

## **My Self-Hypnosis Script**

You find yourself in a beautiful Sierran spot. The vista to the southeast displays mountain ranges covered with trees. You stand in the crisp cool air. The sun warms the trees and pine chips beneath you. The aroma of clean pine surrounds you. Forest plants abound.

You are open and aware. It is quiet and still. A ways off a small mountain stream flows. You can't hear it, but you are aware of its presence. Epipactis, Prunella, water cress, and other healing plants grow there. You sense their being. You are relaxed and completely in tune with the essence of life. Everything is as it should be.

You lie down on your soft, clean, futon mattress. It has been warmed by the sun and feels wonderful. You are comfortable. You are completely relaxed and open and aware. In this state of complete relaxation and heighten awareness your personal guides can communicate with you. You are surrounded by healing beings of the highest integrity and with the most appropriate skills to help you in your life's work.

A golden beam of light enters you from the heavens. You receive the healing energy you need at this time for your highest good. You breath in the healing light and with your exhale it expands and fills your body. Golden pure light down to your toes. Inhale joy and light. Exhale peace and wholeness. With each breath you bring in all you need. With each exhale you spread the good energy throughout you and release everything unnecessary.

Everything is as it should be.

You are taken care of.

You are healthy.

You release all tension.

Your muscles relax.

Your jaw is loose and relaxed.  
Your lips together and teeth apart.  
You are comfortable in your body.  
Your body feels good.  
You feel good.  
Your muscles move easily.  
Your muscles tense and completely relax.  
Energy flows easily through your body.  
You are a channel for healing energy.  
Healing light bathes your body.  
Areas of your body that need it, get extra healing light.  
You are always surrounded by healing spirits of the highest integrity.  
You are loved very much.  
You are taken care of and protected.  
You are centered and grounded.  
You are completely in rhythm with the flow of life.  
You feel good in your body.  
You are happy and content.  
Everything you need comes to you easily and effortlessly.  
The universe supports you.  
You are whole and complete.  
You are enough.  
All you need to do is be.  
Being is enough.  
You choose your priorities.  
You choose peace and love.  
You choose to connect with other beings.  
You leave some things undone.  
You do what you want. The desire to do something is one way you are guided.  
You use your keen mind and intuition to decide what is important.  
You decide what to do well.  
You use your discretion.

You are always divinely guided.  
You always take the right path in the road.  
If there is a way that you need to go, a way will be made for you.  
Life takes care of itself.  
You trust in the benevolence of life.  
You have greater freedom and happiness because you know you are given everything you need.  
You are given the guidance you need.  
You have great faith.  
You are blessed.  
Money and job opportunities are always abundant and near.  
You are appreciated.  
You have everything you need.  
You are amazing.  
Other peoples opinions about you are meaningless.  
You are loveable.  
You are fulfilling your life's purpose.  
You like making money. You are paid well for your work.  
You like your work. You are successful at what you do.  
You make the right decisions.  
Good things happen to you.  
Everything is as it should be.  
Everything you do is just a part of being.  
Your guides protect you.  
You are open to messages from your guides.  
You receive and act on the guidance given to you.  
You use your power for the greatest good.  
You feel good and sure.  
You are loved and taken care of.  
Your life is going well.  
Living is easy and enjoyable.  
You have peace and serenity.  
You enjoy your life.

You care for others.  
Your time is precious.  
You focus on being and enjoying each moment.  
You are recharged and revitalized by your down time.  
You are provided for and your life is going well.  
When you feel bogged down, you stop, close your eyes, and take a deep breath. You breath in light and release the extraneous with your exhale.  
You eat only what your body needs.  
Your body is clean and efficient.  
You love to walk.  
Exercising feels so good.  
You move beyond the limitations of time and space.  
You have the time to do what needs to be done.  
You release all fear.  
You do without doing and everything gets done.  
It feels good to get up early.  
You wake up in the morning feeling refreshed, renewed, and excited.  
You feel whole.  
You honor your body.  
You attract what you need from this world.  
Your body is beautiful.  
You receive the love others want to give you.  
You are strong.  
You are at peace.  
You feel good in your body.  
You are attractive.  
You are strong and centered.  
You are noticed.  
You are soft and beautiful.  
You are open to love.  
You are deeply satisfied all the time.  
You love.  
You are safe.

You have guides of the highest integrity that guide and protect you.  
You feel love.  
When you feel bogged down, you stop, close your eyes, and take a deep breath. You inhale the light you need. You feel whole and complete.  
You release everything you no longer need.  
You feel good.  
You have everything you need.  
You keep your commitments to yourself.  
Because you love yourself, you eat well.  
Because you honor yourself, you make good food choices.  
You have abundant energy.  
You have many gifts.  
You share your gifts with others.  
People benefit from what you share.  
You are guided and taken care of.  
All of this is true and you believe it because it is for your highest good.  
It is easy to live in harmony.  
You are achieving incredible balance.  
You are friendly.  
You remember people's names and faces when you meet them.  
You are warm and attentive.  
People like you.  
Self-hypnosis works for you. It is the perfect tool for you at this time.  
It is a gift.  
You change in appropriate ways for your highest good.  
You trust in the benevolence of life.  
Life is simple and full.  
Riches keep coming your way.  
Abundance is yours.  
You have great peace.  
You are thoughtful.  
You take only that which will nourish you.  
You choose actions and reactions that nourish you.

You are nourished by your good choices.  
Your good choices make life easy and enjoyable.  
You are fulfilled.  
You are content.  
Your life is satisfying.  
Your relationships satisfy you.  
You have a lot of love.  
You are blessed.  
Good things happen to you.  
Each day your contact with the divine becomes stronger and clearer.  
You are fulfilling your purpose.  
You choose work that is fun.  
You are productive and work efficiently.  
Your mind is clear. Your memory excellent.  
You remember all critical information.  
Your mind works well.  
Ideas come to you clearly.  
You solve problems.  
Your mind makes intuitive leaps.  
Your intuition is correct.  
You simply know stuff.  
You intuitively know what to do in all situations.  
Answers just come to you.  
You are calm and patient.  
Sometimes there is nothing to do.  
You choose to play sometimes.  
Right action flows through you.  
You are divinely guided.  
Inhale joy and light. Exhale peace and love.  
Your body is relaxed.  
Your jaw is loose.  
Your lips are together and your teeth apart.  
Everything is as it should be.

You are taken care of.

You love.

Now is the time for you to work with your guides here in the clearing on the mountain top if you want to. You are relaxed, open and aware. The divine light surrounds you. At the appropriate time you will bring yourself out of self-hypnosis and carry with you the harmonious balance you have gained during your time here on the mountain. Blessed be.