

Script 8: letting go (hypnosis)

Welcome to this session in which you're going to let go of anything that is holding you down and learn to fly.

As always, take a moment to say 'thank you' to yourself for doing this session today. You deserve to take time for *you*.

It's best if you lie down for this session but whatever's most comfortable for you is fine, as long as you're in a safe environment where you can fully relax and be undisturbed for the next 10 to 15 minutes.

Close your eyes and just settle into your position for a moment.

[pause 3 seconds]

All you have to do for now is listen to the sound of my voice as I guide you through this very relaxing exercise. You'll always be safe but if, for whatever reason, you want to come out of the exercise, just count from 1 to 3 and open your eyes.

Now bring your awareness to your breath. Notice your breath and how it moves through your body.

Your chest and stomach rise with each inhalation and fall with each exhalation.

Now, I want you to sigh with each exhalation, letting out any tension, any stress, anything that might hold you back from relaxing fully.

So inhale and then exhale with a sigh

Inhale and then exhale with a sigh

Inhale and exhale with a sigh

Very good.

Notice how every exhalation makes you feel more and more relaxed.

Now, you're going to relax each body part and release any tension, bringing relaxation to your whole body. When the body is relaxed, the mind will follow.

So bring your awareness to the top of your head. Become aware of all those little muscles of your scalp and the skin of the scalp. And now allow them to relax.

Then your face. Relaxing each muscle of your face; your forehead, eyes, the space between your eyebrows, your eyebrows, temples, cheeks, nose and mouth, relaxing your jaw and unclenching your teeth – because the more you physically relax, the more you can mentally relax.

Now gently bring your awareness to your neck and shoulders. Inhale deeply and imagine the breath flowing to your neck and shoulder muscles now. And

as you exhale with a subtle sigh, you feel the tension flowing out from your neck and shoulders.

Feel yourself relaxing more and more as you move your awareness down through your arms and all the down to the very tips of your fingers and thumbs. Your arms feel heavy and so relaxed.

Now all the way down your back; your upper, middle and lower back are relaxed. The long muscles along your spine are relaxed. You feel yourself sinking into the mattress, getting heavier and heavier as you relax more and more.

Bring your awareness to your chest and stomach. Feel how the breath moves through your body and brings calmness and tranquillity. Moving up and down in a steady rhythm.

Now your hips, pelvis and all the way down your legs and into the very tips of your toes. Feel the heaviness of your legs, like they're being held down by heavy books.

Now you're so relaxed – nobody wanting anything, nobody expecting anything, and absolutely nothing for you to do right now except to relax. Let your mind and your imagination drift and just listen to the sound of my voice.

I want you to imagine that you're standing on the terrace of beautiful old house. The sky is blue and you can feel the sun shining on your face; it's a

lovely warm feeling, not too hot, just right. There's a gentle breeze brushing against your skin. And as you look around, you notice a grand flight of steps. There are ten broad steps leading down to a beautiful garden.

You sense that this garden is a place of tranquillity, of well-being and comfort. Make it really vivid in your mind, as you stand at the top of this staircase, eager to descend down the steps and enter into this wonderful, relaxing garden.

In a moment, I'm going to count from 10 down to 0. Each number is a step down this grand staircase, down into this beautiful garden. And each step you take is going to bring you into deeper and deeper levels of relaxation so that by the time you get down to zero, you will be as relaxed as you can ever imagine, while still being able to hear the sound of my voice.

10...taking the first step down.

9...feeling more and more relaxed

8...

7...allowing yourself to feel calmer and calmer

6...

5...

4...your whole body is so relaxed and easy

3...

2...

1...and all the way down to

0

Now you find yourself in this beautiful garden. You can feel the soft grass beneath your feet and smell the scent of hundreds of colourful flowers. The garden stretches as far as the eye can see, with greenery and trees all around you. You hear birds singing, leaves rustling gently in the breeze. Take a moment to enjoy this beautiful scenery.

You look up to the sky, up into the vast, blue space. There are a few tiny clouds drifting, allowing themselves to flow in the movement of the gentle breeze. There are birds flying above you and you marvel at their freedom, at the liberty they must feel, being able to fly. You want to join them, to fly with them, so freely, so cheerfully.

You want to take off, soar into the sky but as you glance down you see chains anchoring you to the ground. These chains are what are holding you back from lifting up, from breaking free. They are all the negative beliefs you have about yourself. They are all the self-limiting thoughts, all the things people have said to you that you've chosen to believe, they're all your past traumas and difficult memories.

Really imagine these chains around your ankles, picture them in your mind. What do they feel like? Are they cold? Heavy? Smooth or rough? What does it feel like to be held back by these chains?

You hear them whisper 'you can't fly'. These chains are miserable and misery loves company. They want to hold you back from flying, from setting yourself free.

As you look closer, you realise that it's you holding onto these chains – that you are the one holding onto these self-limiting beliefs, the negative thoughts and everything that has happened or didn't happen in the past. These chains bog you down, hold you prisoner but now you realise that you have the power to let them go. That if you let go, you'll be able to fly and reach your full potential.

You look up to the sky once more, at the birds that are flying so freely. You make the decision to join them, to release yourself from everything that's holding you back, to let go of the chains. Picture removing your grip from these chains. Feel the weight of the chains drop and how light you suddenly feel. As though you were exhaling deeply, allow your whole body to relax, allow your mind to relax – because you know that you have set yourself free.

With this freedom, you feel yourself getting lighter, lighter and lighter. So light that it feels as though you are floating. Floating in the lightness, like a cloud in the sky. And you find yourself aloft, just floating and drifting. And you realise that you're drifting in a sea of colour. You're immersed in colours – you see them all around you. Gentle yellow tones, soft greens and blues, misty reds and orange and the deepest indigo.

Now you can be aware of the peace, the calm...the confidence that's expanding within you. Enjoying just drifting and floating, the warmth of the colours surrounding you. Because of the freedom you have achieved through letting go of anything that's holding you back, you will stronger now. Aware that the strength comes from deep within you...the strength that has been there all the time. Hidden beneath turmoil and stress, negative thinking and self-limiting beliefs...but it shines through now. Allowing you to feel free, so light and supported.

You feel yourself drifting down gently as though a cloud is supporting you to reach the ground safely. You stand on your two feet, solidly on the earth. There are no more chains. You have committed to releasing yourself from anything that's holding you back. You are a strong, capable, intelligent being and you know that you are directing your life now.

And now repeat silently

I release all fear of not being perfect

I let go of expectations: of myself, others and the world

I chose freedom

I chose to find the solution

I am strong, capable and full of potential

I am proud of who I am

[pause 5 seconds]

Now gently bring your awareness back to your breathing.

Notice how your breathing is steady and calm. Notice how your body feels so relaxed and your mind feels relaxed too.

You're going to continue to let go of all that no longer serves you and your strength and determination is going to continue to grow over the next hours, days and weeks

But for now, bring yourself back into the physical space you're in and take a few moments to come back to the room.

I'm going to count from 0 up to 3 and at the count of 3, you're going to come back to the room, feeling relaxed, refreshed and easy.

0...1...2...3...