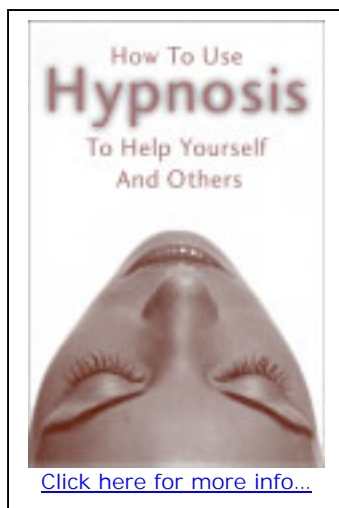


Transcript of hypnotic induction from audiotape 'How to use Hypnosis to help yourself and others'

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The script below is part of one of two deeply relaxing hypnotic inductions on this tape. The tape also tells you just what hypnosis is, what it can be used for, and how it can benefit you in your everyday life.

The hypnotic language techniques in this script are marked specially (see key below). You will fully appreciate how this works when you hear them delivered by top hypnotist Mark Tyrrell on the audiotape.

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Important Note: If you record this script, do not listen to it in any situation that requires concentration, such as driving. The same applies to the audio download.

Key

Underline = (Embedded) suggestion *Italic* = Dependent suggestion

Bold = Presupposition **BOLD CAPITALS** = Illusory choice

Different font = conscious/unconscious split BIG CAPITALS = nominalisation

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Induction: 'A Relaxing Place '

Okay, now, you can go into hypnosis with eyes open or eyes closed, but it may well be more COMFORTABLE just to take a moment to close your eyes right now. An interesting thing is that **when you begin to relax deeply**, the flow of blood in the body is altered - when a person becomes tense, blood tends to leave the stomach and go into the major muscle areas and people can develop digestive problems but when you RELAX, quite often parts of the body feel warmer. Sometimes the hands feel warmer and blood flows into the hands and the stomach often begins to function in a very NICE, EVEN way as you begin to relax.

Now what you can do is just to take a few seconds now to imagine the sort of place where you could be at this time on listening to this you are BEAUTIFULLY, NICELY, PEACEFULLY RELAXED, the sort of place where you can really give the space in your mind, where you can really learn and discover the new ways of doing in your life. Now in a few moments I am going to count from one to ten and you can just allow the process of listening to those counts to take you more and more into that *place* noticing the things you could see and hear or taste or smell and just be aware of once being in that SPECIAL RELAXING place. I do not need to know where that is and you may not even know where that is **until you find yourself there**. It could be **A FOREST OR A BEACH, FIELD, SOME PEOPLE TALKABOUT WATERFALLS, MOUNTAIN TOPS, VALLEYS**. It could be **ANYWHERE YOU FIND PARTICULARLY PEACEFUL AND RESTFUL** and *as you become more aware of this place you can begin to notice changes in you*.

So from 1 **just becoming more and more aware of how you breath deeper** as you RELAX more and how you can *notice temperature variations in different parts of the body as you go down* to 2. And now you can imagine yourself walking down to that place through **A FIELD OR A PATH OR A ROAD OR STEP OR JUST DRIFTING THROUGH** to that place, that's it, 3... RELAXING deeper and... you know the more you experience CALMNESS in your everyday life, the more clearly the mind can work in certain ways. and 4... **that's it**, drifting **DOWN AND ACROSS OR UP** to 5. Just becoming aware of the sort of shapes you would be able to be aware of. **BIRDS SINGING OR WATER OR WHATEVER** you would experience in this special place... you know, the skin on your face may alter colour just a little bit the colour as blood comes to the surface. You know when people are very tense, they tend to go pale some times and blood can come to the surface and move around the body more freely. You RELAX more and more to 6... and 7 and you know when you go into hypnosis, the mind wanders inward the same way that it does when you dream sleep. *The mind wanders inward and you can travel the expanse of your CREATIVE inner reality*. That's it... 7,8 that's it just drifting through... 9 and you can begin to prepare to drift down to the next number and **when you do so** you can notice how RELAXATION can extend more and more throughout your body drifting around the mind. Part of you can do what it likes and part of you can be aware **what of real REST**... and 10 just drifting through... you don't have to see or be aware at all levels of the special place but a part of you, even the part you are not aware of, can be aware of this SPECIAL place... and the powerful, peaceful and serene effects that this place can have for you and on you. Almost as if just to sit in this place can allow muscles to rest in the neck and back the legs and the arms and even the bones to REST, almost as if they are covered by an invisible quilt of TRANQUILITY... that's good... and all the organs to REST and the joints... (continues).

- To buy the audio tape 'How to Use Hypnosis to Help Yourself and Others', [click here](#).

- You can [read more on hypnotic language patterns here](#)
- You may forward this script in its entirety to anyone you think may be interested, or provide it as a download from your own site as long as it is not altered in any way.

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