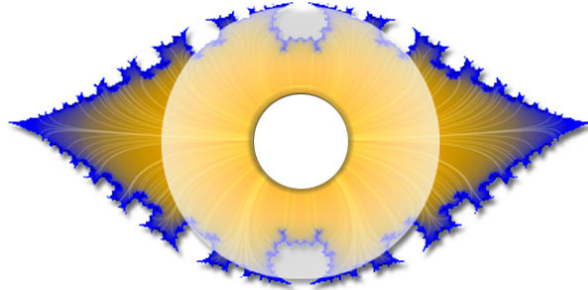


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You Are Breathing

Induction Script

The script is intended to be used as one component in a complete hypnotherapy session. It is not to be regarded or used as a stand-alone script.

Words and phrases rendered in bold type are hypnotic suggestions and should be delivered in a deeper tone.

Commas are indications of pauses in delivery.

Induction Script:

I'd like you now, if they're not already, to close your eyes and, just, **notice the fact, that, you are breathing.**

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Breathing, is one of those things that you are so, very good at that you can do it perfectly when, **you are sleeping**, without even having to think about it or even be aware that it is happening which, is really rather reassuring, as I'm sure **you agree**. Breathing is one of those things that you are so used to doing that you rarely even notice that, **it is happening**, even during your waking hours. And yet breathing is the key to so many wonderfully transformative states of mind. A key you've had in your possession all of your life, perhaps without knowing that it was a key and remaining unaware of all of the treasures, your own, personal, hidden treasures, that this key is capable of unlocking, inner treasures of which you've been unaware, treasures that you've always had within you that merely need to be reached.

And, just simply being aware of the breath, as it flows, is the secret route to your other mind, your deeper mind, that state of mind in which, **you have the capacity to solve all of your problems subconsciously**. And practice with this will produce the key and allow you to use that key to unlock all of those treasures.

Breathing is the certain method, the reliable route, always to hand, always available, allowing easy entry into a much **deeper** state of mind, a state of mind where personal transformation is possible for everyone, because, simply focussing on your breath, allows you to, **gently open that gateway to the deeper parts of your mind**, what we may call your other mind, your quiet mind, a state of mind wherein all things are taken care of, where new habits take form, because, in this state of mind, **you can feel so very differently about things**.

And why should this be the case? Well, you have, of course, been breathing since very shortly after you were born, and you will carry on breathing for the rest of your life, but the key to a truly relaxed state of mind, the entrance way to the place where **change is possible**, is the present breath, this breath.

Simply being aware of the flow of your life breath, the simple act of being conscious of being alive by watching the breath as it flows, following **this** breath, flowing in, and flowing out at its own, natural, pace, following the natural rhythm of the universe itself, not trying to hurry it up or trying to slow it down, just simply being aware of it happening, now, just focussing on the breath, brings about a state of calm relaxation in the most turbulent of situations.

And so, if you would, for me now, please just take, three **deep** breaths, one after the other, holding each one for just as long as it is comfortable for you to do so, letting out each breath just as soon as you would like to. And you can do that in your own time while I continue to talk and you, **continue to focus** on what I have to say. That's right, good.

And you can do this anytime that you would like to, **enter a calmer state**, any time that you would like to, **enter a deeper state of mind**, a state of simple serenity wherein the body can, **relax effortlessly**. This is a natural state, you find, where you happily notice that, **your stress is already beginning to dissolve away, now**, where **all remaining tension melts away, now**.

And so, we shall follow this breath, focus on this breath, and, as you do, you notice that, when you simply, attend to the breath, not trying to influence it in

any way whatsoever, simply witnessing the flow, your breathing automatically becomes slower now, **becoming calmer now, deeper now**, bringing with it a sense of ever more profound relaxation, an all-encompassing relaxation, a wonderful feeling, a delightful feeling, where you notice, now, that this feeling of ever deepening relaxation has a certain colour to it and a certain scent to it, and as you, **see that colour now**, as a small spark, glowing, radiating sparkling light from the very centre of your being, and, you notice the delicate nature of that particular aroma, your senses themselves becoming softer, finer, your mind gladly slipping, now, into that receptive state where, **what I ask you to imagine becomes real**.

You see that tiny spark of colour, the colour of comfort, glowing and radiating from the very centre of your being beginning to grow now and become ever larger now. That wonderful colour is beginning to fill up the whole of your being.

The colour expanding so much now that it passes beyond the bounds of your skin, and you find yourself surrounded by it, almost as if you are inside a huge bubble of that colour, and the bigger the bubble becomes, the better it feels, and the better it feels the **deeper you can go, deeper, quieter, softer**, so good, yes, that's right. A wonderful feeling, allowing you to focus intently on what I have to say without needing to be aware of the outside world at all.

And, in this delicious state, it is so easy to drift off into a world of imagination wherein what you hear becomes your reality, and so I'd like you to get ready to imagine the following.....

End of Induction Script

Follow this induction with a hypnotherapy main content script (all of which include exductions) from Single Eye Hypnosis.

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