

Please close your eyes and relax. Take a few nice gentle breaths and get into a comfortable position.

You are about to participate in an interactive experience, just like the ones earlier with the book and balloon, and the kitchen.

I'm going to ask to you participate by using your creative imagination to help you _____ or say "achieve the results you desire".

Now...just for a moment, imagine all the muscle groups in your body letting go. Take another nice gentle breath...pause...exhale... and relax...
Take another nice gentle breath...pause...and.. relax...

Each time you breath from here on in, imagine your breath flowing out through your rib cage and spreading gentle relaxation throughout your body. Just FEEL that relaxation as you hear my voice.

Relax all the muscle groups around your face for a moment...relax your scalp...relax your forehead...your eyebrows... your eyelids. Relax your cheeks, and your nose, and your mouth...especially those muscle groups around your mouth and lips.

Make sure your teeth aren't clenched together and relax your jaw...let your chin and jaw drop just a little bit...Now your neck relaxes...the front part of your neck and now the back part of your neck. Relax your shoulders...let your shoulders drop and sink into the frame of your body...FEEL your shoulders relaxing COMPLETELY...Get rid of any tension that might be in your shoulder area...it feels SO good to do that right now...

Allow your arms to relax now...your upper arms...your elbows...your forearms...relax your wrists, even your hand and your fingers relax and let go. Just imagine your arms becoming REALLY heavy...loose, limp, and heavy...like a sopping wet towel...

And allow yourself to breathe comfortably...FEEL your breathing...notice how gentle each inhale and exhale feels...FEEL the rhythm of your breathing...it's so good to let go right now...

Allow your chest muscles to relax completely...and all the way DOWN through to your stomach...relaxing your stomach muscles...Feel your stomach muscles relax and let go of any tension you might be feeling there....

And now... your back muscles relax...the large muscles in your upper back and all the way down your spinal column...relax those muscles in your lower back...just let go...it feels so nice to relax...and now your hips relax...and your legs...your thighs...your knees...your calves...your ankles...your feet...the soles of your feet...and even your toes release and relax. Just allow all those muscle groups to just relax COMPLETELY as you begin to drift into a very deep, gentle, relaxed state...letting yourself go...letting your mind and body become one...it feels so good right now...

Many people sitting there just like you report certain feelings in their body...some notice a numbness in their arms or legs...kind of like pins and needles...

Some people experience a lightness in your body, and others experience a heaviness...if you experience a lightness you might feel as if your body is floating and drifting above the chair...if you experience a heaviness you would feel as if you are sinking into the chair...your shoulders sagging...

And some people when they relax deeply find they have a need to swallow because their salivary glands dry up. If you have a need to swallow, it's perfectly OK to swallow at any time...others find that when they relax, their eyelids may feel heavy or even flicker and flutter ever so lightly.

And some people experience what we call a form of sensory distortion...they may not even notice their arms or legs...

The important thing that these signs represent is that if you experience any of these signs it indicates your WILLINGNESS and READINESS to allow yourself to go into hypnosis...

Going into hypnosis is very gradual and in a moment I'm going to count from 20 to 1... And on each count you can allow yourself to drift into hypnosis at your own pace.

But before I do that, imagine a custom cloud snuggling right up to your body in the shape of a soft chair with big soft arms...it is a warm and comfortable cloud...and it's your own personal cloud chair. Notice how it snuggles right up to your body...now it is going to take you to a very beautiful place...a special place in your life...a safe comfortable place...a place where you are happy and content...a place where you feel good...a place where you look good...so allow your custom cloud chair now to take you to this special place where you are happy, relaxed...and very calm.

Now, just allow yourself to be here for a moment as I begin to count and you allow yourself to go deeper and deeper into your own relaxation of hypnosis.

20...deeper and deeper...
19...all the way down deep...
18, 17...just slowing down with each lower number
16, 15...deeper relaxed
14, 13...just letting go...letting go...
12, 11...all the way down deep...
10, 9 ...slowing down a little bit more
8, 7...relaxed and letting go...
6, 5 ...deeper and deeper
4, 3 ...just slowing down...
2... and finally 1...deep deep relaxation