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Hypnosis Script by Mary Catherine Miller, CHP, CHt, MHt, PLRt

Sixteenth Anniversary Hypnosis Script Package Happy Birthday, NurseHealer.com!

Hypnosis Scripts Included

Gentle, Safe Induction

Intuition Development

Test Anxiety

Hypertension

Dreaming with Purpose

Releasing Attachments

All scripts are intended for ethical use of hypnosis.

Please Note: Hypnosis and holistic modalities are not a substitute for medical care. Consult your physician, therapist and/or other healthcare providers for health-related concerns.

Holistic practices concerned with issues related to body, mind and spirit complement conventional medical and therapeutic practices; but do not replace them.

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Gentle, Safe Induction Hypnosis Script

By Mary Catherine Miller

Sit comfortably with your arms and legs uncrossed and your back in good alignment. When you are ready, just close your eyes and, as you do, take a deep, deep breath in, expanding your lungs completely. As you slowly exhale, feel your body starting to relax and let go. Take another slow deep breath, and, as you fill your lungs with clean, fresh air, the cells of your body are refreshed with oxygen. Release the tension in your body as you release the breath. This time take a slow deep breath and hold it to the count of three. (1, 2, 3.) Then release all remaining tension and relax. Just relax. Just breathe normally now, feeling refreshed as you listen to the soothing sound of my voice.

You may notice that you begin to see color on the back of your eyelids. You might see patterns or even lights. The more you relax your eyes, the more you may become aware of this gentle reminder that you are going deeper and deeper into relaxation. The deeper you see into the screen of your eyelids, the deeper you go into relaxation. You just go down, down, down.

You may become aware that your neck is settling into a more relaxed, comfortable position. Notice how good it feels as all the muscles in your neck soften and let go of tenseness, and relax.

You may hear the rustling of your clothes against the chair as your shoulders relax and gently glide down into their natural position. Allow your arms to go limp as they hang from your shoulders.

Feel your spine sink comfortably into the seat. Let your legs hang limp from your hips as every muscle in your body just lets go. Just relax, and go down, down, down, deeper, deeper.

Imagine that it is a beautiful clear Spring day. Just pretend. See the perfect green grass. Smell the fresh dew in the crisp clean air. Feel the gentle comforting warmth of the sunlight filtering through the trees. Hear the soft, gentle rustle of leaves in the wind. Feel the gentle breeze wisp lovingly across your face. Imagine your bare toes playfully caressing the velvety soft green grass.

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Brush your feet through the thick lush carpet of grass. With every stroke of your feet across the grass feel the connection with all that is good in nature. Gently brush your feet back and forth, back and forth, across the clean soft grass, and follow your energy down through the grass, down through the earth, down, down, down all the way to the core heart of our beloved planet Earth. Notice, too, that emanating from Earth's core is pure unconditional love. Imagine this gentle peaceful wave of love arising through the earth and grass to caress your feet and fill your soul with love. Feel your heart comforted and bathed in absolute unconditional love. Know that you are safe in this place and in this state of being. The aura of your soul is nourished by the love of Mother Earth and it encompasses your entire being with pure perfect protective loving light.

See, feel, and know this safe pure light surrounds your head. Let your thoughts clear as the light caresses your head while moving down your neck, down your shoulders, down through your chest.

Notice the quiet sounds of your breath as your chest gently, slowly rises and falls with each cleansing breath. Taste the sweet loving light as you breathe in the pure love and comfort of the light and release back into nature that you no longer need.

See, feel, and know this safe pure light encompasses and fills your lower body with protective loving light. The light covers your head and down your body, down, down, all the way down to your toes with perfect loving protective light.

Continue enjoying this pleasant, safe, comfortable experience as you listen to the soft sound of my voice, and go deeper, deeper, deeper into a more relaxed state.

Note: This induction is designed so that it can be read in part for those who relax more readily or in full for those requiring more deepening techniques.

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Intuition Development Hypnosis Script

By Mary Catherine Miller

(Induction Script)

For a bit, slow your respirations, focusing on your breath. Then move your focus to the center of your chest, and within, to your heart. Be aware of the quietness within the heart. Move your focus into the space between the physical and spiritual bodies wherein the heart exists as the seat of the soul. Be aware of the quiet stillness in this sacred space. Be quiet for a moment and do not seek any stimulation; just "be" the sacred space of your soul. In this sacred space, we first leave everything else behind. Then we become the sacredness of oneness wherein there is no need for words or visualizations or sensory stimulation. Then, within the oneness, we become aware that all knowledge exists; all wisdom; all that is. And in this stillness we are aware that there is no need for sensory stimuli to obtain information because we "are" the oneness of all that exists. If we desire a particular insight, all we have to do is call it forth, and it is part of us, effortlessly. When you are ready, petition for the particular insight that you desire. Be aware of anything that comes into your awareness, even if it seems completely unrelated to your petition. Spend as much time as you desire with this heightened state of awareness, simply noting to yourself your own experience without expectation or preconceived ideas. When you are ready, bring your awareness back into your physical body.

Awaken

Now if this is your time for restful sleep, you will disregard any suggestions for awakening at this time, and you will enjoy peaceful, restful healing sleep with blissful dreams until your desired time to awaken or unless there is an urgent need for you to awaken.

And, if it is not your desire to sleep at this time ...

In just a moment I am going to count to five, and at the count of five you will awaken feeling comfortable, relaxed and free of unpleasantness.

One – You are beginning to be more alert and aware.

Two – Feeling wonderful in every way.

Three – Aware of the room around you.

Four – Your eyes are starting to open. And ...

Five – Eyes open, feeling alert and at peace.

Open your eyes and recall your experiences. Write down everything that you recall of your experience. As you reflect on your experience, ask your intuition for clear understanding of the insight you received. Be aware that you can continue to access your intuition in the matter long after the meditative experience. Remember to act on your insight with gratitude for intuitive guidance.

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Test Anxiety Hypnosis Script

By Mary Catherine Miller

(Induction Script)

As you continue to relax, I want you to think about being prepared and relaxed when it is time to take your test. Imagine yourself calm, prepared, and relaxed at test time. As you look at the test in front of you, you will find that the color, shape, and size of the computer screen or test paper itself will cause you to feel relaxed and at ease.

The sound of papers rustling, pens or pencils moving across paper, even the sounds of footsteps or chairs or doors or someone clearing their throat, all these sounds will gently guide you to greater focus on your exam questions and clarity of answers.

As you notice the smell of the room and the testing area or paper, you will be aware that you are happily able to remember what you have learned. You feel at ease even thinking of the word “test” because you know that a test is an opportunity to practice what you have already prepared for and studied.

As you feel the comfortable grip of the pen or pencil between your fingers, you will easily recall what you studied. You are confident, relaxed, and self-assured because you have prepared for the exam.

Reading each test question fills you with calm inner peace. You are able to think clearly and decisively. You have a clear, sharp mind. You read each question carefully and select the best answer confidently. You effortlessly, methodically answer one question at a time assuredly.

You know that you can trust your intuition, your inner voice that brings awareness of knowledge and wisdom stored within you. As you complete your test with confidence and resoluteness, you feel self-satisfaction because you know that you have done your best. You have completed the exam with excellence. You have done well.

See yourself with joy shining through the smile on your face because you have excelled in the attainment of your goal to effectively complete your test with skill and accuracy. Feel how magnificent it feels to have accomplished excellency. Feel the pride in your heart as you see your perfect score in your mind’s eye.

As you enjoy the victory of feeling on top of the world, having done well on your exam, and reflecting on other exams you have done well on in the past, allow yourself this moment to review those scenes of excellence, of joy and of high self-esteem. See yourself in a moment of glee when you have excelled on a test. Imagine the scene as brighter, clearer, bolder. See this scene in panoramic view and close up. Feel how wonderful it feels to be a winner, to have accomplished a job well done. Focus your thoughts on the sounds, feelings and emotions of this scene, up close, loud and strong. Now, in your mind or with your hands, touch the tip of one index finger to the tip of the other and say to yourself, “I excel.” With the words, “I excel” experience the joy and peace of mind of knowing that you are someone who excels. Experience the confidence of knowing that you prepare well for tests and can enter every testing situation with certainty, resoluteness and determination to move through questions with ease and grace.

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Any time in the future, when you have the opportunity to prepare for another exam, you will recall how calm, relaxed, and self-assured you are. You will know that you can simply take a deep breath, release it, and feel that inner peace of knowing that you have prepared and are ready to relax and focus on your test.

Know that at any time in the future when you are preparing for and taking a test, you can touch the tip of one index finger to the tip of the other index finger and say to yourself, "I excel." With the words, "I excel" you immediately feel, know and see yourself as one who excels. As one who excels, you are confident that your test preparations will pay off as you choose the best answer to every question with excellence. You can always know this with confidence and quietly speak the words in your mind, "I excel."

On every test you take, you will be able to readily recall the information you learned. You will draw on your inner resources and pleasant thoughts of success as you complete your exam. You will feel at ease even thinking of the word "test" because you know that a test is an opportunity to practice what you have already prepared for and studied. Think about how wonderful it feels to know that you can and will succeed. Tell yourself, "I excel."

Awaken

Now if this is your time for restful sleep, you will disregard any suggestions for awakening at this time, and you will enjoy peaceful, restful healing sleep with blissful dreams until your desired time to awaken or unless there is an urgent need for you to awaken.

And, if it is not your desire to sleep at this time ...

In just a moment I am going to count to five, and at the count of five you will awaken feeling comfortable, relaxed and free of unpleasantness.

One – You are beginning to be more alert and aware.

Two – Feeling wonderful in every way.

Three – Aware of the room around you.

Four – Your eyes are starting to open. And ...

Five – Eyes open, feeling alert and at peace.

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Hypertension Hypnosis Script ***(Lowering High Blood Pressure)*** **By Mary Catherine Miller**

(Induction Script)

As you continue to relax, think about how wonderful it feels to know that you have a healthy heart and blood vessels. Blood pressure is the measurement of pressure within the arteries when the heart beats and is at rest. Any time that you desire, you may bring your blood pressure into the optimum range for wellness by simply closing your eyes, taking a deep breath, releasing it, and allowing your body to relax.

As you relax your body, you release any excessive constriction of your arteries, and your blood pressure gently lowers to a safe, healthy range. Imagine that you could see through your body with x-ray eyes. As you scan your chest, you see your heart pumping tirelessly, effortlessly, and efficiently as a healthy heart does. Notice the smooth flow of blood through your arteries. Hear your steady regular heartbeat as your heart carries through its choicest performance.

It is easy to eat healthy foods prepared in a heart-healthy manner. It is refreshing to drink pure fresh water that cleanses and nourishes your body. The well being of all the organs in your body is enhanced by the flow of the rich life-giving blood through your blood vessels. You are aware of the purity of your rich blood cells nourishing your body. You are able-bodied, strong, and healthy. You have a healthy heart and blood vessels that respond to your relaxed state of being. Be aware that at any time that you have the need, you will normalize your blood pressure with ease by simply closing your eyes and taking a deep breath.

You will exhale slowly and feel the tension leave your muscles and your blood vessels as your blood pressure eases into the normal, healthy range. You will feel the robust soundness of a body in optimal health as you recognize that your blood pressure has reached the range of wellness. See yourself in this state of holistic well being having achieved and maintained optimal blood pressure and homeostasis.

You have restored your body to sound health and well-being. You have brought your blood pressure to a healthy normal range. Your body has responded to your desire for wellness. Now be aware that any time in the future when you have concerns about hypertension, you can easily and effortlessly relax your mind and body to normalize your blood pressure. One deep breath will bring you to a peaceful state in which your optimum health can be restored. If you find yourself with a higher than normal blood pressure, you will take a long, slow, deep breath, and begin restoring your blood pressure and cardiovascular system to a safe, healthy, normal state.

You are in control of your well-being. You can choose a pleasant thought, a calm demeanor, and a relaxed state of being. You will simply breathe, and feel yourself in a greater state of well-being. As you feel your pulse, you will notice that it feels better and better. You will know that wellness is yours by simply choosing it and allowing it to flow through you.

(Awakening Script)

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Dreaming with Purpose Hypnosis Script

By Mary Catherine Miller

Induction

Sit comfortably with your arms and legs uncrossed and your back in good alignment. When you are ready, just close your eyes and, as you do, take a deep, deep breath in, expanding your lungs completely. As you slowly exhale, feel your body starting to relax and let go. Take another slow deep breath, and, as you fill your lungs with clean, fresh air, the cells of your body are refreshed with oxygen. Release the tension in your body as you release the breath. This time take a slow deep breath and hold it to the count of three. (1, 2, 3.) Then release all remaining tension and relax. Just relax.

Just breathe normally now, feeling refreshed as you listen to the soothing sound of my voice and focus on your breathing without attempting to control your breathing. Just be aware of how it feels as the oxygen enters and exits through your body.

Observe any thoughts that come into your mind, then gently release those thoughts without interacting with them. As you focus on your breath you are in a heightened state of awareness. Any time your mind wanders to stray thoughts, acknowledge and release them, and return your focus. Anything other than the sound of my voice and your chosen experience is a gentle reminder to return your focus, and you go deeper and deeper into your meditative experience.

You may notice that you begin to see color on the back of your eyelids. You might see patterns or even lights. The more you relax your eyes, the more you may become aware of this gentle reminder that you are going deeper and deeper into relaxation. The deeper you see into the screen of your eyelids, the deeper you go into relaxation. You just go down, down, down.

You may become aware that your neck is settling into a more relaxed, comfortable position. Notice how good it feels as all the muscles in your neck soften and let go of tenseness, and relax.

You may hear the rustling of your clothes against the cushion as your shoulders relax and gently glide down into their natural position. Allow your arms to go limp as they hang from your shoulders.

Feel your spine sink comfortably into the cushion or mattress. Let your legs hang limp from your hips as every muscle in your body just lets go. Just relax, and go down, down, down, deeper, deeper.

Imagine that it is a beautiful clear Spring day. Just pretend. See the perfect green grass gently blowing in the breeze. Smell the fresh dew in the crisp clean air. Feel the gentle comforting warmth of the sunlight filtering through the trees. Hear the soft, gentle rustle of leaves in the wind. Feel the gentle breeze wisp lovingly across your face. Imagine your bare toes playfully caressing the velvety soft green grass. Brush your feet through the thick lush carpet of grass. With every stroke of your feet across the grass feel the connection with all that is good in nature. Gently brush your feet back and forth, back and forth, across the clean soft grass, and follow your energy down through the grass, down through the earth, down, down, down all the way to the core heart of our beloved planet Earth. Notice, too, that emanating from Earth's core is pure unconditional love. Imagine this gentle peaceful wave of love arising through the earth and grass to caress your feet and fill your soul with love. Feel your heart comforted and bathed in absolute unconditional love. Know that you are safe in this place and in this state of being. The aura of your soul is nourished by the love of Mother Earth and it encompasses your entire being with pure perfect protective loving light.

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See, feel, and know this safe pure light surrounds your head. Let your thoughts clear as the light caresses your head while moving down your neck, down your shoulders, down through your chest.

Notice the quiet sounds of your breath as your chest gently, slowly rises and falls with each cleansing breath. Taste the sweet loving light as you breathe in the pure love and comfort of the light and release back into nature that you no longer need.

See, feel, and know this safe pure light encompasses and fills your lower body with protective loving light. The light covers your head and down your body, down, down, all the way down to your toes with perfect loving protective light.

Continue enjoying this pleasant, safe, comfortable experience as you listen to the soft sound of my voice, and go deeper, deeper, deeper into a more relaxed state.

Imagine being able to tap into your creativity, resourcefulness, ingenuity and imagination while you sleep to solve and resolve, decide, create and achieve what you desire.

Gently repeat in your mind these affirmations:

Affirmations

I am relaxed and at peace.

I think positive thoughts.

I am strong and confident.

Positive opportunities come to me.

I achieve my goals.

I am thankful for my success.

I recognize the dream state.

Anything is possible.

I become self-aware in my dreams.

I control my dreams.

I remember my dreams.

As you enter the dream state on this occasion and perhaps on the next occasion as well, you will experience a dream from your unconscious mind, a special dream that clarifies a question, problem or desire for you. A dream that gives you clues and enlightened understanding of clarity, answers, solutions and avenues of opportunity.

And each time you enter the dream state, until you have received all the clarity you desire, you may return to the special dream in one form or another for greater depth and clarity, and for more answers, understanding and enlightenment.

And as you go about your day while you are awake, some thought, awareness or perception may connect with the unconscious mind that gives you these special dreams. Something as simple as a color, a smell or a sensation may remind you of what your unconscious mind is telling you, and you may receive insight then or in your next dream state. All these clues, thoughts and moments of awareness in your dream and wakeful states bring greater clarity and depth of understanding to you until you fully understand what it is your desire and pleasure to comprehend.

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Create a Better You

You are an interesting, confident beautiful soul. You have the ability to create an even better you. Imagine now that you are in the process of creating a new individual. No matter who you are or what you do, you possess the ability to create the exact person you want to become. Imagine that you have a special workshop of the soul, however you may experience such a place. And in your soul workshop you have all the tools to create a new individual.

If you have the desire to be more confident, you will simply enter your workshop with the desire for confidence, and your tools begin to create a confident individual that is part of your soul, and you integrate that confidence into yourself; so you create yourself as a more confident individual.

Anything you desire to create within yourself can be done according to your wishes in the workshop of your dreams.

Consider the list of characteristics you desire to develop. You might choose cheerfulness, health, success, self esteem, or any number of characteristics you desire. Take your list to the workshop and let your tools begin to create for you.

Write your list in your memory as a continuous reminder that you can become the person you choose to become because already within you are all the traits that make it possible for you to know and believe that you will become what you think about. As you think it; so you become.

From now on you will be careful in selecting your words or thoughts. You know that words and thoughts are things that create vibrations within you and in the world. Words and thoughts create your reality. The vibration of thought within you calls out to that which you desire. Relax and wait patiently, holding positive thoughts as the harmony of your vibrational thought draws to you that which you desire. Notice how your dominant words and thoughts create the reality of your desire. Take comfort in knowing that your desires will happen at the perfect time.

You are a creative person. Notice how your creativity continues to grow. Your mind is open to possibility, clear and focused, and you can easily access your subconscious to boost your creativity. Within your subconscious mind is all the knowledge of every experience you have ever had. All that knowledge is available to you now. You are always open to new ideas and new concepts. You see everything through a positive outlook. You learn more and more every day. Ideas flow freely through your mind. You are becoming more and more creative all the time. You know that you can retrieve knowledge and creative ideas from your subconscious any time that you desire to. You are truly becoming the person you wish to be.

Confidence

Believe in yourself. Be confident. There are many qualities that you possess that you like about yourself, and many qualities in you that others are attracted to. Give yourself permission to grow these traits, to make them stronger and more abundant. You now realize that you are more confident and sure of yourself because you have taken a step toward helping yourself. You feel this strength from within motivating you to overcome any obstacle that may stand in the way of your happiness and success.

You are a confident person. You believe in yourself and in your abilities. You are successful in all areas of your life. Your belief in yourself and your positive attitude give you the confidence to embark on any quest, and to succeed.

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Success

You are at a point in your life now where you are prepared to move beyond any blockages to your ability to succeed. You have an amazing ability to attain all your goals with persistence and dedication. You will succeed in all you do because you have an inner strength that guides and nourishes you. You will withstand any challenges. You believe in yourself and in your abilities.

The suggestion to be successful in all your endeavors is stored deeply in your subconscious mind. You stand tall in your own power with your shoulders back and your head held high. You now know that you walk with purpose and with pride. You are a successful person.

Goal Accomplishment

You are a self-confident person who accomplishes your goals. All of the experiences in your life are potential opportunities. You know exactly what you want out of life, and you recognize opportunities to achieve your goals. You have what it takes to stay on top of your goals to accomplishment. You are filled with optimism and enthusiasm in pursuing your goals to fruition. You are an achiever.

You are starting to notice that it becomes easier and easier to get what you really want. You are finding yourself doing the things that you really enjoy. You know deep inside what you can do to get what you want as you easily achieve your goals and dreams.

Prosperity

Think of your own mind as a garden. You are the gardener planting seeds. The seeds are your thoughts. Throughout each day you are planting thoughts or seeds in your subconscious mind based on the way that you normally think. The way that you think and you plant the seeds of thought in your subconscious mind is the way that you will reap the reward of the harvest of your thoughts in your body and your surroundings.

As you choose joy, peace and prosperity for your life, you plant these seeds as thoughts into your mind. Plant any seeds that you desire. Think quietly on these thoughts of joy, peace and prosperity, and anything else that you desire. Think of these qualities in the garden of your mind and accept them fully into your unconscious, your subconscious and your conscious mind. Continue to plant these marvelous seeds and tend your garden so that you will reap the benefits of your deepest desires.

Believe in the power of your subconscious mind to heal, strengthen and cause you to succeed. What the mind can conceive, it can achieve. You are always ready and open to good, positive opportunities. New opportunities come your way easily and often. You always seem to be at the right place at the right time. You deserve joy, peace and prosperity, and that which you desire. See yourself with these attributes in abundance. Keep these positive thoughts and memories alive, and they will become your reality. Enjoy the fruit of your harvest.

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Intuition

Focus your attention on the center of your body in the area of your heart or below it in the center of your belly. Imagine, if you will, that your inner wisdom comes forth from this core area of your body and soul, the birthplace of intuition. You may ask any question of your inner self or your higher self in this area and know the answer by accessing your intuition. This is the part of you where wisdom comes from. Ask any question you desire the answer to, and with quiet calm and peaceful patience await the response from your inner self. As you are taking the time to listen for your answer, be aware of sensations, thoughts, feelings and intuition. Relax, focus and be the empty vessel to be filled with wisdom, knowledge and enlightenment. Be in awareness of the subtle hints of truth through your intuition until you feel within you that you have received the answer to your question or that your task is now complete. Ponder the answer when you have received it, and commit to memory. You will easily be able to recall your answer and even receive greater insight regarding it throughout your day and in the days to come.

Decision Making

From now on, you will make good decisions because you want to, and you know that you are able to. You have confidence in yourself that you can make the right decision.

Your intuition is that voice from within that helps you to know when something is right or wrong. Your intuition helps to guide you in making decisions. Your awareness of your intuition is your awareness of good decisions. You have sound judgment. You do your research, use your knowledge and trust your intelligence and intuition to make the right decision when the choice feels right to you. You are decisive and intuitive.

Problem Solving

Now imagine that you have a problem that needs solving. If you have a real problem on your mind, consider that one. If not, just imagine that a solvable problem exists. When a deep part of your inner mind knows that it can resolve that problem, you feel yourself shifting into deeper comfort; into a calmer, quieter state of being. In this deep quiet state your inner mind can keep working to solve that problem in a way that fully meets all of your needs. Your inner mind houses your memories, experiences and abilities. Your inner mind can use these in ways that you may have never realized. It can work in the quiet calm even without your awareness. When your inner mind knows that the problem has been resolved to the fullest extent and you feel that you can deal with it effectively you will become aware of a slight shift and come to know that it is time to move on to other things, maintaining any awareness from your inner mind of the resolution of the problem.

Memory Recall

Everything you have ever experienced is stored in your subconscious mind. It is all available to you at any time. All you need to do to access these stored memories is to relax and release your struggles and your resistance. As you relax and remain open, your subconscious mind fills the emptiness of your rational mind with the memories you desire. They have always been there, stored away in your subconscious for your easy access whenever you wish. The more that you relax, the more you are able to retrieve any memory that you desire.

Any time you desire to pull out a memory from your subconscious for closer inspection, just relax, breathe deeply, and as you release your breath, release your thoughts to become the empty vessel for the memory to fill. Now you realize that you have total recall for anything you desire to remember. You remember effortlessly and easily.

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Live Your Dreams

Think about the importance of creativity in our world. Creativity is more important than talent or ability. The person who comes up with the creative solution to a problem that had been thought unsolvable receives the greatest reward. Think how lucky you are to have a mind that is so creative. You can be even more creative in the future. From now on, your mind will be open to creative ideas. Your open mind will see new opportunity where it was not seen before, and it will create to bring those positive ideas into reality. All of the tangible things that you can see around you every day were once ideas or creative thoughts in someone's mind. A single idea can change a life or change the world. This is the power of the creative mind, and yours is now running at an all time high efficiency. Use it to go forth and live your dreams.

Lucid Dreaming

As you dream, you will have a very special dream. It is special because it is a dream you have chosen. You may choose the scene for the whole dream or choose to alter a dream you are already having. You will be safe and happy in your dream. You will experience no discomfort. It will be a very positive experience. If you desire, you can imagine that when you wish to take control of your dream that you will notice that you can snap your fingers. Even if you are unable to snap your fingers while awake, you find that you can snap your fingers in your dreams with great ease. Now, if it is your desire, the moment that you snap your fingers in a dream, you remain asleep and dreaming; but you are fully conscious within your dream. You are aware that your body is sleeping outside the dream and that your consciousness is fully awake in the dreamscape environment. Now, even in this dreamscape, if you should have the need to awaken into your body for an urgent physical need, you would leave the dreamscape and awaken normally and be able to return to your dream with a snap of your fingers when you sleep again. But if it is your desire to interact with your dream and allow your body to sleep, your body will sleep restfully while your consciousness experiences your dream. You are in total control of your dream. Anything you wish to see or experience you simply will it to be so, and it appears. Any place you wish to go, as soon as you have the desire, you are transported there by the means of your choice. You may choose to float, fly or teleport if you desire. In your dream, you have the ability warp time. You can time travel without affecting your sleeping body outside the dream, and you can speed or slow time within the dream without altering time for your physical body. If you desire to explore this world or other worlds, you need only become aware of your desire and it is so. Your dreamscape is a place of limitless possibilities as vast as your imagination. You can be anyone or anything and interact with anyone or anything in any way that you desire. A door can open for you or you can walk right through it. A table can be a solid base or you can mold it like putty into a flower. A kitten can be a warm fuzzy friend or morph into an eagle and take you in blissful flight above the trees and mountains. You build, alter or destroy anything you desire within your dream. You can bring in anyone or anything from the past, present or future. You can ask anything of anyone, including your inner self. Anything is possible. Choose to dream as you desire. If you want your higher self to take control of your dream, just ask. If you want to bring in guides or angels, just will it to be, and it is so.

When you awaken, and from now on, you will be able to recall all of your dreams that you desire to remember.

Each time before you go to sleep, you think to yourself that you have a desire to remember your dreams. You demonstrate this desire by keeping some kind of paper and pen or pencil near your place of sleep so that you may jot down a few reminders of your dreams when you first awaken. Hold the thought of remembering your dreams in your mind as you drift off to sleep. Holding this thought reminds your subconscious mind to remember what you dream. It is easy and enjoyable to remember your dreams. Your dream journal is your reminders of your dreams, your stories about them, your dream interpretations and the record of the insight you gain through reading over your dream experiences later. When you awaken, and from now on, you will be able to recall all of your dreams that you desire to remember.

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Awaken

Now if this is your time for restful sleep, you will disregard any suggestions for awakening at this time, and you will enjoy peaceful, restful healing sleep with blissful dreams until your desired time to awaken or unless there is an urgent need for you to awaken.

And, if it is not your desire to sleep at this time ...

In just a moment I am going to count to five, and at the count of five you will awaken feeling comfortable, relaxed and free of unpleasantness.

One – You are beginning to be more alert and aware.

Two – Feeling wonderful in every way.

Three – Aware of the room around you.

Four – Your eyes are starting to open.

And ...

Five – Eyes open, feeling alert and at peace.

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Hypnosis Script by Mary Catherine Miller, CHP, CHt, MHt, PLRt

Releasing Attachments Hypnosis Script

By Mary Catherine Miller

Introduction

The CD or mp3 you are listening to is a Releasing Attachments session. By continuing to listen to this session you grant permission for this Releasing Attachments. If you do not wish to have this Releasing Attachments stop listening to the CD or mp3 recording now.

My name is Mary Catherine Miller. I am an ordained minister, paranormal investigator and hypnosis practitioner professionally trained in clinical and transpersonal hypnosis. It is in all these capacities that I am conducting this Releasing Attachments Session and by the power and authority vested in each.

In addition to listening to this session I have made available suggestions and information to download free of charge. To obtain these documents, go to NurseHealer.com

Inner Wisdom

During this session you will always remain in control. All you do will be with the approval of your inner wisdom and permission of your higher self. If at any point during this session you perceive through your inner wisdom that what you are hearing is outside the best interest of your body, mind and soul you will know that you can substitute wording that is in your best interest through your higher self with your inner wisdom. Your inner wisdom guides your choices, giving you insight to accept or reject any words that you hear.

Gentle, Safe Induction

Sit comfortably with your arms and legs uncrossed and your back in good alignment. When you are ready, just close your eyes and, as you do, take a deep, deep breath in, expanding your lungs completely. As you slowly exhale, feel your body starting to relax and let go. Take another slow deep breath, and, as you fill your lungs with clean, fresh air, the cells of your body are refreshed with oxygen. Release the tension in your body as you release the breath. This time take a slow deep breath and hold it to the count of three. (1, 2, 3.) Then release all remaining tension and relax. Just relax. Just breathe normally now, feeling refreshed as you listen to the soothing sound of my voice.

You may notice that you begin to see color on the back of your eyelids. You might see patterns or even lights. The more you relax your eyes, the more you may become aware of this gentle reminder that you are going deeper and deeper into relaxation.

The deeper you see into the screen of your eyelids, the deeper you go into relaxation. You just go down, down, down.

You may become aware that your neck is settling into a more relaxed, comfortable position. Notice how good it feels as all the muscles in your neck soften and let go of tenseness, and relax.

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You may hear the rustling of your clothes against the chair as your shoulders relax and gently glide down into their natural position. Allow your arms to go limp as they hang from your shoulders.

Feel your spine sink comfortably into the seat. Let your legs hang limp from your hips as every muscle in your body just lets go. Just relax, and go down, down, down, deeper, deeper.

Imagine that it is a beautiful clear Spring day. Just pretend. See the perfect green grass. Smell the fresh dew in the crisp clean air. Feel the gentle comforting warmth of the sunlight filtering through the trees. Hear the soft, gentle rustle of leaves in the wind. Feel the gentle breeze wisp lovingly across your face. Imagine your bare toes playfully caressing the velvety soft green grass. Brush your feet through the thick lush carpet of grass. With every stroke of your feet across the grass feel the connection with all that is good in nature. Gently brush your feet back and forth, back and forth, across the clean soft grass, and follow your energy down through the grass, down through the earth, down, down, down all the way to the core heart of our beloved planet Earth. Notice, too, that emanating from Earth's core is pure unconditional love. Imagine this gentle peaceful wave of love arising through the earth and grass to caress your feet and fill your soul with love. Feel your heart comforted and bathed in absolute unconditional love. Know that you are safe in this place and in this state of being. The aura of your soul is nourished by the love of Mother Earth and it encompasses your entire being with pure perfect protective loving light.

See, feel, and know this safe pure light surrounds your head. Let your thoughts clear as the light caresses your head while moving down your neck, down your shoulders, down through your chest.

Notice the quiet sounds of your breath as your chest gently, slowly rises and falls with each cleansing breath. Taste the sweet loving light as you breathe in the pure love and comfort of the light and release back into nature that you no longer need.

See, feel, and know this safe pure light encompasses and fills your lower body with protective loving light. The light covers your head and down your body, down, down, all the way down to your toes with perfect loving protective light.

Continue enjoying this pleasant, safe, comfortable experience as you listen to the soft sound of my voice, and go deeper, deeper, deeper into a more relaxed state.

Connection

If you have made arrangements for this Releasing Attachments and set a date or time for it to take place, send a part of your consciousness now to the date, time and place for it to take place. You can move forward and backward in time, and direct your consciousness to any place or dimension to connect with the source of your Releasing Attachments.

Scan

And now, beloved, with your permission, if your inner wisdom guides you that it is appropriate at this time, please allow divine beings with your best interest at heart to scan your body for the purpose of revealing attachments functioning for less than your most benevolent outcome. These revealed attachments are noted and will be addressed as needed.

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And now, beloved, with your permission, if your inner wisdom guides you that it is appropriate at this time, please allow divine beings with your best interest at heart to scan your aura for the purpose of revealing attachments functioning for less than your most benevolent outcome. These revealed attachments are noted and will be addressed as needed.

And now, beloved, with your permission, if your inner wisdom guides you that it is appropriate at this time, please allow divine beings with your best interest at heart to scan your spirit for the purpose of revealing attachments functioning for less than your most benevolent outcome. These revealed attachments are noted and will be addressed as needed.

And now, beloved, with your permission, if your inner wisdom guides you that it is appropriate at this time, please allow divine beings with your best interest at heart to scan your higher self for the purpose of revealing attachments functioning for less than your most benevolent outcome. These revealed attachments are noted and will be addressed as needed.

And now, beloved, with your permission, if your inner wisdom guides you that it is appropriate at this time, please allow divine beings with your best interest at heart to scan your soul for the purpose of revealing attachments functioning for less than your most benevolent outcome. These revealed attachments are noted and will be addressed as needed.

Attachment – Releasing Attachments

I speak now to an attachment revealed in your scan.

Attachment, you who are darkening the body, aura, spirit, higher self or soul of this beloved, cause no harm or ill effect as you come forward to be addressed personally. Attachment, identify yourself by name and purpose.

Attachment, be aware that your influence on this beloved has failed to be in the best interest of beloved. Attachment, was it your intention to cause harm?

Release your attachment to this beloved. Cause no more harm.

There is no harm for you in the light. The light is filled with love and hope. Attachment, release the darkness and embrace the light. You, too, came from light. The light has come for you to take you home. Release resistance and allow the light to assist you with harmony, peace and love.

In the light we call forth those who care for you to come forth and show themselves, to greet you as you release your attachment, and to guide you home into the light. Go in peace with our love and blessing. With peace and rejoicing I say farewell to this former attachment.

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Beloved - Fill with Light

Beloved, I speak now to you through your inner wisdom. Beloved I speak to your higher self whose divine wisdom knows all that works for your best interest, for your most benevolent outcome. Beloved, we call upon holy angels to come forth in glowing love with radiant healing energy, to fill all spaces that were once occupied by attachments, filling these spaces with healing light, with divine love, and to seal the perfect loving light with inner peace.

Attachment – Releasing Attachments

I speak now to an attachment revealed in your scan.

Attachment, you who are darkening the body, aura, spirit, higher self or soul of this beloved, cause no harm or ill effect as you come forward to be addressed personally. Attachment, identify yourself by name and purpose.

Attachment, be aware that your influence on this beloved has failed to be in the best interest of beloved. Attachment, was it your intention to cause harm?

Release your attachment to this beloved. Cause no more harm.

Archangel Saint Michael

Attachment, if you feel a reluctance to release from this beloved, take audience now with Saint Michael, the archangel. I humbly call upon Saint Michael to communicate with this attachment.

Saint Michael, call this attachment to release, to embrace the you in light and to glow with you in light and love.

Attachment, there is no harm for you in the light. The light is filled with love and hope.

Attachment, release the darkness and embrace the light. You, too, came from light. The light has come for you to take you home. Release resistance and allow the light to assist you with harmony, peace and love.

In the light we call forth those who care for you to come forth and show themselves, to greet you as you release your attachment, and to guide you home into the light. Go in peace with our love and blessing. With peace and rejoicing I say farewell to this former attachment.

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Bubble of Light – Beloved

Beloved, be aware of the inner light of your being, the glow of your higher self deep within your core. Visualize the perfect divine light at the center of your being growing brighter and larger, brighter and larger, brighter and larger so that your entire body is filled with perfect, loving divine light.

When all your body is filled with light, expand the light in all directions for a short distance so that the light forms a bubble of protection surrounding you, strengthening and comforting you.

Inner Guidance

Beloved, allow your higher self to guide you as you adjust to changes, feelings and urges that may follow your willing releasement of unserving attachments. Your inner wisdom knows what is best for you. Your higher self loves and cares for every piece of you. Let your inner being of the highest nature be your comfort and your guide.

Bubble of Light – Presenter

As I acknowledge your inner light, beloved, I acknowledge my own inner light. As you filled your body with light, I perceive my own inner light growing brighter and larger, filling my own body to capacity. As you allowed your inner light to encompass you, beloved, I see my own inner light surrounding me with comfort, strength and protection.

Family

Beloved, let your heart be filled with love and compassion for your family. Your earth family, whether brother, sister, husband, wife, child or parent, has a purpose for your life. There is love for you within your family. Allow the love for you and from you that your family may be made whole with peace, love, joy and hope.

Nourishment

Beloved, nourish your physical body with fresh natural foods; with healthy fruits and vegetables. Supply your body with wholesome nourishing foods that heal and cleanse, and provide each cell with the nutrients it is in need of. Beloved, avoid substances that dull the wit or interfere with clarity and good judgment. Quench your thirst with pure fresh water. Purify your body, mind and soul as you ingest pure food and drink.

Color

Beloved, fill your life with joyful vibrant color. Adorn yourself with healing, soothing, uplifting colors. Surround yourself with the frequency of color that resonates with the beauty of your soul, your inner being, your higher self. Let color guide and heal you as your soul sings harmoniously to the tune of energetic loving color frequency.

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Sacred Space

Beloved, honor and value your home as sacred space. Treat your home with respect and gratitude. Your home is your holy ground as you honor it as such. Surround yourself with peace, calm and order in your home as in your life. Be at peace within your sacred space.

Awaken

Beloved, if this is your time for restful sleep, you will disregard any suggestions for awakening at this time, and you will enjoy peaceful, restful healing sleep until your desired time to awaken or unless there is an urgent need for you to awaken.

And, if it is not your desire to sleep at this time ...

In just a moment I am going to count to five, and at the count of five you will awaken feeling comfortable, relaxed and free of unpleasantness.

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