

Heart Wisdom Hypnotic Scripts

You may use them freely with your clients
The Rev. Dr. C. Scot Giles

The following scripts are the pattern I use to induce my clients into the hypnotic state. They are loosely based on techniques developed by the HeartMath Institute, although these inductions are my own creation. As far as I am concerned you are free to use them with your clients. If you find this approach helpful I strongly advise you to learn more about HeartMath and the HeartMath Institute by reading their published books, taking their training which will fully explain this approach, and by joining the Institute. You can contact them at www.heartmath.com.

This listing of my scripts was prepared for my workshop at the Heartland Hypnosis Conference in April 2024. They are offered in good faith, without charge. The user assumes all responsibility for them and is expected to assess their utility professionally in accordance with the user's training and certification.

Inspired by the Inner Ease Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice.
As you drift and as you relax, be comfortable and safe,
And know that all shall be well,
Everything shall be well

Allow your mind to travel over your body
And as you find any area of tension or stress
let that part of you relax away

Cares or concerns, if they're important
they can still be there for you at the end of our time together
So for now give yourself the gift of the time of relaxation.

As we work together it is inevitable that you are going to hear sounds.
And the sounds may come from within this room or from beyond it.
Let those sounds remind you that you're safe.
You and only you are in control this experience.
You will decide what is important and what is not.
And you will adjust your perception of this experience easily and unconsciously,
So that you attend to what is important and disregard what is not important.
Therefore, your mind will tailor this experience just for you,
So we can be sure that the experience you are about to have is the correct one for
you to have.

Both your safety and you your success are certain,
For you are the expert on you.

So as we begin, focus on your heart.

As you listen, imagine that your breath flows in and out of your heart.

Imagine what it would feel like for you to be peaceful and calm, at ease and truly
whole.

With each breath draw that feeling of inner ease into you, balancing your mental
and emotional energy. This will bring about coherence, activating regenerative
hormones, boosting your immunity and creating stress resilience.

Let us decide together that you will remember this feeling in your subconscious process, and that it will have a role in the functioning of all your your activities, thoughts and decision. And...

Let one part of your mind observe carefully everything that's about to take place. Let another part of your mind experience as completely as is possible everything that's about to take place,

And let another part of your mind travel through time and space with my voice... Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.

As I count from ten to one, let yourself relax even more completely

Until about the time I reach the count of one

At that point I invite you to be as comfortably and as deeply relaxed

As you feel appropriate at this place at this time

And so I say...

Ten, nine, eight, seven, six, five, four, three, two, and one...

Comfortably deeply relaxed

And now until I address you again,

Just drift...

Inspired by the Point Zero Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice which shall go with you
throughout this experience.

As you drift and as you relax, be comfortable and safe,
And know that all shall be well,
Everything shall be well.
All manner of things shall be well.

Let all stress relax away. Cares or concerns, if they are truly important
they can still be there for you at the end of this experience..
So for now give yourself the gift of the time of relaxation.

As we work together it is inevitable that you are going to hear sounds.
And the sounds may come from within this room or from beyond it, perhaps even
far beyond it.

None of those sound matter.

Let those sounds remind you that you're safe.

You and only you are in control this experience.

You will decide what is important and what is not.

And you will adjust your perception of this experience easily and unconsciously,
So that you attend to what is important and disregard what is not important.

Therefore, your mind will tailor this experience just for you,

So we can be sure that the experience you are about to have is the correct one for
you to have,

And both your safety and success are certain. You are the expert on you, and your
expertise can guide you on a good path.

So as we begin, focus on your heart, and then on your breathing and let your
imagination take you to a place to true ease. It doesn't matter what place your mind
takes you to. It doesn't matter if you can perceive the place clearly or if it is vague.
It does not matter that I don't know the place you have chosen, because in the wise,
deep part of your mind, you know.

Imagine that your breath flows in and out of your heart like the flow the wind of a
beautiful day, and become your own best friend. Still your emotional and mental
energy and allow compassion toward yourself radiate outward, dissolving all
judgements you have made about yourself, others or situations. Let this energy
neutralize everything until you are a rest in a place of compassionate stillness.

Continue to breathe that compassionate stillness out to the environment. Allow all thoughts or feelings that arise to pass back into the stillness without praise or blame. If these thoughts or feelings are important, you can entertain them at another time. For now, just be in the stillness.

Imagine this point of stillness, a zero point, as a circle of pristine peace around you. Just be in the powerful tranquility, knowing that it pays you an enormous and lasting benefit.

Let one part of your mind observe carefully everything that's about to take place. Let another part of your mind experience as completely as is possible everything that's about to take place,

And let another part of your mind travel through time and space with my voice... Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.

As I count from ten to one, let yourself relax even more completely

Until about the time I reach the count of one

At that point I invite you to be as comfortably and as deeply relaxed

As you feel appropriate at this place at this time

And so I say...

Ten, nine, eight, seven, six, five, four, three, two, and one...

Comfortably deeply relaxed
And now until I address you again,
Just drift...

Inspired by the Inner Weather Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice.
As you drift and as you relax, be comfortable and safe,
And know that all shall be well,
Everything shall be well

Allow your mind to travel over your body
And as you find any area of tension or stress
let that part of you relax away

Cares or concerns, if they're important
they can still be there for you at the end of our time together
So for now give yourself the gift of the time of relaxation.

As we work together it is inevitable that you are going to hear sounds.
And the sounds may come from within this room or from beyond it.
Let those sounds remind you that you're safe.
You and only you are in control this experience.
You will decide what is important and what is not.
And you will adjust your perception of this experience easily and unconsciously,
So that you attend to what is important and disregard what is not important.
Therefore, your mind will tailor this experience just for you,
So we can be sure that the experience you are about to have is the correct one for
you to have.

Both your safety and you your success are certain,
For you are the expert on you.

So as we begin, focus on your heart. Just as the discovery of electricity changed
our world, so we discover that our heart has a power that can change our inner
world, and perhaps the outer world as well.

When you look out a window, or when you consult a weather report, you seek to
know what some of the exterior facts of your day will be like.

You can seek an Inner Weather Report from your heart right now. What does it feel
like to be you in this moment? Is your inner sun shining? Is it a beautiful night? Is

there a storm cloud? Is it raining? Is the shy clearing? At the colors beautiful or profound?

Only you know what your Inner Weather is like right now, but we focus the power of your heart on making it a beautiful time - regardless of the season. Regardless if it is a sunlit day or a magnificent night, decorated with the moon and stars. You can insure that the sky is clear at this time.

And so, let one part of your mind observe carefully everything that's about to take place.

Let another part of your mind experience as completely as is possible everything that's about to take place,

And let another part of your mind travel through time and space with my voice...

Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.

As I count from ten to one, let yourself relax even more completely

Until about the time I reach the count of one

At that point I invite you to be as comfortably and as deeply relaxed

As you feel appropriate at this place at this time

And so I say...

Ten, nine, eight, seven, six, five, four, three, two, and one...

Comfortably deeply relaxed
And now until I address you again,
Just drift...

Inspired by the Cut-Thru Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice.
As you drift, be comfortable and safe,
And as always, know that all shall be well,
Everything shall be well.

Allow your mind to travel over your body
And as you find any area of tension or stress
let that part of you relax.

Cares or concerns, if they're important
they can still be present for you at the end of the session today.
So for now, give yourself the gift of the time of relaxation.

It is inevitable that you are going to hear sounds the may come from within this
room or from beyond it.
Let those sounds remind you of your safety.
You and only you are in control this experience.
You will decide what is important and what is not, because you are the expert on
you.
Therefore, your mind will tailor this experience just for you,
So we can be sure that the experience you are about to have is the correct one for
you to have.

We start with an awareness of the issues that are present and our feelings about
them. And with that, focus on your heart.

As you listen, imagine that your breath flows in and out of your heart.

Let your mind find some positive feeling or recall something you appreciate about
your life. Whatever you imagine will be the correct thing to imagine.
Let that feeling or thought be real for you now (pause).

Life presents all of us with issues and puzzles. If our feelings get involved, we may
become overly focused on feelings instead of thoughts. Yet there can be a peace in
objectivity, so in your unconscious mind there can be a benefit to consider events
as if they were happening to someone else, and rest in our rational, mature heart.
Not allowing things to be more significant then they are.

And ask yourself now, "What would serve me well?" For everything shall be well, and all manner of things shall be well.

And now...

Let one part of your mind observe carefully everything that's about to take place. Let another part of your mind experience as completely as is possible everything that's about to take place,

And let another part of your mind travel through time and space with my voice...

Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.

As I count from ten to one, let yourself relax even more completely

Until about the time I reach the count of one

At that point I invite you to be as comfortably and as deeply relaxed

As you feel appropriate at this place at this time

And so I say...

Ten, nine, eight, seven, six, five, four, three, two, and one...

Comfortably deeply relaxed

And now until I address you again,

Just drift...

Inspired by the Remove Significance Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice.
As you drift and as you relax, be comfortable and safe,
And know that all shall be well,
Everything shall be well

Allow your mind to travel over your body
And as you find any area of tension or stress
let that part of you relax away

Cares or concerns, if they're important
they can still be there for you at the end of our time together
So for now give yourself the gift of the time of relaxation.

As we work together it is inevitable that you are going to hear sounds.
And the sounds may come from within this room or from beyond it.
Let those sounds remind you that you're safe.
You and only you are in control this experience.
You will decide what is important and what is not.
And you will adjust your perception of this experience easily and unconsciously,
So that you attend to what is important and disregard what is not important.
Therefore, your mind will tailor this experience just for you,
So we can be sure that the experience you are about to have is the correct one for
you to have.

Both your safety and you your success are certain,
For you are the expert on you.

So as we begin, focus on your heart.

As you listen, imagine that your breath flows in and out of your heart.

Now focus on some positive feeling or appreciation. Anything positive
you imagine can be the correct thing to imagine...

Before we can fill the our bucket list of good things, we must first plug any holes. Emotions are helpful, but we each need to take responsibility for managing our emotions. Our emotions are amplifiers, making good experiences better and bad experiences worse. We manage them by focusing on the good and by changing the significance we assign to those which are not good. It's not so much about what happens as what we make of it.

Therefore, let one part of your mind observe carefully everything that's about to take place.

Let another part of your mind experience as completely as is possible everything that's about to take place,

And let another part of your mind travel through time and space with my voice...

Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.

As I count from ten to one, let yourself relax even more completely

Until about the time I reach the count of one

At that point I invite you to be as comfortably and as deeply relaxed

As you feel appropriate at this place at this time

And so I say...

Ten, nine, eight, seven, six, five, four, three, two, and one...

Comfortably deeply relaxed

And now until I address you again,

Just drift...

Inspired by the Three Strategies Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice.
As you drift and as you relax, be comfortable and safe,
And know that all shall be well,
Everything shall be well

Allow your mind to travel over your body
And as you find any area of tension or stress
let that part of you relax away

Cares or concerns, if they're important
they can still be there for you at the end of our time together
So for now give yourself the gift of the time of relaxation.

As we work together it is inevitable that you are going to hear sounds.
And the sounds may come from within this room or from beyond it.
Let those sounds remind you that you're safe.
You and only you are in control this experience.
You will decide what is important and what is not.
And you will adjust your perception of this experience easily and unconsciously,
So that you attend to what is important and disregard what is not important.
Therefore, your mind will tailor this experience just for you,
So we can be sure that the experience you are about to have is the correct one for
you to have.

For both your safety and you your success are certain,
For you are the expert on you.

So as we begin, focus on your heart.

As you listen, imagine that your breath flows in and out of your heart. And as your
breath flows in and out of your heart, remind yourself of your own wisdom. For
there are three strategies that you use to manage your energy as all wise people do.

At the beginning of the day, with dawn's light, you Prepare yourself for your day by finding the Intelligence of your heart. You wisely rest in that power so you start the day renewed.

As the day evolves, you again find the wisdom of your heart, quickly and easily, as stressful events come and go. Resetting and Renewing yourself with the economy of your life energy.

And at the end of the day, when sleep grows nigh, you Sustain your energy to prepare for rest, letting your mind dwell on and radiate a positive energy while your breath moves in and out of your energetic heart.

Let one part of your mind observe carefully everything that's about to take place. Let another part of your mind experience as completely as is possible everything that's about to take place,

And let another part of your mind travel through time and space with my voice... Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.

As I count from ten to one, let yourself relax even more completely

Until about the time I reach the count of one
At that point I invite you to be as comfortably and as deeply relaxed
As you feel appropriate at this place at this time
And so I say...
Ten, nine, eight, seven, six, five, four, three, two, and one...
Comfortably deeply relaxed
And now until I address you again,
Just drift...

Inspired by the Quick Coherence Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice.
As you drift and as you relax, be comfortable and safe,
And know that all shall be well,
Everything shall be well

Allow your mind to travel over your body
And as you find any area of tension or stress
let that part of you relax away

Cares or concerns, if they're important
they can still be there for you at the end of our time together
So for now give yourself the gift of the time of relaxation.

As we work together it is inevitable that you are going to hear sounds.
And the sounds may come from within this room or from beyond it.
Let those sounds remind you that you're safe.
You and only you are in control this experience.
You will decide what is important and what is not.
And you will adjust your perception of this experience easily and unconsciously,
So that you attend to what is important and disregard what is not important.
Therefore, your mind will tailor this experience just for you,
So we can be sure that the experience you are about to have is the correct one for
you to have.

Both your safety and you your success are certain,
For you are the expert on you.

So as we begin, focus on your heart.

As you listen, imagine that your breath flows in and out of your heart.

Let your mind find some positive feeling or recall something you appreciate about
your life. Whatever you imagine will be the correct thing to imagine.

Let one part of your mind observe carefully everything that's about to take place.
Let another part of your mind experience as completely as is possible everything
that's about to take place,

And let another part of your mind travel through time and space with my voice...
Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.

As I count from ten to one, let yourself relax even more completely

Until about the time I reach the count of one

At that point I invite you to be as comfortably and as deeply relaxed

As you feel appropriate at this place at this time

And so I say...

Ten, nine, eight, seven, six, five, four, three, two, and one...

Comfortably deeply relaxed

And now until I address you again,

Just drift...

Inspired by the Attitude Breathing Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice.
As you drift and as you relax, be comfortable and safe,
And know that all shall be well,
Everything shall be well

Allow your mind to travel over your body
And as you find any area of tension or stress
let that part of you relax away

Cares or concerns, if they're important
they can still be there for you at the end of our time together
So for now give yourself the gift of the time of relaxation.

As we work together it is inevitable that you are going to hear sounds.
And the sounds may come from within this room or from beyond it.
Let those sounds remind you that you're safe.
You and only you are in control this experience.
You will decide what is important and what is not.
And you will adjust your perception of this experience easily and unconsciously,
So that you attend to what is important and disregard what is not important.
Therefore, your mind will tailor this experience just for you,
So we can be sure that the experience you are about to have is the correct one for
you to have.

Both your safety and you your success are certain,
For you are the expert on you, and you are on the right path.

So as we begin, focus on your heart. We always start with the heart because it is the
most powerful oscillator in the body, and it pulls the other systems of your body
into synchronization with it's own.

As you listen, imagine that your breath flows in through your heart and out through your solar plexus. In through the heart. Out through the bundle of nerves just below your stomach.

In...and out..... In...and out.... Anchoring your energy and attention in your body in this way.

Now find a positive feeling about yourself or someone else, such as appreciation or compassion, and imagine yourself breathing that in through your heart and out through your solar plexus. As this continues, lock in the feeling of that positive attitude, imagining yourself building and storing the positive energy. Holding it safe for use at some point in the future.

Let one part of your mind observe carefully everything that's about to take place. Let another part of your mind experience as completely as is possible everything that's about to take place,

And let another part of your mind travel through time and space with my voice...

Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.

As I count from ten to one, let yourself relax even more completely
Until about the time I reach the count of one
At that point I invite you to be as comfortably and as deeply relaxed
As you feel appropriate at this place at this time
And so I say...
Ten, nine, eight, seven, six, five, four, three, two, and one...
Comfortably deeply relaxed
And now until I address you again,
Just drift...

Inspired by the Heart Lock-In Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice.
As you drift and as you relax, be comfortable and safe,
And know that all shall be well,
Everything shall be well

Allow your mind to travel over your body
And as you find any area of tension or stress
let that part of you relax away

Cares or concerns, if they're important
they can still be there for you at the end of our time together
So for now give yourself the gift of the time of relaxation.

As we work together it is inevitable that you are going to hear sounds.
And the sounds may come from within this room or from beyond it.
Let those sounds remind you that you're safe.
You and only you are in control this experience.
You will decide what is important and what is not.
And you will adjust your perception of this experience easily and unconsciously,
So that you attend to what is important and disregard what is not important.
Therefore, your mind will tailor this experience just for you,
So we can be sure that the experience you are about to have is the correct one for
you to have.

Both your safety and you your success are certain,
For you are the expert on you.

So as we begin, focus on your heart, and then on your breathing.

Imagine that your breath flows in and out of your heart like the flow of a wave as it
rises and falls on a beach or amid the rolling ocean. As in your mind there
may arise a positive feeling or memory, or simply the image of something for
which you are grateful. Whatever you imagine will be correct.

Experience in the theater of your mind that image, memory or gratitude. Allow it to flow over you and make itself real. Then, send that reality outward from your own heart into the wider world, adding your positive influence to the positive influence of all those of good heart who have gone before you.

Let one part of your mind observe carefully everything that's about to take place. Let another part of your mind experience as completely as is possible everything that's about to take place,

And let another part of your mind travel through time and space with my voice... Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.

As I count from ten to one, let yourself relax even more completely

Until about the time I reach the count of one

At that point I invite you to be as comfortably and as deeply relaxed

As you feel appropriate at this place at this time

And so I say...

Ten, nine, eight, seven, six, five, four, three, two, and one...

Comfortably deeply relaxed

And now until I address you again,
Just drift...

Inspired by the Freeze Frame Technique

And now allow your eyes to close if they have not closed already
And follow the sound of the music and my voice.
As you drift and as you relax, be comfortable and safe,
And know that all shall be well,
Everything shall be well

Allow your mind to travel over your body
And as you find any area of tension or stress
let that part of you relax away

(deleted this paragraph in the actual recording)
Cares or concerns, if they're important
they can still be there for you at the end of our time together
So for now give yourself the gift of the time of relaxation.

As we work together it is inevitable that you are going to hear sounds.
And the sounds may come from within this room or from beyond it.
Let those sounds remind you that you're safe.
You and only you are in control this experience.
You will decide what is important and what is not.
And you will adjust your perception of this experience easily and unconsciously,
So that you attend to what is important and disregard what is not important.
Therefore, your mind will tailor this experience just for you,
So we can be sure that the experience you are about to have is the correct one for
you to have.

Both your safety and you your success are certain,
For you are the expert on you.

And now let your mind rest upon your heart.
And as your mind rests upon your heart, move your awareness there.

Breath in the heart.
Live in your heart. Let it support you.

Your life is your heart-life. Your heart has a wisdom. Be in touch with the wisdom now.

And remember good times. Remember how they felt, no matter how long ago or far away.

Be with the good times as you breathe.

Lay down your cares. Put aside worry. You are home now. And in this quiet power you can ask about what would serve you well in all the challenges of living.

Listen. Listen to your heart-song.

And let one part of your mind observe carefully everything that's about to take place.

Let another part of your mind experience as completely as is possible everything that's about to take place,

And let another part of your mind travel through time and space with my voice...

Which will go with you...

And let my voice be one with your own interior voice...

And hear that voice as it says...

I feel calm

I feel relaxed

I feel in control

I am calm

I am relaxed

I am in control

I feel safe

I am secure

I can let go

As I let go of my body relaxes

I feel calm, I feel relaxed, I feel in control

As I let go, all negative thoughts and feelings leave my body

As I let go, only positive thoughts and feelings remain

I'm ready to receive the positive suggestions I will give myself

I am calm, I am relaxed, I am in control.

And now I'll count from ten to one.
As I count from ten to one, let yourself relax even more completely
Until about the time I reach the count of one
At that point I invite you to be as comfortably and as deeply relaxed
As you feel appropriate at this place at this time
And so I say...
Ten, nine, eight, seven, six, five, four, three, two, and one...
Comfortably deeply relaxed
And now until I address you again,
Just drift...