

## Relax for Change Hypnosis Ebook For Self Recording



It's easy to record one of these relaxation scripts as they are, or with modifications of your own to make them 'personal'. Since these scripts are written in the first person you can personalize them by adding your name in place of 'I,' or by changing some wording that more specifically reflects your interests and experiences.

There is only one precaution... **NEVER listen to a hypnosis script while driving or operating machinery (including lawn mowing or snow shoveling!)**

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## Once Upon a Time...

If your parents read you bedtime stories that started with 'Once upon a time...', you might remember how easy it was to fall asleep before the end of the story. Your parents may not have realized they were using self-hypnosis, but, setting the stage for your conscious mind to be distracted with images, while your body could relax deeply and make its way to restful sleep, is exactly that.

Another example of this feeling is that of daydreaming. We even say someone is 'entranced' if they're preoccupied with one thing to the exclusion of everything else. Who hasn't driven across town, arriving safely at their destination, and then realized you don't know how you got there! Not to worry. Your subconscious knows how to drive, AND the most familiar route for getting you there!

Or maybe you know someone who is an avid reader. Riding a bus, or in a noisy room, they are oblivious to any distractions...until someone calls their name. This is the perfect example of self-hypnosis! A total focus of the conscious mind, with deep relaxation of the body, to the exclusion of surrounding sounds.

## All Hypnosis is Self Hypnosis

The experience of hypnosis in daily living is a common one. We go in and out of 'trance' at least twice a day - once when entering sleep; and once coming out of sleep. The feeling you experience just before falling into deep sleep is called hypnogogic state. It's a state of heightened awareness, but with a sense of comfort so complete that you just don't want to move. You're probably aware of night noises in the house, but feeling so comfortable you allow yourself to give in to the call of sleep.

What about waking up? Perhaps you've noticed that lazy 'It feels so good to be here' feeling when waking up on a Saturday morning. The household noises may be beginning to occur. You know there are many things on your 'to do' list today, and you'll get to it...later. You are aware of surroundings, yet deeply relaxed and in such a relaxed state. This is called the hypnopompic state.

## What's Happening?

Brain researchers generally agree that there are four levels of brain activity and they are measured in cycles per second (cps).

1. Beta is full consciousness at 15-40 cps

This is a very active state. The brain is busy - perhaps engaged in an argument or stressed over missing a deadline.

2. Alpha is the dream state, where mental restoration takes place. At 7-15 cps it is considered a 'light' level of trance.

Alpha waves are slower. If you're a parent this is the comfortable feeling after putting to bed a cranky toddler.

3. Theta is a medium to deep relaxation, and is considered the ideal level to reframe events in the subconscious mind. Cps rate is 5-8.

This is when you start visualizing your next vacation!

4. Delta, 1.5-4 cps, is full sleep to deepest sleep.

Here is where physical and cellular restoration takes place.

What does that mean to you? It means that the deeper relaxed you can get the more efficient your script will be. It is possible to be deeply relaxed and still be conscious of the sounds around you. The more relaxed you are, however, the less you will care what those sounds are.

So, somewhere between Alpha and Delta level of brain activity is the perfect place to relax -- the level of relaxation that has been called the 'mid-day power nap.' Fifteen minutes of tuning out and *turning in* can be a mini-vacation, without leave time, and for free!

If all hypnosis is self hypnosis, then no one knows better than you what and how to say what you need and want to hear. So for those who wish to write their own self-hypnosis script, the following Elements of a Great Hypnosis Script can guide you. Or feel free to modify these scripts with your name, where appropriate, or other suggestions for relaxation.

## Elements of a Great Hypnosis Script

1. Breathing exercise - to begin the relaxation process
2. Induction - relaxation/distraction
  - a. Progressive relaxation is a good one.
3. Appropriate suggestion - Imagination is the key
  - a. Always word in the positive.
  - b. Paint pictures for the subconscious.
4. Use some relaxing background music, if you like.
5. Optional use of positive affirmations to reinforce the message.
6. Reawaken or drift off to sleep.

### A Precaution and an Encouragement

First, NEVER LISTEN TO A RELAXATION/HYPNOSIS SCRIPT WHILE DRIVING, OR OPERATING MACHINERY! PERIOD!!

Second, you can't do it wrong. Really. There is no need to be fearful or anxious about writing a self-hypnosis script, or modifying and personalizing these scripts. Since the subconscious mind will simply reject any suggestion that doesn't agree with your personal code of ethics. Just have fun with it!

So Here You Go... ENJOY!

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## Progressive Relaxation

Note: the ; represent a 1 second pause. the ,, represent a 2 second pause. The spacing between paragraphs represents a 3 second pause. (This is not a hard and fast rule! Use your own judgment as you record. It is important, however to use a slower than normal pace when speaking.)

Use this process by itself, or as an induction to the Stress or Sleep scripts that follow. Remember NEVER to listen to a relaxation while driving or operating machinery!

Beginning with the breathing exercise, I inhale through my nose on the count of 4, 3, 2, 1 and hold for 5, 4, 3, 2, 1 count. Repeating twice more.

With the third exhale I notice there is a golden light or energy that I visualize gently coming in through the top of my head. I find the light or energy is visually comforting; and it allows my mind to become focused; and clear.

As I allow the light to move through my body it begins to relax each set of muscles in turn throughout my body and infuses into my mind the feelings of safety,, security,, deep relaxation,, and especially a sense of well being,, that will move gently through every muscle, nerve, and cell in my body.

Starting with my head, and neck,, each breath I take will cause my relaxation to deepen. I enjoy these feelings and sensations and understand that the deeper I go the better I feel,, and the better I feel the deeper I go. Since all hypnosis is self hypnosis,, my ability to create the desired outcomes is by my own choice,, and I now choose to relax from head to foot.

Now the energy or light is beginning to move down into my head I see the small muscles in and around my eyes becoming relaxed,, so relaxed my eyes feel as if they just can't stay open. I could open my eyes if I wished to do so,, but I now realize that keeping my eyes closed is of great benefit because there are fewer distractions.

And with the small muscles in and around my eyes being deeply relaxed, it is easy for me to enjoy the feelings of relaxation,, as all the muscles in my head release the tension they hold, even without my noticing,, The large jaw muscles become so relaxed that my jaw may drop slightly,, the light or energy will flow into my throat

and neck muscles, which will provide a comfortable and noticeable release of tension.

As the light or energy begins to move downward into my shoulders and arms, I begin to really enjoy the sensation of release,, as the muscles become loose,, and elongated,, as I continue to notice my breath,, allowing the breath to lead the way,, into gentle, deep relaxation.

As I concentrate now on the torso,, and begin to notice the sensation of the light or energy,, I wondering what it would be like to see, in my minds eye, all those muscles and tissues becoming soft, and loose,, limp and relaxed.. and seeing too how the tension,, flows up to the surface, and out,, gently, with each exhale,, feeling the relaxation spread into my abdomen,, and pelvis.

And knowing that I am being held by the chair,, comforted by the knowledge that I am safe,, secure,, and more relaxed than ever before.

Feeling myself become more comfortable with each inhale,, and more relaxed with each exhale,, releasing and letting go,, gently into the universe, where it will be recycled in the most perfect way.

Continuing the progression of that sense of well being,, allowing the light or energy to flow into my thighs and calves,, and imagining again as it soothes and smooths the tensed muscles into soft,, pliable,, and loose,, and allowing the gentle heaviness in my legs as they just sink down, limply,, and yet with deep comfort.

And then as I move the light or energy into my feet,, I notice a calm,, a peace,, as if there are filters at the end of my toes,, where any stress or tension is released into Mother Earth who will recycle it in the most perfect way.

Now I can begin to move the energy or light up the back side of my body,, into the backs of my calves,, thighs,, buttocks

And recognizing the sensation of release,, as the flow of relaxation,, as the feelings of comfort envelope my physical being.

And noticing how all the muscles in the back of my body conform to the chair I'm sitting on,, how the chair embraces me,, as the Earth embraces us all,,

It is easy for me to relax the muscles that crisscross my back,, and notice the flow of relaxation as it moves into my arms,, relaxing and releasing any stress or tension,, as if there were filters at the ends of my fingers,, noticing how the tension or tightness flows out thru the filters,, and the comfortable relaxation flows through my shoulders,, my neck,, and into my head.

As I continue to create the peace and deep relaxation that is mine for the asking,, the muscles in my throat, face, jaws again experience that total and complete sensation of deep peace.

*(Pause for 2 minutes. Keep the music playing.)*

Allowing the light or energy to leave through the top of my head,, going out into the universe,, taking with it any stress, and tension,, leaving behind only the healing,, the deep sense of well being,, the relaxation,, and filling me with a knowing that all is well in my world.

(Optional Affirmations)

I am free to choose health, and well being.

I can create the peace I wish to have.

My life is filled with joy and goodness.

Deep relaxation is a stepping stone to great happiness.

I will say yes to all the good that is offered.

Love and joy surround me daily.

### Reawaken

*This should be spoken in a quicker pace than the previous part of the script.*

I will drift off to sleep after listening to this relaxation, and awaken at whatever time I need to awaken. It may be a good and long night's sleep,, or it may be for an appointment that is pending. I will feel rested, refreshed and renewed,, full of vibrant energy,, and an awareness of the renewing power that I possess within.

*(Optional posthypnotic cues)*

The next time I choose to relax deeply, I will do so with confidence, and ease,, going deeper and feeling more comfortable with each experience.

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## Hypnosis for Stress Relief

Quick, name the single most pervasive cause of heart attacks in the U.S. Right-Stress! Since the body can't tell the difference between 'good' stress (eustress) and 'bad' stress (distress) we may be caught in the up and down movement of our unique lifestyles. The body will react the same whether you have just got the job of your dreams, or lost it.

And the one thing that will diminish the negative in both of those experiences? Yep - Deep breathing. Simple as that. Insufficient oxygen intake to feed brains and cells has been linked to many degenerative diseases. It can also increase asthma, fatigue, insomnia and other ailments.

Try this script as a short 'time out.' And don't forget the deep breaths!

### Stress Relief Script\*

Note: the ; represent a 1 second pause. the ,, represent a 2 second pause. The spacing between paragraphs represents a 3 second pause. (This is not a hard and fast rule! Use your own judgment as you record. It is important, however to use a slower than normal pace when speaking.)

Use this process by itself, or with the Progressive Relaxation script on page 6. Remember NEVER to listen to a relaxation while driving or operating machinery!

Beginning with the breathing exercise, I inhale through my nose on the count of 4, 3, 2, 1 and hold for 5, 4, 3, 2, 1 count. Repeating twice more.

And with the third exhale, I understand that hypnosis or trance is a process of holding on and letting go,, a raindrop may cling to a leaf for some time before it's ready to let go,, There maybe some tension I need to hold on to for awhile,, And I now allow myself to attend fully to any tension or discomfort I'm feeling,, and my unconscious is learning how to let me be more comfortable now.

It's important too to stay in control,, and I'm learning how to let go of some of the ordinary restrictive control that I have imposed upon myself, and gain control at a much deeper level,, Because I can accept now, the idea that I have the freedom,,

to choose to relax and feel balanced and centered,, or accept the idea that I can learn something important now.

History has shown that it's easier to learn in a relaxed state,, and it seems like a very nice way to relax by going into trance,, Since I already know how to dream,, to drift,, off into a deep sleep and wake up later and realize,, that I've dreamed something very important.

Sometimes I remember what I've dreamed vividly,, sometimes only partially,, and other times I have no idea what the unconscious is doing and learning. Yet I know that I've learned so many things.

Like learning at a young age to add two numbers together: 5 and 5 make 10,, 4 and 6 make 10,, 3 and 7 make 10,, and 2 and 8 make 10,, it seems there are so many ways to get the same thing.

And while learning to add was important, so is learning to subtract,, to get rid of what I no longer need. Soon I could multiply numbers together,, a speedier way of putting things together,, And division - an even faster way to get rid of what you don't want.

For everything there is a season,, There is a time to hold on and time to let go. And when the leaves begin to let go of their branches,, in order to make room for fresh new growth in the Spring,, It's like a renewal,, Watching a leaf drift off a branch and fall,, slowly,, down to the ground,, knowing that as it floats through the air with the greatest of ease,, it will ease it's way down to a safe resting place.

But if I were a caterpillar on a leaf, perhaps I would see things in a different way,, Looking down on the rest of the forest,, everything would seem so much smaller,, With animals scurrying around, seeming so busy, so much in a hurry,, I might want to tell them to slow down, you move too fast,, got to make the morning last,,

And all the pathways through the woods would be like a maze,, I could see them all,, where they start,, where they end,, where they meet,, and how many ways there are to get from one place to another.

And sooner or later I would just let go from that tree,, and float on a leaf, riding gently on the soft breeze, riding it easily,, drifting easily and comfortably all the way down,, and not needing to notice how nicely that leaf supports my body; but I

might feel very light; almost weightless,, or it might feel like a comfortable heaviness,, or a soothing warmth,, drifting further and further down,, or not feeling my body at all as I relax now.

Knowing that I have all the time I need,, Since time is a paradox anyway,, having enough time,, or too much time,, but don't we each have all the time there is?,, And right now is my time,, because there is nothing else to do right now,, nothing to attend to, except my own comfort.

Now when a caterpillar is ready to move on, it crawls on a bush and begins to spin a cocoon,, And I have to take that time to go inside myself and prepare for that next step,, What is it like to nestle comfortably and easily in that cocoon - sort of like being somewhere in the middle of nowhere; being here and not here at the same time,, In the middle of nowhere you can let go of doubt,, let go of worry,, of demands,, and pressures.

My unconscious knows exactly how to take me there,, there's nothing I need to do,, I don't even have to notice that total balance; that equilibrium; as my unconscious can create it with my own internal support.

There is no one to question, criticize, evaluate or judge me now,, And no one to intrude on my comfort and freedom,, Of course there is no need to go in any direction,, or do anything in particular. I am free to do anything at all,, from this private and protected space I can see for miles and years in any direction.

All the wisdom, the answers and solutions,, all the pieces of the puzzle come together here,, like waking from a dream and things that were so muddled and tangled seem so clear now. Here in the middle of nowhere ,, I might look behind me and remember a joyous time from childhood,, And then I could really appreciate and love that child.

Or it might be out in front of me and set up my future,, as a stage crew might set the stage for a play,, Or I could simply BE,, present in the present to give myself that present of savoring the present.

Of course the caterpillar comes out of the cocoon and is transformed. To leave behind the cocoon and emerge as a bright, beautiful butterfly,, like a rainbow of many colors. And the caterpillar knows, as I know, when it's time to let go of what I no longer need,, it's easy to gain that new freedom,, because a butterfly can fly

high above the trees,, even from one tree to another with ease of movement, such flexibility,, and see from so many different perspectives.

Learning is like planting a seed in a garden. Everyone knows that you can put that seed into the ground, cover it with soil, and provide it with water and sunlight,, From that point on, however there really isn't much else you can do, except pull away the weeds that might choke it's growth.

But you can't sit there and tell it how to grow,, digging it up to check on it every day would certainly disturb the process. All you can do is trust the wisdom of that seed to take nourishment from the environment, at the right time, to germinate, to take root,, and one day I'll see the results,, and Ill know that some very important work has been going on beneath the surface all along,, And that work will continue,, as the roots spread,, take firmer hold, and my plant grows stronger, each day,, Just as I know my unconscious will continue to work and learn for a long time after these seeds have been planted.

*(Pause for two minutes. Keep the music playing.)*

*(Optional Affirmations)*

I am free to choose health, and well being.

I can create the peace I wish to have.

My life is filled with joy and goodness.

Deep relaxation is a stepping stone to great happiness.

I will say yes to all the good that is offered.

Love and joy surround me daily.

**Reawaken**

This should be spoken in a quicker pace than the previous part of the script.

I will drift off to sleep after listening to this relaxation, and awaken at whatever time I need to awaken. It may be a good night's sleep,, or it may be for an appointment that is pending. I will feel rested, refreshed and renewed,, full of vibrant energy,, and an awareness of the renewing power that I possess within.

*(Optional posthypnotic cues)*

The next time I choose to relax deeply, I will do so with confidence, and ease,,  
going deeper and feeling more comfortable with each experience.

\*Modified from a script by Carol Sommer

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## Hypnosis for Sleep

Most everyone has a problem getting to sleep or staying that way, at one time or another. If the problem becomes chronic, you should see your doctor to be sure there isn't an organic reason that is causing the sleeplessness. Assuming there isn't a physical problem, this relaxation could be helpful.

Sleep deprivation has become one of the most pervasive health issues that face Americans. We're bombarded with commercials for sleep aids in the form of a pill. But what if we could control our sleep as easily as 'taking a deep breath...'

It may not be quite that easy since the activities of our daily lives directly affect the quality of sleep we get each night. When our experience during wakefulness includes worry, tension, anxiety, or emotional turmoil, our sleep time will be filled with those things.

Since the subconscious mind is where every experience we have (and the emotions that support them) are stored, it makes sense that a challenge we have during the day would be revisited when the body is ready for rest.

The opposite is also true. There are memories of pleasant experiences, and good nights of sleep stored in the subconscious mind as well. Why not include those aspects of memory in the script as well? Feel free to include any personal suggestions into the script below. Again, be sure to word them positively.

### Sleep Well Script

Note: the ; represent a 1 second pause. the ,, represent a 2 second pause. The spacing between paragraphs represents a 3 second pause. (This is not a hard and fast rule! Use your own judgment as you record. It is important, however to use a slower than normal pace when speaking.)

Use this process by itself, or with the Progressive Relaxation script on page 6. Remember NEVER to listen to a relaxation while driving or operating machinery!

Beginning with the breathing exercise, I inhale through my nose on the count of 4, 3, 2, 1 and hold for 5, 4, 3, 2, 1 count. Repeating twice more.

As I begin to relax into the feeling of comfort I realize that I am in control of my thoughts, and that they do not control me. Because of that I close my eyes and begin to visualize where those thoughts will go,, and experience those feelings of confidence,, competence,, and being in control. And I can begin to experience the sensation of deep relaxation that will lead to sleep.

I may find a deep and restful sleep is just under the surface. If I begin to imagine all the myriad of functions that my body is performing right now at the perfect level...breathing,, heart rate,, temperature,, blood pressure ,, and I don't have to even think about those things consciously. My body and brain working together to create the perfect sleep experience for me now.

And as I drift into that most relaxed state of letting go,, allowing images to appear,, and not needing to do anything at all,, I know that I can create a comfortable and restful sleep experience too.

If someone asked "What if you were to 'sleep like a baby' tonight?" I might ask myself 'What does a baby know about sleep'? Yet the answer is most likely within the baby,, and it is within me too,, since I was once a baby. And yet forgetting to remember how it was to be a baby is a usual part of becoming a grown up,, but it is still surprising to notice how many things are remembered,, in the deeply relaxed state.

Like the color of balloons. Red, yellow, blue and even purple,, balloons of various colors,, sizes,, shapes. Noticing that the colors are unique,, and yet inside are the same. The same,, and different at the same time. Because it's what's inside that counts,, and counting balloons of different colors is a pleasant and peaceful experience too.

Perhaps sooner than I know I'll notice the balloons floating up and away,, into the atmosphere,, taking with them any worries,, concerns,, and issues,, and I can allow those balloons to float away,, because I know that feeling peaceful and calm is a wonderful outcome. Imagining, now, the release of those worries,, concerns,, and issues is as easy as letting go the a balloon.

I can give myself a dream too. A dream of great importance,, or a dream of understanding. Knowing that dreams are visions,, and visions are creative,, and creativity is the boundless way my subconscious mind speaks to me.

*(Pause for two minutes. Keep the music playing.)*

(Optional Affirmations)

I am able to sleep and rest fully.  
Dreams give me great wisdom.  
I can create the peace I wish to have.  
My life is filled with joy and goodness.  
I am capable of creating a restful night experience.  
Deep relaxation is a stepping stone to great happiness.  
I will say yes to all the good that is offered.  
Love and joy surround me daily.

### Reawaken

*This should be spoken in a quicker pace than the previous part of the script.*

I will drift off to sleep after listening to this relaxation, and awaken at whatever time I need to awaken. It may be a good night's sleep,, or it may be for an appointment that is pending. I will feel rested, refreshed and renewed,, full of vibrant energy,, and an awareness of the renewing power that I possess within.

*(Optional posthypnotic cues)*

My night sleep will be restful and calm each night,, I am willing to relax deeply and fully each night,, Resting completely allows me to become more aware during daytime activities.

## Last Comments

If you have any questions about these self-hypnosis scripts or hypnosis in general, please feel free to contact me at [eve@relax-for-change-hypnosis.com](mailto:eve@relax-for-change-hypnosis.com).

You can also ~~or~~ sign up for our monthly newsletter at [www.relax-for-change-hypnosis.com](http://www.relax-for-change-hypnosis.com). It includes the latest info on hypnosis, meditation, and other forms of relaxation.

Also, if you're interested in having a personalized script created with information about a specific issue, just complete the form on the website. [www.relax-for-change-hypnosis.com](http://www.relax-for-change-hypnosis.com)

Happy Relaxing!

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