

Hypnosis practice guideline

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When you're ready make yourself comfortable, take a deep breath, and close your eyes. All you can hear is the sound of my voice, any other sounds you hear will start to fade as you listen to the sound of my voice. You will start to feel relaxed. More relaxed than you have been before. This is just for you, there is no one who needs anything from you and you can start to feel at ease with yourself. Feel your body start to relax. Feel the hair on the top of your head start to feel loose and free.

Start to feel the muscles around your forehead relax and smoothen. Feel the tiny muscles in your eyebrows relax, move down to your eyelids, and let them feel loose and relaxed. If you feel your eyelids twitching, don't worry try and let them relax as much as you can. Relax your cheeks and feel the tiny muscles in your mouth loosen and relax. Moving down now to your neck, feel those muscles relax, feel the relaxation run down your spine. Feel all the weight being lifted off your shoulders and notice how comfortable and relaxed you feel.

Move down now to your Arms, relax the muscles in your arms, your arms feel loose and heavy. Feel the relaxation go slowly through your arms to your hands and right to fingertips. You are now starting to feel more deeply relaxed. Notice how safe and peaceful you feel. Moving down now to your thighs and hips, notice how they feel comfortable and relaxed. Let that relaxation slowly trickle through your muscles down your legs and to the tips of your toes. You are feeling totally relaxed. Enjoy the feeling of being totally relaxed.

Now I want you to picture in your mind a special place. A place you can go to when it is safe to do so, that makes you feel happy and relaxed. A place where you feel free as a bird to do what makes you happy. Try picturing the sounds of the sea slowly reaching the shore, all you can hear is the sound of the sea and the singing birds above you. Picture yourself lying on the beach and feel the soft sand running through your fingers, feel the sand in-between your toes now. And notice the warm sea breeze slowly working itself around your body like a blanket.

While you listen to the sounds of the sea and feel the sand between your fingers and toes, you see a butterfly that lands on your knee. The butterfly has long colorful wings and you feel happy to be near it. You watch this butterfly for a moment before it flies off into the distance there is no one to bother you right now, you feel totally relaxed, safe, and free to be wherever you want to be and do whichever you want to do. I am going to be quiet for a moment and let you enjoy your special thoughts.

Now you have found your special place I want you to remember to come here when it is safe to do so and relax. Relax and feel the peacefulness around you. Now I am going to count to five. After the count of five, I want to you open your eyes, and when you do you will awaken feeling relaxed.

1. You are starting to become more aware of the chair beneath you;
2. The everyday noises around you, we are now coming back to you;
3. Halfway there now feeling refreshed and relax;
4. Nearly there now and;
5. Open your eyes.