



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

175 - Suggestions for Allergies and Asthma - Children

- *Your chest is warm and relaxed. Can you imagine that?*
- *Your throat is cool and comfortable. Remember how good your mouth and throat feel when you take a drink of cool or cold water from the refrigerator?*
- *As your chest becomes warmer, the air flows into your lungs like a fresh breeze and all the stale air flows out of your lungs so easy and effortlessly.*
- *Your breathing is becoming very comfortable.*
- *It feels good as oxygen flows into your lungs as you inhale and exhale smoothly and easily. Can you feel how easy it is to breath and how comfortable you are?*
- *Touch your thumb and finger together on your left hand. When you do that, your breathing becomes comfortable like it is now. You inhale and exhale easily. Your throat becomes cool and your chest becomes warm and comfortable.*
- *Your lungs automatically open up and you breathe easily whenever you touch your thumb and finger together. You continue to breathe easy and effortlessly.*
- *Soon you breathe easily all the time, even when you do not touch your thumb and finger together. It becomes automatic.*
- *All the little muscles and nerves are relaxed and open all the way down your throat and into your lungs whenever you touch your thumb and finger together and they stay relaxed and open.*
- *From the moment you touch your thumb and finger together on your left hand, your throat, bronchial tubes, and lungs relax immediately and your breathing instantly becomes free and easy.*
- Adjust the scripting to the age of the child.