
Find Your Passion

Hypnosis

Written by Hypnosis & Subliminal LLC

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I. About Your Hypnosis Script

Welcome, and thank you for choosing a script from our Hypnosis Script Collection.

This hypnosis book can be used in several ways. It Find Your Passion (Hypnosis & Subliminal) is designed to be both a resource for professional and trainee hypnotherapists, as well as for Find Your Passion (Hypnosis & Subliminal) people who want to create their own hypnosis recordings (for personal use only). It is an easy-to-use guide that can be tailored on a person-to-person basis.

There are three main parts to the script: the induction, hypnosis patter, and endings. We have included both “sleep” and “wake” endings for your convenience. The induction is a unique version of the standard “staircase induction” used by many professional hypnotherapists.

The entire script is intended to be delivered in normal tone with Find Your Passion (Hypnosis & Subliminal) normal breathing, making sure to honor the pause breaks for at least 15 seconds or longer.

Thank you, and enjoy.

-The Hypnosis & Subliminal LLC Team

II. Staircase Induction

Now I'd like you to Find Your Passion (Hypnosis & Subliminal) notice how much more comfortable you feel by just taking one very big, satisfying deep breath....You may already notice how good that feels...How warm your neck and shoulders feel.

Now I'd like you to take four more very deep breaths...very comfortable breaths. And as you exhale, notice just how comfortable your shoulders can become....and notice how comfortable your eyes can feel when they close.

And when they close just let them stay closed...just notice the relaxation beginning to sink in. And as you continue breathing comfortably and deeply and rhythmically, I'd like you to picture in your mind a staircase. Any kind you would like...With twenty steps leading down and you at Find Your Passion (Hypnosis & Subliminal) the top.

You don't need to see all twenty steps at once. You can see any or all of Find Your Passion (Hypnosis & Subliminal) the staircase. And all you need to do is relax and just notice yourself at the top...at the very top of the staircase.

And as you step your way down the first stair, I'd like you just to relax down deeper and deeper. And the deeper you go the better you feel...and the better you feel the deeper you go. And now, in a moment, but not yet, I'm going to begin to count out loud from twenty to one. Then as you may have already guessed, as I count each number, I'd like you to take a step down that staircase....

See yourself stepping down, feel yourself stepping down, one step for each number that I count. All you need to do is notice, just notice how much more comfortable and relaxed you can feel at each step as you go down that staircase.

Find Your Passion Hypnosis Subliminal

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