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HYPNOSIS FOR MOVING THROUGH
ILLNESS
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MAXIMIZING YOUR TREATMENT POTENTIAL

When I was discussing the components necessary to change habits at the beginning of this book, I mentioned belief. I also mentioned it when talking about your attitude toward hypnosis. Belief is so important for moving through your illness that it's coming into play a third time, in helping you maximize your treatment potential. Hypnosis has been shown to reduce pain and nausea during treatments (Syrjala, Cummings, & Donaldson, 1992). More recently, it has been shown to not only reduce pain and nausea, but also fatigue and emotional upset. In addition, the need for pain medication was significantly reduced *and* the per-patient cost was lower (Montgomery et al., 2007). When it comes to hypnosis, relaxation, and guided imagery used as a behavioral intervention for cancer treatment side effects, there is plenty of evidence of their success and wide use (Redd, Montgomery and DuHamel 2001). Furthermore, hypnosis has been shown to have a greater impact on treatment-related anxiety than other behavioral interventions (Lioffi & Hatira, 1999).

Having faith in the treatment you've chosen tells the world your intention. Your intention is to heal or be as comfortable as you can be, if that's the best outcome you can expect. And for many people, in order to reach a state of belief, they have to change old patterns and beliefs, as well as the negative self-talk that has characterized their relationship to their health.

It's easy to say that we simply need to decide to let the treatment work, but what goes on in the brain is another matter. Similar to the discussion about willpower, decisions are conscious things, and conscious things require a lot of energy. It's much easier and less taxing to go to the source—the subconscious—and replace old beliefs and patterns with new ones. After all, you're pursuing a course of treatment so it will work, right? Therefore, you should want to do everything you can to achieve success. And if that means changing your programming and the way you perceive illness and treatment, so be it.

Remember that the blueprint of the brain helps to create outcomes. And if there is any fear or anxiety lurking around, it can prevent maximum potential from being achieved. It can prevent a positive mindset from taking hold and creating only affirming thoughts. And all you need is a tiny opening in your positivity for negativity to come barreling through and ruin everything. Hypnosis is a way to create a mindset and a system of self-talk that won't allow negativity.

Some negativity that might be lurking could come from something as responsible as doing

your research about your treatments. Let's say your research has revealed a litany of possible side effects that are most undesirable. You might not be thinking about those side effects consciously, but they're in there. They're in your brain. And when it comes time to make a treatment appointment, it's easy to see how you could suddenly experience fear, or even free-floating anxiety. Whether you realize it or not, you established a belief system about your treatment. You don't even have to necessarily think you will experience the negative side effects. They're already programmed into your brain, thereby preventing your brain from being completely on board with your treatment.

Please know that as far as side effects of treatment go, the nausea and vomiting that are associated with chemotherapy often get in the way of patients continuing their treatment or adhering to their treatment plan. Some people even experience "anticipatory nausea and vomiting," just knowing what will likely happen. But also know that studies have shown that hypnosis can prevent anticipatory vomiting (Morrow & Morrell, 1982), (Redd, Andresen, & Minagawa, 1982).

Another example is your opinion of your doctor. Let's say the doctor is a man, and let's say you believe he has a terrible bedside manner. And bad breath. There you are, in your brain, making all kinds of irrational connections and conclusions about this man. You create a narrative around him that includes his integrity, his health, his compassion, his personal hygiene, and his ability. You don't do this intentionally, but that doesn't matter. What matters is that the story you've created about him results in a level of distrust of his skills and intentions. And that, in turn, makes you question his treatment recommendations. Do you see how even little, seemingly insignificant things might color your beliefs?

What I do with patients who want to maximize their treatment potential, is release the fear and anxiety attached to the treatment or the doctor or the facility or the smell of the facility or whatever else is in the way of complete belief in the treatment. You'd be surprised by the obstacles people conjure up to the success of their treatment. Then we build a belief in the treatment. Again: release the problems, then develop a commitment and acceptance.

Sometimes belief (or lack thereof) is something you've been primed for due to a statistic (80% of people don't live five years beyond diagnosis) or a first or second opinion. For example:

Renee had Stage IV colon cancer that her oncologist told her was inoperable and she had only a few weeks to live. As any diligent patient should, she sought a second opinion, from a highly regarded oncologist whom her referral source adored, both personally and professionally. The second opinion was that her cancer was indeed operable and that she had no reason to believe she had only a few weeks to live. Though she was completely comfortable with the second opinion and had a wonderful experience with the oncologist and his office, she couldn't stop the voice of the negative oncologist from creeping into her consciousness. No amount of research or testimony from current and past patients of the second doctor could shake the words "inoperable" and "a few weeks to live." With hypnosis, we eliminated the voice from the first doctor and focused on the positive prognosis from the second doctor. We removed the obstacle to belief. Renee had the surgery, three years ago, and is now in remission.

What belief does is gives you a better chance of getting through your treatments in a better

mental and emotional state, which can help your physical state. And being more relaxed will help you heal faster and in a healthier manner. Stress gets in the way of healing because when your brain and body are responding to a threat of some kind, what they're not doing is working on healing.

Importance of Positive Self-Talk

It's crucial to your ability to peacefully move through your illness that you teach yourself to recognize unfair self-criticism and turn it into empowering self-talk. Practicing empowering self-talk and working on your mindset is just as important as getting restful sleep, eating well and getting the nutrition your body needs. The same way that eating well and exercising takes attention—and maybe even sleeping takes attention—the language you use takes some attention. And as you likely know by now, though conscious attention is great, attention through hypnosis is even better.

Some of my clients find it extremely helpful to write little reminders, goals and affirmations on note cards and place these cards where they can see them at the start of their day. If you're having trouble with your mindset, try making one that says, "I am relaxed and confident every time I go for my treatments." Repeat this phrase to yourself often and with a lot of enthusiasm. Before you know it, you'll notice an improvement in your attitude and maybe even your ability to heal. The words, "I am," are very powerful, as I'll discuss in a moment.

The Little Engine That Could

Whatever illnesses my clients have, they often express frustration over all of the anecdotes people tell them about their aunt or cousin or neighbor who had the same condition and . . . either died a horrible death or miraculously recovered. Always remember that anecdotal evidence is just that, and that most people mean well. Even the ones who tell you terrible stories probably do so out of nerves; they simply don't know what to say or how to react, and their internal editor can't work as quickly as the first story that comes to their mind and gets blurted out.

Allowing negative stories to limit your belief about your capacity to heal or successfully and comfortably go through your treatments is a problem that must be dealt with. It results in flawed thinking about treatment and medical teams and surgery, and that thinking can deeply affect how the healing or recovery process plays out.

"I think I can, I think I can, I think I can . . ." said the Little Engine That Could as he chugged up the mountain. More than just a children's story, this is a valuable lesson. *What we tell ourselves has a profound impact on what our body is able to do.* In fact, in my experience, the single most important and effective (non-medical) thing anyone can do to position themselves to move well through their illness is to change negative self-talk into positive, healing self-talk.

Self-Talk Defined

Self-talk is exactly what it sounds like. It's your internal monologue

– the words you use when you talk to yourself either in your own mind or out loud. It's been established by neuroscientists and psychologists that most people carry on an ongoing monologue, or self-talk, of between 150 and 300 words per minute. Most of this self-talk consists of the mundane, routine, and harmless thoughts we all have such as "I'm hungry," or "I need to get my hair cut soon."

The danger for people experiencing a major illness is when this internal dialogue takes on a negative connotation such as, "I can't imagine ever feeling well because I've felt so bad for such a long time." When this kind of self-talk becomes ongoing, you create limiting beliefs about yourself and about your ability to recover, and left unchecked, they could go on to become self-fulfilling prophecies.

For those of you who are academic-minded, consider Expectancy Theory (and the Placebo Effect): You don't always get what you want, or what you work for, but you will more often than not get what you expect. If you expect to feel nausea, you will. If you don't expect to feel nausea, you won't.

Here are the most common self-talk mistakes I see in my practice:

- *Focusing on the past or future.*
"The first time I went for my treatment I felt like I *wanted to die*. The second treatment is coming up and I'm already dreading it so much I can't sleep." This is a classic example of not letting go of past experiences. It's counterproductive to worry about what *might* happen. You always have complete control over the present moment, and that's where your thoughts need to be. If your present moment is all about your past, you're wasting your time.
- *Thinking only of the outcome.*
"I'm not gonna make it," or any other thought about outcome isn't a good use of your mental energy, as outcome is something that you have little control over. What you do have control over, however, is what you're doing in the present moment. Try changing your self-talk to focus on what needs to be done to produce your best possible outcome, and trust that the outcome will take care of itself.
- *Focusing on outside factors beyond your control.*
"I hate going for my treatment when there are too many people in the room" is a complaint I hear often. But it's a waste of mental energy and can only hurt your confidence and therefore your potential for a positive outcome. Work your hardest to keep your thoughts on factors *you* can control.
- *Focusing on weaknesses.*
"I'm overweight and that makes it harder for my body to handle the treatments." That might be the case, and if it is, work with your nutritionist and trainer to create a plan to lose weight. But dwelling on your weight weakens your confidence in your ability to handle treatments, plus you're focusing on something negative that you can't do anything about at that particular

moment.

- *Demanding perfection.*

Avoid saying to yourself: “This needs to work.” It’s unrealistic and unfair to have such a loaded expectation. Your goal should be putting yourself in the best possible position to accept and benefit from the treatment, not setting yourself up for potential colossal disappointment. If you want to demand something of yourself, demand that you do the best you can at each moment (do you see the trend?).

How to Change Your Self-Talk

Chances are you’ve experienced a few of the above self-talk mistakes in the past. But how do you actually change your self-talk to be more positive? We can’t really control the thoughts that come into our heads, right?

Wrong. There are two ways to eliminate negative self-talk. One is through a process commonly referred to as *thought-stopping*, which involves four steps:

1. Become aware of self-talk.
2. Stop the negative.
3. Replace with positive.
4. Practice the act of stopping negative thoughts.

Easy enough, right? The only problem is that for thought-stopping to be effective, it requires lots and lots of practice on the conscious level. The way we think and talk to ourselves can be a terribly hard habit to break, considering we’ve been doing it a certain way for our entire lives. To improve your inner monologue this way, you need to work hard to learn to recognize when you’re engaging in negative self-talk, then you need to work equally hard at stopping those thoughts and replacing them with positive ones.

Fortunately, there’s an easier, faster way of changing your self-talk. You can eliminate your negative self-talk with very little effort by using your subconscious mind. But first, some tips for the conscious mind . . .

Creating Positive Self-Talk

Despite the fact that there are close to one million words in English, we use only a fraction of them (just a couple thousand, on average). I suggest doing some vocabulary building, and while you’re at it, some weeding out, as well. There are a handful of words that most people frequently use, which affect the subconscious so negatively that my opinion is that we could all benefit from eliminating them from our vocabularies. Before we discuss what your self-talk should look like, let’s first address the most important words to avoid when you’re talking to yourself or to anyone else.

Words to Avoid

Sorry

I believe that everyone needs to eliminate “I’m sorry” from their vocabulary. If you’ve done something you need to apologize for, simply say, “I apologize.” And if there’s some way you can make the situation better, make that part of your apology. If you’ve bumped into someone and their drink spilled on their clothes, rather than saying “I’m sorry,” say “I apologize. May I send your pants to the cleaners?” If you are in a position to apologize, you are probably in a position to somehow remedy the situation, and doing so is the right thing to do.

“I am sorry” demeans you because you are calling yourself sorry, which isn’t a compliment. Meanwhile while “I apologize” lifts you up because you are admitting you made a mistake and taking responsibility to rectify it.

Some people, and they tend to be women, say that they’re sorry for practically everything. Even things they’re not responsible for. What that does is project a message of nervousness and insecurity. It also says that you’re not paying attention to the way you communicate. For instance, I have a client who constantly says she’s sorry and even apologized for the weather recently. I stopped her in her tracks and asked her if she genuinely believed she was responsible for the weather. Needless to say, we added some reprogramming to her sessions that included saying what she means and eliminating the use of “sorry.”

Try

“Try” is one of the most poisonous words in the English language. This venomous little word can cause much misery. Try means to test, to attempt to do something. But its connotation is deadly, as it creates three reactions in the subconscious.

1. It programs failure. If at first you don’t succeed, try, try . . . again. The ellipse between “try” and “again” means over and over again. Failure is implicit in the word try. I tried to lose weight (but failed). I tried to be a good father (but failed). I tried to remember what Laura told me to do when I went for my treatment (but failed).
2. Try is a wholly negative word. Because life requires a total commitment, and because try gives you an ideal way to escape responsibility for doing or not doing something, it is the word many people hide behind. They refuse to commit themselves to yes or no. It’s so easy to seek the middle ground and say “I’ll try” whether you want to or not. As you utter the word try, your subconscious immediately picks it up and says FAIL. Listen to people who use the work try a lot. Invariably, they are failure-oriented and frustrated.
3. Try is not an action word; it doesn’t give you anything to do. For instance, you hear the word sing, run, or sit, and your processor gives you something to do with them. Now to that with the word try. What are you doing in your head when you hear try? Replace self-

defeating talk with “I’ll do my best.”

Hope

Every word you speak or hear causes a certain kind of emotional and physical response. “Hope” transmits a subconscious image, which promotes a feeling of anxiety—the subtle dread that something bad is about to happen. “I hope I don’t wake up feeling sick in the morning” creates a negative response. There is an unhealthy feeling and there is serious doubt about that the morning will bring good health.

Problem

When you use the word “problem” you are emphasizing an obstacle and generating a feeling of helplessness; that’s why this word is so lethal and should be eliminated from your vocabulary. If you dwell on difficulties, barriers, or defects, the nonselective, subjective mind accepts your thinking as your command and then proceeds to work strenuously to produce the same in your external world. Replace problem with something like “challenge.”

Can’t

Bobby, age 8: *Mrs. Siegal, can I go to the bathroom?*

Mrs. Siegal: *I don’t know Bobby, can you?*

I remember that same exchange occurring over and over again when I was in grammar school. It was actually a great technique for reminding us kids that “can” means that you physically have the ability to do something. And “can’t,” therefore, means that you are physically unable to do something. That is a very powerful, very negative concept, and might not be an accurate one.

When you say “can’t,” such as “I can’t handle the treatment,” think about that for a moment. Your medical team wouldn’t allow you to proceed with a treatment unless your condition was one that would handle it well and you would benefit from it. If you really couldn’t handle it, they wouldn’t be administering it. I recommend checking with your team before each treatment and going over all of the various indicators that you can, in fact, handle the treatment, and then changing your language to “I can handle the treatment.”

Not

Have you ever told yourself, “I will not let the needles bother me . . . I will not let the needles bother me . . . I will not let the needles bother me,” and then the needles bothered you? We’ve all repeated similar phrases and had the same outcome: disappointment. Why? Because the subconscious is incapable of producing the word “not” in your behavior. Instead, it produces everything but “not.” So it produces the behavior that supports “I will let the needles bother me.” Need more proof? Quick—

do not think of a yellow polar bear sitting next to you. What happened?

Your knowledge of how your subconscious deals with (or doesn't deal with) negative words like "not," "don't," and "won't," will be especially useful when you are constructing affirmations for yourself. But as for your daily language, starting today, always state the outcome you desire in the positive, such as, "I can survive this."

The Two Most Powerful Words You Can Use: I am

These three letters, when put together like this—I am—are a powerful tool for both negative and positive self-talk. *Why?* Because your subconscious will assume the identity of whatever follows them. Consider "I am so sick" and "I am in great health." If you were to rearrange those sentences, you'd end up with "So sick, I am." "In great health, I am." It implies that you and the state of being you describe are inextricable. You and "so sick" are the same thing; you are one. So if you are trying to get well, you will have a very difficult time, as you are carrying around with you the very obstacle you seek to eliminate.

Restructure Your Language

Here are some simple rules to follow when restructuring your language— to yourself or to others. You can also use these rules when you are creating affirmations or suggestions when writing your own self-hypnosis scripts for anything you'd like to accomplish. Remember that your language creates action in the world and that language (both negative and positive) programs your subconscious. And when you're in Alpha state, your language will program your subconscious very quickly, and very easily. So as they say, "*Be careful what you wish for . . .*"

- a. Be realistic. Though your subconscious mind doesn't recognize the concept of impossible, and will work on anything, there are five areas to avoid, particularly when you are in Alpha. Avoid working on the mind of another. The one mind you know you can control is your own. Besides, the universe doesn't reward people who try to control the minds of others.
 - b. Avoid attempting to change the orderly progression of time.
 - c. Avoid thinking you can call upon knowledge, information, and experience you don't have (e.g., you can't fly, you don't have bionic vision or hearing, and, no offense, your golf swing isn't identical to that of Tiger Woods).
 - d. Avoid the attempt to make physical changes that are physically impossible (e.g., although some nonhuman animals can regrow limbs, we cannot. And although I have heard people tell me they used affirmations to increase their bust size, I'm a bit skeptical of this claim.).
 - e. Avoid manipulation of that which is beyond your control (e.g., how good the nurse is at administering the treatment).
2. Phrase everything in the present time. "I will" means later and later never comes. Create a strong mental picture of your objective "now," and let your subconscious produce it for you.

3. Always use a completely nonresistant (positive) approach. Make no mention of what is bothering you. Create a dynamic and positive image of your objective. Talking about what you don't want and visualizing what you don't want just makes what you don't want more likely to occur.
4. State your objective clearly. Know exactly what you want. Fuzzy, hazy goals produce little in the way of results. Always work for the strongest possible response—feelings and pictures.
5. Stress activity. You must begin where you are NOW. Stress the activity that will take you to your objective.

Visualize. Alpha consciousness responds only to mental images. So when you're in Alpha, picture the desired goal as you produce Alpha brainwaves. Let the image happen. Thinking is conscious mind activity, and when you think, you should be restricting yourself to positive, productive thoughts and images.

6. Symbolize. Any concept, goal, or objective that doesn't lend itself easily to visualization can be readily impressed into the subconscious mind by simply assigning a symbol to it. For example, whenever anyone says "hospital," an image appears in your consciousness. You then have a feeling of dread, a feeling of anger, a "blah" feeling, a feeling of excitement—any number of responses are triggered according to your experiences. In this same manner, you can deliberately use words, colors, objects, people and things to trigger entire affirmations and/or suggestions.

Maximizing Your Treatment Potential

Instructions:

1. Read each night, before retiring, for 21 nights. Read aloud, with feeling, using the word you chose earlier to replace the longer version of Alpha Conditioning.
2. Proceed immediately to the script for Maximizing Your Treatment Potential.

S	M	T	W	TH	F	Sat

From this moment on, each and every time I desire to attain the deep state of total relaxation, I am instantly and fully relaxed, as I am now drifting into the Alpha state of consciousness. The moment I think my chosen word, __, Alpha occurs. This word has an effect only when I use it and only under the proper circumstances. Each and every time I do use it I am fully prepared to receive positive, beneficial, and constructive suggestions, impressing each one deeper into the storage and memory facility of my brain.

From this moment on, _____ triggers deep relaxation of my mind and body. I feel Alpha occur. I feel wonderful. I feel comfortable. I am totally receptive and responsive to my own creative ideas and suggestions. I am bathed in a glow of quietness, peace, and serenity. My chosen word works only when I deliberately use it for deep relaxation to attain Alpha consciousness. Its use in regular conversation has no effect on me whatsoever. From this moment on, each and every time I desire the deep state of total relaxation, I am instantly and fully relaxed upon saying _____. Because my subconscious must follow my command, each and every time I desire total relaxation, I am instantly and fully relaxed when I think my chosen word_. I feel a deep sense of gratification as this word programming becomes a reality. Feeling wonderful, generous, alive, and eager to maximize my treatment potential.

MAXIMIZING MY TREATMENT POTENTIAL

The reason I am reading this is that I want to maximize my treatment potential. I have made the decision that I will get the best possible results from my treatment. I have faith in the plan of treatment that I have chosen to proceed with. I agree with the doctors or therapists who customized my plan that it is the best treatment possible for me. I am comfortable with their advice and I have faith in my decision to utilize their treatment plan.

I follow my treating physician's instructions and believe in the path of treatment that I am undergoing. I have faith in my recovery period that it will happen smoothly. I believe in the strength of my treatment plan. I have made the decision to maximize my treatment potential . . . and I do.

I am so completely relaxed. Although my mind is still aware, my body is in a deeply relaxed state. My body is working to maintain, to replenish, and to revitalize my entire physical being. I just allow this relaxation to continue on. Relax. I enjoy this deep level of relaxation. I simply let go, deeper, and deeper and still deeper into a secure state of relaxation. I let go of any tension any place that I am holding anything . . . I let it all release out of my body.

I visualize a bathtub drain on the bottom of my feet. I see all the tension, negative feelings, thoughts, and anything that is on my mind . . . I let it all drain out of both of my feet. This happens just like letting the water drain out of the bathtub drain . . . I let it happen. I let go of anything that is holding me back and anything negative I am holding onto. All negative, fear-based emotions, anything that I have on my mind . . . I let go . . . let it happen.

I accept the state that my body is currently in. Whether it is a disease or a condition, I accept my present state of existence. Now, I think about how I am going to treat this disease or condition. I picture a caterpillar. Now, I visualize this caterpillar becoming a butterfly. The caterpillar represents me before my treatment. The butterfly is the after result of my treatment. Becoming a butterfly is easy and it takes the amount of time that is right for me. I must be patient to become a butterfly.

I focus on the butterfly as it sits quietly. What color are its wings? What is the dominant color? I focus on this dominant color. I inhale a deep breath . . . and let this color fill my entire body. I exhale very slowly. Now, I inhale again, very slowly . . . I inhale this color into my body. I exhale very slowly. Good. Now, I visualize this butterfly flying. I see how beautifully it moves. I am the butterfly. The butterfly symbolizes treatment, time, easy work, commitment, and acceptance. The butterfly is me.

I accept the fact that I must work to become the butterfly. I accept the fact that I must be patient. Good things come to those who are patient. I will venture forward and I will achieve the results that I so completely wish to grasp. I believe in my body and its ability to heal. I am confident. . . I am relaxed . . . and I am at peace. I am in a state of physical, emotional, mental, social, and spiritual well-being. I am calm and content because I have chosen to be healthy. Yes, I choose to be healthy. That is my decision. I have chosen a path of treatment and this path will make me healthy. My body heals. I embrace health.

My body agrees with my decision to embrace my treatment. Every fiber, every tissue, every organ, every gland, every minute part of my body is functioning to the best of its ability. The fact that I accept my body's power to heal means that I have faith in my body's healing powers. This acceptance and faith acts to relax me even further. The more I relax, the easier it is for my body to accept the treatment plan that I have chosen. I have maximum positive results with my treatment.

I freely and comfortably accept the fact that I have made this very important decision. It is so comforting to know that I have chosen a way to treat my ailment. Believing in my decision is the first step to recovering. The second step to a successful recovery is believing that my body will recover. Trust and faith. I trust my decision and have faith in my body. I will recover.

I am grateful for my treatment. I am thankful for everything in my life. I embrace the opportunity for my body to heal. The love and respect that I feel for my body makes it so easy to put faith in my body's ability to heal. Thoughts of confidence, self-love, self-respect, and admiration fill my heart and mind. I am at ease with myself and my body. Peace is mine. I relax. I am confident in my body's ability to be healthy and productive.

I keep a positive mind. My body is a perfect self-healing mechanism. All my chemical levels, blood pressure, blood sugar, blood cells, nerves, muscles, immune system, and every other functioning feature of my body will now come into balance. My body systems all operate in harmony with each other. Since I have made a decision to maximize my treatment and healing potential, my body will heal itself perfectly. My subconscious mind will work to keep me healthy always. I have faith that I will be able to resume my life in an appropriate time frame.

Good. I want to settle into an even deeper relaxed state. I am so comfortable and at ease. I focus on my breathing. I focus on inhaling a nice deep breath . . . now I exhale that deep breath . . . good. With each breath that I inhale and exhale, I relax even further. Inhale . . . exhale . . .

relaxation spreads throughout my body.

I focus on that butterfly that I visualized earlier. I remember what color its wings were . . . I remember that dominant color . . . Again, I focus on this dominant color . . . I inhale a deep breath. I let this color fill up my entire body . . . Good. Now, I exhale very slowly . . . Again, I inhale very slowly . . . I inhale this color into my body. I exhale very slowly. Good. Now, I visualize this butterfly as it flies. I see how beautifully its wings move in the air. I see how this butterfly is full of life. I am that butterfly. The butterfly symbolizes me after my treatment. Treatment, time, easy work, commitment, acceptance. The butterfly is me.

During treatment I imagine my body handles the treatment program. I see my healthy body blueprint as every organ, gland, cell, and minute part of my body handles all treatment, always keeping myself on a healthy lifestyle that helps my body to heal. During and after treatments I feel myself being hungry and thirsty. I believe my body is getting healthier and healthier with each treatment. I only have healthy treatment side effects. I sleep well every night. I exercise to my ability.

For added security, I surround myself with the color of the butterfly. As I surround myself with this color, I know that it will keep only positive thoughts in my system. That's right. This protective surrounding color serves as a silent guard that comforts me.

This entire suggestion is represented by the color green. Green symbolizes my body getting healthier and stronger in response to my treatment. Green means I am hungry and thirsty because I am healing and stabilizing every part of my body in response to my successful treatment. Every time I see the color green, in or out of my conscious awareness, it reminds me that I am positive and steady and I am living my life with balance. Every time I see the color green this suggestion is tripled in my subconscious mind allowing me to be stronger and more resilient.

You now have the choice to either awaken or to drift off into a normal, natural sleep. If you are going to awaken, say:

Twenty minutes. Wide awake.

If you are going to drift off into a normal, natural sleep, say:

I am now going to drift off into a normal, natural sleep. When I awaken, I will feel fully rested, calm, and at peace with myself, the world, and those around me.

