to do so.

Imagine a universe,-- where we are reincarnated:-- reborn to new parents every time we die, and have a new life history. --That core ‘self’ we have is the same every time,-- but because of new experiences, --there is always the possibility of turning out differently.

Imagine also that, each time we die,-- we also somehow transfer the moral wisdom we have accumulated so far-- into our next existence.

So—if we can believe that – we can also develop our compassion by wishing people well …

First ourselves ... then a good friend ... then an acquaintance ... then a difficult person or enemy .... then the whole of humanity …

We wish them well in their journey through life. --We wish them-- that they are happy—wish them that they be free from suffering, --that they grow in wisdom and compassion …

It’s not easy. But the alternative is to stay stuck right next to them on that hook and if you think about it -- that’s not easy either.

So – in that sense - Forgiveness is a difficult process – but it is a great opportunity for personal growth.

And so---this might well include the experience of those who hurt us --being a victim of injustice and suffering-- just as they have inflicted injustice on us in the past. Thus-- they might be able to develop a deeper understanding of injustice as a result of this -- and deeper identification with the suffering of others. Their own experience of suffering and injustice might lead to the development of great moral wisdom.

The offender might need the love and compassion from others --that has always been lacking in their life-- in order to make progress as a moral and human being.

Perhaps you can wish them whatever they need in order to become a much better person – including both experiences of suffering and injustice, -- and experiences of being loved.

They might also experience great remorse about the wrong they have done to other people.

They may deeply regret their past wrongdoings, and work to make all the necessary changes. --- Now --Think carefully ---Would you be willing to wish this person happiness at this point in their development---, in view of the lessons they have learned through suffering,-- and from experiencing compassion? wait

So – again-- how would you feel about this person who has hurt you-- if he or she were to develop compassion as a result of their own experiences of suffering, - injustice and then being treated with compassion – of them getting in life whatever they need in order to kill off the kind of character and mindset they had-- that caused you so much pain?

How would your opinion change?

How difficult would it be for you to frame the thought of ‘If the person who hurt me were to have these formative experiences, --- and learn compassion and remorse from them,-- then I wish them happiness.’?

wait

Perhaps it is even possible for the person who hurt you to achieve such a level of development in their current existence in this one lifetime – who knows?

But let me tell you - if you are able to do this,-- then you are on your way to forgiving them. If you are able to wish them well in a possible future-- where they have learnt some difficult lessons, -- and had some more nurturing experiences,-- then you have given them the gift of forgiveness.

As I said earlier – Forgiveness does not mean pardoning them. Forgiveness makes it a condition of their future happiness to learn through experiences,-- including difficult ones where they are on the receiving end of injustice, the negative effects of their historical behaviour on others.

Forgiveness doesn’t mean that you should continue to endure abuse at the hands of an abuser – and then excuse the abuse by telling yourself you forgive that person- oh no—the abuse has to stop right there right now -- if that were to be the case—

Forgiveness is a CHOICE and an ACTION, but not an action of futile struggle.

You may find that it takes a very long time to forgive. That is hardly surprising, given the scale of injustice and suffering some people have experienced as a result of others’ wrongdoing.

However, forgiveness, as a choice, involves a COMMITMENT to keep working at letting go of anger,-- and developing some compassion. -- You need to be committed --

There may be days when you feel particularly angry: --but this does not undermine your commitment, --which is a choice to continue where you left off in the process of forgiveness when you lose some ground.

If you wish the person who hurt you progress and happiness-- this will be a gift you give them,-- and of course one that they need not know about. --Your wishing them positive development and happiness would have to be something you are sincere about.

So— that sounds all very good -- I said to my friend – but are there other gifts one can give that will make us more forgiving?

Well— my friend said after thinking about it for a little while --

Yes...there are other gifts you could make to those who have hurt you in order to aid your process of forgiveness. For instance -- you might decide to suppress a critical comment about them that you are bursting to make during a conversation where they are not present. ----That usually feels like a safe gift to give.

Most importantly – Being willing to accept our suffering and the injustice we have experienced - does not mean wanting to experience it, or resigning oneself to it. Neither does it mean we should not take steps to avoid or remove that which causes us to suffer.

However,-- willingness to accept --does mean being prepared to fully take in the painful experience, -- and not trying to remove it by futile means that will only increase our suffering,-- or perhaps compromise our values.

So again-- It is not ‘resignation,’ – rather it is an active taking in of the experience,-- including all the thoughts and emotions associated with it.

As such-- acceptance means permitting the world to be as it is,-- rather than demanding without compromise that it MUST be how you want it to be.

Acceptance does not mean giving up on trying to make the world a better place.

I don’t know about you – but I found what my friend said very enlightening

## Forgiveness Process

And now...as I am sure you have been listening attentively to my words-- I will be quiet for a while...and only if you really want to - you may want to take the opportunity to practice some of her advise and start the process of forgiving those who have hurt you the most -- those who have wronged you –-- so you can set yourself more and more free of that anger and resentment --that you may have felt there for far too long – deep inside –and you know – that keeps you on the hook – but now that you know that those who have wronged you in the past don’t deserve to hold that power over you – you may feel ready to start the process of forgiving--

so – maybe you want to let it go now – and walk free – but those who wronged you -- won’t know any of that –and I want you to understand ---that it won’t make right what they did—

And if you truly want to start the process – right here right now--

I’d like you now –in a moment when you hear me counting down from 3-1 -- to just think of those that have wronged you in the past – or even those who do you wrong at this very moment ---because you will come to know – you come to realise--that forgiveness sets you free – you –not them –you can let it all go – and you can do that all now – letting go of anger and resentment – just a clear knowing that – there is a better way for you now – that’s right --

So—when you hear me counting down from 3-1 - I’d like you to just imagine yourself -- being seated in a big white room – with some empty chairs opposite from where you are there now in that white room --–

OK 3-2-1-be there (and when you are there give me a finger signal)

(wait)

Good - and I ‘d like you now --to imagine how you call that person – or those people into that room-- that you feel –need to be there –the one who hurt you the most – or if there are more than one – then those who have hurt you the most - one by one – getting into the chair opposite from you ---all those who have hurt you – now or in the past --one after another – call them in --and let go – and forgive them for their ways---because you know now --that was all they were capable of doing – caught in their own snares of delusion – not understanding their lives –they are still on their journey to find their greater humanity - not understanding what is right or wrong – their action will catch up with them sooner or later—and they will suffer the consequences for their wrongs --

– but that is the past now – and that doesn’t concern you anymore or any longer---because only you have the power to let it all go –– you wish them all the best on their journey -- for your own sake – and you move on with your life- but they don’t know any of that – they never will – so it’s really not to their benefit at all--but you are finished with that now – it’s all water under the bridge – and you can do all this now -----as I will be silent for a while – tell them that they are forgiven --

(wait for 2-4 minutes)

and as you are letting go – feel yourself getting lighter ---feeling more at ease – and I like you to notice your breathing –feel how that stomach feels released--you know now --that you are worthy – you are loved and included and only you need to know – you know – you are relaxed and –you are at home with yourself – nobody could possibly have the power to reject you – because you know who you are – naturally – automatically – you are relaxed and you will come to notice that you are starting to see the world in a much more positive light—self accepting – and –from now on --you need nobody but yourself to make you feel that way – accepting – understanding– being you – with all that that makes you --you –

Just release it all now – and welcome your much better – more accepting way of being truly yourself – accepting – letting go of all that past anger –and resentment- feeling free- and that is OK

You are worthy – feeling calm and confident – and you will discover –that that confidence grows day by day – hour by hour – you are in control You will simply let go of all that hurt and anger from the past – just letting it all go –accepting yourself completely

**Projection words: You forgive those who hurt you**

# Mindfulness Script

I’d like you to just imagine how really step inside of yourself– and allow yourself to feel perfectly safe and calm – perfectly relaxed and your muscles comfortably heavy.

Now – I’d like you to focus on your breathing. --- And as you do- you will probably find that it is best if you breathe from your belly -- rather than from your chest --- (wait) -- and perhaps you find it more comforting to breathe in through your nose-- and out through your mouth –(wait) and it may even be better ---when you do this slowly and deeply.

And as you keep doing this – I’d like you to focus on the sound and rhythm of your breath, ---and become aware of how calming this is (wait) ----Just focus on that for a little while – as if nothing else is more important right now – as if this is all that matters – and as you do – feel yourself sinking even deeper and deeper into trance- - breath by breath – sinking deeper and deeper --- just allow yourself to feel wonderfully grounded - just take some time – and feel that calming life giving breath streaming all through you – breath by breath- and make this all you can focus on right now---

**(pause 1minute)**

Good – as you keep on breathing like this – I want you to become aware of that part of you-- that is the observer of all that-- which is going on there right now—the part of you that that has been with you all along – since way back then—get in touch with that part – I am sure you can find the observer there deep inside of you – now take some time – (and when you are in touch with that part of you- give me a finger signal).

Good—now I like you to understand that the observer has always been with you – from time without beginning- understand – that this is the part of you that will be with you from here on - to the infinite future- never changing – indestructible – always your well meaning friend – no matter what you do- and where you are—no matter what others may say – or do -- it is the clear and beautiful voice of your conscience – it is you -- in your purest form- and there is nothing that could ever destroy it – neither fire nor storm or flood – not even the end of time – It is here always – never dying – offering good advice- whenever you want to hear it – it is goodness – and warmth – and strength – it is your guide but it only guides when asked – you are never alone-

So - just allow yourself to communicate with this part there inside of you now –

wait

Good-- now imagine how you merge into the observer – and be the observer –

wait

Good- now I’d like you to imagine how you are sitting there on a very comfortable chair – in very special place – and I’d like you to imagine to be in your very own movie theatre – and that can be outdoors or indoors or anywhere or any place you wish – but I like you to see yourself comfortable seated – looking at a large movie screen—and imagine that the screen is the fore of your mind -

wait

Good – now project on the screen what comes to the fore of your mind – but don’t get involved - and I’d like you to notice exactly what you are doing there right now---and control your attention --- but not what comes to the fore of your mind – so ---let happen what happens –and don’t be involved - be in the moment - and be the observer of what is happening there for you on that screen – but don’t judge whatever comes to you there – and even if you find yourself judging what you see before you– don’t judge your judging--- just imagine – that you are seated comfortably observing the screen- just observe- what comes to the fore of your mind-- as you keep listening to my voice-

Be alert to whichever thought or feeling comes to the fore of your mind- and watch your thoughts and feelings coming and going – but cling to nothing - have a Teflon mind- just be an observer– and let whatever happens – simply happen – just observe –

**(Pause 1 minute)**

I am sure you are doing very well....I like you to understand that the observer in you - is now in control – you are in control – and allow yourself to realise that you can always be in control – whenever you choose to – you don’t have to be involved – you can simply observe – whenever you choose to.

**Pause**

And as you continue to observe the many thoughts that come to the fore of your mind – you may even come to notice that there are only desired – and undesired outcomes in your life – but when you think of it carefully – you will come to realize that even an undesired outcome has its purpose –

**(Pause 1 minute)**

Yes that’s right – undesired outcomes simply have the purpose of motivating you to seek a more desirable outcome – and as part of you thinks about all of this – you come to fully understand that undesired outcomes present nothing more-- and nothing less than building blocks for an even greater development of your inexhaustible and unlimited potential.

**(Pause 1 minute)**

And so one thing leads to another --- and then to another – in an infinite number of ways - and what you see before you on that screen is really yours to change –- Because - you are the cause and you are the effect of the many roles you are playing- and even though - all is forever changing - you are in control –- just as you are in control right now -- because – you need to know – that the observer in you remains constant – patiently watching - perfectly and eternally still – and you can enter into this place anytime you wish – instantly – from now on…

**(Pause 1 minute)**

Because you come to understand - that even though all is forever changing – your essence is eternal — and the law of the universe – is cause and effect – and so are you -- and as you may come to realise – the law is really only one – as every effect is also a cause which instantly leads to yet another effect – so it is difficult to discern whether a cause is an effect -- or an effect a cause - and so it goes on – and we may be surprised to find that something that looks like two is really only one- and so you can know now -- that what you desire can surely be achieved if you maintain your focus long enough --

For if we look below the surface of things – the secret - which lay hidden from view - reveals itself -- We will come to notice that we are all from the **ONE** source-- and thus are intrinsically-- and **ETERNALLY CONNECTED** with each other -- and our environment

**pause**

And so even though life is a mystery in so many ways --

when we look deeper – we may find that the life we know --is a **constant** transformation of energy that manifests ever new each moment – and which has done so-- from time without beginning and will do so into eternity-- **pause**

**And so death** may be viewed as nothing but a word describing the transition between different stages of **eternal life pause**

Some say that the ultimate purpose of life is a process of creative expansion towards ever increasing greatness-

And so -- some say that the occurrence of obstacles and problems simply serve as motivators for the expansion of our life force **pause**

And as you understand all that – calmly allow yourself to observe what is before you there now- and remember that it is all in your hands- but you don’t have to get involved- because you know now how to be the observer **pause**

But as you observe – just watch what comes there to the fore of your mind --- and as you do-- you may want to ask -- what it is that you truly desire? -- What is it that you want to create? What is it that you came here to achieve today? -- What is it ---that you truly want to do – now that you can see things so much more clearly?

**pause**

And as you observe what comes to the fore of your mind -- allow -- whatever wants to come up there now --- automatically, subconsciously – and allow the images of your true goals and ambitions-- become clearer and clearer to you – while you remain perfectly still- without attaching yourself- being the observer - you know that you are in control – so watch whatever comes there before you – and see things for what they really are – without being involved --knowing that from now on -- you can be the observer --any time you choose to… wherever you are – under any circumstances— and know that all you have to do – is breath in and out deeply -- and remember that place there where you are – looking at that screen – feeling comfortable – and at ease

**Projection words: I am in control of myself**

# Positive Affirmations Script

1. You remember the good times you had ----You start feeling better and better – more and more -----You are getting stronger and stronger -----You are feeling good about yourself-----You remember the good times in your life----You love and respect yourself ----You grow stronger and stronger ----
2. Your subconscious mind can let go of all that unwanted unnecessary clutter that has confused the conscious mind for too long ---Let it all go now

1. Know that from now on you are more positive – more confident – and more understanding

1. You easily and happily tolerate the people and places and things that used to disturb or annoy you
2. You develop a greater and greater inner strength – an inner knowing---You are letting go of the old habits and beliefs and replace them with better thinking and better feeling
3. From now on you happily and easily adjust to your environment ----It is easy for you to change your attitude----You have relaxed confident happy non opinionated thoughts
4. This is your new and better thought pattern ---New and better thoughts mean a new and better life from now on ---All that unnecessary unwanted destructive anger is gone – completely and totally gone
5. Your subconscious mind releases the anger and it can do so now – let it all go now----You will stand up confidently – strong on your own two feet
6. Your subconscious mind can let go of all anxiety – your anxiety is now completely gone ----You are standing on your own two feet – strong and confident – always creating a better – more motivated – happier life for yourself
7. You can you will and now you always do easily control how you feel – control how you think – and control your emotions and your very positive thoughts – always and easily -----All these suggestions become firmly embedded in your mind without you even having to consciously think about it – it just happens automatically – naturally
8. Your subconscious mind is very attentive now ----These new thoughts and feelings will continue to exercise more and more power over you
9. You are much easily agitated – much easily upset----You are beginning to feel much physically stronger and fitter
10. You are much less easily discouraged – much less easily tired – much less easily fatigued- much less easily depressed
11. All this will continue to happen to you – every day – just as surely – just as powerfully – wherever you are –
12. Your mind is much clearer – more ordered - - more alert - more receptive – in every way--Every day you become so deeply interested in whatever you are doing - in whatever is going on around you – that your mind will become completely distracted away from yourself-
13. You will no longer dwell nearly as much upon yourself or your imagined troubles or difficulties --- You will become much less preoccupied with yourself – and with your own feelings
14. Every day your nerves will become calmer stronger and much steadier m---Your mind will quickly become calmer and much clearer – more self composed – more tranquil
15. You feel much much better about yourself----You are much less easily agitated – much less easily fearful – much less easily upset – much less easily apprehensive
16. You are able to concentrate more easily – you are able to think more clearly---You will be able to give your complete and total undivided attention to whatever you are doing

1. Your memory will rapidly and vastly improve – -You will see things in their true perspective
2. You feel much happier and more optimistic in every way--You will feel much less need to rely upon – much less need to depend upon other people
3. You can depend on yourself ---You have a strong sensible knowing of your own self worth
4. You will do things easily and it is easy for you to do the things you need to do
5. You will remain relaxed whenever you are in the company of other people – no matter if it is in a large or small group or whether they are friends or strangers- you remain relaxed and calm

# Projections

Now – in a moment I am going to count from three down to one,---- then I'll say the words **- personal success-confidence–**

2. This is the time to program your imagination with scenes or the scene ---that represent your personal success

3. This is the time when I’d like you to see yourself--- thinking, -- feeling --- acting in that better – in that more effective way—the way that you wish ---to think and feel and act more successfully in those situations – or situation that you have came here to address today --

while I will be quiet for a little while

4. If you find it difficult to see yourself – thinking feeling – acting in that special way – you can also imagine a person that you may know – and who has all these attributes that you are seeking there within yourself – so - just imagine that person instead – if that is easier – but either way – I’d like you to get ready now – counting down now from ---

3 ... 2 ... 1 ...

"personal success" - “confidence” – “letting go of anger” – “no more fear” – “overcoming bad habits” – \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Wait 2 minutes

Good now – just to make sure -- as you see that person there in your mind – whether that is you or someone else- I’d like you now to step right into that person –now – be that person –act like that person – think and feel like that person while I will again -- be quiet for a little while – ok do that now from 3-2-1

Wait

Good - Understand – that from this time forward with each passing day--- you become more and more aware of a wonderful feeling of personal confidence. Confidence --in the realization that each day brings you closer to your goals. Each day is a vital step in your problem solving --- in developing the motivation to change your behavior to move yourself towards your highest potential --- so that you now begin to enjoy a fuller and richer and more expressive life.

And you tell yourself - YES I CAN – YES I WILL – and so YES YOU DO

# Future Self

OK let’s do something different now --- As I count now from 1-5-- I want you to move into your future – sometime perhaps one year from now –or further---and I want you to take with you all your newer and better feeling—your better thinking—about yourself--and all that wisdom you have gained – here today.

OK- get ready

**1**---move forwards in time

**2**---into your future further and further

**3**---see yourself there

**4**---the way –you are

**5**—And ---be there – be that person

Now –-- truly be that person – look around you – notice what you are feeling inside – notice what you are thinking — now - with all that better –wiser understanding—that you have accumulated – be that successful person – truly be that person – be in it - dwell in those achievements – that you have set out to achieve- don’t be afraid - really allow yourself to feel what it is like to have achieved all that what you came here to achieve – really be that person – not removed – but be there - see what it is like with your own eyes – hear it with your own ears – and allow those feelings to sink in deeply –make them yours –to remember –– while I stay quiet for a little while (wait)

## Return to now

OK – now from 5-4-3-2-1 – be back here with me – stay comfortably in hypnosis – and listen carefully -- very carefully —Understand that from this moment on ---your future-self will be your coach and reminder of success--- it will always be there and guide you –never letting you forget—not even for a moment—that you are a success—and so that image that you have experienced there just before - sinks deep- deep into your subconscious mind – never to be erased- and it will steer you automatically – subconsciously – towards that vision of yours – towards that goal - without you even having to think consciously about it – that’s right – it all happens without you even having to think about it consciously at all- because of the great power of your subconscious mind

# Subconscious Transfer

And I like the subconscious mind to transfer all these good—safe and sensible suggestions—all that wisdom – to the conscious mind –and when it has done so –to give me a finger signal—so that I know that this has occurred.

And as soon as the subconscious mind has transferred these safe and sensible suggestions –all those newly learned understandings and learnings --to the conscious mind—I like the subconscious mind – to give me a finger signal ---– And I’d like to thank the subconscious mind for its cooperation --

Now-- from this point on,--- whenever you hear me counting down from 10-1 saying the words—deeper—and deeper--- I’d like you to imagine how you are drifting deeper and deeper- further away and down – stepping down a staircase – or falling backwards into relaxation - deeper and deeper – and before I reach the number one – allow your eyelids to simply shut down – so heavy – heavier than bricks – and so you will find yourself instantly returning to this level of deep relaxation ---even deeper than what you are right now – so - whenever you hear me counting down from 10-1 – allow your eyes getting heavier and heavier – so that all you want to do is shutting them down completely before I reach the number 1- remember– I’d like you to allow yourself to drop deeper and deeper – no matter where you are -- and no matter what it is that you are thinking – or feeling – whenever you hear me counting down from 10-1 (and if this is OK- I’d like your subconscious mind to give me a finger signal)

# Universal Direct Suggestions

Starting from now on – you can – and indeed you will start a new life. With a much better –much---much better ---attitude---about yourself—about your life---about your family---your friends---and your own many talents and special abilities---and because you are going to live your life—in this newer---much-- much better way ----you will quickly begin to enjoy every aspect of everything around you.

And you will become aware--- of just how much goodness is all around you—you will become so aware of the goodness in your life ---that you will feel it inside------as a very ---very pleasant feeling of well being---of knowing that you are –very very --conscious---very alive---listening to and flowing with the rhythm of your life –able to think –and feel—good—and to love and experience your life to the fullest.-----To be fully alive—more and more each day---every day---more calm---more relaxed—and more at peace with yourself---

Starting from now –you will simply be able to flow with everything around you ---all of the time---just flowing ---experiencing ---not hung up---not bothered ---facing your life in a responsible ----happy –relaxed way---flowing easily along---solving calmly all of your life’s challenges.---

You are feeling good about yourself—more and more confident –day by day---Your happiness—will grow ---more and more each day

Your future is bright –you are bright –happiness –grows—more and more—like a seed grows into a magnificent tree---so will your confidence –hope and happiness grow—more and more –each day –day by day –

# FINISH THERAPY

# Post Suggestions Index Finger and Thumb – general

I’d like you to know – that From now on whenever you are in a situation you don’t like – you will automatically and gently Press together your Index finger and your thumb – and allow those positive –those good feelings –to well all through you – come up naturally -- And you will feel reminded of that good feeling inside by simply pressing your thumb and your index finger together – automatically – naturally- washing over all that – that bothers you – like a warm wave of gentle relaxation – automatically – without you even necessarily being consciously aware of it. –and you will do that more and more often – whenever you feel uneasy – gentle pressing together your thumb and your index finger – automatically – subconsciously – will allow that feeling there to well forth from deep within – transforming that which appears negative – into good feelings – effortlessly – More and more often without even consciously thinking about it – effortlessly – automatically – letting go of all that that bothers you – transforming your thoughts – filling you with feelings of control- feelings of strength - over what used to be an anxiety provoking situation-

## Color Red

You will also find that from now on whenever you will see that the color red anywhere -- it will help your subconscious mind to remind you deep within of that good feeling inside of you- you will subconsciously come to notice the color red more than ever before – in your life-- anywhere you can see red – you are reminded of your strength – and control – that resides deep within you-

## Count down from 10-1

Now-- from this point on,--- whenever you hear me counting down from 10-1 saying the words—deeper—and deeper--- I’d like you to imagine how you are drifting deeper and deeper- further away and down – stepping down a staircase – or falling backwards into relaxation - deeper and deeper – and before I reach the number one – allow your eyelids to simply shut down – so heavy – heavier than bricks – and so you will find yourself instantly returning to this level of deep relaxation ---even deeper than what you are right now – so - whenever you hear me counting down from 10-1 – allow your eyes getting heavier and heavier – so that all you want to do is shutting them down completely before I reach the number 1- remember– I’d like you to allow yourself to drop deeper and deeper – no matter where you are -- and no matter what it is that you are thinking – or feeling – whenever you hear me counting down from 10-1 (and if this is OK- I’d like your subconscious mind to give me a finger signal)

# Post Suggestions- Index Finger and Thumb smoking

I’d like you to know – that From now on whenever you are in a situation where your determination wavers – a situation where you would have normally smoked in the past ---you will automatically and gently Press together your Index finger and your thumb – and allow those positive –those good feelings –to well all through you – come up naturally -- And– automatically – without you even being consciously aware of it. –you will do that more and more often – whenever you feel your determination wavering – gently pressing together your thumb and your index finger – automatically – unconsciously – will allow that feeling of strength and confidence well forth from deep within – You will no longer be thinking about smoking – your mind will wander elsewhere – you will think about a healthy more active lifestyle—and the many pleasures that come with that- and you become aware of the many choices you have – choices that make you feel good—just like back then—when you felt really good about yourself--transforming your thoughts – filling you with feelings of control- feelings of strength – feelings of determination-- that’s right.

# Emerge – Standard

In a moment I am going to count up from 1-5 and as soon as I reach the number 5 I would like you to be fully conscious – remembering all that that is important to your subconscious mind – feeling refreshed and alert – energized in every cell of your body – crisp and clear in your mind – as if you had the most refreshing and relaxing sleep you ever had...and as soon as I reach the number 5 -- but not before—open your eyes –and become ever increasingly aware -- of the more positive way you feel –and the more positive way you think from now on—

1. Realize just how deep you were- remembering what is important
2. Knowing that the color red has a very special meaning for you
3. Remembering to go back deeper down and more relaxed than ever before when you hear me counting down from 10-1- eyes heavy – shutting down -- back to that place where nothing can disturb your peace of mind
4. Feeling more and more aware
5. Opening your eyes when you are ready - Feeling refreshed and energetic

And you do feel good – don’t you?

# Emerge 2

And as you are moving along there – along that beautiful beach – with the echoing waves – breaking near where the shore begins--- you look out at the vastness of the sea- and as you move along you notice that the beach leads into a path--- a very pretty – long winding path that leads you up a mountain of unimaginable beauty – where birds are singing – and majestic trees grow along it’s sides – you can feel now and then a warm and gentle summer breeze – and the scent of pines and freshly cut wood – is carried through the air - and as you get higher and higher the view becomes better and better – and more importantly -- less obstructed – and you can see clearly now – clearer and clearer – as you move higher and higher up – from way down there – and as you become more and more aware – of how truly deep you have been there just a few moments ago—and you have peace – feeling content and focused –

And when you are at the highest peak of that mountain of yours – I like you to be back here with me – open your eyes – feeling wonderfully calm and relaxed – remembering – allowing your subconscious mind to simply to the things that need to be done- automatically - without you having to think about it at all – it just happens naturally .

# Mindfulness Manual

Largely based and adopted from Living Well - http://www.livingwell.org.au

Mindfulness exercises allow us to identify, tolerate and reduce difficult, painful and even frightening thoughts, feelings and sensations. It allows us to master the multitude of thoughts and feelings that enter our minds at any moment.

Mindfulness can be defined as follows:

* The non-judgmental observation of the ongoing stream of internal and external stimuli as they arise (Baer, 2003).
* The awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment to moment (Kabat-Zinn, 2003).
* Keeping one’s complete attention to the experience on a moment to moment basis (Martlett & Kristeller, 1999).

In essence, being mindful is the awareness of our here and now experience, both within ourselves and in the external world that surrounds us. Mindfulness creates a space in the present moment from which we can deal with past distress or look at and plan for the future, even though we may experience fearful thoughts about things that haven’t yet happened. Mindfulness of the here and now gives us a secure platform from which we can observe our thoughts and feelings without judgment and thus it prevents us from being held hostage by a seemingly uncontrollable mind that all too often appears to have a life of its own.

Mindfulness is NOT (as defined by Living Well - <http://www.livingwell.org.au>):

* Getting so focused on goals that I lose touch with what I am doing right now.
* Getting lost in my thoughts and feelings.
* Being preoccupied with the future or the past.
* Eating without being aware of eating.
* Running on autopilot.
* Reacting emotionally in certain ways – feeling like an emotion just “came out of nowhere”.
* Daydreaming or thinking of other things when doing chores.
* Doing several things at once rather than focusing on one thing at a time.

# Exercise - BREATHING MINDFULNESS

Sit quietly in a chair with both feet on the ground there now and your hands in your lap. Allow yourself to feel centred there in that chair or if you are lying in a bed or on a sofa – that is ok too -- NOW Bring all of your attention to the physical act of breathing. Start to notice the breath as it enters your body through your nose and travels to your lungs. Notice with curiosity whether the inward and outward breaths are cool or warm, and notice where the breath travels as it enters and departs.

Also notice the breath as your lungs relax and you inhale through your nose. Don’t try to do anything with your breathing – simply notice it, pay attention to it and be aware of it. It doesn’t matter if your breathing is slow or fast, deep or shallow; it just is what it is. Allow your body to do what it does naturally.

simply notice, accept and be aware of your breath – realize this is only about your breathing - it is not about relaxation or stress reduction -- although this may well occur. And as you observe your breathing you will come to realize that Your body knows how to do this; it has done it since birth. This is simply about breathing mindfully. Breathing is something you carry with you everywhere; you are just not usually aware of it – but now you are.

You will start to notice that each time you breathe in, your diaphragm or stomach will expand… and each time you breathe out your diaphragm or stomach will relax. Again, don’t try to do anything – just be aware of the physical sensations of breathing in and breathing out. If you find that thoughts intrude, this is okay. Don’t worry, just notice the thoughts, allow them to be, and gently bring your awareness back to your breath.

Start this exercise initially for 5 minutes, building up daily. You can also do this exercise lying down in bed if you have difficulty sleeping. It is simply a way of allowing you to have more mindful and conscious awareness of your body and its surroundings, its breathing and its capacity to relax. When our breathing relaxes our muscles relax.

# Exercise - WALKING MINDFULNESS

Prepare your space and find a place where you can walk for about 12-14 steps before you have to turn. If need to be --remove your shoes

Now first notice your body as you stand in stillness. Feeling the connection of the body to the ground, or the floor. Becoming aware of your surroundings, taking in any sights, smells, tastes, sounds or other sensations.

Notice any thoughts or emotions and let them be. Notice your arms by your sides or if you prefer, hold your right hand in your left hand at the front, or clasp your hands at your back. Notice your breath, moving in and out of your body. No need to change it; just let it be. Now shift your weight to the left leg and begin to lift your right foot up. Move it forward, place it back down on the ground. Mindfully shift the weight the right leg and begin to lift the left foot up, move it forward, place it back down on the ground.

And continue with this walking… walking mindfully, walking slowly, and paying attention to the sensations on the soles of your feet. As each part of the sole, from heel to toe, touches the ground. Lifting, moving, placing. Lifting, moving, placing. Notice how the body moves as you walk. Walk with awareness. One step at a time.

When it is time to turn, maintain the flow of mindfulness and bring your awareness to the intricate process of turning. Slowly, and with attention to each movement necessary to turn, begin to walk back to where you started. One step at a time. 1. Lifting, moving, placing. 2. Lifting, moving, placing. 3,4,5,6,7,8,9,10,11,12,13 and return

Find a rhythm that suits you. That suits your body and your balance.

As you move forward, notice your body, notice your head sitting on your shoulders, your arms & hands, your torso, your legs, moving you forward, step by step.

Notice any thoughts that arise and let them be. Returning your focus to the sensation of walking. Lifting, moving, placing.

Notice your breath. Has it moved into a rhythm; a rhythm that fits with your pace of walking, step by step? There’s no need to change your breathing, but you might find that it has changed without you noticing it.

Continue walking, taking care to notice each intricate movement required at the turns. One step at a time.

Practice this for a moment. And next time you return to your starting place, be still. Notice the sensations in your body; bring awareness to your breath. Notice the stillness when movement ceases. And appreciate the time you have spent today, practicing mindfulness of walking.

# Exercise- EATING MINDFULNESS

Make yourself comfortable there where you are - Sitting comfortably and symmetrically on your chair or cushion, and let your focus fall softly on the floor a meter or so in front of you.

Bring awareness to your breathing there right now– so focus on the physical sensations of your breathing there right now – and as you do – allow yourself to become aware of how breathing itself feels like there right now in your body.

As you are there in your place of mindfulness now – allow yourself to sense what your body needs as you are looking at the food before you. Notice whether saliva production increases as you look at the food which is there before you – or there might be other sensations there that take place – just observe- – and then Take your time to choose one thing.

And as you do - focus with clear awareness on each movement and each moment of the experience as you move your arm and hand and fingers towards the food item and pick it up, either place it on the palm of your hand or hold it between your fingers, place it on your spoon or at the tip of your fork.

Imagine you have just come to Earth and awakened to this substance you have not encountered before. Explore it with all your senses as if you have never seen it before.

Scan it; explore every part of it with your eyes . Turn it around.

Notice the texture, the light on it, its shape; whether it is soft, hard, coarse, smooth. Notice any thoughts that arise (like “why am I doing this?”) and see if you can just notice

the thoughts and let them be... before bringing your awareness back to the object.

Take the object beneath your nose and carefully notice the smell of it. Maybe bring the object to one ear and squeeze it, roll it, listen for any sound coming from it if you like or just simply begin to slowly take the object in your mouth, noticing that the arm knows exactly where to go and perhaps noticing your mouth watering.

Gently place the object in your mouth, or take one bite if it is larger than one bite-size, but do not chew yet. Feel it on your tongue: its weight, temperature, size, texture. Explore the sensations of it in your mouth.

When you are ready, intentionally bite into it. Does it go automatically to one side of the mouth? Notice when the taste releases. Slowly, slowly chew, noticing the change in consistency, until you are conscious of the impulse to swallow.

Sense the food moving down to your throat and making its way to your stomach. Sit with the experience, noticing any vestiges remaining in your mouth, on your tongue, any taste, feelings… satisfaction, pleasure, aversion.

And then Take a moment to congratulate yourself for taking the time to experience Mindful Eating

And as you watch these thoughts bring your awareness and attention back to your breathing for a while, noticing the physical sensation of taking breath into your body and releasing it and then allow this meditation to end in the way you feel is most comfortable for you.

And notice – what it is that makes this comfortable

# Exercise - EXTERNAL WORLD & BREATH

Make yourself comfortable there where you are - Sitting comfortably and symmetrically on your chair or cushion, close your eyes if you feel comfortable doing so, or otherwise let your focus fall softly on the floor a meter or so in front of you.

Become aware of your body and the places where it meets something solid: your feet on the floor, perhaps the backs of your legs against the chair… your thighs, buttocks, back, maybe shoulders resting where gravity lands them.

Notice where your hands touch - each other, or your body - notice the fabric of your clothes on your skin, and maybe the air on your skin. Notice your head resting on your shoulders and your arms hanging from your shoulders.

Let your senses move to the sounds around you: not needing to think about them, but just letting your attention move from sound to sound. Perhaps you can detect some odours, or some taste in your mouth… let yourself simply notice them.

Leaving all of that now to focus on your breath… your simple natural breath. Bring all your attention to the breath as it moves in and out of your body, so the only movement you are aware of is the movement that is caused by your breath; in and out. Notice it wherever it is easiest to detect it. In and out of your nostrils or mouth, cool air in, warm air out. Or at your chest, rising and falling, or your abdomen.

As thoughts arise, as they inevitably will, simply notice them and let them move on. No need to chase after them. Just bring your attention back again to your breath, your normal, natural breath… as it moves in and out of your body.

You have nowhere else to be, nothing else to do. Simply notice with gentleness and non- judgment your breath.

Practice this for a moment.

Now, expand your awareness outside of your body, to the sounds around you, to whatever feelings you have in your body. Notice any changes, any tensions, tightness, looseness, floatiness. Sense the world around you as you feel your body again in the chair or on the cushion… and open your eyes when you are ready to return to this space.

# Exercise - BODY SCAN/PROGRESSIVE BODY AWARENESS

Bring awareness to your breathing there right now–

Focus on the physical sensations of your breathing there right now – and as you do – allow yourself to become aware of how breathing itself feels like there right now in your body.

What does it feel like as you breath in – and out - in your belly – in your lungs- in your nostrils – watching all this with curiosity - feeling the sensations of breath in the abdominal space, as it expands with each in breath and falls back with each out-breath.

And now you might just simply allow yourself to notice your body and this does not necessarily mean relaxing your body, however this may also occur. So – just sit or lie down there now in a comfortable position, making sure that you do not have any constriction. Loosen any tight clothing.

And if you notice there right now any bodily pain or discomfort don’t distract yourselves or try to numb the pain there right now – just accept and notice with gentle curiosity your body in its comfort and discomfort.

So - starting with your feet, pay attention to the physical feelings in them: any pain, discomfort, coolness, warmth, tension, tightness, whatever. Simply pay attention to the physical feelings and sensations. Don’t judge them as good or bad, don’t try to change them, just be aware of them.

And now - slowly allow your awareness to drift up from your feet to your lower legs, again simply paying attention to any physical sensations in that part of your body, including any tightness, pain or discomfort. Then slowly let your awareness drift further up your body, doing the same gentle noticing for all of the parts of your body – your upper legs, hips, buttocks, pelvic region, stomach, chest, your lower back, upper back, fingers and hands, lower arms, upper arms, shoulders, neck, your head, forehead, temples, face – eyes, cheeks, nose, mouth, jaw line.

Then let your awareness drift gently and slowly back down your body, noticing any other places where there is pain, discomfort or tension and simply noticing this, until you awareness settles back at your feet.

And so keep doing this exercise just for another 4-5 minutes and don’t worry there right now about how long it takes – just allow yourself to pay attention to the sensations in your body.

If, while doing this exercise, thoughts intrude, that’s okay – just notice the thoughts, notice yourself noticing the thoughts and gently guide your awareness back to your body.

And now bring your awareness and attention back to your breathing for a while, noticing the physical sensation of taking breath into your body and releasing it and then allow this meditation to end in the way you feel is most comfortable for you. And notice – what it is that makes this comfortable.

# Exercise - MINDFULNESS OF THOUGHTS

“A thought is not a fact – a thought is just a thought.” Jon Kabat-Zinn

Bring awareness to your breathing there right now–

Pay attention on the physical sensations of your breathing there right now – and as you do – allow yourself to become aware of how breathing itself feels like there right now in your body.

What does it feel like as you breath in – and out - in your belly – in your lungs- in your nostrils – watching all this with curiosity - feeling the sensations of breath in the abdominal space, as it expands with each in breath and falls back with each out-breath.

Notice with curiosity whether the inward and outward breaths are cool or warm, and notice where the breath travels as it enters and departs. Also notice the breath as your lungs relax and you inhale through your nose.

Don’t try to do anything with your breathing – simply notice it, pay attention to it and be aware of it. It doesn’t matter if your breathing is slow or fast, deep or shallow; it just is what it is. Allow your body to do what it does naturally.

With full awareness following the breath all the way in and all the way out, using the breath itself to anchor you there right now in the present moment. Practice this for a moment.

Now – shift your attention to your thoughts -- Allow yourself to notice any thoughts that come into your head as you maintain an awareness of your breathing.

Notice, pay attention to and accept these thoughts that come into your mind - without judgment. Thoughts are what they are – just allow it to be – the thought that you happen to be having there at this particular moment. Not judging them as good or bad – this or that – just allowing them to be what they are there right now without getting attached – just watching them there in your mind.

You may become aware that you are having difficulty thinking about your thoughts – so think about that then – without judging. And if you find yourself judging – then don’t judge your judging - You may be thinking: “I can’t do this very well.” Well, that’s a thought too. And so just allow yourself to think about that without judging that.

Some people like the metaphor of allowing the thoughts to just float like leaves on a stream, or clouds in a sky, noticing each passing thought and then the one that comes after that, and then the one that comes after that.

You may notice that just at the moment you become aware of a thought, it passes and is replaced by another thought. That’s what happens – thoughts come, and they go. And so they go on – and on and on.

INSIGHT

And so -- If you come to think about it – the way you do there right now - we often treat thoughts as if they are facts. One might be thinking I am not good at this or I’m not good at that – or whatever you might be thinking about there right now – as you keep listening to this

And so you continue to watch your thoughts – one after the other – and then another - you come to realize - it is a fact - that when we have a thought many times over and over-- it condenses into a belief. And you see – NOW – that a belief are just thoughts that I have a lot of the time – in the here and now- or somewhere in the back of my mind.

And so it is a fact – that beliefs can be taken as facts.

But when we start to pay attention to our thoughts, with a gentle and curious mind- then we actually start to think about our thinking (meta-cognition) and so we have the power to move away from believing that a thought is a fact – and so you can choose the thoughts you wish to have – can you not? Of course you can – and now that you know – that a thought is just a thought – and a belief is nothing more and nothing less – than a recurring thought – a thought that you think many times over – Now that you watch it without getting attached – watching it – coming and going – seeing it what it is – being aware of your breathing- you know that you can also choose – the kind of thoughts you wish to enter your mind – I can choose where to direct my attention- and you know that you can watch all this without judging -

And as you watch these thoughts - Bring your awareness back to your breathing for a few minutes and then allow this meditation to end in the way you feel is most comfortable for you. And notice – what it is that makes this comfortable.

# Exercise - MINDFULNESS OF THOUGHTS, EMOTIONS & BODY SENSATIONS

Bring awareness to your breathing there right now–

Focus on the physical sensations of your breathing there right now – and as you do – allow yourself to become aware of how breathing itself feels like there right now in your body.

What does it feel like as you breath in – and out - in your belly – in your lungs- in your nostrils – watching all this with curiosity - feeling the sensations of breath in the abdominal space, as it expands with each in breath and falls back with each out-breath.

Notice with curiosity whether the inward and outward breaths are cool or warm, and notice where the breath travels as it enters and departs. Also notice the breath as your lungs relax and you inhale through your nose.

Don’t try to do anything with your breathing – simply notice it, pay attention to it and be aware of it. It doesn’t matter if your breathing is slow or fast, deep or shallow; it just is what it is. Allow your body to do what it does naturally.

With full awareness following the breath all the way in and all the way out, using the breath itself to anchor you there right now in the present moment. Practice this for a moment.

And so - allow yourself to shift your attention now – and notice any emotions or feelings that you are experiencing there right now – and if there are names for these emotions that come to mind – that is fine – if they don’t – then just be aware of them vaguely – just observe without judging -

And so – just there right now – notice where they are located there – these emotions? Maybe the stomach – the chest - the neck, or the throat – maybe the gut? Just notice that there right now – notice if the physical sensation moves, drifts or shift? What does that make you feel like?

maybe queasy – maybe calm – tense or relaxed?

And notice any thoughts that come with the feelings – ensure that you aware of them just as thoughts- curiously and without judgment.

Allow yourself to just sit with and notice with awareness the shifting and movement of thoughts, feelings and physical sensations in your body.

INSIGHT

And when you come to think of it – looking at all this now from a distance – watching – observing what is there before us now - then we come to realize that we often label our feelings. And so it happens then - that when we think positive – we may label these thoughts as happy, energetic, joy – but when thinking negative we perhaps label them as sad – scared - hurt, or angry.

But you see – when we are mindful – we realize that feelings are not good or bad- they are just what they are –comfortable or uncomfortable, easy or difficult they come and go – one after the other – and then another

And so even when we may have been taught for some unknown reason – that our experience of some feelings is wrong – that we mustn’t feel this or that – that we need to be positive – not sad or hurt – that we should be happy or brave – lighten up – or just get over it – right or wrong – good or bad – hot or cold – this or that

You can observe all this from that space inside – you just let it be now – there in front of you – seeing what is there before you - noticing whatever you are feeling there now , at the moment you are feeling it there – now -, with a gentle, non-judgmental acceptance and curiosity.

Noticing your thoughts coming and going – like the clouds in the sky – sometimes white – sometimes grey – one after the other – in a blue sky -

And as you observe that what comes there before you – you come to realize that a thought is just a thought – and a belief is nothing more and nothing less – than a recurring thought – a thought that you think many times over – Now that you watch it without getting attached – watching it – coming and going – seeing it what it is – being aware of your breathing- you know that you can

also choose – the kind of thoughts you wish to enter your mind – I can choose where to direct my attention- and you know that you can watch all this without judging -

And as you watch these thoughts - Bring your awareness back to your breathing for a few minutes and then allow this meditation to end in the way you feel is most comfortable for you. And notice – what it is that makes this comfortable.

# Exercise- COMPASSION MINDFULNESS

Now, allow yourself to notice your breath. Don’t feel that you have to do anything to your breathing – just be aware, curious and attentive to the physical sensations of breathing in and breathing out.

Allow yourself now to bring your awareness and attention to that feeling of compassion, lovingkindness or deep and abiding care and concern. Bring to mind someone in your life who is dear and precious to you. Imagine yourself enfolding this person in that feeling. Allow yourself to have the following thoughts towards this person:

• May this person know a decrease in distress

• May this person know peace and tranquillity – at least for a while

• May this person know happiness and joy – at least for a while

• May this person be able to deal with their suffering

Continue to imagine this person, holding them in your mind and sending to the image you hold these loving, kind and compassionate thoughts. Notice how this feels in your body. What are the physical sensations that come to you when you connect with feelings of lovingkindness and compassion? What are the images and thoughts that come? Just notice these thoughts, physical sensations and emotions – note them with gentle curiosity, without judgment.

Now, if you can, see whether you can direct some of that lovingkindess, compassion and deep abiding care towards yourself. See whether you can have the following thoughts for yourself:

• May I know a decrease in distress

• May I know some peace and tranquillity in my life – at least for a while

• May I know some happiness and joy –at least for a while

• May I be confident that I can deal with my own suffering

And now bring your awareness and attention back to your breathing for a while, noticing the physical sensation of taking breath into your body and releasing it and then allow this meditation to end in the way you feel is most comfortable for you. And notice – what it is that makes this comfortable.

# Exercise - MINDFULNESS OF DIFFICULT/PAINFUL THOUGHTS

Bring awareness to your breathing there right now–

Focus on the physical sensations of your breathing there right now – and as you do – allow yourself to become aware of how breathing itself feels like there right now in your body.

What does it feel like as you breath in – and out - in your belly – in your lungs- in your nostrils – watching all this with curiosity - feeling the sensations of breath in the abdominal space, as it expands with each in breath and falls back with each out-breath.

Now bring your awareness to something that is difficult for you in your life. It may be thoughts of an event in the past that was painful or distressing, it may be something in your life in the present time that is causing you painful feelings, or it may be something you are worried about in the future. Allow yourself to bring your attention to focus on one of these worrying thoughts.

Notice what is happening in your body right now as you have these thoughts. Are there places or tension or tightness? What is happening to your breathing? Don’t try to modify the sensations in your body, just allow yourself to notice them with curiosity.

Notice now the thoughts that that are going through your mind; just notice them as thoughts. Remember, thoughts are not facts, they are simply what your mind is saying or creating at any given moment. They may be based in factual events, but they are simply the mind thinking. Think about the thoughts you are having. Notice them as they change and notice each new thought as it replaces the previous one.

As you continue to notice the sensations in your body, see if you can put words to some of the feelings that come with these difficult and painful thoughts. They may be feelings like sadness, hurt, anger, loneliness, fear or pain. Feelings may be difficult, they may be deeply uncomfortable, but they are not wrong or right. They are simply part of your present moment experience.

Allow your awareness to move between the thoughts you are having as you notice them, the physical sensations you are having as you notice them, and the feelings and emotions you are having as you notice them.

And as you observe that what comes there before you – you come to realize that a thought is just a thought – and a belief is nothing more and nothing less – than a recurring thought – a thought that you think many times over – Now that you watch it without getting attached – watching it – coming and going – seeing it for what it is – being aware of your breathing- you know that you can also choose – the kind of thoughts you wish to enter your mind – I can choose where to direct my attention- and you know that you can watch all this without judging -

And as you watch these thoughts bring your awareness and attention back to your breathing for a while, noticing the physical sensation of taking breath into your body and releasing it and then allow this meditation to end in the way you feel is most comfortable for you. And notice – what it is that makes this comfortable.

# Exercise Mindfulness - Leaves on a Stream Metaphor

Imagine yourself sitting on the bank of gurgling stream. You are sitting, enjoying the beautiful day, and relaxing under a large oak tree. It is fall and as you sit you notice many leaves falling from the tree into the stream, and floating by. As you imagine this, I want you to pay attention to any thoughts that you may be having in each moment. Notice the thoughts coming and going as the leaves come and go, and imagine your thoughts are written on the leaves as they float by. One leave may say, “Am I doing this right,”and another might say, “I feel tired today. ”Whatever thought you having— just picture it on one of the leaves and watch it as it goes by, without pushing it or pulling it. At some point you may have the sense that you are no longer doing the exercise, that you are caught up in the thoughts rather than just watching them go by. When that happens, I want you to back up a few seconds and see if you can catch what you were doing right before the leaves stopped. Then go ahead and sit under that tree and start putting your thoughts on the leaves again. I'll be quiet now while you engage in this process [several minutes of silence follow]

# Mindfully Feeling

Now imagine a place where you can feel safe. Somewhere you've been, or someplace imagined, as long as it brings you to peace.
Feel your body there - the earth underneath you, the breeze touching your skin, the warmth of the sun on your face.
Look at your surroundings, calmly becoming aware.
Feel a sense of gratitude for being in such a beautiful place, for the soft sounds, the sweet smells. With the next exhale, release any thoughts that are wandering through your mind.
Let go of your worries and your concerns. They don't matter here.
Imagine them dissolving into the air, allowing the wind to carry them away.
Notice now that there is an energy, coming from above you.
It is white light, maybe sparkling with colors, vibrant, and alive.
The energy encircles you and protects you.
Inhale the while light into your body, letting it flow through you with each exhale.
Allow the bright energy to relax your tired muscles, ease any aches and pain.
Feel the warmth in your throat, your chest, then fill your stomach.
Feel it take the burden from your heart.
As the light glows within you, feel it become stronger, brighter, intensifying your own awareness of beauty and excitement.
Feel the positive presence in the energy, envisioning its love for you.
Breath deeply, feeling grateful for this experience, and comforted to know that you can return here whenever you like.
Slowly return your awareness to your self, and paying attention to your feelings at the moment.

# Exercise – Mindfulness The Sky Metaphor

Your observing self is like the sky. Thoughts and feelings are like the weather. The weather changes continually, but no matter how bad it gets, it cannot harm the sky in any way. The mightiest thunderstorm, the most turbulent hurricane, the most severe winter blizzard— these things cannot hurt or harm the sky. And no matter how bad the weather gets the sky always has room for it— and sooner or later the weather always changes.
Now sometimes we forget the sky is there, but it’s still there. And sometimes we can’t see the sky— it’s obscured by clouds. But if we rise high enough above those clouds— even the thickest, darkest, thunderclouds— sooner or later will reach clear across sky, stretching in all directions, boundless and pure. More and more, you can learn to access this part of you: a safe space inside from which to observe and make room for difficult thoughts and feelings.

Exercise – Mindfulness Feelings like the ocean

Feelings are like ocean waves. They come, they wash over us, and eventually they dissipate. The more we resist them or struggle against them, the more likely we are to end up hurting ourselves, drowning with our head turned down, or getting caught in a rip tide. If we relax and let the waves pass over us, we will more quickly return to a state of calm and peace, and we will be much less afraid the next time they come.

Our thoughts and feelings are like flying insects that land in our hands. Sometimes they will be beautiful and pleasurable, like a butterfly or a cute ladybug that you want to gently hold until it is ready to fly away. Other times however, it will be a disgusting, venomous, spiny looking creature that you believe can do great harm to you. You want to shake it off your hand as quickly as possible or kill it. However, our thoughts and feelings are like angry bees — they will chase after us the more we panic and freak out about them. Instead, allow the hideous an ugly creature to walk around on your skin, and remain inquisitive and observant as to its nature and what it represents. When you have completely accepted its presence, it will not sting or bite you. It will stay for while and then take off and fly away. The next time it returns, it will not seem as threatening, and it will not stay as long.

Thoughts are like raindrops falling from the sky into pools. Think of your worldview or model of reality as a landscape. In some places of the landscape, the raindrops are clean and pure water. In other areas, the rain is dirty and acidic. Just as rain falls with different properties, so do thoughts. Over time, some of the thoughts raindrops collect and create pools. These pools represent our beliefs. These beliefs are the result of thoughts that have occurred so frequently that they actually become a part of our reality. If we just think a certain thought enough times, it it will likely develop into a belief. This goes for positive beliefs as well as negative ones.

# Metaphor - Challenging negative circumstances

And when you come to think about it - an oyster creates a pearl out of a grain of sand. – does it not? The grain of sand is an irritant to the oyster. In response to the discomfort, the oyster creates a smooth protective coating that encases the sand and provides relief. The result the – as we all know - is a beautiful pearl. So it becomes clear then – that for an Oyster, an irritant becomes the seed for something new. Similarly you might want to ask yourself - can that which is irritating to you be a sign? Can it help you develop something valuable? Think about that for a moment – and when you realise how that which you see as irritating there right now is valuable in a way you may have not noticed before.

# Metaphor - Automatic thoughts

You see - automatic thoughts and assumptions are like weeds and our core beliefs are the roots. I know of some people who manage to cut the tops of the weeds and so they can get rid of the negative automatic thoughts and assumptions that they have there - but for others the weeds keep springing back up, even flourishing. And so – it is clear then that if you want to get rid of the weeds once and for all, you have to dig up the roots – and in that way we are all like gardeners – don’t you agree? And so I wonder how you could do that there right now? If you imagine yourself there in a garden. In fact I like you to find yourself there now in your very own garden and do that what needs to be done - to ensure that you weed out those plants that are no longer of any use to you – and when you think of it carefully - you may even want to plant new ones? And if you do – then plant those plants that you know will benefit you in the long run – you know which ones they are - and ensure you water them enough – water them with care – and when you have done that – when you feel you have done all this with the appropriate care then – and only then – I like you to give me a finger signal.

# Metaphor - Motivating Change

And so I wonder – I’m not sure about you but - when you prepare for a trip, there is a whole lot of preparation for this trip to happen smoothly – is it not? Don’t you need to know where you want to go and also know what needs to be done to get there?

Or - when you realize that the destination of your trip needs to be changed because it no longer enchants you – well… don’t you need to decide on a new destination and again - how to get there?

Well – and so it goes - a new journey, a new way, a new bag - perhaps even with totally different clothes – but one thing is sure - we all know – that we cannot get anywhere really until we know where we want to go – only then can we get that feeling of arriving eventually – don’t you agree?

And so - staying on the same route because you think you lose too much time planning another trip - only leads you to where you already know you can go – and isn’t that what has brought you here today?

So … I Iike you to imagine there right now - how you plan your trip there to the destination that you know serves you so much better – never mind the obstacles that might occur along the way – nothing ventured – nothing gained - and when you have done that – when you have planned your trip - then and only then – I like you to give me a finger signal

# Metaphor- For people who continue to return to unhealthy or abusive relationships

Let me tell you the story of Mary. One morning Mary wakes up and is craving a blueberry muffin. So she goes to the little store around the corner from her home and requests a blueberry muffin but the clerk apologetically tells her they don't sell blueberry muffins and recommends she go to the bakery down the road where they make them fresh daily. But instead - Mary returns home. And at this stage you might want to ask yourself why she would do that?

And as you keep thinking about this there in the back of your mind – let me tell you that the next morning Mary again craves a blueberry muffin and returns to exactly the same store. The clerk again informs her they don't sell blueberry muffins and redirects her to the bakery down the road who makes them daily – so – why would she do that the clerk thinks – I have told her yesterday that we don’t sell them here? In fact I have told her where she can get the nicest and freshest ones in town.

But - day after day, week after week, Mary to go to the same store requesting a blueberry muffin. And so I am not sure about you but I certainly ask myself ‘why is it that Mary continues to go back to the same place all of the time looking for something she knows she can’t get there?’ what would you tell her to do different? - and if you know the answer to that – then and only then I like you to give me a finger signal.

**Metaphor - Graduated exposure and frequency leads to habituation for clients with OCD**

You see I once knew a guy by the name of Bill. Once - Bill jumped off the pier into an extremely cold glacier fed lake. He was so distressed by the coldness of it he immediately ran out of the water as quickly as he could, to avoid the distress of the cold.

There were another 2 guys by the name of Adam and Jacob. They on the other hand, walked into the shallow part of the same lake and slowly walked back and forth close to shore; then they gradually walked out deeper and deeper, getting more of themselves wet, until finally they dunked themselves under and swam around for a while.

Once could ask if Adam and Jacob were able to stay in the water longer because the lake warmed up? The answer is of course "No", because we both know that they got used to the distress of the cold water by going in slowly and gradually going deeper. So in a way we can say that they got used to their distress or anxiety caused by the extremely cold water.

So we know now that jumping into the deep end off the pier as Bill did, his distress level will be too high to get used to the water and starting off in the shallows and then going gradually deeper would have been the way to go – is it not?

So one would need to think what would happen if Adam and Jacob got out of the water for 2 minutes and then got right back in? Well… Most people would say that their distress level won't have changed much.

Then one could ask what would happen if Adam and Jacob didn't go back into the lake until next week? Well - the water will be just as cold and distressing as it was the first time around they entered the water really and so they would have to start the whole process over again to gradually expose themselves so that they can habituate to the distress of the cold water. So it is better then to practice exposure frequently – perhaps even several times daily or every day so that one can get finally get over that which is bothersome – is it not?

# Metaphor - The Walk of Life

When we are walking along the footpath, we tend to look just ahead of us most of the time, with occasional glances behind us and far ahead. We look behind as we need to know of anything approaching from behind or to see where we have come from, and look far ahead to make sure we are heading in the right direction to get to where we want to go. Most of the time though, we need to know where we are putting our feet.
If we were constantly looking behind us, then we would be walking into obstacles or tripping over. If we were constantly focused on the far distance, we would slip and trip over obstacles beneath us.
So it is with life. Sometimes we are so focused on our past, that we neglect the present, and wonder why we keep falling flat on our faces. Or perhaps we are so attentive to anticipating dangers up ahead, that again, we trip and stumble our way through life.

# Metaphor - Trauma - cleaning out the closet –

Imagine a closet where you put the things you don't want to deal with. At some point, the closet becomes so full, and such a mess, that when you try to put something into it, you just open the door quick, throw the item in, and slam it shut, hoping the door will shut and everything will stay inside! In order to clean the closet, everything will get messier before it gets neater. The only way to clean such a closet is to take everything out so that you can look at it, decide whether you need to keep it, and where it needs to go. So, instead of a messy closet, everything is all over the room and it's a huge mess! In fact, during the cleaning process, the room often doesn't start looking (and feeling) better until near the end of the process. But by the end, you have thrown away a lot of useless stuff, you have room to breath, and can access the stuff in your closet that you really need again.

# Metaphor - The wise Indian metaphor

I once knew an old American Indian, sitting with his grandson there somewhere in the wide open space of Nevada - and it so happens that the grandson who struggles with various issues says- "Grandpa, I feel like I have two wolves fighting inside of me, and it really scares me- which one do you think is going to win?"

and Grandpa says " which one are you going to feed?

# Tug of War with Monster Metaphor:

Someone once told me an interesting story – they said - Imagine you are in a tug of war with some huge anxiety (or depression, or whatever) monster. You’ve got one end of the rope, and the monster has the other end. And in between you, there’s a huge bottomless pit. And you’re pulling backward as hard as you can, but the monster keeps on pulling you even closer to the pit.

Then they asked me - What’s the best thing to do in that situation? – would it be good to Pull even harder? Well, that’s what comes naturally, but think about it - the harder you pull, the harder the monster pulls. You’re stuck. What do you need to do?
And so the answer is quite clear then – because it simply means that you should Drop the rope. When you drop the rope, the monster’s still there, but now you’re no longer tied up in a struggle with it. Now you can do something more useful – can you not?

# Metaphor for the benefits of doing thought records:

"And when you think about it - Changing negative thinking is called re-appraising or cognitive restructuring. This process is similar to pressing play after fast-forwarding a movie on a DVD player. When the movie is on fast- forward, the images fly by quickly and it is hard to make sense of things. This is similar to the stream of automatic thoughts that quickly pass through our minds. However, when you then press play and the movie slows down, we can make sense of what is going on. Similarly, when you use a thought record to change your negative thinking, it is like pressing play in your mind. Thoughts slow down and you can make sense of how your perception is affecting how you feel".

# Thought Metaphors

from now on whenever you see/hear/smell/notice/ realize/ are in that situation/ - and which normally MADE you feel the way you came here to change - yes – I said MADE you feel that way – because when you are in one of those situations – those scenarios that you have come here to change for the better – then change for the better they will – because – when you do try to focus on those thoughts or feelings you have come here to change – even if you should attempt to go there - then you will automatically get that feeling that you have there right now – that feeling- that no one could possibly disturb your peace of mind – no matter what happens – that is the way it is going to be from here on – even though there may be many thoughts going through your mind at that time – or they may not – but either way - all that really matters at that time is that feeling – that feeling that - nothing could possibly disturb your peace of mind – In fact – you may come to notice that the more you focus on /that old outworn unwanted thought-feeling/it/that feeling/ that thought/ that you used to have back then --- the more you feel that positive feeling there in your mind and your body - that feeling that absolutely nothing could possibly disturb your peace of mind – (and the color red will remind you of that – anywhere you’ll see red – it reminds you) and it may even surprise you to some extend - that this will get stronger and stronger – the more you think about it – but let me tell you that this is perfectly fine – and so if this is OK with your subconscious mind --- then I like you to give me another finger signal.

# Physiological Metaphors

from now on whenever you feel or notice /how you focus on /that urge to …./ the pain there in your …/ that feeling there in your …/ then your focus will automatically shift away – it will shift away from there – it shifts automatically- it shifts to those feelings and thoughts you have there right now – in that place where – that’s where your focus will be – your focus will be – that no one could possibly disturb your peace of mind – and it will calm you down -

so again - from now on whenever you feel or notice /that urge to …./ the pain there in your …/ that feeling there in your …/ that feeling that MADE you think or feel the way you came here to change - yes – I said MADE you feel that way – because when you find yourself beginning to feel or think like that – then you will automatically get that feeling that you have there right now – that feeling- that no one could possibly disturb your peace of mind – no matter what happens – that is the way it is going to be from here on – even though there may be many thoughts going through your mind at that time – or they may not – but either way - all that really matters at that time is that feeling – that feeling that - nothing could possibly disturb your peace of mind – In fact – you may come to notice that the more you focus on /that old outworn unwanted thought-feeling/it/that feeling/ that thought/ that focus/ that which you came here to change --- the more you feel that positive feeling there in your mind and your body - that feeling that absolutely nothing could possibly disturb your peace of mind – (and the color red will remind you of that – anywhere you’ll see red – it reminds you) and it may even surprise you to some extend - that this will get stronger and stronger – the more you think about it – but let me tell you that this is perfectly fine – as it allows you to feel wonderfully calm - and so if this is OK with your subconscious mind --- then I like you to give me another finger signal.