

Self-Hypnosis Conditioning

Close your eyes and keep them closed until I tell you to open them . . . Take a deep breath, filling your lungs up completely and then let that breath out slowly . . . Take a second deep breath and let that out slowly also . . . Now take another very deep and comfortable breath filling your lungs up completely and this time hold that breath . . . Now let that breath out very slowly and already you can feel your body beginning to relax . . .

Now let that wonderful, comfortable feeling of relaxation flow ALL the way DOWN to your feet, just feel your feet becoming very comfortable and very relaxed . . . If you don't feel it in your feet right away don't worry about it, for it will gradually catch up to you . . . Now let that wonderful feeling of relaxation flow from your feet up into your ankles . . . From your ankles up all the large and small muscles of your legs to your knees . . . From your knees up all the large and small muscles of your thighs . . . Into your hips . . . From your hips into your abdomen and with each and every breath that you exhale allow your body to go deeper into this wonderful relaxed state . . .

Now let that wonderful feeling of relaxation flow right up into your back . . . Just let all of those large and small muscles of your back relax . . . As it flows right up into your shoulders . . . Over your shoulders . . . And down deep into your chest . . . Such a wonderful feeling, just going DEEPER and DEEPER DOWN . . . As that relaxation flows down all the large and small muscles of your arms to your elbows . . . From your elbows down to your wrists . . . Into your hands . . . All the way out to your fingers and with each and every breath that you exhale your body just keeps right on relaxing deeper and deeper . . .

Now let this wonderful feeling of relaxation flow up into your neck . . . Feel all these large and small muscles of your neck relaxing . . . Flowing right up into your head . . . Over your head . . . And DOWN into your brow . . . All the muscles around your eyes, relax . . . All the muscles of your eyes, relax . . . All the muscles of your cheeks, relax . . . Now if you have your teeth clenched, just unclench your teeth and your body will relax much more . . . Just let your jaw sag and all the body muscles will go loose and limp . . . As you go deeper and deeper into this wonderful relaxed state . . .

- Anytime I say the words, DEEPLY RELAX, to you . . . Just close your eyes and allow your mind and body to return right back to this wonderful state of relaxation that you are enjoying right now . . . Each and every time going deeper . . . Each and every time enjoying it more and more . . . Just DEEPLY RELAX . . . DEEPLY RELAX . . .

As I count from one down to three I want you to allow your body to go deeper into this beautiful relaxed state . . . One . . . More and more relaxed . . . Two . . . more and more relaxed . . . Three . . . Very comfortable and very relaxed . . . With just pleasant, contented thoughts going through your mind . . . And marvelous feeling going through your body . . . And your whole body is giving in, letting go . . . You're warm and comfortable . . . Safe and secure . . . Relaxing deeper as all the sounds around you guide you deeper . . . Any sounds that you hear guides you deeper . . . The sound of my voice guides you even deeper . . .

- Anytime I say the words, DEEPLY RELAX, to you . . . Just close your eyes and allow your mind and body to return right back to this wonderful state of relaxation that you are enjoying right now . . . Each and every time going deeper . . . Each and every time enjoying it more and more . . . Just DEEPLY RELAX . . . DEEPLY RELAX . . .

So, as I keep on speaking . . . You just keep on relaxing deeper and deeper into this wonderful relaxed state . . . With each breath that you exhale, you go deeper . . . The beat of your heart sends you deeper . . . Any and all sensations that you experience send you deeper . . . With each thought that you think you go deeper and deeper . . . DOWN into a wonderful deep relaxed state . . .

- ● Now I will have you open your eyes on the count of one . . . Three . . . Two . . . One, eyes open . . . DEEPLY RELAX . . . Just close your eyes and DEEPLY RELAX . . . Just allow your mind and body to sink right back down into this wonderful relaxed state . . . Just feel your muscles loose and limp . . . Feel your nerves calm, relaxed . . . Your mind passive, clear . . . As you go deeper and deeper into relaxation . . .

I will count again from one down to three and you will allow your body to go deeper into this beautiful relaxed state . . . One . . . More and more relaxed . . . Two . . . More and more relaxed . . . Three . . . Very comfortable and very relaxed . . . Always with pleasant, contented thoughts going through your mind . . . And marvelous feeling going through your whole body . . . And your body is giving in, letting go . . . You feel so safe and secure . . . As you are relaxing deeper . . . As all the sounds around you guide you deeper . . . Any sounds that you hear guides you deeper . . . The sound of my voice guides you even deeper . . .

Now again I will count, but this time I will count from one down to five and as I count from one down to five you will allow your body to double its relaxation . . . One . . . Your relaxation is slowly beginning to double . . . Two . . . Your relaxation is doubling more and more . . . Three . . . You're very comfortable and relaxed . . . Four . . . Your relaxation has almost doubled . . . Five your relaxation now has doubled completely throughout your whole body . . . From the top of your head to the tip of your toes . . . All the muscles in your body have relaxed and doubled their relaxation . . . You feel so relaxed and comfortable as all of your muscles continue to relax much more . . .

● ● Now I will have you open your eyes on the count of one . . . Three . . . Two . . . One, eyes open . . . DEEPLY RELAX . . . Just close your eyes and DEEPLY RELAX . . . Just allow your mind and body to sink right back down into this wonderful relaxed state . . . Just feel all your muscles loose and limp . . . Feel your nerves calm, relaxed . . . Your mind passive, clear . . . As you go deeper and deeper into relaxation . . .

So, as I keep on speaking . . . You just keep on relaxing deeper and deeper into this wonderful relaxed state . . . With each breath that you exhale, you go deeper . . . The beat of your heart sends you deeper . . . Any and all sensations that you experience send you deeper . . . With each thought that you think you go deeper and deeper . . . DOWN into a wonderful deep relaxed state . . .

Now again I will count from one down to five . . . And as I count . . . From one down to five . . . This time the body will triple its relaxation that you are now experiencing . . . One . . . Relaxation is beginning to triple . . . Two . . . Relaxation is tripling more and more . . . Three . . . You are very comfortable . . . Very relaxed . . . Four . . . Relaxation now has almost tripled in your body . . . Five . . . Relaxation now has tripled in the body . . . From the top of your head to the tips of your toes . . . All the muscles have relaxed . . . Doubled their relaxation . . . And tripled their relaxation . . .

- Anytime I say the words, DEEPLY RELAX, to you . . . Just close your eyes and allow your mind and body to return right back to this wonderful state of relaxation that you are enjoying right now . . . Each and every time going deeper . . . Each and every time enjoying it more and more . . . Just DEEPLY RELAX . . . DEEPLY RELAX . . .

- ● Now I will have you open your eyes on the count of one . . . Three . . . Two . . . One, eyes open . . . DEEPLY RELAX . . . Just close your eyes and DEEPLY RELAX . . . Just allow your mind and body to sink right back down into this wonderful relaxed state . . . Just feel all your muscles loose and limp . . . Feel your nerves calm, relaxed . . . Your mind passive, clear . . . As you go deeper and deeper into relaxation . . .

So, as I keep on speaking . . . You just keep on relaxing deeper and deeper into this wonderful relaxed state . . . With each breath that you exhale, you go deeper . . . The beat of your heart sends you deeper . . . Any and all sensations that you experience send you deeper . . . With each thought that you think you go deeper and deeper . . . DOWN into a wonderful deep relaxed state . . .

All of your muscles are loose and limp . . . All the nerves are calm . . . Relaxed . . . All the body tissues are rejuvenating in this wonderful relaxed state . . . Just sinking DOWN . . . Just letting go . . . Loose . . . limp . . . And relaxed . . . Just as if you are floating . . . Drifting . . . Deeper and deeper into relaxation . . .

Now again I will count . . . But this time from one down to ten . . . and this time as I count from one down to ten . . . your mind will relax as your body is relaxed . . . and with every count your body will double the relaxation it has at that time . . .

One . . . Your mind is relaxed as the body is relaxed and the body is doubling the relaxation it has at this time . . . Two . . . Your mind is relaxed as the body is relaxed and the body is doubling the relaxation it has at this time . . . Three . . . The mind is relaxed as the body is relaxed and the body is doubling the relaxation it has at this time . . . Four . . . Same thing . . . Five . . . Keep right on going . . . Six . . . Seven . . . Eight . . . Nine . . . Ten . . . Your mind is completely relaxed as the body is relaxed and the body has doubled its relaxation many times over . . . You feel so good. . . So wonderful . . . You keep on going deeper and deeper into relaxation . . .

- Anytime I say the words, DEEPLY RELAX, to you . . . Just close your eyes and allow your mind and body to return right back to this wonderful state of relaxation that you are enjoying right now . . . Each and every time going deeper . . . Each and every time enjoying it more and more . . . Just DEEPLY RELAX . . . DEEPLY RELAX . . .

Now you will go even deeper . . . Still deeper . . . So this time double the relaxation you have in the body right now . . . And when this is doubled I want you to try to say "A" . . . It only takes a few moments . . . You feel so good, so comfortable, so relaxed . . . You don't even feel like saying "A" . . .

But now you will go deeper yet . . . Still deeper . . . So this time double the relaxation you have in the body right now . . . And when it is doubled . . . Try to say "B" . . . Again you feel so good, so comfortable, so relaxed . . . That you don't even feel like saying "B" . . .

Now really let yourself go . . . Just as though you were on a spiral sliding board . . . Just sliding on DOWN into relaxation . . . So again double the relaxation you have in your body at this time . . . And when it is doubled then try to say "C" . . . Again you feel so good, so comfortable, so relaxed that you don't even feel like saying "C" . . .

So just keep on sinking DOWN deeper and deeper . . . As I keep on speaking your body just keeps right on sinking DOWN . . . Deeper and deeper . . . Into a wonderful . . . Deep state of relaxation . . .

Where the mind is passive . . . And you feel wonderful . . . Where your arms are heavy . . . Where your legs are heavy . . . Very heavy . . . Very comfortable . . . Very relaxed . . . Where your whole body has taken on a wonderful, comfortable . . . Heavy feeling . . .

Your arms and legs are so heavy, so comfortable, so relaxed that when I ask you to lift an arm or leg . . . You'll find that they are so comfortable, so heavy, so relaxed that you don't feel like lifting them . . .

Nevertheless I want you to try to lift your left leg . . . O.K. stop trying . . . Let it relax . . . It feels so much better resting where it is . . . It's so comfortable and you feel so good, so wonderful and so relaxed . . .

All the muscles are loose are limp . . . All of the nerves are calm . . . Relaxed . . . The mind passive . . . Clear . . . now you find that you have complete control of all the nerves in the body . . . Complete control of the whole nervous system . . . You will remain calm and confident at all times . . . Your blood flows freely throughout your body carrying fresh new oxygen and nutrients to all parts of the body . . . To every minute part of you . . . As you go deeper into this relaxed state . . . And because you have complete control of all the nerves that are in your body, your blood pressure will remain normal . . .

You find that any time I say the words "DEEPLY RELAX" to you . . . Immediately you will close your eyes and spontaneously go right back into this wonderful, deep, comfortable state of relaxation . . . Always enjoying it more and more . . . Always going deeper each time I work with you . . . And every time I work with you it will reinforce all suggestions I have given to you before . . .

Now I want you to pay attention to my voice and what I am going to teach you . . . For I am going to teach you to put yourself in this same state that you are enjoying right now, and this is how you will do it . . .

First . . . Make sure you are comfortable and safe . . . Then . . . Set a time limit in your mind that you desire to be relaxed . . . To set a time limit all you will have to do is think to yourself in your mind exactly how long you desire to be in the relaxed state That can be five minutes . . . Ten minutes . . . One-half hour . . . Or any time that you choose . . . But you must repeat it silently to yourself three times . . . Then close your eyes . . .

Once your eyes are closed . . . Take a deep breath and as you exhale slowly . . . Once you have let all of that air out . . . Take another deep breath and then exhale more slowly . . . Then take another deep breath, and hold it for as long as you can . . . Then as you exhale very slowly, think the words silently to yourself, DEEPLY RELAX . . . All ready you can feel your body beginning to relax . . . DEEPER and DEEPER RELAXED . . .

You will remain in the relaxed state for the amount of time you have set and automatically when that time limit has expired . . . You will find yourself returning back to the full aware state and your eyes will open . . . Feeling refreshed, rejuvenated, wonderful and fine in every way . . . And all my suggestions I have given you will be reinforced . . . You will let this happen automatically and spontaneously . . . Going DEEPER and DEEPER RELAXED . . . You will have good feelings and good thoughts at all times . .

In a moment I will count from five up to one . . . On the count of one I will have you open your eyes . . . On your own time you will be alert . . . Both mentally and physically . . . You'll be rejuvenated . . . Happy, contented and satisfied . . . Feeling marvelous in every way . . . So now five . . . Gradually, slowly start coming up . . . Four . . . Coming up more and more . . . Three, coming up alert and refreshed . . . Two . . . Almost all the way up . . . One . . . Eyes open, all the way up, feeling wonderful and fine in every way.