

*Summit Press*

## *Hypnosis for Moving Through Illness*

*by Laura King*

*www.SummitPress.net*

### *SUPPORT FOR CHILDREN*

Though children tend to be far more resilient than adults, that doesn't mean a family member's illness doesn't present emotional challenges for them. Just like the spouse of a person with a major illness, the children have to adjust to a new life. And they might develop ways of coping or hiding what they're going through, so it might not be obvious that they need special care and attention.

My experiences with parents and children inform me that it's important to control what you can for children and structure what you can. I realize this isn't too different from what you do in a family without a parent who is ill. Predictability is your friend, as it simply decreases the number of things you have to think about.

Children need to know that they will be taken care of. After all, they are likely being put in a position where one of their primary caretakers is going to:

- need a lot of attention
- be away from home a lot getting treatments
- be home more (rather than working)
- look and behave different
- pass away

It isn't unreasonable to think that a child might wonder whether his lunch is going to get made or he is getting a bedtime story. Try to stick to your routines and disrupt them only when necessary. And as for the physical changes you might experience, explain them while emphasizing that you're still the person you've always been, it's just that your outside is changing.

Everyone's energy needs to be saved for the important moments, such as honesty with children about what's happening. If being age-appropriate is something that's a concern, never hesitate to consult an expert in child development. Social workers and counselors will often coach parents or even facilitate discussions with children. Whatever the discussion looks like, always make sure that you encourage open communication and create an environment where children feel safe to ask questions. Children should never be made to feel shame or guilt or any other negative consequence for expressing their concern or their questions about what's going on with their parents.

The worst thing any parent can do is lie about their illness to their children. They might not look like they're paying attention, but they notice when things are off. And leaving them out of the loop can make them feel unimportant, untrustworthy, and small. They will have enough to deal with when they know the truth; they don't need the extra baggage that comes with dishonesty. They don't need to know every tiny detail, but they shouldn't be lied to about anything.

Getting kids to actually talk about their feelings may take time, but creating lines of open communication can happen immediately. The grown ups need to lay the groundwork, and the kids come around when they come around. As long as they know that they are free to speak up without fear of any kind of negative repercussions, most kids will eventually open up. I say most, as some require a different approach, perhaps of a structured, professionally facilitated group or one-on-one program. The key is for the children to realize that they are not responsible for the illness, there is no shame in the illness, and they are not alone. They need to know that there is a safe place for them to process and express their feelings and thoughts. This kind of empowering is greatly beneficial for young people, and a brief search on the Internet will show you that there are many programs for young people who have an ill family member. Do your homework! Get referrals. Ask your patient advocate and everyone else on your team for recommendations. Do something and do it early. I say do it early because parents often don't realize the toll their illness is taking on their children. Perhaps because they see them every day, they don't see the signs of emotional distress. Perhaps they express their concern frequently and the kids say they're okay and are coping well and the issue isn't pursued further. Whatever the reason, the emotional care of the children is often overlooked. Again, get support for them and get it early. One way children are like adults is that in the absence of honest and complete information, they will fill in blanks and create stories from their imaginations, and often what they create is worse than the reality. Another way children are like adults is that they often find it easier to open up to someone outside the situation. Each child should have a safe person they can go to. It might be a social worker or a family friend or extended family member. Perhaps a clergy person or a teacher. But there should be someone to go to for each child and the dynamics of some families, or some families in crisis, often makes it impossible from the child's perspective to go to a parent with their concerns and feelings.

Warning signs that your child isn't coping well and needs help/more help/a different kind of help include the usual suspects:

- changes in sleep pattern
- changes in eating patterns
- problems in school with behavior or academics
- isolation and other changes in social behavior (including bullying)
- sudden lack of interest in hobbies, sports or other extracurricular activities that are ordinarily important to the child
- developmental difficulties, such as forgetting toilet training during the day or bedwetting at night
- self-harm

- changes in communication behavior (suddenly becoming very quiet or very unruly and boisterous)
- running away
- In addition, fears and anxieties related to the illness might present themselves in the form of:
  - fear that they too are going to become ill
  - fear that the other parent is going to get ill or leave
  - fear of hospitals, doctors
  - fear that everyone who gets sick gets very sick and will die (if you are terminally ill)

What children need as much as they need honesty from their parents and continued love and hugs from their parents, is a way to deal with the stress of a suddenly different life. We cannot underestimate the challenges children are experiencing internally as a result of the illness of a parent. This is particularly true when the parent is terminally ill. You can help your children help themselves by empowering them with the gift of self-hypnosis.

*Carly came to me because her husband was terminally ill and their 10-year old son (the oldest of four children), Evan, subconsciously decided that he had to step up to be the man of the house. All Evan really wanted was to go to basketball camp and be a kid, but he had convinced himself that he needed to “get real, grow up” and take responsibility for things he shouldn’t need to be involved in. He wanted to pay the bills, he asked about getting a job, and the future of the family was heavy on his mind. He didn’t want to talk about his feelings because he thought, “real men don’t do that.” I hypnotized Evan to give him permission to be a kid and to talk to his parents about what he was going through, and after a few sessions, he was excited to go off to basketball camp.*

Some children become closer to their parents after the illness has surfaced, but some become angry:

*Cristy was 14 when her mom, Tonya, fell ill. Cristy was at a pivotal time in her young life and needed her mother to help her negotiate the new world that was opening up to her as an adolescent. But her mom wasn’t around because her time was consumed with doctor appointments, meetings, and treatments. In addition, Tonya’s prognosis wasn’t good, her appearance had drastically changed, and she was weak all of the time. Cristy was angry with her mother for being ill and becoming so different and not being the mom she was used to, especially when she desperately needed her to be that mom. Cristy’s anger lessened greatly after hypnosis, though she subsequently developed guilt about the way she initially reacted as well as the time she felt she had lost with her mom.*

We need to remember that the brains of children and adolescents are physically different from those of adults. The part of their brain responsible for judgment isn’t developed fully and young people need adults to help them learn what appropriate responses look like. Regardless of the

response of a young person, we as adults must do what we can to put it into perspective and then model correct behavior.

Finally, the brains of young people are also responsible for their inconsistent or even very intense emotional reactions, and whatever emotions they present should be dealt with kindly and with compassion. The more—and the more calmly—we can teach them about modulating emotional responses, the better off (and safer) they'll be. Children need to realize that though they don't have control over the illness, they do have (some) control over their own behavior and their reactions to what is occurring in the home. And hypnosis can help them develop that control. You can give your children the rest of this chapter, as it includes instructions as well as the script that can support them while you move through your illness. They have their own journey that needs to be respected and addressed.

### **A Gift for Your Child(ren)**

I've included everything an older child or young adult would need to benefit most from the script. However, please read everything that follows and decide for yourself which parts your child should read. For example, perhaps the Rules section is something you want to just paraphrase. Perhaps everything leading up to the scripts (Extended Alpha and Instant Alpha are included) can be explained by you in your own way. The important thing is for your child(ren) to do the self-hypnosis, and do it daily.

#### *Rules for Successful Self-Hypnosis Sessions*

You'll first learn a few basic rules, and then you must practice, practice, practice. Repetition is your friend. Repetition is the mother of mastery.

**Rule #1:** Preset your time limit.

- Twenty minutes is the optimal amount of time, but you can use five or ten minutes if that's all you have.
- Give your subconscious the command that under no circumstances will you exceed the time limit. If you find yourself exceeding your time period (especially in the beginning), it may signify that you're releasing a great amount of tension. Only in the beginning and only under extreme stress should you lengthen the time period of practice. If you must, use a timer or alarm to awaken you until you've trained the subconscious to respond to you. Some of you wake in the morning without a clock. This works in the same way. Something will wake you.

You're seeking a dreamy, detached state (not sleep) wherein you can make clear and definite impressions upon your feeling mind. Total unawareness doesn't mean sleep. It's merely an indication that you're at a very deep level where healing can occur. That state is called Alpha, and better yet, Theta.

**Rule #2:** Get comfortable.

Loosen your clothing if it's at all tight or binding. Remove your shoes, your tie, or any article of clothing that may pinch you or be uncomfortable in any way. Position yourself so that your circulation is not restricted. Arms at sides, palms up, legs uncrossed, glasses removed. If you sleep with your contacts, leave them in; if not, remove them. **Rule #3:** Initially use the same place to practice.

- You'll begin to associate the chair, couch, bed, or even floor with the level of consciousness you need to be at to achieve healing. As you become accustomed to the routine, habit will take over and you'll find yourself propelled to that place at approximately the same hour each day. Think of this relaxation period as you would a daily bath—except this bath is for your mind. If you might be doing your self-hypnosis at work as well, choose a spot there and form the habit of going to that spot for practice.

Don't use your bed if you have difficulty sleeping. Don't practice for at least an hour before bedtime—otherwise you will be alert and awake when you want to sleep. On the other hand, if you're using this session to fall asleep, begin at your bedtime.

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**Rule #4:** Use your environment.

- Allow every noise, sound, or movement to carry you deeper into the desired state. We live in a noise-filled, busy, active world. To be completely effective you must be able to achieve the state of Alpha any time you choose, under any conditions. To do this, simply use your immediate environment to help you relax instead of working to discount it. Prepare for any eventuality. If you are expecting a call, use a telephone to awaken you. If the doorbell should ring, use it to deepen the state. It's up to you to form the habit. Every sound or noise can take you deeper and deeper or it can awaken you. It's your choice.

**Rule #5:** Always maintain the same attitude.

“Here I go!” Expect to thoroughly enjoy this period of relaxation. Assume an attitude of, “I allow myself to relax as deeply as I can and I enjoy the benefit from the experience.” Avoid analyzing, avoid questioning and give up all effort. Simply let it happen.

### *Automatic Results from Practicing*

The results of practicing include: you sleep better, your mental and physical health improve, and your performance in school improves. Without the continual carryover of tension from day to day, your systems function more effectively. You are more at ease during both your waking and sleeping hours, and you sleep deeper and more contently, but for a shorter period of time. Experts vary in their precise conclusions, with anywhere from 15 minutes in Alpha being equal to four hours of restful sleep to one hour of hypnosis equaling four hours of sleep. When you find yourself sleeping less, you’ll also find yourself with extra hours to do things you’ve always want to do—extra reading, writing, exercising, whatever interests you.

### *Condition Yourself to Reach Alpha State*

Once you’re able to consciously relax your mind and your body, you’ll be prepared to go into Alpha state using the Alpha Conditioning script that follows this section. And once in Alpha, you’ll be ready to put yourself into a hypnotic state and accept the suggestions that will lead to changes in your behavior on a deep, subconscious level.

You’re probably going to have to practice a handful of times, with the complete or extended script, in order to achieve the Alpha state necessary for you to accept the direct suggestions in the hypnosis script or CD. You can either read the following script, record yourself reading it (and be prepared to do it a couple times until you get it right), or you can listen to the progressive relaxation (“Alpha Conditioning”) segment, which is at the beginning of every CD in the *Hypnosis for Moving Through Illness* CD package.

Chart your progress over 21 days, by placing checkmarks in the following grid:

S	M	T	W	TH	F	Sat

Mark each successive time you read or listen to a script. If you skip a day, you must start over. Let’s relax using Alpha Conditioning. Read the following script.

### **Extended Alpha Conditioning Script**

*Under no circumstances do I naturally fall asleep. I allow myself to relax*

. . . I relax and allow myself to become as comfortable as possible. I feel myself relax. I allow the sensation of gentle rest to begin flowing throughout my body. I can feel myself growing more and more relaxed with each and every breath that I exhale. I visualize a balloon exhausting all of its air. I too relax, releasing greater and greater amounts of tension as I exhale . . . dissolving into the deepest state of rest. I feel . . . feel .

. . the sensation of soothing relaxation as it begins in my toes . . . and each and every fiber and muscle in each toe now responds to the irresistible urge to let go . . . to let go. Each toe grows limp, loose and relaxed. As a dry sponge absorbs warm, languid liquid, my body absorbs the soothing, languid, glowing quietness . . . of relaxation. Irresistibly . . . the relaxation flows into both of my feet. Smoothly yet quickly, with an ever-increasing sense of pleasure and enjoyment, the sense of peaceful, calm relaxation reaches my knees . . . and my knees relax. Swiftly now, like that thirsty sponge . . . soaking up warm liquid, the relaxation spreads to my upper legs, saturating them . . . spreading smoothly into both hips, and I am, from the hips all the way down to the tips of my toes . . . firmly aware and yet deeply relaxed.

With every breath now, my level of conscious awareness grows less and less . . . and less. Feeling safe and secure, my legs seem to fade . . . fade .

. . fade away. Every breath is slow and easy . . . slow and easy . . . slow and easy. As I relax deeper and deeper, the same soothing, tingling . . . relaxation . . . now begins to develop in my fingertips, filling each finger smoothly, deeply, and totally, with the sensation of deep relaxation. Each finger discharges every last bit of muscular tension, and in doing so .

. . grows limp, loose, and relaxed. As the relaxation grows deep and complete, it spills over into both of my hands, saturating every tissue . . . every fiber . . . every cell . . . with the most enjoyable sensation . . . of absolute ease and quietness. As tension is dissipated, I become aware of the sensation of the free flowing circulation of my blood, which adds to the glow of relaxation. Both my hands are now completely relaxed . . . and the relaxation spreads with increasing effectiveness into my wrists, and my wrists let go . . . into my forearms . . . and they, too, grow limp and relaxed. My elbows let go as they too . . . seem to fade . . . fade . . . fade away.

Swiftly now, the growing sensation of utter calmness and tranquility permeates my upper arms . . . the muscles grow limp and relaxed . . . and finally permeates both shoulders and . . . my shoulders let go . . . very limp, very relaxed. With each soothing, satisfying breath, they seem to fade . . . fade . . . fade . . . from my conscious awareness. My legs are deeply relaxed, and my arms are deeply relaxed. A soothing, penetrating

. . . deep quietness of my arms and legs now begins to penetrate, to saturate . . . to fill and to soak . . . the rest of my body . . . with calm, quiet rest. I visualize clear, golden honey flowing smoothly and gently into a clear, glass container. Like the honey, the relaxation spills down from my shoulders, flows down my spinal column . . . bubbling up from my hips . . . and through my body . . . slowly filling me with the most pleasant, enjoyable sensation of quietness. My back muscles relax . . . my abdomen muscles relax . . . my chest muscles relax . . . and every tissue, every organ, every gland, deep within my being responds to this soothing sensation . . . by relaxing also. Relax . . . relax . . . relax.

*Every sound, every noise, every voice that I hear helps to me relax deeper and deeper. My glands and my organs are smoothly and efficiently . . . growing more relaxed with each and every beat of my heart. My heart is now pumping soothing . . . easy . . . quietness throughout my being. Slowly and irresistibly now, my entire body is filling . . . filling . . . filling*  
*. . . with relaxation . . . and soon, my entire body grows limp and then begins to fade . . . fade . . . fade away. As my conscious mind yields to its critical authority . . . as it drifts . . . and dreams . . . and floats . . . the irresistible sensation of relaxation spreads smoothly into the muscles of my neck and each nerve, each muscle, each fiber . . . grows limp and relaxes, responding more and more to the urge to relax . . . deep and deeper. As my neck muscles relax, all congestion is relieved, all tension vanishes . . . and the sensation of utter contentment fills my mind. My mind urges my relaxed body to let go even more. The soothing quietness spreads into my scalp . . . and my entire scalp lets go.*

*A blanket of quietness is slowly enveloping my entire being, which I can now feel. I feel a cap of soothing, drowsy rest spreading over my entire scalp, and with such ease . . . with such enormous pleasure . . .*  
*. the languid warmth finally spreads down across my face and every muscle . . . every nerve . . . every fiber in my face grows limp and relaxed. The muscles in my cheeks and jaws let go. I am now completely and totally relaxed. Every breath takes me deeper and deeper. Every breath finds me with less and less conscious awareness, but with greater and greater receptivity of my subconscious mind. I am, from this time forward, growing more relaxed, serene, and calm during all my waking and sleeping hours. I can, at any time, achieve the same deep sense of relaxation and quietness. I have the ability to relax and do so with the greatest ease and pleasure . . . making relaxation the easiest thing I do.*

*Upon awakening . . . I find I am more refreshed and more invigorated than I have ever felt in my whole life. I always find relaxation refreshing*  
*. . . invigorating . . . rejuvenating.*

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. Once you have completed the above program, you can progress to a more immediate form of Alpha conditioning . . .*

### Instructions for Instant Alpha Conditioning

Assuming you practiced the extended Alpha script, several times, under the proper conditions, you should easily be able to progress from the extended script to accessing Alpha state by using a single word. (You media- tors out there will already be familiar with this process, and whatever mantra you currently use will work just fine for our purposes here.)

1. Select a word you would like to use to replace the Alpha conditioning technique introduced above.
2. Practice this for one week. If Alpha state occurs when you use the chosen word, go on with the program. If not, repeat this set of instructions until Alpha occurs using your chosen word. When Alpha consistently occurs, you can use this technique to prepare your mind prior to any of the self-hypnosis scripts.

### Instant Alpha Conditioning Script

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 Support for Children.

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 alive.

## SUPPORT FOR CHILDREN

*I am reading this because I want to unburden myself of all of the negative feelings I have about the illness of a family member and how it has affected my life. I want to be able to speak to my parents or just have them hug me sometimes and I'm using this time to make that possible. My wish is to be free, happy, and secure.*

*I begin by using my wonderful imagination. I want to see, feel, or notice myself at the beach. It's a beautiful day. I see the waves coming in and see the color of the sand the color of the water. This is a wonderful place. I feel the gentle breeze on my face and the sand between my toes. And now, as I am walking along, I see a beautiful beach chair with 200 helium balloons tied to a stake in the ground next to it. There is a box with a lid in front of it. I walk over and sit down in the chair and take the lid off the box . . . now I pull out from my brain every thought that I have about the illness in my family. That's right, every negative, fearful, sad, angry, thought regarding what's going on in my life now. Every thought .*

*. . . every regret . . . every thing that is affecting how I feel every day, every negative thought I have about myself or the situation at home . . . the illness. I toss them in the box . . . I just throw them in there. I put in any and all thoughts, including that I may be responsible or to blame for this illness . . . I put in any thoughts of anger at the person who is sick . . . I put in any thoughts of fear about the future . . . I put in any doubts that I am loved and important. I put in all the worry about the future . . . I put in any regrets about how I've treated the person who is sick. I put the anger at the doctors or the disease in the box . . . put anger at any other family members for not being there for me or being too busy for me. I put in the feeling of not feeling loved and cared for. I put in any feeling of jealousy toward the person who is sick. I put it all in the box . . . I put anything in that box that is weighing me down or making me feel sad, guilty, jealous, or angry.*

*Now, I search my mind for any other fear, worry, self-doubt, regret, or anger about the illness and my life now . . . and throw them all in the box. And now I make this real. I imagine every detail of this movie of myself on the beach with the balloons and the box in my mind. I play the part and experience taking out each thought or feeling and putting it in the box. All the thoughts that have to do with the illness, treatments, feeling neglected, feeling scared, having to be strong, having to be perfect, feeling responsible in some way for what is happening. All of the scary, sad thoughts . . . I throw them into the box . . . and now that all the thoughts are in there . . . I put the lid on the box and secure it tightly. I can nail it on, glue it on, tie it on, whatever I choose. And then, I reach over and take that huge bundle of helium balloons . . . all 200 of them, and tie them securely to the box. Very securely. And then I let the box and the balloons go, and watch as they rise up higher and higher. I see them get smaller and smaller . . . they go higher and higher . . . they get smaller and smaller . . . and soon I see that they are just a tiny speck way up there in the sky,*

*and then, poof, they are gone. Gone from my mind . . . gone from my thoughts. I smell the salty air, and I am quiet and full of peace and freedom, as if a huge burden has been lifted.*

*I have thrown away all the negativity and the fears created by what's going on in my life. I have thrown away all the fear-based emotions. I am now open to new suggestions, which I accept and act upon. I am now open to the warmth, comfort, love and fulfillment that life has to offer. I feel safe and secure . . . I am surrounded by loving, caring people who want to help me, and I accept their help. I am now calm and relaxed, and a sense of peace flows through my body and mind. I just follow my breath into deeper and deeper relaxation.*

*I am aware that I can handle the situation that's going on around me. I can ask for help . . . I can find an adult to share my feeling with . . .*

*. I realize that I don't have control over the illness, but that I do have control over where I allow my thoughts to go. I do have control over asking for help . . . I do have to be responsible for my studies at school, and it's okay to participate in sports or other activities. It's okay for me to spend time with friends and to laugh and have fun. It's okay for me to laugh at funny jokes or funny programs on television or at the movies. It's okay for me to ask for a hug when I need one, or to ask my parents to take some time to listen to me. It's okay for me to be a kid . . . just a kid . . . and to enjoy being a kid. I may have to take on some additional responsibilities, but I am still a kid with all the desires and interests of a kid. It's okay for me to put the illness out of mind sometimes so that I can have fun. Even if life feels out of control at home sometimes . . . I can control my reactions and I have tools now to be calm and to relieve the negative feelings.*

*Anytime I need to I can imagine myself at the beach . . . with the box and the balloons . . . and unload any of the thoughts that are weighing heavily on my mind. The moment I close my eyes and imagine being at the beach I feel more and more relaxed. As I unload the negative thoughts and feeling into the box . . . my mind and body feel lighter and lighter . . . I feel space for happiness to come into my day. I remember that it's okay to have fun at school, with friends, and even with the person who is sick. I realize that maybe a silly joke will cheer them up. I realize that my parents love me very much . . . they care about me . . . and I am one of the most important things in the world to them. I am loved and valued . . . I am safe and secure . . . my world will be okay.*

*I can ask for attention if I need it . . . there is no need to act out or be angry. I can just ask for some time from the person that I need time with. I express what I need easily.*

*Now each and every day I feel stronger and allow happiness into my life. I take time to direct my focus away from the sad, angry, fearful thoughts about the illness and I focus on feeling stronger and happier. I focus on my studies and other activities. I help with things around the house, but I realize that it's okay for me to be a kid . . . it's okay for me to have fun . . . it's okay for me to focus on positive things in my life. I feel good about me . . . I am loved . . . I am special . . . I am smart . . .*

*. I am capable . . . I am talented and creative. I can do whatever I set my mind to do . . . I am helpful, patient and kind. I understand that I may have some additional responsibilities now, and I perform them easily and with a positive attitude. I feel good about me and I have good healthy thoughts. Each day, I allow in a little more self-acceptance and self-love. Each day, I notice something about who I am that I really like. Every day, I take time to be aware of the simple things that make me happy. Maybe it's laughter that I hear, maybe it's an animal that I see . . . maybe it's a beautiful day outside and I feel so good being out in the sun and fresh air.*

*Now, I feel free. The burden has been lifted . . . the cares and worries are gone from my thoughts and they have lifted off my heart. Gone is the pain, worry, sadness, guilt, anger . . . all the negative thoughts and feelings. I feel free. The more I say these words, the more they take effect on me. These words flow into the deepest part of my mind, these words take effect. A complete and thorough effect in every way, sealing themselves into the deepest part of my mind, and becoming an integral part of each and every cell of my brain and body. I am free, happy, and secure in every way. I feel good all over. My relaxation session is almost over. If this is my normal bedtime, I will drift into a deep state of sleep, sleeping wonderful and peaceful all night long. I always have positive, healthy dreams about my life and everyone in it.*

Read the following if this is not your bedtime

*In a moment I'm going to count from one up to three. At the count of three, and not before, I will open my eyes and become fully refreshed, totally alert, feeling wonderful and marvelous in every way.*

*ONE! Slowly, easily and gently feel myself coming back to my full awareness.*

*At the count of TWO, I'm still relaxed and calm, but a wonderful feeling of new energy flows throughout my mind and body. And my eyes under my eyelids feel as if they are clearing, as if they are being bathed in a cool mountain stream.*

*On the next count, eyes open alert, feeling wonderful and marvelous in every way. Get ready now. Number THREE, eyes open, fully alert and notice how good I feel!*