

LEMON CONVINCER

Close your eyes...now take a nice couple of deep gentle breaths and relax... Take yourself to a favorite kitchen in your life. Maybe it's a kitchen from your past where you feel good, you've looked good, it's warm and comfortable place, maybe it's a kitchen you have now or maybe it's one you're making up in your mind. If there is more than one kitchen, just choose one right now and just nod your head if you're there...

Good.

And while you're here in this kitchen, just notice what you notice all around you.

Notice what material is on the floor...whether it's stone, linoleum, tile or vinyl.

Notice the walls...are they wallpapered... or are they painted? Notice if there's a table here in this kitchen... Notice the details... are there things on the table? Do the chairs have cushions? Notice the cabinets... notice what they're made out of... notice the textures.

Over there, on top of the stove, you become aware that there's something cooking... so walk over the stove... take a look at what's cooking... maybe you can smell it, maybe you can't... it doesn't really matter... and now you become aware that there's something baking in the oven... So put your hand very gently on the oven door handle...now open the oven door. Feel that whoosh of warm air... look inside... notice the texture...notice the color... take a deep breath... notice what's inside... Now... very gently close the oven door...

As you look around in this kitchen... you notice way over there is a large cutting board. On top of that cutting board is a beautiful, perfect, plump, yellow lemon... not a blemish on it. It's so beautiful and big and plump... walk over and pick up that lemon in one of your hands and run your thumb over the skin of the lemon, you can feel those little teeny bumps, it almost feels wax-like... Notice the beautiful color, just turn it around in your hand and notice what you notice about the lemon.

Now, place it gently back on the cutting board.

Now... off to one side, there's a large sharp cutting knife. Give yourself permission to safely pick up this knife and now slice that lemon in half. Now place the knife back down. Notice the little pools of liquid on the cutting board from the juice of the lemon... Look at the flesh of the lemon... Notice the color, the texture, maybe there's a little seed that got cut in half...

And now... take half that lemon, pick it up in your hand, notice what you notice, quickly bring it up to your nose, take a deep breath, and open your mouth and...now smush that lemon into your mouth...just feel the lemon juice as it slides over your tongue... smush it in just a little bit more...notice the sour and tart juice in your mouth...on your tongue and your throat.

Just notice what you notice and open your eyes, come on back into the room.

Good.

After client opens eyes: *"Tell me about your kitchen."*

"Even though you knew you were here sitting in this office, didn't it - for a brief moment - didn't it feel like you were there in that kitchen?"

After client nods, then say: *"That's what hypnosis feels like. You know you are here but it kind of feel like you are somewhere else."*

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