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WITNESSING PASSING

Some people don't want anyone to see them die. I can't talk you out of that, if you're one of them. But if you are, I'd ask you to please consider why you want to be alone at the end of your life. People say you come into the world alone and you go out alone, and on one level that's true. But when you come into the world, you came out of someone. And you very likely then went into the hands of that person or someone else. Even if you were unconscious, there were witnesses to your birth. You don't recall how that felt, and you probably think you didn't care, because you were two seconds out of the womb and understood little about life and the world.

But fast forward however-many decades, and here you are, with an understanding of your life and the world, and with the opportunity to share the last moments of your life. You have the opportunity, technically, to not be alone.

If you want to be alone because you don't want anyone to see you, think about this: your loved ones may in fact want to see you. And hospice workers and other caregivers absolutely want to be with you if you want company. Don't think you are burdening anyone. You might be surprised to know that many people want very much to witness your passing, but they haven't told you that.

Here's my recommendation: Whether or not you have a paid caregiver or hospice volunteer, if you don't want to be alone, ask your loved ones what they want and what they're thinking and feeling. You don't have to tell them what you want, all I'm suggesting is asking them what *they* want. After all, this is about you, so you shouldn't feel obligated to do what they want. But you might want to know, and their answers might surprise you. I've had numerous patients who said they wanted to be alone, but the truth was that they didn't want their loved ones to be burdened with watching them die. Meanwhile, their loved ones wanted very much to be there, and in fact thought it was a gift *to them* (not the dying person) to be in the room. Talk about communication issues! Get all of this out on the table to prevent this kind of unnecessary pain and confusion.

If indeed there is a loved one who will be witnessing your passing, the script in this chapter is for them. Everything they need—Instructions for Sessions, Extended Alpha, Instant Alpha, the script—is included so there's no flipping through the book necessary and there's no doubt about what they should be doing.

You might want to give them a little preparation by reading the script and briefly explaining what the sessions are like and what the script says. The purpose of their session is to increase their relaxation around the idea of witnessing your passing. They will be guided to listen without judgment, while remaining peaceful and calm. Whatever it is you want to say (or not say), is up to

you, and their job is to simply be present for you.

Part of their job is also to release any emotional baggage they may have around the idea of death. This isn't about them and their thoughts, feelings, or experiences with death. If they've witnessed death in the past and have negative associations, those negatives, through the session, will be replaced with radiant calm. They will filter what they want to say so that they will not bring hurt to you with their words or even with their demeanor. They exist only to bring you peace.

If forgiveness is still something that needs to be addressed by either of you, that conversation should be had in the most loving and peaceful way possible, and the script will help with that, as well. Your loved one is there to help give you guidance and permission in a calm and relaxed way, while feeling light and unburdened. Your loved one will easily handle their own pain and not feel the need or the desire to show it to you. Of course, the impending period of grieving cannot be denied, but it's not something your loved one will concentrate on or even mention, though you should feel free to do so. Focus and relaxation are the hallmarks of witnessing passing. Being able to be present and sit quietly while someone else says what they need to or says nothing, doesn't come naturally for most people. And in a moment that is so important, there's the added stress of wanting to do things correctly and to not have any regrets about how your last moments are handled. May you both find some peace in the following script.

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.

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 at work 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.

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*Condition Yourself
Reach Alpha State*

Once you're
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:

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 Witnessing Passing.

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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.

WITNESSING PASSING

I am doing this relaxation session because I am going to witness the passing of my loved one. I am self-assured and confident in my ability to handle and be strong through the process of my loved one's passing. As I listen . . . without judgment . . . I am able to handle the all that is beingsaid. Through the stories . . . and through the anger . . . I must witness. I stay calm . . . and I breathe. When I inhale, I breathe in strength. The strength helps me get through. I use balancing and

peaceful self-talk to achieve the ability to handle everything I see and hear. I keep my mind set on the reality that the process of being here is what I choose to do. I am in control of my emotions. I relax . . . and release every fearful experience of the past. Every negative thing connected with past experiences of losing a loved one is released. All that is left is the love and the peace associated with passing. I bring that peace and love to my witnessing of this loved one's passing.

I'm aware that I am going to grieve the loss of my loved one. Any fear I have about that can be let go. It's okay to let go of my fears . . . and to release the pain that is attached to grieving the loss that I am going to experience. My experiences supply me with the energy to meet all the challenges that I encounter while being present for my loved one. My subconscious mind has the amazing ability to disengage from every negative and harmful impression ever made upon me. I bring peace . . . and love . . . and the ability to listen . . . and be present.

I am grateful and thankful for every experience of the past. I forgive every mistake my loved one has ever made, and I forgive everyone else who may have in any way harmed them. I know that good comes out of each experience. I understand the lessons I am to learn from each experience . . . even the negative ones. I learn those lessons . . . and I grow stronger with each and every experience. I am stronger than anything life can offer. I am prepared to meet any challenge that I encounter . . . and with a state of mind that is free from negative thoughts. I possess the power and the ability to channel the wisdom of all of my experiences into helping my loved one have a more peaceful passing.

I am calm . . . and relaxed . . . and a sense of peace permeates my body and mind as we exchange stories and memories. I fully release the past fears and all the effects that these fears have had upon me. I am free . . .

. free of the past fears related to losing someone . . . free to handle this situation entirely. I accept I can help completely. I am grateful for my new level of understanding to handle what I must.

I allow the harmony and balance of my situation to give me the guidance to help my loved one pass. In order to prepare them, I go through my mind quietly to filter what to say and what not to say. My mind is serene as I take slow . . . deep breaths, and allow quiet to occupy my mind and body. I spend several minutes of quiet time in my mind. I easily relax and breathe . . . relax and breathe . . . relax and breathe. I am calm . . . and I trust that all is right. If there are any unnecessary internal voices, I use counting so that my unconscious mind can assume control of my body and its reactions. Ten . . . relax . . . nine . . . breathe . . . eight . . . seven . . . six . . . relax . . . five . . . breathe . . . four . . . three . . . relax . . . and . . . breathe . . . two . . . one. Counting calmly puts me into a state of relaxation. I feel composed and free of tension. My breathing is slow and even. I refrain from mentioning any negativity, and simply be there to let my loved one speak their mind.

I become totally immersed in the experience of helping them in anyway I can.

It is calming for me to picture in my mind that I am there to help them. It is easy for me to prepare my mind by simply going through my routine mentally. I visualize myself staying calm and balanced to help them. I am completely certain that the calmer I am, the more smoothly their passing will go. I feel self-assured . . . light . . . supple . . . poised . . . composed . . . and confident. I remain balanced, and easily handle my own pain.

I know that time will help with my process. I stay focused on being here for my loved one. I realize I must simply keep my mental filters and keep myself able to do what I can without saying too much. I stay strong and know I will do what I need for myself on my own. I stay focused on my loved one. I stay present. I will do what I need to do for myself. When I'm with my loved one, it's entirely about them. It's obvious how much I care. I listen and I'm present and I radiate peace and calm. My listening skills get better and better as I am present with my loved one. I handle their passing with inner strength. I handle it with a love and a peace that all can see and feel.

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.