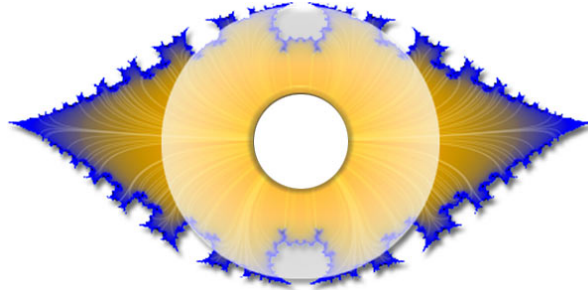


Single Eye Hypnosis

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All Shall Be Well

Script for General Anxiety/Depression

This script is intended for use for people who have general anxiety or depression issues.

The is a full, stand-alone script which begins with a breathing induction and is further supplied with two exductions; **'Wake Up'** and **'Go to Sleep'**. The **'Go to Sleep'** exduction' is supplied to enable you, should you wish, to create a recording of this script to give to clients for listening to at the end of their day immediately before sleeping.

Script:

I'd like you now to close your eyes and become comfortable where you are right now. You can take a minute to do that, to feel that and to know that

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healing has already begun to happen just by deciding to be here and to do this here, today, in this place.

And, being here, with my voice, there is only one more thing for you to actively do, and so, if you would, for me now, please, just, focus on your breathing, yes, that's right, not forcing, just following your own breath as it flows in and out at your own, easy, natural pace, and, as you do, you can, **let go**, allowing yourself to **drift comfortably**, back, into that state you know, so well, where daydreaming is, easy - and here, today, it is easier still, for I shall provide the dream, **this** daydream, with these words, and guide you to the place of, replenishment, a younger state, that yonder locale from which you originally came.

Breathing more deeply now and realising, remembering that simply focussing on your breathing naturally brings about its own cloak of calm, its own seat of rest and recuperation, becoming **more** peaceful now, more easily able to **sink into these words**, with each breath the noise and bustle of the outside world becoming distant, temporarily unimportant, far away, hearing only these words in your growing comfort.

And I shall firstly say just a few words about the situation today, whilst you can simply rest, as the audience of one. Listening, now.

You have come so far, and yes, there have been many difficulties, sometimes so many that you have felt that you maybe could not go on. But you did not give up, you did not give in. You carried on and because of all of this you are

here, now, you have come to the point and the place and the time where healing can manifest throughout you, naturally and easily.

And so **now**, in order to get into a relaxed state where a deeply transformative hypnotic trance can be spun, much like the spinning on an old-fashioned loom that someone's great, great grandmother might have used, day after day, whatever the weather, come rain or shine, and for the good of all. And so, just like that, and with as much purpose we can, now, here, spin a beautiful and wonderfully soothing, healing hypnotic state naturally, a state of mind **into which** you, **already** feel yourself falling, now, and, just to test whether or not this is now happening and you are, now, slipping back into that easy state where you are about to hear me say something surprising to you and that surprising thing is this, and it's something that very few people know or realise and that is that both anxiety and depression both are both hypnotic states in themselves, and so, if you just happened to be here because of either anxiety or depression, and you are, are you not, then the hypnotic state in which you find yourself presently needs merely to be altered, to be changed, to be transformed, and your willingness, your desire for release and complete peace of mind and all of those wonderful things that are about to become integral to your daily experience is quite sufficient to do that, is exactly what is needed to make this change, this transformation, and that's hugely relieving to hear, isn't it, that your very desire, your very being here, now, is the key to your release, and so, knowing this, you can, now, allow yourself to **go further within** and realise that after this trance formation you are presently entering, once this current change which is already underway has been completed and we eventually return to the everyday world we will have consigned those unhelpful states of mind to the past for good and, the one thing about the past

which nobody can deny is that we can never return there again which, again, is truly comforting, isn't it? That's right.

And so, in this way, we are about to dismantle the old troublesome thought patterns during this present session and we shall do this on three different levels so that in body, soul and in mind, you can start again, untroubled by the old ways, ready just to be, as you can be, as you are... about to be, just you, in a naturally carefree, happily contented state, capable of living in the present without fear or dread or any of those useless encumbrances which you've been carrying along with you for so long, for **too** long, those burdens are soon to be put down relinquished, those negative thought patterns are about to be stopped in their tracks, to be abandoned like a useless old pair of worn out shoes that hurt the feet rather than protected them, getting rid of them for good, allowing you to simply, easily and comfortably **walk** back in to a state of natural ease and release, **now**, I'll be quiet for a moment or two just to let you contemplate just how truly wonderful all of this is already becoming for you.

And, since my voice will lead you there, there is **nothing** at all for you to do right now, just being here is **all** that you needed to accomplish and so, merely following these words, imagining what these words ask you to imagine, experiencing all that these words ask you to experience, following these words **faithfully** is such an **easy** thing to do and so, as described, an easy, effortless passage from troublesome disquiet to a simple, blissful inner peace is already being brought about because you are, are you not, already, still, following these words now. Yes... and, it's even simpler than merely following these words, just listening, because **you** don't really even need to comprehend as your unconscious is attentive now, is listening now, and carrying out all of that

necessary change **for** you allowing you to merely follow my voice like holding onto and following the length of a rope that now leads you **deeper** into this safe and comfortable and truly transformative place.

So, let us **go even deeper** then and in order that we can do this simply and directly I'll ask you now to close the eyes of the mind which are slightly different from your physical eyes in that whilst you only have two physical eyes and you almost invariably close them both at the same time, your mind has several eyes, just like your mind has several voices and these can be quietened down one by one, and as they do, as they are **now** doing, you already feel yourself becoming more centred, more relaxed, quieter inside, peaceful, your ability to focus on these words sharpened, forgetting **all** else, drifting, turning off mental switches, quietening down within...

...journeying towards that completely calm centre and now beginning to realise that you, **never** need to spend any effort in making your return here because this calm centre is **your** calm centre, the centre of yourself that exists so peacefully deep within you as your own personal wellspring of calm and quiet self-assurance as to the **rightness** of **all things**, which of course includes your own existence. You are becoming centred calmness itself.

Now... your muscles loosening, becoming jelly like in the comfort and safety of this here and now, this central spot in your universe that only you can occupy. Loosening, untying, destressing at a **deep** and yet **deeper** level still, all outside pressures diminishing, vanishing and, as they do so, allowing a long lost feeling of deeper pleasure to reawaken within you, which brings you not **only** to feel but **also, therefore, to understand and fully accept** that neither anxiety nor

depression are things solely of the mind for they also manifest themselves within our physical frame, but now, **because** you are doing this, your many burdens are no longer needed here, so, allowing these heavy useless garments of stress to **slip off forever**, you can actually feel the weight of these old burdens lifting from you now, leaving you **more able** to easily **go further inwards** where you are about to accomplish a long held dream of complete release.

Breathing, **deeply** now, at your own natural pace, comfortably now, listening, focussing, accepting, descending into that private, personal space where you are now safely at home in yourself...

And now, if you would, please, I'd like you to imagine being in your very favourite place, a place where you feel safe and secure, untroubled and well, happy - and confident that nothing can harm you here, knowing there is no hurry to leave, a place of your own, with no distractions or pressures or worries - a place of complete calm - in which you simply enjoy being your... self.

See that place now. Be in that place now. Feel the wonderful felicity of being in this place now.

And, here, in this heavenly place you notice something that you have never noticed here before... an entrance way of some description, I don't know what it looks like as I can't see this, but **you** can... It is an intriguing entrance way, an opening, a way **further** in - inviting, appealing, welcoming and so... you enter, you cross the threshold, and it feels so good to do so, and there you find an

orange coloured, sandstone, spiral staircase leading gently downwards, you feel great promise of what is about to come, you know this is good, so you take a step down this spiral staircase and that too feels so good, knowing that you are now going to the **right** place, and so you take another step downwards and another and, as you descend further down this spiral staircase you begin to feel something beginning to shift inside of you, inner healing is already beginning to shape within so you gladly take more steps downwards, all the while feeling better and better, beginning to feel that flicker excitement lighting up within you, glowing within you, growing within you as you slowly realise that you are going towards your own core, the place where things will change for the better...

...downwards, ever inwards, downwards, ever inwards, following the gentle curve of the stairwell, approaching wholeness and inner health, ever downwards, ever inwards...

...and now, at the bottom of the steps, you find yourself, in your own personal palace of peace where you know, you are certain that you are completely safe and that because of this you can make those changes and achieve that deeply felt self-acceptance for which you have longed for so long.

And now, here, in this personal inner space, you can feel, already, can you not, that familiar feeling of having **put down that heavy burden**, having taken off those **too** tight shoes, having removed **all** of the masks of anxiety leaving your pure, original face relaxed and untroubled, a new face of serenity in its place, your **own** face of clarity and serenity **so** long forgotten but as fresh now as the daybreak and with just as much promise, lovely, that's right, letting go now,

going inwards, now, descending, now, into a deeper and more assured, delightful feeling of bodily peace and clarity, and, as you do, I'd like you to notice that this delightful feeling has a colour and, once you have identified this colour, you see this colour clearly in that place within you that is most relaxed of all, and see now that this colour is **expanding**, filling **all** of you, with a deeply, deeply dream like comfort, ease and personal pleasure, a feeling of utter delight, yes, see that deeply now for a few moments whilst I shall remain quiet.

And, as you become **completely absorbed** by that colour you notice a deeper stillness within, a profound peace, a stillness that pervades **the whole of you**, inside **and out**, this peace allowing you to notice now, your own deep, deep well of inner resourcefulness, inspiration and intuitive ability to solve problems naturally and spontaneously, a personal resource you had forgotten about for **so** long, but is so very welcome now, **intriguing** now, recognising your own ability and power to permanently heal all of those past inner hurts and upsets, simply allowing them to dissolve away, no longer needed, a natural method known only to your own subconscious, allowing it to work its own healing magic just by your mere presence in its light. Just be with this for a moment...

And you sense that great love is present here, a deep love, a central love, a unifying and nurturing love, a healing love, existing naturally and rightfully within you and all around you, growing, flowing, **deeply** healing, becoming so powerful you feel **awe** in this place and, as this presence of total love grows stronger within you it brings with it deep understanding casting illumination all around and dispelling all remaining darkness.

And you find, now, in the light of this love the awakening of a deeper understanding of the human condition and with that, naturally, an innate ability - your ability **and** the capacity for healing forgiveness, for full forgiveness for any and all past hurts and grievances you have suffered in this life, as all of these old tensions and grievances disappear easily and effortlessly in your heart, now, because now you can see, now you understand that you no longer have any need whatsoever to carry these a single further step, so you can and you do put them down, that's right, and the relief is just so wonderful...

And, in forgiving all, in abandoning all judgement and negative feelings towards others, a new realisation awakens and you see clearly now, so very, very clearly, that you can rightfully also feel full forgiveness for yourself, full forgiveness for your own past actions, which in its turn, as this is accepted, as **you accept now**, effortlessly dissolves all feelings of guilt, bringing an end to all forms of self-punishment and, with that, a feeling of deep relief and release, just as if you are opening the windows in the basement of your mind and letting the cool, welcoming breeze of the present blow out those phantoms of the past - seeing any remaining remnants of those old upsets **diminishing, dissolving, disintegrating** and now that these negative energies are gone there is the space, the potential **and** the vital energy to allow **regeneration, regrowth** and a return to pure and unadulterated simplicity of mind and being. And, additionally, because of all of this, as a direct result of all of this, you can **cool down** any remaining pockets of anger, letting the heat of unproductive anger be utilised by other more positive and productive parts.

And I shall be quiet for a moment again as all of this is absorbed and accepted **deeply** in your heart.

.....A new attitude has dawned, a new beginning is yours...

That's right, wonderful, going deeper to a place where you can temporarily sweep recent memories away from current view, returning to memory, remembering... remember peace, a deep, deep peace and you can feel that peace now, sink into its depths, even, a wonderful, truly absorbing, ocean of deep peace, now...

And now, realising that you can be here because this **is** where you are, you feel at your centre another opening where you can... **go even deeper within** where more profound and more permanent change can take place and take root. Good. You're doing **so** well, in this place within, cushioned by confidence, permeated with a glorious glow of gladness at simply being, you. And this inner place, has a certain feeling to it, a feeling that you can feel clearly now and I'd like you to focus on that feeling, amplify it and allow this to become ingrained in your memory to be felt at any time that you need to **feel this**. ...now!

A feeling of, a certain self-awareness of, a balance of presence, an inner equilibrium and a new knowledge, a new learning, - how to return to presence at **will**, a **deep** certainty that this presence, by its very nature, is always at hand, unshakable, rooted in sturdy assuredness, for presence is... simply - to be... now, and forever and so, remembering that presence is the perfect place to permanently be, here, safe from **any** regrets of the past and **any** and **all** unfounded fears for the future knowing that you can cope **comfortably** with whatever comes up.- and I shall be quiet again for a moment as this wonderful, natural, rightful feeling fills each and every cell in your being as each and every

cell accepts this new learning, remembers it at a cellular level, revelling in gloriousness, keeping this close for all of time....

And, as these new patterns of thought and attitude take deep hold, as these new leanings, these more helpful strategies take deeper root within your subconscious, to be fully accepted and further nurtured and nourished by your subconscious, as these things are all happening now, the old order, the old attitudes, the destructive patterns of thought are irrelevant now, no longer needed, consigned to the what was and being absolutely replaced with what is, your newfound peaceful centre...

Clearing up - shutting down those old, unhelpful chattering inner conversations of angst, draining the wells of shame and guilt, stopping all negative internal mental chatter, dampening down the smouldering fires of old, useless anger - **completely**, replacing those old, unhelpful patterns and strategies with sensible strategies more appropriate and productive patterns producing a much more stable mental environment, a quieter mind, able now to create new approaches better suited to this peaceful outlook, your new being, starting anew and afresh, buoyant, calm, assured and content in your own being throughout, from inner centre to outer skin and further outwards to the stars themselves.

And you now can see and you can now accept, and you are now seeing and you are now accepting the natural order of this universe, understanding deeply that all things have their natural cycle, their birth, their development and their eventual dissolution, eventually and naturally breaking up into their constituent parts to be used again in new forms - phenomena coming and

going without effort, appearing and disappearing according to their nature, in whole harmony, a symphony complete and perfect in itself, knowing no lack or over production, fitting, proper, correct, apt, and just right. Accepting now, in this way, that all things must pass and that accordingly all things must be let go of at their proper time **and**, seeing this deeply, gaining the full understanding of this and therefore, through this understanding and acceptance you have the ability to allow all things that have come to their natural end to be released without regret, without issue, without remorse.

And, in this way, and because of the good work you have done today you can now, from your safe vantage point of perfect peaceful presence... watch... and listen... as your old anxiety thought loops of the past, come apart at the seams and disintegrate in front of you, and as each thought loop falls apart and loses its power you feel a great gladness growing within, knowing now that **that** time is over and a period of new growth, of new thought patterns, more sensible, helpful, engaging, profitable, fertile, joyous and beneficial patterns take their place, growing out of, sprouting from your very own deep and wonderfully powerful inner resources, that's right. So good. And a new ability is arising and immediately strengthening within and this new ability is the ability to easily, confidently and firmly say, "Yes" when you want to say "Yes", the ability to calmly, clearly and confidently state your position and your preference and just as importantly you gain the ability to also say, "No!" to any requests on your time or your attention that you feel unreasonable or at any time you feel you are being unfairly pressured by another. And now, you can lock these new abilities in permanently, that's right, lock these in now at a fundamental level.

And now, fully allowing your subconscious to work in its **own** way to see the truth of all of these things, weaving all of these ideas and suggestions, intricately, intimately into the very fabric of your being, your understanding and your outlook, further developing these new attitudes and helpfully effective frames of mind and, since your subconscious occupies many dimensions and can work on several levels simultaneously you can, whilst this is taking place also allow all of this new learning to find its permanent place within, guiding both your thought processes and your responses. Quiet now for a moment...

And, bringing all of this together, you notice something else new, within. Because of all of this, as a direct result of all of this, a calm and quiet sense of solid optimism has taken root, filling out the basement of your mind, giving no room for those old senseless patterns to return, a new hope, a quiet confidence, that centred, present, presence wherein your entire being is characterised to its very core by a self-assured gladness at simply being, an inner resource permanently in action, bringing joy and delight to all those you meet, seeing the best in everyone, seeing the promise and the worth of each and every situation. Seeing and accepting challenges, the challenges that are expected in life, knowing that it is these that make life worth living, taking all of these things, and more, in your stride, just as they arise and overcoming them before going on to the next. Confidently, quietly, assuredly... sensibly, effectively. All is well, All is well, All is well.

And, as all of this is descriptive of your new understanding of yourself it is also now associated with your own name and when you hear your name being called or see your own name in print or even think of your own name then you

will feel a smile of deep self-assurance from core to skin, from skin to core, bringing with it a certainty that all is well just because you are present.

And, once more, hearing this is making this real:

I shall be quiet for a moment as you **put all of this into place permanently**. (30 second pause).

Good! Well done.

WAKE UP EXDUCTION: And now, having carried out all of the necessary change, you can trust your subconscious to accept and permanently put into place all of the suggestions introduced today. In a minute, I am going to count from 1 - 10 and, as I say each number you will become more and more alert and awake, with each rising number your sense of well-being will expand, your sense and feeling of calm centeredness will become more deeply embedded and your sense of being at one with the world become more rooted. With each and every rising number you will feel that all is well and all is well and all manner of thing shall be well. A great and wonderful gladness growing now within your heart at each and every rising number, and, when I reach the number 10 you will awake with full clarity of mind and a delightful energy will pervade your entire being.

1,2,3,4,5,6,7,8,9,10

GO TO SLEEP EXDUCTION: And now, having carried out all of the necessary change, you can trust your subconscious to accept and permanently put into place all of the suggestions introduced today.

In a moment I am going to count to three and, when you hear the number three, you fall into a gentle and peaceful sleep and enter the natural sleep cycle and, when you awake at the time of your choosing you will feel fresh, confident, optimistic and so very happy just to be alive and to be you.

1,2,3

Further scripts, inductions, recordings and videos from Single Eye Hypnosis can be found at: www.hypnosis.scot