



Deep hypnotic relaxation with thumb and finger cue

Begin by lying back on a comfortable surface ... on a bed or in a chair, in a quiet place free of interruptions. Feel your body begin to sink into that surface and feel yourself become comfortable. Let your muscles shift and move as you start to relax.

For the next twenty minutes or so, this is just your time, no one else's.... Settle back and enjoy the freedom that listening to the recording brings you.... Any worries can be set aside. ...If they are important, they can come back when the session is over.... Any pressing projects will still be there later if they are truly important.You have learned to turn your phone off before starting your recording if you are likely to be interrupted. And if there is anything important you urgently need to attend to

As your body finds its most comfortable position, you let your eyes gently close. The muscles around your eyelids are the most sensitive in the body and the quickest to relax - as you listen to the recording, your eyelids get heavy, drooping until they close And since this is just your time, your eyes simply won't feel like opening again until the recording ends. Even if they flicker, it's just a sign that your body is truly, deeply relaxing....You are already beginning to feel that pleasant feeling of mental and physical relaxation that we call self-hypnosis... You can move your body until it's comfortable, and even if you have an occasional movement, it's just a sign that you are deeply relaxed as your body unwinds.

I want you to sense in your mind's eye, a beautiful calm and comfortable place. Put it in your mind as if it were below you, down a pathway or at the bottom of a set of stairs. ...

As I count from 10 down to 1, I want you to imagine that you are walking down that stair case or hillside, closer and closer to that wonderful calm and comfortable place where you know you always feel so good. With each and every number you hear, you feel your pleasant state of mental and physical relaxation double....

10...doubling that relaxation, moving toward that beautiful place....

9...all troubles and worries begin to drain away, and you relax more soundly and move down the path or stairway to your peaceful place

8...As you move down the path, your body and mind follow you down, relaxing more surely with every count...

7...Every part of you deserves a rest, even your busy outer mind deserves a break from everyday life, and the next twenty minutes is a chance for your mind to rest and recharge itself as you walk toward your peaceful calm and comfortable place, doubling your relaxation at every step....



6...so very relaxed now, that you may even begin to feel a light and pleasant tingling in your hands and feet.... the tingling is a sign of relaxation and as soon as you begin to feel it, that is your mind's signal to let go and double your relaxation again....

5....Halfway down and doubling the relaxation with each count...

4...Even your busy thoughts take a much deserved rest.... your mind quiets and simply sits back in peace...

3...Notice how much slower and more regular and deeper your breathing is now than when you started the session...and as you notice that deep quiet breath, it is another signal for your mind to double and triple its relaxation....

2...Very relaxed now, doubling that relaxation again....mind, body, emotions all taking a much needed rest...

1...Doubling your relaxation and very comfortable now, so peaceful, relaxed and comfortable...

Take another step towards that deeply relaxing and comfortable place you have created. Find a place where you can imagine sitting down and soaking up the peacefulness and tranquillity that are all around you. Just rest, feeling how good your body feels to be relaxed, feeling how good your mind feels to be taking a rest....

....enjoy the peace and calm of this comfortable place.....

[if you want to use this for falling asleep, record the next sentence]

And if you want to fall asleep right now It's a good time to turn the recording off, then roll over, let out a deep relaxing breath and fall into a restful easy sleep.... All night long....

[if you want to learn the cued hypnosis, omit the sleep section and go to this]

Touch the thumb and forefinger together on one hand and then release them. That is the signal for your mind to take you to this wonderful and relaxed place every time you do it. Any time you close your eyes and bring your thumb and forefinger together, it will be a signal for your mind to bring you to this wonderful state of relaxation, and into this perfectly peaceful place you have created as a private mental get-away....

1.....Beginning to rise just like a bubble rising from the bottom of a deep lake. Knowing that you have done a great job of learning to relax and take yourself to the peaceful place where healing and change begin.

2....Rising higher, beginning to return to awareness of the room and the environment, feeling like every part of you had been bathed in the purest and most wonderful spring water...totally refreshed

3...rising higher and faster now, moving rapidly up toward the surface, feeling amazed at how well you are learning to relax and knowing that anything can be changed or healed from a place of calm.



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4....higher and higher, almost back to the surface, but bringing some of the peace and calm with you. Once you begin to relax, the ability is yours forever...the more you practice, the more it becomes yours

5....All the way back up to the surface now. You feel your eyes begin to open and you return to the room and this time and place fully alert and feeling wonderful.