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HYPNOTIC SCRIPTS

Spirit of Christmas Hypnotherapy Script

A HYPNOSIS GIFT FROM KEY HYPNOSIS.



The Spirit of Christmas hypnosis script is a specially written induction and hypnotherapy session for the holiday season.

The induction is based on contemplating a Xmas tree and thinking about Christmases past.

The therapy part uses the tree as a way of giving up your worries and letting them get taken away.

A unique and special use of the Spirit of Christmas to help others.

Merry Christmas from Key Hypnosis wherever you are!

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Spirit of Christmas Hypnosis Script

SHARING THE JOY OF A XMAS GIFT

	CHRISTMAS TREE INDUCTION	
Memory	I wonder if you can remember a time ... a long time ago... round about Christmas time... when you were much younger...	dissociation
Memory	allow your mind to go back... think about a past Christmas... a time when the feeling was laid-back and cruising... a time to relax and feel good...	reconnection
	and maybe you can remember a quiet room... and time on your own... a quiet place somewhere... to just enjoy the season...	V away from the here and now
	and maybe you can close your eyes as you are relaxing now and think about that feeling...	eye closure
	think about that feeling of calm and peace...	K
	and a room somewhere... with decorations... lights... christmas tinsel... all the things you associate with that time of the year...and a tree.... a tree with lights... and decorations... and in your mind you see that tree, all lit up with soft lights... in a room that's dark and dim... and there is just the lights of the tree... and dark all around...	V set the scene
	and as you think about that tree... remembering Christmases past...	pace and lead

relaxing, breathing quietly... become aware of the gentle rise and fall of your breath... and focus on that breathing... breathing in... breathing out... that's right...		
and as you think about your breathing... and those memories of Christmas... you notice with each breath out... those lights appear a little more dim... and as you breath out again... the lights on the tree become darker still... and you become aware that with each breath you are becoming more relaxed... and you can begin to enjoy a pleasant feeling of control... and you can begin to wonder about those lights...	D	Metaphor dim = deepening trance
and on the next breath, imagine the lights at the top of the tree becoming dim and dark...		
and then another relaxing breath and the lights further down the tree are also growing dim and dark...		
and another breath... and more of that tree is going dark now... and all around in that room, everything is becoming quiet and peaceful...		
and as you continue there... breathing quietly... thinking of those lights... and that feeling of peace and contentment... allow that feeling to spread...		
and as that feeling spreads... become aware of a heaviness in your arms and legs... a heaviness in your muscle and hands... your eyes... and imagine that feeling spreading... relaxing all the muscles of your face... and letting go... and your shoulders are tired and heavy...	I	physical relaxation
and as you feel that spreading... that Christmas tree... is becoming darker and softer... and more blurred... and all the lights have faded away to nothing...		
and in that room... peaceful and quiet... a soft gentle darkness... and as you relax more... everything is slipping away... and in that dark place there is just the hint of dim colors... reflecting from wrappings and ornaments...		
and all the colors begin to swirl around... and you feel yourself floating... drifting... swirling... as they carry you down... deeper and deeper... relaxing... breathing gently... letting it all go now...		Trance
SPIRIT OF CHRISTMAS HYPNOTHERAPY SECTION		
and as you are lying there... relaxed... everything in that room is quiet and dark... and feeling peaceful and calm... you begin to focus on that tree... and the tree in the dark seems different now...		focus on the tree
and you realize that you are thinking about that tree differently now... in your mind you can see the outline of the tree... the shape of the tree... and the tree seems different now...		the tree changes
and you notice that on the branches... here and there... there are curved things... like little hooks.... and as you watch... more and more of these little hook-like things appear....		
and you begin to wonder what they are for.... and as you do.... you realize they are for hanging things on... like decorations.... and you start to imagine what things you might use to decorate that tree		you notice the tree has places to hang things

	with...		
	and something materializes on that tree... there on a hook... is a shape...		
	and then there is another... on a different hook... and another appears...		
	and you realize that you are beginning to feel lighter... more open.... you feel something changing.... changing the way you feel... changing who are you are...	K	
	and you realize that your worries are lifting... drifting over to that tree... it's like the tree is attracting them to it.... and you feel another worry lifting off and it appears on the tree... and more and more...		start hanging your worries and problems
	and as you are relaxing more and more.... you feel stuff releasing... relaxing... letting go.... things that you have carried around all year... are drifting over to that tree... and just hanging there...		let go your worries
	and you look at those strange decorations... all shapes and sizes... and some look very old.... and still as you are breathing... relaxing deeper... more things are leaving your body.... attaching to the tree...		externalise the issue
	and you feel stirrings inside... and all over your body things are moving... shifting... easing... loosening... and you feel the last of them letting go... you realize all your worries... all your old fears... are hanging on that tree... out there... and they look strange... almost comical... and they are beginning to weigh the tree down... and that tree begins to look distressed... burdened....		re-examine your worries
	A door opens... and into the room comes a figure... dressed in red and white... and the figure has a sack... a great big bag.... and the figure begins to lift those things off the tree... and throws them into the sack...		External resource appears
	and one after the other... all that stuff hanging on the tree is removed... and tossed into the sack... and as you watch your are worries thrown into that sack...		worries removed
	the tree is cleared... and the figure reaches down... and takes something out of the sack... and then turns around and drags the sack away... out of the room... and the door is shut....		another resource
Reframe	And in that dim light... the tree is beautiful... fresh and green and healthy.... a lovely organic growing living thing... transformed... refreshed... it looks light and airy and free...		enjoy the feeling of change
	and then you see... under the tree... there is something there... a wrapped gift... in exchange for all that old stuff you have been carrying around for so long... a present for you...		take the gift
	and you think about what might be in that... what would transform your life... what is it that has been left for you a wonderful, special gift...	M	all possibilities
Capability	and as you relax... relaxing deeper now... it comes into your mind... that you can take your gift anytime you want to ... you can open that gift whenever you are ready...	I	permission to change
Rule	and that means that you can have as much time being happy now...	D	reframing

	as you had being burdened.... that weight has gone...	
Behavior	and you have time now to open that present... there is no time like the present... to take time to open up and let yourself enjoy what life has to give...	reorientation
	and when you are ready... and you have accepted your gift...	pre-supposition
	You can beginning to think now... of coming back to the present... and counting quietly to yourself... from five up to one... coming back to the present ... eyes open... now.	
	Merry Christmas!	

David Mason www.key-hypnosis.com © 2010

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