

## Memory Recall

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### Induction

I would like you to just take a moment now to make yourself very comfortable in the chair... perhaps with your hands at your side and your feet about 12 inches apart... that's it... perfect... very relaxed... gently closing your eyes... now take a nice deep breath... hold for three seconds... and breath out... now another deep breath... holding... and slowly breathing out... and now a final deep breath... holding for three... and breathing out... beautiful... allowing yourself to relax back into the chair once more...

I would now like you to use your imagination and imagine yourself being surrounded by a very special form of energy... the energy can be any color that you wish... and you can imagine it glowing the color you may have chosen... it is a wonderful, gentle and cleansing energy that can flow into and throughout your body... it is a very special energy because you are able to direct the flow of this energy... it is a cleansing energy and healing energy... and right now this energy is going to relax your body and mind... starting with the top of your head...

Feel this special energy now as it begins to flow from the top of your head... through your head... your forehead... as it relaxes all the muscles in your forehead... feel them relaxing and letting go... as the cleansing and relaxing energy now flows down to the muscles in your eyes... nose... and now your cheeks... relaxing and calming as it flows to the muscles in your jaw and your mouth... relaxing all of those muscles in that area... feel it now as it also relaxes your neck and then the back of your head... just feel those muscles relaxing as the energy flows through...

And down to your shoulders... cleansing, clearing and relaxing as it now flows to your arms... your upper arms... and now your forearms... your hands and then your fingers... Feel your arms totally relaxed at your sides... so relaxed now that you cannot move them... as the special relaxing energy flows to your back... feel all of those powerful muscles in your back let go and relax... just relaxing into the chair... more and more relaxed... deeper and deeper...

As your special relaxing and calming energy now flows to your chest... releasing all tension in your chest... and you can now feel your stomach muscles relax as the relaxing energy flows to that area... and your abdomen relaxes completely... beautifully relaxed as all tension is swept away... cleaned away... gone completely as you relax more and more... You can feel your hips relax as the cleansing energy makes it's way to your legs...

Feel that energy now as it relaxes your thighs... your upper legs... your knees and then your calves... letting go and relaxing... all the muscular tension flowing away... your ankles, feet and toes just relax completely... swept clean of all tension... as you feel your entire body and mind letting go and now relaxing deeper and deeper down... completely relaxed and at ease...

## **Deepener**

I would like you to use your imagination once again and to imagine that that beautiful relaxing and cleansing energy is now a small stream... it is a small stream that is flowing down a mountain in a forest somewhere and someplace... It is a wonderful stream of energy that is glowing in the moonlight as it flows ever downward towards a lake of energy far below...

The amazing thing about this energy is that it has to flow over many waterfalls as it flows down to eventually reach the lake below... and as it flows you can imagine yourself being carried along by this energy... almost as if you were a part of it... but somehow still yourself... separate... but with the energy in a special way... It is so relaxing to let yourself go in your mind... flow with the energy... down and down... deeper and deeper...

Imagine now, as the energy flows down, that there are 10 waterfalls on the journey to the lake... and as you and the energy flow over each waterfall you will relax 10 times deeper than the time before... I will soon count the waterfalls down from 10 to 1... allowing yourself to relax 10 times deeper with each count until you reach the number 1 where you will be more deeply relaxed than you have ever been before...

As you now reach and safely go over waterfall number 10... you relax 10 times deeper than you were before...

Waterfall number 9... deeper and deeper...

8... calm and relaxed...

7... down and down...

6... drifting down...

5... just letting yourself go...

4... calm, relaxed and comfortable...

3... 10 times deeper...

2... deeper and deeper...

1... body and mind completely relaxed as you now find yourself floating safely in the beautiful lake of warm, relaxing, calming, healing and cleansing energy... you are safe and secure... completely supported by the loving energy... glowing in the moonlight... as you allow your mind to open to all of the suggestions that I will now give to you...

## **The Script**

This is indeed a very special energy in which you find yourself... this energy will always be with you at all times... it can be a lake in which you float if you need to lie down and relax... or it can surround you at all times during busy days... Whatever your situation... from this moment forward the energy will always be with you... surrounding you and comforting you at all times...

This relaxing energy that surrounds you at all times will always allow you to remember... recall... anything from your subconscious mind... your memory... that you may need to remember... at any time and at any place... Everything you have ever learned, seen, heard, filed away in your mind or read will be instantly available to you... all you have to do is to imagine yourself surrounded by your very special glowing energy in the color that you chose... and your mind will automatically open... and as you begin to think of what you need to know... you will find that you can now recall anything that you need to know... from any time or place... your mind will clear and there it will be... perfectly... exactly as you need... total recall...

All facts that you may need will automatically become available to you the moment you need them... one at a time... as you want them... exactly as you remembered the fact or event... all places and events... names and times... as you imagine the glowing energy surrounding you in that special color... your subconscious mind will open and whatever you need to know will just automatically pop into your conscious mind... just as you need it... in the exact order that you want...

Names are now your speciality... When meeting people that you have met before... you relax... imagine being surrounded by your special energy in its special color and automatically the person's name will come to mind... and you can greet them perfectly... every time and all the time...

Whenever you sit for a test or exam... you can relax because all you have to do is to imagine yourself surrounded by your special energy in the special color... imagine it... and your subconscious mind will open... and deliver to you all of the facts and figures, names and events that you have studied and previously committed to memory... all in perfect order and in perfect sense... just exactly as you need it... perfect memory recall every time... see the question... relax... imagine the energy... imagine the color... your mind opens... you can recall any memory that you need...

From this day forward you will always remember to do this... something you need to remember... relax... imagine the energy in color... your mind will open... instant recall of any memory that you need... perfectly in order... just as you need it...

## **Awakening**

As you now sit in the chair... completely relaxed and at ease... imagine that your special energy has relaxed and cleansed your body and mind... you now feel wonderful and full of life energy... ready to take on all challenges...

In just a moment I will count down from 5 to 1... and at the count of 1 you will awake fully refreshed and equipped for perfect memory recall...

5... relaxed and at ease...

4... beginning to return from hypnosis...

3... body starting to stir...

2... eyes opening... and...

1... fully awake, refreshed and feeling great.