

HYPNOSIS SCRIPTS 2.0

20 New and Original Titles

Created by AIA Graduates and edited by AIA Instructors:

Excellent scripts to use with your clients including rare scripts used for Improving Eyesight, Confronting Verbal Abuse and Natural Childbirth Labor Pains.



Anxiety and Smoking Cessation	Motivation & Energy
Anxiety and Self-Confidence	Habit of Speeding
Depression- Part 1	Natural Childbirth
Depression- Part 2	Morning Routine
Anxiety - Social	Healthy Eating
Confidence	Meditation
De-Stress	Self-Confidence
Exercise - General	Positive Thinking
Confronting Verbal Abuse	Turn Off the News
Eye Sight Improvement	Past Life Regression

Compiled by Rene & Raluca Bastarache

HYPNOTHERAPY SCRIPTS 2.0

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Editing Notice

If you find typographical errors in this book, I'd like you to realize that they are here for a reason. Some people actually enjoy looking for them and we strive to please as many as possible. Thank you!

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Anxiety and Smoking Cessation

By Janaki Spickard-Keeler, CHP

Continue to relax, breathing in a wonderful sense of safety and comfort. You can feel all of the worry and anxiety unraveling and sliding out of you. You don't need it anymore. You are coming to the realization that it is time to leave the worry and anxiety behind along with the cigarettes. You deserve a worry-free, healthy life. Feel the warmth of your own love for yourself surround you. You are becoming a new person, a person who concentrates on the positive every day in your life.

Your mind is very powerful, and you find you can use it to banish all worries. When you begin to feel worry or {physical symptom}, you will take a deep breath and remind yourself that you are safe. Your thoughts are positive, with a strong sense of gratitude. You are stronger than you ever realized! When something upsets you, you are able to rise above it and deal with it calmly, as a healthy adult. You begin to make wise, healthy choices in your life, bringing a sense of calm and joy to everything you do. As your life gets better and better, with no worries or cigarettes to hold you back, you find that you can trust yourself better than ever before. You protect and take care of yourself, so there is no reason to hold on to worry and anxiety. You feel very free as you make the decision to get rid of the worry and get rid of the cigarettes.

You will not let either damaging thoughts or unhealthy habits hold you back. You are a strong, powerful person, and you deserve to live a life that is full of calm, joy, and possibility. You will no longer even think about cigarettes; they have been erased from your mind. You don't need them. Your mind will support you in every step.

Visualize how you will feel now that you have let go of anxiety and cigarettes.

Breathe in confidence and happiness. Breathe out doubts or negativity.

Anxiety & Self-Confidence

By Janaki Spickard-Keeler, CHP

As you sink deeper into this wonderful state of relaxation, you feel a wonderful feeling of safety and protection, a feeling of being surrounded by joy and love... All the worries in the world are unknitting and being released... It feels like the worries are chains that have held you back... You can take the chains easily into your hands and break them into little pieces... You don't need them anymore... You are free...

It is safe to allow yourself and the world to see the strong, precious person that you are inside... You can embrace and enjoy your unique gifts, knowing that the world will appreciate them as well now that you are ready to share it with them... A powerfully happy and joyous feeling spreads all through your body... You are a powerful, effective person... You know how to communicate your needs and desires with assurance, and how to get what you deserve... You feel bold and capable of meeting every challenge...

You are an independent and confident person, and as you begin to inhabit this new life people will admire and respond to your positive energy... You are redefining yourself every day, letting your talents shine through... You can be more and more courageous every day... You will surprise yourself as your life improves with each change... Your life is expanding in wonderful and amazing ways.... Each day, you will make choices that are in your best interest, leaving all fear behind...

Imagine what it will be like to walk through the world now that you have broken free of your chains of worry and self-doubt... You feel calm and confident... You hold your head up high... Every day feels like an adventure, and you meet every challenge with a smile... A sense of peace and joy pervades your life... You feel a sense of control over your life, and happiness and success flow into your life at every turn...

Anxiety, Social

By Lisa Skeens, CHP

You are now deeply relaxed because you chose to eliminate the symptoms of social anxiety from your life... You have decided that your life has value and meaning, and that worrying about what others think of you is taking away from your quality of life... You realize that time is too precious for irrational fears... You are going to replace your constant worrying and fear with a confident approach to future social interactions...

You are going to feel your body strengthen... You will not experience weak legs and a shortness of breath when you enter a room... You will be steady on your feet and move freely, without hesitation... You will feel the oxygen absorbing in your lungs and will feel oxygen running through your entire body, allowing you to focus and relax... You realize the physical discomfort you once felt is gone and you have a strong and resilient body...

You will not hesitate when you speak to others... You realize that your words are as important... You have as much to contribute to a social situation as everyone else does in the room... Now, you understand that your fears of someone laughing at you were not true... You understand that the fears you had about others were self-constructed and are not true... You now initiate conversations with ease and enjoy them...

People do not seem frightening anymore... You now understand their intention is not to insult or scrutinize you... they are not a threat... You view people as positive support systems... Everyone has fears, just like you... Everyone has insecurities; just like you... you are not alone... Human beings are not scary; they are a lot like you and can be of support when needed...

You now understand that fears can be eliminated by confronting them... You now realize your body is strong, you have value, your human experience is shared with others and you are capable of interacting socially without fear...

You no longer waste time worrying what others think of you... You have made your time a greater priority and have chosen to be a confident person... You have freed yourself from irrational fears and harmful thinking... You enjoy social interaction...

Bad Habit of Speeding

(Read as an affirmation or changing I to You)

By Andrew W. Frey, CHP

I now gain control over my desire of high speed beyond the aloud speed limit... and I'll choose freedom instead... I forgive myself for my behavior, and I give myself permission and encouragement to stop myself from speeding...

My behavior towards speeding is just a pattern of behavior... The habit is based on thoughts... and thoughts change... It's a pattern that my mind has been repeating... With the power of my subconscious mind through hypnosis, I interrupt and change that pattern now...

I will find that I am losing the desire of speeding on a subconscious level. I am replacing the desire to hold on to that behavior with a habit of feeling relaxed, happy, and free of the habit of speeding now... I let go of guilt or shame over my behavior of speeding because guilt and shame are a waste of my time...

I now see that day by day, I am gaining more control over myself and my behavior... I will no longer do speeding by habit. I will become hyperaware, I will take a deep breath and relax... and then I realize that I have free will and can simply choose to do something other than speeding...

Each time I choose not to speed, I feel a sense of control and confidence... I prefer the feeling of being self-controlled to what I feel when I speed... I am losing my interest in speeding... As I give it less of my interest, I find that I speed less and less... It's much easier now to stop myself from speeding than I ever imagined.

I realize now that I have more control over my mind and my body than I gave myself credit for... and now that I've clearly asked and instructed my subconscious mind to assist me to stop myself from speeding... success comes quickly and easily...

Confidence – The Looking Glass

By Tiffany Roselt, CHP

As you relax, let all the tension leave your body... With this relaxation, feel how confidence comes to you easily; you are open and accepting of it each and every day... With each day your level of confidence grows more and more...

You have an 'I've got this' attitude and in every area of your life, you become more confident and more in control... Your mind becomes clear; you have clarity and certainty in all you set out to achieve... You trust yourself to make decisions... You know all the resources you need are within you...

Imagine looking into your mirror, you see a confident person, dressed for success, ready to take on the world looking straight back at you... Notice how tall you're standing, that you stand with power, purpose and pride... Feel the confidence surge through your body as you look at your reflection... Notice how good that feels...

Imagine yourself in six months' time, in a situation that would have normally made you uncomfortable... notice how confident you are, the certainty and the belief you have within yourself, how you now make eye contact with others, notice how this makes you feel...

As you continue to breathe in and out, relax in the knowledge that with each breathe that you take you will have increasing confidence that will continue to grow more and more...

Confronting Verbal Abuse

By Lisa Skeens, CHP

You are going to learn to confront the verbal abuse in your life... You will no longer deny or minimize abusive behavior-and will choose not to accept in in your life... As a result of this hypnotherapy session, you will no longer see yourself as victim and will realize that you have a choice to remove this behavior from your life... You will learn to utilize your inner voice to keep you healthy and safe...

I would like you to think about a place that brings you tranquility... This can be a place that you have already visited-or somewhere you create in your imagination... This is a place that helps you think clearly and a place in which you are confident to be alone... This place allows you to listen to your deepest, inner voice...

Take your time to envision it....

(Give client appropriate time)

Can you tell me what you see? What does it look like? Is anyone else there?

Can you tell me how your body feels there? Are you happy, calm? Please describe why it calms you.

What do you hear? What do you smell?

Envision yourself relaxing here. What does it feel like to relax here?

I would like you to envision yourself in this location and breathe in deeply-on the first exhale imagine yourself releasing any negative words from the verbal abuse you experienced...

Breathe deeply again, on the second exhale, release more hurtful words....

Breathe deeply again and release any negative interactions that have hurt you....

While you are in these comfortable surroundings, you realize you have released the pain from your verbal abuse... You now feel lighter and less stressed... You are able to remember a time when you were not hurt by this abuse... You were not always hurt and are not hurt now... You realize the verbal abuse directed at you was not true and it has nothing to do with you... It is not your fault and you will never internalize it again...

As you enjoy this time in your special place, you can hear your inner voice again... It is telling you that you must honor yourself and take care of yourself... The voice tells you that you no longer will accept any abusive behavior because you choose to respect yourself... You will tell yourself and others that it is not acceptable and you will walk away from it... Now, you can access your inner voice whenever you need to... It will tell you that you are deserving and will remind you to never accept abusive behavior...

You are now able to find your inner voice... You no longer ignore it... You allow your inner voice to be your compass to lead you in the right direction... You can now hear your inner voice clearly... It tells you when you need to get away from things that harm you... It tells you that you will keep yourself protected from abuse... You are now safe... You are happy and healthy...

Depression (*analytical*): PART 1

By Heidi Larsson, CHP

You are a strong confident person... You see yourself as capable of making healthy changes in your life...

The dark cloud surrounding you has been lifted... You now see more clearly... This new sight is a relief... This relief allows you to step out of self-limiting beliefs and into the realm of possibilities... You now recognize all the options available to you... You can choose from these options... You are now able to make decisions easily accepting of the consequences... You are delighted at this new sense of freedom... Excitement is a daily part of your life...

Light is always inside of you... As you see yourself through a new light... you start to enjoy activities that you once enjoyed... You experience joy at the thought of leaving the house and of ... (*specific example from client*)

Abundance surrounds you... You see abundance at all times... Abundance allows you to enjoy a new sense of lightness... You feel free from burden and stress... Positive thoughts permeate your whole being... You recognize that you can be positive and realistic at the same time... You no longer are a victim to your negativity... negativity is now a thing of the past...

You are a positive person and you surround yourself with positive people who encourage you... You now see a clear true picture of yourself... not a cloudy picture covering your true self... You accept that you are worthy and deserving of happiness... You are loving and lovable...

Light is always inside of you... This light is energy and you experience energy and inner joy...

Depression (*analytical*): PART 2

By Heidi Larsson, CHP

You are a strong confident person... You see yourself as capable of making healthy changes in your life...

You now experience inner joy... This inner joy is a driving force in your life... It is like a motor that keeps you running... it never tires out. Even when unfortunate events happen in your life, you still experience joy... This joy allows hope to replace any hopelessness and sadness... Sadness is now a temporary emotion... You accept sadness and allow sadness... and then breathe through the sadness. It is temporary...

You recognize that self-care is important. Every day you choose to do something just for you. You choose to ... (*specific example from the client*)
If guilt shows up... because you are thinking about yourself... you accept it and say to yourself: I deserve to treat myself with loving kindness... and you feel excited...

Exercise is now a focus in your life... It is enjoyable... You experience the physical effects and also the joy of knowing you are taking care of yourself... And you recognize that it is easier to sleep at night because you have exercised your body... You sleep well and wake up refreshed... excited about experiencing a new day... Each day brings new possibilities...

You are excited about eating healthy foods... You understand that what you eat impacts your mood... Knowing this gives you power... power to choose healthy foods... You now enjoy drinking water. After drinking water... you feel refreshed and energized...

Light is always inside of you... This light is energy and you experience energy and inner joy...

De-Stress

By Colleen Copp, CHP

Imagine that you are sitting at your desk working on an email or a report... You've just received some information that is extremely frustrating... You want to say something about the situation, but are afraid that anything you say will come off wrong or inappropriate... You see the candy dish on the desk beside you and contemplate eating several pieces of candy until the urge to speak has passed...

Instead, you decide to remove yourself from the situation... You stand up and stretch... picking up your water bottle... You walk briskly to the break room and fill your bottle with ice and water... You take a long drink, feeling the cool water wash down your throat, refreshing you and washing away some of the frustration... You take three more long drinks while you are still in the break room... with each one, you feel more of your frustration and stress melting away... until, with the third drink, you find yourself relaxed and able to review the situation with a clear head... You refill your water bottle and start back to your desk... renewed and ready to approach the situation with confidence...

Your knowledge and experience have prepared you to handle the situation appropriately and professionally... You see the best outcome and immediately understand the steps that need to be taken to get there... You develop your action plan, determine the resolution timeline and begin to take action... You are confident and assertive... You are a valuable part of the solution and know that you will be able to address the situation successfully...

Any time you encounter a similar situation, you handle it the same way... You leave your desk, take a short walk to the break room and get yourself a glass of cool water... You look forward to the way the water refreshes you and washes away the stress... You begin to realize the additional health benefits of walking, hydrating and de-stressing as you continue with this routine... This routine contributes to greater success and confidence and highlights your competence with your leaders, your peers and your customers...

Now imagine that you've arrived home after a long, challenging and trying day at work... You've looked forward to this moment all day... finally home... finally able

to focus some attention on yourself... As you review the day in your mind, you begin to react to the pressures and stresses you encountered throughout the day... all you want is comfort and the ability to relax and let go of the work so you can enjoy the evening. You go to the kitchen to find something to eat... food always makes you feel better... you see the bowl of fruit and pick up an orange... noticing the bright color and texture... you bring it to your nose and inhale the citrusy scent... You grab a napkin and the orange and sit down to peel and eat it... As you start to peel the fruit, fine spray is released from the peel and you're rewarded with a wonderful smell that makes your mouth water... You pull off a section and take a bite... the pulp explodes and sweet orange juice washes over your tongue... You slowly chew and swallow the rest of the bite, savoring the natural sweetness and nutrition you know the fruit is providing... You take your time with each section, thoroughly enjoying the taste, smell and textures of the orange... the act of peeling and eating the orange is relaxing... and you know that the act of eating the fruit is not only providing a calming outlet for your stress, but is also giving you health benefits.

Each day on your drive after work, you begin to imagine how good it will be to get home and relax, starting your evening with a healthy snack... One day it's an orange... the next it may be a bunch of grapes... another day it might be an apple... you try fruits you haven't eaten and find that you enjoy them all... You crave the natural sweet goodness of the fruits you are enjoying... You see the benefits of your healthy snack choice reflected in your skin and your level of energy... You have less stress as you start taking better care of yourself, you feel better and your confidence increases daily.

Exercise, General

By David Shaw, CHP

As you continue to relax, your whole body sinks into the chair, a feeling of peace descends and you feel your tired muscles relax. Your muscles are slightly sore from your brisk walk but it is a pleasant feeling. You feel proud that you are able to undertake a daily 30 minute walk. It is important to you that you take the time to go for your daily walk and you feel wonderfully refreshed and alert when you have finished.

You enjoy the feeling of the sun on your skin, the fresh air filling your lungs as you breathe steadily in and out, deep breathes that totally fill your lungs. You notice that the more you walk the easier it becomes. Your body is becoming accustomed to the routine and performs better and better with each step you take. You allow yourself to walk and prefer to walk rather than watching television.

Your daily walks fill you with joy and you realize how much your general fitness has improved, you find yourself walking up the stairs rather than using the escalator, you park your car a little further away from your destination and walk the rest of the way, you are no longer short of breath when you exert yourself.

Your body has responded to this increased activity by enlarging your lungs. You can bring in more life giving oxygen into your body to fuel it. Your heart beats strong and regular, pumping the essential blood to your muscles. Your mind is clear and alert and your body is toned and slim.

The walking has allowed your body to burn its stores of excess fat to ensure you have enough energy to complete each walk. The more you walk the more weight that you lose. You allow yourself to continue walking to lose the weight that is weighing you down.

Eye Sight Improvement (*Astigmatism & Myopia*)

By Anthony Bellini, CHP

You are here now to make positive changes to your vision... You now accept your capacity to see clearly your past, present, and future with love and joy... You are now willing to see your own beauty and magnificence... You accept Divine guidance and are always safe...

As you continue relaxing, imagine a bright cloud of Divine light above you, and you feel safe. As you concentrate on this bright cloud, a golden beam of Divine light envelops you, and scans your body and focuses on the eyes and visual processing areas of your body... Any dissention, trouble, negativity, or undesirable fixed thoughts that you caused upon yourself or others or others caused upon you regarding your eyes or vision, you now forgive, and you see them evaporated by this potent Divine light...

You now accept your capacity to see clearly your past, present, and future with love and joy... You are now willing to see your own beauty and magnificence. You accept Divine guidance and are always safe...

You now direct this beautiful, lovely, golden light on to the area of your eyes, the muscles around your eyes, your optic nerve, and the visual processing area of your body/mind... You direct this golden light to reshape gently the various components of your vision with the intent to improve your vision and visual acuity daily... You now see your life path in perfect focus... You now accept your capacity to see clearly your past, present, and future with love and joy... You are now willing to see your own beauty and magnificence. You accept Divine guidance and are always safe...

You notice that your vision improves daily, and your eyes begin to water normally. Your eyes become clearer, brighter, and healthier, each day... To maintain your improving vision, you examine your dietary intake of vitamins and minerals,

exercise needs, and make any changes necessary that will support the health of your eyes and your overall well-being... Your need for [glasses / contact lenses] diminish rapidly...

Healthy Eating

By David Shaw, CHP

As you continue to relax you imagine your ideal body. Continue imagining as you find yourself looking at your reflection in a full length mirror. This mirror reflects images as you wish them to be. As you continue looking at your reflection you notice your healthy, fit athletic self-staring back. You notice your slim frame, your muscular legs, slim thighs and small waist. You feel a smile come across your face and the reflection in the mirror smiles back. You look and feel amazing and congratulate yourself on becoming the fit and healthy person you deserve to be. You smile even more as you recall how easy it was to become fit. By simply eating healthily you have managed to get your fitness back under control.

By eating small healthy meals your body worked at its maximum capacity to burn through the extra stores of fat you had accumulated over the years. Now that your body is working at its peak efficiency, you find yourself craving healthy food. Foods such as fresh vegetables and fruit, chicken, fish, lean meats and whole grains. You find that while you really enjoy eating these foods you only eat them until you are almost full. Your body craves these healthy foods and you find yourself eating small meals throughout the day, every couple of hours.

You realize that unhealthy foods such as fast food, processed foods, sweets and unhealthy carbohydrates are unhelpful in your weight loss goals. Your body now prefers to eat the healthier food groups. You find it much easier and healthier to eat a small tin of tuna or a chicken breast rather than pollute your fit and healthy body with junk food.

You turn away from your reflection in the mirror knowing that you have achieved your ideal weight and can successfully maintain it from this day forward.

Meditation

By Alvereta Watson, CHP

Relax and take the steps to quiet your mind... take a deep breath and exhale allowing your body to completely relax... Make friends with your subconscious mind... Meditation is beneficial to tackle complex situations in your life... Go into the deep inner compartments of your mind and awaken your inner voice... your subconscious...

It's time for you to cleanse all of your negative thoughts... Embrace the beautiful Sunshine, feel the wind blowing mildly... Breathe in the fresh air, take in all the benefits that the Sun and Air provides... Feel yourself enveloped with the air of warmth that is stimulating and opening your mind to new beginnings...

Now feel yourself entering a world of greatness... Your mind is open to joy that takes you on a journey of success... As you walk down the road... you see a beach, you begin to feel tranquility by observing all the beautiful lush sand... You can feel the sand on your feet... It offers you comfort as you proceed, you have now directed your attention to the water, enjoying your surroundings of the blue peaceful waters...

As the tides flow out you release all negative energy... Then your creative ideas began to flow your mind is now clear and open for positive suggestions... Your mind is like a blank canvas, you now began to create and write out your heart desires... Focus on the movement of the pen it should flow freely without any disturbance... Just as you write freely you will begin to make life choices freely without blockages... Meditate upon your desires concentrate imagine all the good things you want to produce in your life.

Morning Routine

By Colleen Copp, CHP

Imagine that you are in bed...the alarm has just awakened you from a thorough, deep and restful sleep. Instead of hitting snooze, you immediately get out of bed...completely restored and refreshed, looking forward to the day ahead. The extra time you gain from not hitting the snooze button allows you to stretch and exercise before starting your day. You enjoy having this time to spend on yourself in the morning...it gets your blood flowing, focuses your mind and sets the tone for a great day, every day!

You plan your short exercise routine in advance so you know how much time you will need each morning. In addition to having time for exercise, you are now able to fix a nutritious breakfast to start your day right. Science has proven that exercising in the morning and eating a balanced breakfast boosts your metabolism for the entire day...allowing you to burn more fat and supporting your healthy goals. Exercising in the morning allows you to focus on what you are doing without distraction so that nothing gets in the way of your routine. Your morning exercise and breakfast give you the energy and mental focus you need to perform at peak levels all day long. You are able to start the day alert and energized...able to take your time and not rush to get out of the house.

Your routine sculpts the perfect physical you...a lean, fit body...flat stomach...defined muscles in your abs, arms and legs...the excess fat has melted away to reveal your ideal body. You are fit...your mind is sharp...and you are happy. Every day, you are becoming more and more the person you want to be. Every day, you are closer and closer to attaining your goals. You have more energy, more focus and more motivation. This gives you the ability and desire to excel in everything you do. You deserve this time spent on you and are getting more enjoyment out of life...each and every day.

Motivation & Energy

By Tiffany Roselt, CHP

I'd like you now to vividly imagine yourself as a highly motivated and successful person... Any task or job that needs to be done, you complete straight away and with ease... No task is too big for you to handle because you are a winning achiever...

From the moment you wake up every morning, you are full of energy and motivation to take on any challenge that the day has to offer... You are confident in your ability; you are determined and have focused commitment to get things done...

Your mind has the capacity to absorb, integrate and plan out how to quickly and effortlessly achieve your goals... You have more and more energy and your motivated attitude is infectious... The more you achieve the better you feel, and the better you feel the more motivated you become...

Motivation gives you the confidence and courage to think differently and believe in your ideas... You expect the best and channel your motivation to propel you forward to meet targets and accomplish goals... You take ownership of your life and your decisions and have clarity and certainty of your direction... This allows you to take any action required to make yourself stronger and build you into a better person that achieves more success than ever before...

Natural Childbirth

By Dennis Seavey-Windsinger, CI

I can see that another contraction is starting to come... You have been able to handle everything just fine so far so there is nothing at all to concern you about this new contraction... You are breathing very well and staying both relaxed and focused... The contractions are getting stronger and that is a very good thing...

Continue breathing and relax your body... Let the contraction do its work... These contractions have a purpose and each and every one is one less in the overall process... The more you are able to relax the more effective the contractions will be and the fewer of them there will need to be...

Good... Very good... Just breathe in a normal way and focus on the sound of my voice... If you are finding it difficult to keep your body relaxed just remember that tensing is a natural reaction to things like cold and pain... It is very important to keep your body relaxed so that the contractions can do their job... However, we can use your body's natural response in a good way... Take my hand and hold right on to it... Very good... Now, keep breathing in a normal, relaxed way... Yes. Just like that...

Now, relax your entire body. Let the contraction go its work... If you feel you are having a hard time doing that then focus on your hand... This hand, the one holding mine... Even though you must keep your entire body relaxed to let the contraction do its work it is OK to channel everything into this one hand...

Squeeze my hand if you feel you want to but keep the rest of your body relaxed... Squeeze as hard as you want with this one part of your body but keep the rest of your body relaxed... Keep breathing... Excellent... As the contraction starts to subside relax your hand along with it... I see it starting to ease up a bit now... Good job relaxing your body... Very nice... You find it easier to breathe in a nice, relaxed way now...

I can tell by the pressure from your hand that the contraction is almost gone... Subsiding... Going... And, now completely gone... Excellent... One more behind you...

In this space between contractions just rest... Take a good, deep cleansing breath... In the nose and out the mouth... Bringing new, energizing oxygen in and flushing all the carbon dioxide away...

Excellent... Now, another... You can feel the energy flowing into you every fiber as the oxygen flows into your body... Fill your lungs completely... Now, hold for just a brief pause then exhale... Let your lungs completely empty.. You can feel the tension falling away as you clear your body of all this built up carbon dioxide... Good...

Now resume your regular breathing... Not too fast... Not too slow... Just your regular, normal, relaxed breathing... Now is the time you can ask for anything you need... If you need pillows or a blanket you just need to ask... If your mouth is dry you just need to let us know... If you would like to shift your position a bit let us help... Just sit back, breathe, and rest... Wonderful...

Just lie back and feel your body against the softness of the mattress beneath you... Supporting you but changing shape to mold the cushion around the form of your body... A new breath... New Oxygen... Bringing new energy and new clarity in your mind...

With each exhalation the fatigue fades, leaving you rested and relaxed... Count the breaths and with each one your energy and clarity increase over what it was before... In that pause between when the last ounce of your breath leaves your body and the new breath begins you make your count...

So, let's begin... Breathe in using just your normal breathing... A nice, relaxed breath... Good... Now, exhale... A normal exhalation... Good... Almost there... That's one... Now for the next... Inhale... Now, exhale... That's two... Keep breathing and counting and, as you do, your body will recharge and rest...

I can tell the next contraction is starting to begin... Breathe... Relax your entire body... Let the contraction do its work... Channel any tension, any discomfort down into your hand... Squeeze as tight as you like, as much as you need... Keep your whole body relaxed except for this one hand... This hand and only this hand is able to tense and squeeze as much as you like... As much as you need... The rest of your body relaxed... Remember to breathe...

(Repeat in cycles until the point when the delivery team takes over for the final delivery)

Past Life – Book and Pillow Method

By Norm DeGray, CHP

In a moment you are going on a journey to a place that makes you feel very comfortable and relaxed... this is a place that is full of memories from your past... The path to this place goes through a quiet garden with many fountains... You now start by walking through a very ornate trellis that is covered with deep green ivy... to the left of the ivy there are fragrant roses blooming... to the right a lilac bush is in full bloom... the smell of the flowers is relaxing... Breathe deeply smelling the roses... as you stroll down the garden path you come to a fountain that has a soft... relaxing... soothing sound... this sound is making you feel so relaxed... you are feeling tired... very tired.

As you walk past the fountain... you see a place at the end of the path to sit and relax... as you get closer to the end of the path you see a giant fluffy pillow to rest upon...

You notice a book next to your pillow... the book has your name on it... as you sink into the pillow... you pick up the book about all your past lives... you open the book and begin to turn the pages of the book toward the back... as you turn each page you go further and further back in time... take your time... when you get to the life you would like to explore nod your head...

(Questions to ask once there)

- Are you male or female?
 - What is your name?
 - Where are you?
 - What year is it?
 - Is there anyone with you or are you alone?
 - Tell me about your family
 - Look around and describe what you see around you
- You move forward in time now...in this life time

- How old are you now?
- Describe to me what is happening now.
- How do you feel at this time in your life?
You turn the pages of the book going further and further back in time.... you find another life that you want to explore.
- What's your name?
- Describe what you see around you
- Where do you live...what state or country?
- How old are you?
- Do you have any children?
- What type of work do you do?
You see yourself progressing forward in this life time.....you continue to flip through the pages and see yourself getting older in this life
- How old are you now?
- What do you see around you?
- Are you alone or are you with others?
- Tell me more.
- Take your time and tell me all you remember about this life.

It's time for you to come back from your journey. I will be counting from one to five and on the count of five you will be wide awake and alert.

You are feeling rested and rejuvenated... You are relaxed and calm... Peaceful and tranquil...

Positive Thinking

By Alvereta Watson, CHP

You are now relaxed... you are now at peace with yourself, you are now filled with a positive energy flow... You can now see the positive energy flowing through your body... Starting from the top of your head to the soles of your feet... You are now a magnet of positivity goodness and you are now attracting loving kindness the ultimate joy.

When you find yourself thinking on a negative thought dismiss it quickly as possible... Redirect your mind on positive thoughts and images you now can see and feel yourself basking in the Sun... You now welcome all things that are positive into your life... You are now more assertive, energetic, appreciative and loving... You are now much more happier embracing the changes you've made in your life.

Surrender yourself to your deep subconscious of your mind, it's a place where positivity dwells... This is where you can obtain and direct your positive energy flow, toward achieving your goals which brings forth your creativity of passion.

You are now at an exuberant state of mind... This will allow you to excel through any negativity... You have made positive changes through your positive mental development... Your focus is always forever changing negative thoughts to positive thoughts... Negativity will no longer be allowed to interfere with your positive thoughts... The negative blockages are now removed from your thinking process... From this day forward you'll only invite positivity to enter... Negative thoughts are no longer welcomed here.

Self Confidence

By Mackendy Desir, CHP

Relax your mind... take a moment... and take some deep breaths... and also start to place your focus on what confidence means to you... Take an overall analysis of yourself... Direct your attention on all the good things that you possess... Such as your attitude... always keep it on a positive channel... so that you will obtain the energetic effect that helps you to build up and keep your self-esteem on high...

Always walk with your head up to reflect that the world is not on your shoulders... As you stand tall and walk with such precision you will feel your confidence accelerate... You will now have faith in yourself and all of your capabilities that can be achieved through your new found self-confidence... You now have a new look upon yourself... you are now more optimistic... and have a great trust for what you can accomplish...

As you continue to keep your focus on how you will continue building your confidence... It is important for you to always direct your attention on your self-image so that you can keep yourself operating at your best... Always remember being at your best is a major boost in your confidence...

Do not allow your disappointments to have control of your life... Take those so-called disappointments and turn them into an appointed correction for future achievements...

A habit is based on a thought... A thought can be changed... I choose to change the thought and release emotional attachment to speeding... I am a strong, attractive, capable individual... I can handle any of life's problems without the need of speeding... It never really helped me to begin with, and now I release it from my life and choose to feel secure, confident, and happy just being me without speeding.

Turn Off the News

By William Hagan, CHP

As you relax, take a deep breath and slowly exhale... Take another deep breath and slowly exhale... Take a third deep breath and hold it for 3 seconds and slowly exhale...

With your eyes closed, imagine yourself having a wonderful day... relaxed... AND feeling good... You have made a change this morning... you didn't listen to the news, not on TV, not on the radio, not on the internet...

The world is flooded with bad news and the media constantly brings it to your doorstep... Bad news brings on the fight or flight response... the rush of adrenaline raises your heart level, which raises your stress level...

The news is about faraway places that you will never visit... events that you have no control over nor can do anything about... so why should you worry?...

Imagine how good you will feel without the added daily stress... Imagine what you can do with the extra time... Take time to enjoy the world around you... Enjoy the beauty of nature...

Today you will start a new way of life... when you hear upsetting news about people places and things that you have no connection too you will say "Stop" and change the station to something else, take three deep breaths and relax... You will immediately feel better.