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*ILLNESS*  
*BY LAURA KING*  
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*PASSING*

Dying is the final stage of life, remember. It is . . . a stage . . . of life. And as such it should be lived. It's not about submission or giving up.

There are things to do and conversations to have. Accepting this stage of life is paramount. You don't have to like it. You don't have to assign a value to it at all; it can be neutral. What you cannot do is deny it; you must accept it.

Our goal at this time is to find peace of mind with the world. You don't so much find it as you create it. You deliberately set out to resolve issues, reach out to people, laugh, release grudges, and live the life you have left. More than ever, this is a time to cherish time rather than waste it. Don't let the last moments available to you pass you by; live them with all the gusto you can muster up.

Those conversations you need to have . . . think about them. Who needs forgiving? Who needs to know that you have forgiven them? This is a time of letting go of the body, of life, that's true. But it's also a time for letting go of grudges and expectations and anger. Forgive, and ask for forgiveness. Be grateful, and express that gratitude. For all of the love you feel, express it. Don't keep gratitude, forgiveness, and love to yourself. Give them to the people who deserve them. Give them to the people who need them.

During this time of becoming more and more peaceful with the idea of your passing, it helps to do some inventory. Acknowledge the sad things that have happened and your sadness with the condition of your body/health. But after that brief time of inventory, clear all of that out of your mind. I'll help you with the script that follows, but know that focusing on the negative at this point does nothing. Simply recognize it and bury it. This is a time for reveling in all of the positives and drawing peace from them. Finding your peace and showing it to the world is an expression of your love for yourself and those who support you. Be grateful for your peace and for the love of those around you. Express that gratitude.

And finally, say goodbye while you can. You have control over how you say goodbye right now, so take the reins and decide how and when you will say goodbye.

Your body and your mind will lose their ability to function. Maybe quickly, maybe slowly. Maybe one will go before the other. And because no one really knows exactly how much time they

have before they begin to deteriorate mentally and physically, or before the deterioration that has already commenced quickens exponentially, my advice is always to get to work immediately, while you are completely in control. Say all of these goodbyes, express all of the love. Forgive.

In addition to the resolving of issues with loved ones as well as accepting the inevitable, you have the seemingly less significant work of life and living. What practical things need to be done? Do you need to contact a hospice or order medication or equipment that will make the end of your life more comfortable? Have you spoken to those who know about your case about what to expect from your dying process? Are your finances in order? Do you have any wishes that those around you can fulfill during your last months/ weeks/days?

Own what is occurring. Don't be embarrassed by it. Celebrate this final stage of life, but do keep an eye on practical matters that must be addressed. In addition, if hospice care isn't part of your plan, make sure your comfort is at the forefront of your planning, and make sure that there is at least one other person who knows about your wishes and any medical directives you have.

### *Planning the Acknowledgment of Your Passing*

What do you want to happen when you pass? How do you want your loved ones to acknowledge your life and death? Do you want to follow the traditions of your religion? And if so, are there decisions you can make within that framework? Can you choose whom you would like to eulogize you? Can you choose which readings from a holy book you want to be associated with this gathering of people remembering your life and acknowledging your death? Are you one of those people who doesn't want their friends and family to be all glum, but would prefer that they throw a raucous party of some kind? This is your chance to think about all of this and leave your unique fingerprint on the service that celebrates . . . you!

As for living your life, what are you grateful for, what are you most proud of, what do you wish you could do more of? Again, this is the time to express your gratitude, your pride, your desires, your wishes

for yourself and others. What do you want your final months, weeks, days and minutes to look like? What do you want them to feel like? What do you want to be the dominant feeling during this time?

Peace. Love. Forgiveness. Gratitude.

## **Support for Those Who Are Passing**

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 Passing.

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, and prepared to embrace my Passing.*

## P A S S I N G

*I am reading this because I have the energy and peace that will enable me to allow the process of passing and embrace my passing. This energy is so strong and complete that I will be able to always point myself in the direction of my highest good. Realizing that I accept what I must. I now have all of the courage and peace necessary to move towards my own destiny. I have a tremendous feeling of self-love inside my heart. As I realize this, I begin my process of passing. My mind is creating a more peaceful mindset and knows that I have done what I can. I have done the work I needed to do in my life and I have lived the way I needed to live. I accept what my life has given me and I accept my lessons.*

*I let go of all notions that begin with woulda, coulda, or shoulda. The past is the past and I let it go.*

*I allow my own vital place inside the flow of the universe. I know that because I feel part of the universe, I will never again feel alone. I know that everything that has been happening is*

*actually part of a process enabling me to do what I have been meant to do all along. All that has been occurring around me has occurred so I may find my life, as it should be . . . my place in the world. I also have found all I am meant to find and create. As I allow myself to become fully aware of this . . . I am able to forgive all that has occurred. Inside this forgiveness . . . I find even more peace. Every realization I have about my life gives me more peace.*

*I may now go into a safe place inside myself. That's right. I find a path inside myself that leads to my own truth. I relax more with every word and I find a safe, secret place that is mine only. As I find myself on this path of peace . . . I become aware . . . of balance and calm generating inside of my body. I feel a*

*warm . . . calming energy . . . moving through my body. I feel it traveling throughout my body . . . moving very slowly . . . very comfortably. I allow positive harmony and peace inside my heart. The feeling moves through my heart and soul as I feel more and more comfortable. I find myself in a safe, secret place inside myself. Feeling so comfortable. Very good. Now I focus on true feeling. I allow a forgiving energy to move through me. My inner self is directing me toward thoughts and images that will enable me to feel peace. My inner self will continually allow the feeling of forgiveness toward those I believe harmed me . . . and those that I have harmed. I remind myself that all that occurs . . . leads me toward letting go.*

*Now, I concentrate on the areas of my life that require attention. I focus on these areas and imagine a wave of gratitude is moving through me and allowing a sense of peace to saturate me. That's right. I am letting a feeling of harmony and balance be attached to these areas so I can explore the possibilities for my own meaning in life. I am now accepting what life has given me and I accept . . . and have gratitude for . . . my lessons.*

*I imagine myself outside in a beautiful garden. I feel comfortable. I notice that there is a small table in this garden. I am relaxing more and more as I allow myself to go over to the table. On this table I notice there are two small blank books. I notice the cover of the book on the left. It is called *The Book of Sadness*. I pick up the book and imagine I am writing in it . . . all of the hurts of my entire life. That's right. I see myself writing in all the old negativity . . . the despair . . . the issues that can never be resolved . . . the grief. Any other emotions, thoughts, or details of the past that cause me pain. That's right. I jot down the dreams I had that I never allowed to manifest. I write it all down and notice how with each entry I am making in *The Book of Sadness*, I feel more and more free. That's right.*

*I feel a sense of relief with each notation I make. Good. As I continue, when the time is right for me, I then move to the next step. I notice there's a large deep hole in the ground. And a shovel next to it. I imagine myself walking over to the hole in the ground and dropping *The Book of Sadness* into the hole. Next, I pick up the shovel and begin burying the disappointments and*

*negative emotions of the past, one shovel-full at a time. That's right. At my own pace, I am able to let go of the past and to bury it one shovel-full at a time. It is time to finish burying the book.*

*Now I imagine the book has been completely buried. And now I realize during this time that I can examine the positive lessons I've learned from my past. There are a lot of positives I realize and I keep all of that information. I now consider that no matter what occurred in the past, I have peace and I am thankful for the good. I realize, too, all the steps I took in the past have made me who I am today and that is Perfect Enough. And now the person I am today is truly a wonderful gift to the world. I am aware that I've learned positive lessons from my past, and I will now be able to accept where I am now.*

*I imagine picking up the second book . . .the one on the right . . . and I notice that the cover reads The Book of Peace. As I look at this book I know that I am letting my mind be at peace with everything and everyone. In my Book of Peace are all the beliefs and ideas I've had about dying. I come to terms with the deepest part of myself and realize this is my time and I must find it in me to show my peace to help those I am leaving behind. I realize in my Book of Peace I have to be willing*

*to share my forgiveness and ask for forgiveness. The internal peace I am helping myself with comes through a greater understand of my own mind and my own ability to have peace. Through this process I must look at those around me and thank those that have been here for me. With a true attitude of gratitude . . . I move with gratitude . . . I allow it to flow through me and around me. Forgiveness and gratitude. I allow the strength of my own passing to help others handle my passing. I am choosing to be strong as I say my goodbyes.*

*Every time I see the color blue I feel more peaceful and relaxed. Every sound that I hear gives me peace.*

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 your choice is 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.*