



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

164 - Scripting

Anger, Resentment and Stress From Within

Tie in the Restful Alert key with various suggestions throughout the session

The Sun Exercise

- *It feels good to lie down in the lawn chair under the big shade tree. The sunlight is warm and there is a gentle cooling breeze.*
- *Your body and mind are becoming even more quiet, calm, and relaxed.*
- *The sunlight, a beautiful golden light, is continuing to flow into your body filling it up with a beautiful light as if it were a vase.*
- *As this beautiful golden light passes through your body, all the muscles and nerves completely let go and you drift into a peaceful comfort.*
- *Drifting deeper and deeper – becoming even more comfortable.*
- *The sunlight is filling up your stomach and hips - flowing up into your chest and lungs (reinforce the Restful Alert Key here).*
- *This beautiful golden light is continuing to fill up your arms and hands – up into your shoulders – your neck – the back of your head as all the tensions you have held in your body is just beginning to evaporate.*
- *You may even find that the harder you try to hang onto the stress the more it is just dissipating and leaving.*
- *It feels so good to just let go – going deeper and deeper into this soothing restful comfort.*
- *This golden light is filling up your head.*



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

- *It is filling your body so full of healing light that it is spilling out through the tips of your fingers – your toes and the top of your head forming a beautiful aura of light that surrounds your body like a powerful shield.*
- *You notice that the light has pushed an ugly gray color out through the tips of your fingers, toes and the top of your head.*
- *You wonder what that gray is. Then you realize that this is all the hurt, anger, and stress you had been carrying around with you for so long. There is no more room in your body or mind for it.*
- *The gray is on the outside of the shield and is unable to flow back into your body. Negative emotions can flow from your mind and body through the shield of light but once they are on the outside of the shield they are unable to return.*
- *Even if you try to pull the gray back in to yourself, you cannot because there is no more room for it.*
- *You notice you feel lighter and happier. Even your thoughts are more positive and optimistic and you feel good.*
- *You smile a lot now. You laugh freely and easily. You have a beautiful sense of humor that is kind and gentle.*
- *Even if you (drop your voice) try to feel bad, (raise your voice) you feel good, maybe even great!*