

Hypotherapy Scripts of HUNGARY

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40 Quality Scripts from the Graduates of
The American School of Hypnosis in Hungary.

Some of our **MOST UNIQUE TOPICS Ever!**



"YES they're in English"

Arthritis

Asthma

Bipolar Disorder

Cannabis Addiction

Compulsive Shopping

Dyslexia

Fear of Bugs

Fear of Death

Fear of Driving

FEAR of Frogs

Fear Of Heights

Fear of Intimacy

Fear of Not Sleeping

Fear of Pregnancy

Fear of Solitude

Fear of Viruses

Fear of Water

Increase Appetite

Menstrual Cramps

Tinnitus Reduction

Compiled and edited by Rene Bastarache, CI, Founder ASH

Hypnotherapy Scripts *of* HUNGARY

Royalty Free

**Compiled by
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ROYALTY FREE

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EDITING NOTICE

If you find typographical errors in this book, I'd like you to realize that they are here for a reason. Some people actually enjoy looking for them and we strive to please as many as possible. Thank you!

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Anxiety, Stress and Worry Release

By Andrea Rochlitz, CHP

Now I want you to think of a time that you were worried or stressed about a situation. I want you to think about if the worrying helped the situation, made the situation worse, or did no job at all. I think you will find that worrying did nothing at all to help the situation, and probably made the situation even worse.

Handling stressful or worrying situations requires a clear, relaxed mind.... The type of mind you have right now in this state of deep relaxation. Therefore, I am going to give you access to this calm relaxation anytime you need it. In a moment I am going to ask you to do a small task for me.

Do it while remaining totally relaxed. Here we go. With your right hand staying relaxed, I want you to touch the tips of your first and second finger and your thumb together....and then slowly rub them together in a circular motion. Just the tips of those fingers while staying completely relaxed. While you are doing this I want you to be aware of the incredible relaxation you are feeling in your body and in your mind.

There is no worry, stress or anxiety here at all. I want you to link the feeling in your hand to the feeling in your mind. They are now permanently connected. After I awaken you from hypnosis, and when you are out and about in your life, whenever something stressful or worrisome happens to you, you can do this little exercise and even though you will remain wide awake and alert, this motion in your fingers will instantly bring on the incredible mental easy feeling you are experiencing right now.

All the stress, worry and anxiety will be gone from the moment, and you will be able to laugh about it. Then, if you wish, you will be able to let it go forever. An incredible magic power in the tips of your fingers that will allow you to manage stress, anxiety and worry at any time.

Arthritis

By Tiborne Molcsan, CHP

I want you to concentrate now on your knee and imagine that you are looking inside your knee and seeing some part of it... You may be imagining the muscles or the bones or joints or tissues in that area, or maybe you see it as a whole, or as though you are looking at an x-ray, but very soon an imagine of your knee will come into your mind and I want you to signal or nod your head when you have this image there.

(Wait for signal)

Now tell me, what color you are experiencing that affected part of your knee to be?

(Wait for response)

Is that the correct color for a knee that is healthy and fit? If not, tell me what the correct color is.

So how can you imagine the color changing (or cleaning) to the color it should be? I want you to do this now in your mind... gradually, gently change the color to how it should be.. Let me know when it's the correct color.

Now I'd like you to look at the bone structure and the joints of the knee... How do they look to you?

How can you change this? Perhaps you can imagine a suction drawing away any inflammation there? Or imagine a soothing liquid to cool and heal it? Some people imagine they're sanding the swelling away... I want you to do whatever comes into your mind and see you structure of your knee returning to how it should be when it is fit and healthy.

How does your knee feel when you touch it? Is it rough or smooth? Can you imagine that you are lubricating your knee now with powerful oil that penetrates the bones and makes those joints easy to move? Do this now whilst I'm quiet for a moment.

Now in your mind, in your imagination, I want you to drift gently back in time to before the onset of arthritis and remember how it feels to be well and free of any discomfort... If the arthritis was in your hands remember holding or lifting or sewing or playing the piano... whatever you used to enjoy doing... If it was in your knees maybe you can remember running or brisk walking and feeling so good.

Just allow yourself to recapture that feeling of health... remember how easy it was for you to do these things... and you can feel this way again as slowly the knee returns to its natural state.

And over the next few days and weeks you're going to find that you begin to feel better and easier as the discomfort subsides... your subconscious mind is working for you now to reinstall your natural healthiness, bringing balance and harmony back into your life.

Just tell yourself every day "I can feel well"... "I can feel really good" and remember this wonderful feeling that you now have, for as you memorizes these good feelings so it will actualize them... and you're going to feel well and healthy again.

If your joints (or afflicted part) feel hot you can bring on a cool breeze... or if they feel cold you can remember warmth and comfort... And as each day goes by you're going to feel better and fitter than you have felt, for a long, long time.

Asthma

By Ildiko Szimak, CHP

As you enjoy this wonderful relaxation I want you to project yourself now to a beautiful place in nature... Imagine a lovely sandy beach on a warm summer's day... and you are walking across the sand in your bare feet, feeling those little grains of sand between your toes, and in places the sand is warm and your feet may even begin to tingle, just a little.

As you slowly stroll along the beach you can see the waves splashing up to the shore, and the sun is sparkling like diamonds on the sea, sending a million reflections dancing in the breeze.

And it's a lovely day, not too hot, just the right temperature... and you can feel the warmth of the sun on your skin and it makes you feel good, makes you feel relaxed and calm.

You really enjoy this calm and relaxed feeling, you breathe calmness into your lungs, slowly and evenly, and out again, in a comfortable manner, just like those waves on the sea, flowing gently back and forth... to and fro... back and forth... to and fro.

Breathing gently in and out... becoming more comfortable and more relaxed with each breath that you take.

And you can see little sailboats out at sea... the distant shoreline perhaps palm trees over there... and you can hear the waves gently splashing up to the shore... back and forth... back and forth... the call of the sea bird up there in the sky, and you feel so comfortable and so relaxed.

You can almost feel those waves going back and forth... back and forth... like the gentle life force within your body, not breathing but being breathed, by your higher self, enjoying the peace and tranquility of your special place.

It's such a peaceful feeling here in your special place... you can really feel that wonderful relaxation in your body as your body breathes all by itself, and it does, easily and effortlessly, living in a calm and peaceful sort of way... A calm and peaceful sort of way.

And I want you to go inside now... inside the breath like the gentle spirit of a soft warm breeze and you can almost imagine those airways on the way down to your lungs as you travel easily and gently... effortlessly... in and out... in and out.

That body so relaxed, the bronchi open and clear... so calm and relaxed.. so easy... inviting you in... allowing you out... so easily and naturally that you are totally in love with this wonderful feeling of calm.

Imagine it now, experience this tranquility within yourself.

For you know that it's always there, and you can feel like this whenever you wish, as you remember my words in the deepest part of your mind.

Perhaps you can give to yourself, a special key word that can trigger this wonderful memory... and if ever you should need it, just relax and say this word to yourself in your mind.

And you will hear my voice answering at the back of your mind, guiding you gently to breathe easily, effortlessly, in and out, calmly and peacefully.... Feeling so safe and so wonderfully free.

I'll be quiet for a moment or two whilst that word springs up to your conscious mind, a special key word that you will always remember, for the rest of time, so do this now.

(Pause for a minute or so.)

That's good... Your inner mind knows exactly what it needs to do.

Be curious

By Diana Simon, CHP

Now you want to learn how to have a more open inquisitive curious attitude, and you know there have been times in the past when you've clutched at your own opinions too much, or dismissed something without giving it a chance, and you also know there have been times in your life, when you've had the pleasure of discovering something new, a new piece of music, or a book or a time you made a new friend or learned a new skill and here and now.

I'd like you to just welcome in reality... to allow yourself to be as relaxed as you are... and any parts of your body that are more relaxed or less relaxed to be as they are... allowing you breathing to be as it is... perhaps cooler on the inhale ... warmer on the exhale allowing yourself to listen to these words... as you allow yourself to drift... all the way into a comfortably, open, permissive, state where... if there's any part of you still trying to do this right... or control the experience... you can allow that sense of wanting to control things... to be there and to really take a step back in your mind... and take a slow deep breath ... and then just let go... Deeper and deeper into the heart of this deepening state of comfort...

Imagine a map that you carry of yourself in your mind... of what kind of person you are... of your preferences and beliefs... that may serve you well enough as a rough guide... but there is a hidden depth and richness to your life... to all the different pleasures and satisfactions you've experienced and are capable of experiencing... to all the different strengths and abilities you've developed and are capable of developing... that no simple map can even begin to capture

And what if many of the things you believe... many of your preferences are nothing more than chance? Because if you'd grown up somewhere else or in another time you would hold very different views... that you would firmly believe in miracles...

You begin to wonder what it would be like to hold your opinion a bit more lightly... to hold your preferences a bit more loosely... to allow a bit of fuzziness... something maybe that reminds you to look more at the forest and less at the neat and tidy map.

And what would it be like to become more curious about the depth and richness... the intricate complexity within other people's lives that led them to really enjoying the things that they do... to really believing the things that they do ... because an adventurer exploring far-away lands doesn't go there in order to prove to the local people that he or she knows the best way to tie shoelaces... or the only way to make a cup of tea... an adventurer travels to experience more of the forest of life... to have real rich... new experiences that no neat tidy map can ever hope to contain.

And as you look out towards your own future I'd like you to notice times here and there in the coming days when you're going to spontaneously feel more curiosity... more spirit of adventure... and put aside your own neat and tidy map of how things are... and look with real intrigue at something you never thought you'd be interested in... perhaps a conversation discovering how someone makes sense of the world... perhaps music, or a book, or a movie, or a play that you normally would have edited out of your map because the forest is full of life... full of different trees... different wonders... and you can really feel a compelling urge to explore more each day... as you open up your mind and open up your sense to the world around you in all its richness and depth.

And you live and experience life fully giving yourself permission, and forget any old limitations... and you will focus on becoming more fascinated by the wonders of the world with a real sense of good feeling.

Better Concentration

By Beatrix Vasfoine Lakatos, CHP

You can continue to breathe easily and freely, as you feel yourself becoming more calm and peaceful ... Now you are in a very deep, peaceful state of relaxation ... You are ready to work... Just follow my voice.

I want you to imagine a tree... Visualize it and see the leaves and the branches and all the details...

You could visualize it because you can fully focus your mind... You know that you can imagine anything when you concentrate... You could imagine a tree... You can imagine anything so you can concentrate when you want...

Let's check it and imagine a flower... Feel the smell see the color and shapes... Now you understand that you can control your focus and control your mind and you can manage your life well.

You experienced your power of concentration and the flexibility of your mind... It's yours... You can use it anytime.

From this moment on you are able to concentrate, you are able to utilize the power of your mind, better than ever before... You are able to concentrate and focus, because your mind is able to pay attention on your interest.

You realize that you show interest in your life and you are able to concentrate so much more easily than ever before... You know that you can control your focus and control your mind and you can manage your life well.

Feel the confidence that you can now study and solve anything what you want. You can concentrate anytime and you are able to find right solutions.

Bipolar Disorder

By Gabriella Maróczy, CHP

You are listening to me today because you wish to overcome a problem in your life... and that problem has been diagnosed as Bi-Polar Disorder.

One of the main symptoms of bipolar is extreme variations in mood.

Perhaps you can remember a time when you felt so low that you couldn't concentrate or sleep or felt extremely agitated... and then sometimes with no apparent warning at all you suddenly felt elevated as though everything in your life was perfect and would always be so.

Most people even those who don't suffer from bipolar disorder will remember feeling that way at some point in their lives... however they recognize these mood swings for what they are... after all how do you know that you're having a good time if you haven't had a bad one to compare it to?

Hypnosis is going to help you to put your mood swings into perspective - to such a degree that even if you are feeling up or down you will be able to rationally accept that this is just a temporary phase a phase that will pass and recognizing this you will be able to restore a degree of balance in your life.

I would like you to come with me on an imaginary journey... a journey into the realms of your subconscious mind - and there are steps leading up... and as you ascend you find yourself going higher and higher... becoming even more comfortable and relaxed than you ever thought possible... and you are filled with a sense of curiosity at what you will find at the top of these steps.

So feel yourself going higher and higher... until as you near the top you notice a door that is closed.

You reach the top step and rest on the landing for a very short while and then you open the door.

Step through the door and close it gently behind you and find yourself in what

looks like a laboratory... around this laboratory are lots of expensive, chemical equipment and in the center is a very old man wearing a long white coat... his hair is white and his face very friendly... with twinkling eyes.

He is sat at a table with a test tube to the right of him and another to his left.

The test tube to the right is filled with blue liquid chemicals and the one to his left contains yellow liquid chemicals.

He invites you sit down in a chair opposite to him which you do.... You ask him what he is doing.

The old man smiles he says he was expecting you and knows how you have been suffering from mood swings, which is why he is here to help.

He explains that the reason you have been suffering from bipolar is because there was a chemical imbalance in your brain... The chemical liquid in the blue test tube was responsible for the times you felt low... those irritable, restless times and when the blue chemicals over balanced they made you feel down.

He points to the yellow test tube... the chemicals in here are the ones that were responsible for when you felt high, on top of the world... and when the tube was filled to the top you felt as high as you possibly could... You felt you can achieve anything, for you, nothing is impossible and any goal can be attained by you.

He produces two more empty test tubes and places them in between the blue and the yellow.

Then he explains that he is going to ensure that from now on... the liquid chemicals are going to merge... he places a clear, thin piece of plastic tubing with two additional tubes leading off from just inside the ends.

One end of the tube is placed into the red test tube... the other one into the yellow... and the additional tubes are placed into the empty test tubes.

He then reaches under the table and brings out a special mixing machine which he sits each one the four test tubes into... and then turns on a switch which sends

the liquid chemicals swirling until they enter the clear plastic tubing and drips the liquid which has now turned into a soft leafy green into each of the once empty test tubes.

You notice that on his mixing machine has a timer... and a regulator to ensure that the mixing is even and consistent.

Perhaps you can imagine a green test tube in both the left and right hemisphere of your brain... go deeper into hypnosis as you focus on the lovely, soft leafy green chemical mixture.

(Pause)

What does the green remind you of? It is time to leave the laboratory of your mind... so thank the old scientist and come out of the room... down the steps... down... deeper and deeper... until you reach another door... and on opening the door you find yourself in a wonderful meadow... with fresh green grass.

And it is a glorious day... the sun is shining... there is a very slight breeze and you feel so comfortable... so happy... so balanced and content.

Look around the meadow... there are trees over there in the distance... an old rickety stile... a beautiful, gurgling blue stream... and bright yellow buttercups scattered here and there.

As you look around you wonder at how perfectly balanced this place in nature is... just as the chemicals in your brain are now balanced... no more major highs... no more extreme downers... instead you just feel a deep sense of inner calm and tranquility.

You now find that your mood swings are no longer extreme... you feel happy when things are going well for you.

You can still become sad at appropriate times ...but you always realize that these feelings will pass... and if ever you need to restore this sense of harmony and balance to your life... all you need to do is to focus on that lovely, soft, leafy

green... and you will immediately remember your meadow... and the feelings of calm and tranquility.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day... they grow stronger by the day... stronger by the hour... stronger by the minute.

Cannabis Addiction

By Irina Furin, CHP

For a while now you've been using cannabis to make you feel high and now you've had enough... you've decided that it's time to quit smoking cannabis and give your body a new, healthy start... and what better time to do it than now... whilst you're already so wonderfully relaxed and comfortable.

Hypnosis is a natural state which anyone can go into once they've learned how... and it can produce exactly the same state of relaxed mood alteration as cannabis but without any of the harmful side effects... and you know all about the negative symptoms that are associated with cannabis... how it can cause problems with the short term memory, make your reactions slower and produce anxiety and panic attacks... and so much more - so I'm not going to go on about all that... because you've already decided that it's time to quit.

And deciding to quit smoking cannabis... or any other harmful substance... means that you're already halfway there... halfway to freedom and health and a wonderful, positive state of mind... that was the difficult bit... the rest will be easy now that your subconscious mind has accepted this decision... for it will help you in every possible way.

And of course you have to help yourself as well... and that means avoiding whenever possible... being in the company of others who use cannabis... especially if they're people that you've shared joints with in the past.

You don't wish to put yourself in the position of having to explain that you're now clean because this is your own personal choice... if others wish to destroy their body and their health then that's their choice... but it's definitely not for you... because you love and respect your body... and you treat it with the love and respect that it deserves.

From now on you enjoy the feeling of being free from addiction of any kind... and you help yourself by using your own natural ability to enter into hypnosis.

I'm going to show you a technique that will help you to become in touch with all your senses and enter quickly into hypnosis whenever you wish... and during this state you'll find yourself becoming creative, philosophical or deep thinking... your ideas will flow more easily and you'll have a deeper appreciation for music and a wonderful feeling of relaxation throughout the whole of your body.

In fact both your body and your mind will feel more connected than they ever did before learning hypnosis.

So to enter quickly into hypnosis this is what you will do... On finding yourself a comfortable place where you can relax and let go you find that you can find a point somewhere above your line of vision to focus your eyes on... and you will keep your eyes focused on that point until they are ready to close.

You will be acutely aware at the time of any sounds or movements going on around you... and if there are no sounds or movements you'll be pleasantly aware of the silence.

At the same time you find yourself taking three deep comfortable breaths in through your nose... breathing in calm and relaxation... and whilst breathing out of your mouth you'll notice any taste there - in your saliva.

Next, with your dominant index finger, you will touch each of the fingers on your non-dominant hand, whilst thinking these words in your mind.

As you touch your thumb you will think... one... I am at one with myself... as you touch your index finger you'll think... two... I am twice as relaxed... when you touch your middle finger you'll think... three... my eyes are beginning to feel heavy ... when you touch your ring finger you'll think four... I really want to close my

eyes... so I'll allow them to close - and on touching your little finger you'll think in your mind - five - I am deeply comfortable and relaxed.

At this point you will be ten times more deeply relaxed than you were to begin - and with your eyes comfortably closed you'll take yourself to a wonderful place in your mind - a very special place that is yours - and yours alone.

And you'll find that you can remain in this place for as long as you wish - and become in touch with your natural creative awareness... and when it's time to come back simply count up from one to five again... and you'll be so wonderfully and comfortably calm and relaxed... while at the same time totally refreshed and alert.

We're going to go through this procedure now here in hypnosis to allow your subconscious mind to thoroughly memorize what you will do.

So when you're ready I want you to open your eyes and look up to a point just above you...

Although your eyes are now heavy and comfortably relaxed you'll find that they open easily at the count of five... and you can remain in hypnosis throughout this experience... so when you're ready... one... two... three... four... five... open your eyes now and focus them on a point just above you.

(Wait for client to respond)

Good... now become aware of any sounds or movements in or around this room and allow yourself to take those three nice comfortable breaths in through your nose... and imagine breathing in calmness and relaxation... and when you breathe out become aware of any taste in your saliva.

(Wait a few seconds whilst client complies)

Good... now touch your thumb and think... one... I am at one with myself... Now touch your index finger and think... two... I am twice as relaxed (wait for appropriate responses after each count)... three... my eyes are beginning to feel heavy... four... touch your ring finger... you really want to close your eyes... so just tell yourself... I really want to close my eyes... so I'll allow them to close... good... allow them to close now... five... I am deeply comfortably relaxed.

Now go ten times more deeply relaxed than you were to begin... and take yourself to a wonderful place in your mind... a very special place that is yours and yours alone... and become in touch with your own natural creative awareness.

I'm going to be quiet for a few moments to allow you to absorb the peace and beauty of this experience... and when you next hear my voice you won't be startled or alarmed.

(Pause for two minutes)

Now bring your awareness back to my voice... notice how good you are feeling... this wonderful feeling is going to remain with you... you can feel marvellous... you don't need cannabis or any other harmful substance.

You have the natural ability to relax and take yourself to a heightened state of awareness where your mood can lift... become totally elevated... become in touch with your natural creative awareness... appreciate all the beauty around you... using all of your senses... and feeling wonderfully calm and relaxed.

Now that you've learned how to enter into hypnosis yourself... you'll find that it's a gift that is going to remain with you for the rest of your life.

You can use it whenever you need to... it's all within the power of your wonderful subconscious mind.

And right now I'm going to count you gently up to normal conscious awareness, but you will always remember these special feelings and use them.

Completing Tasks

By Ibolya Kokai, CHP

You are in a deep state of relaxation... Your mind is open... just focus on my voice.

You are able to accomplish any task that you undertake... Know that anything you set out to accomplish will be perfectly completed... Your awareness and abilities will be at their sharpest perfection... Your attempt to complete any task will be perfect in form, function, and execution.

Now I want you to imagine a task to complete.... It does not matter what this task might be... I'll give you a moment to think of a task... Move your right hand when you have selected a task.

(Pause for response)

I want you to see yourself as being completely prepared... You have done everything you needed to do in order to prepare and you have everything essential to completing your task in perfection... Feel your confidence rise.

Now you feel excited to begin... You are confident that you are perfectly prepared... perfectly capable... and with 100 percent certainty you know you will successfully complete this task... any task! You are able to accomplish any task that you undertake, that's why you believe in yourself.

You are self-sufficient, you are independent, you are a force of nature a strong minded person.

In all that you do from this point forward, you will be confident, calm, and exhibit clear and focused thinking... You will utilize all of your abilities to their fullest extent, and feel certain that you are performing at your very best.

You know that anything you set out to accomplish will be perfectly completed

You are a happy, self-confident person ready to bring to your life all that is meaningful and rich. Your growing confidence brings you great joy and peace.

Creativity

By Beatrix Vasfoine Lakatos, CHP

You are in a deep state of relaxation.... Your mind is opened... just focus on my voice.

I want you to imagine a butterfly... Visualize it and feel how free and beautiful its life is...

You know the butterfly develops through a process called metamorphosis... It means transformation or change in shape.

You can also transform your usual ideas and you can create extraordinary new ways of thinking... You can imagine extraordinary ideas... This means you are full of creative solutions.

You can fly away with in mind at any given moment when you need to and when you want to.

Follow this nice butterfly within your mind... Feel the freedom... You are a great watcher and you can notice even the smallest detail... Realize that everything can be the inspiration for your next idea...

Observe your world within the eyes of a butterfly... Discover...

Perhaps, you are inspired to make something great, something creative... You feel that your mind can fly anywhere and you can look at your ideas from any aspect...

From now on, your mind will be more open to creative ideas...

When you need a creative solution your mind will be free as a butterfly and you will find creative answers.

Your creativity is improving day by day... You allow yourself to become a creative person... You can utilize the freedom of your mind... You are a creative person...

Compulsive Shopping

By Melinda Zodor, CHP

Today you will learn to take charge of your spending so that you can live your best life... I want you to imagine that you are in the store you enjoy shopping in the most... Take a moment and imagine the sights you may see and hear the sounds you may hear... Now, take a deep breath... and let it out. Ahhh... so relaxed...

Now I want you to imagine you have found something you would like to buy... Imagine what the item looks like... how the item feels in your hand... Take a moment and feel the emotions that make you want to purchase this item... You may feel pleasure or a sense of excitement, or any other numerous other things... Just feel those emotions...

Now I want you look deeper within yourself... deep within your subconscious and look for the driving reasons you may buy something that is more than you can afford to spend... You may feel that shopping alleviates stress or gives you a sense of escape... or a sense of control... whatever it may be... try to identify the reason that you buy things that keep you from being financially sound...

Now, I want you to see yourself in the distant future 10, 20, or even 30 years from now... Imagine what your life will look like if you keep spending this way... Will you have been able to afford the things that will make you truly happy throughout your life? How would the unregulated spending have affected your relationships? If you keep spending... will you feel guilty or mad at yourself?

Now, imagine your life if you take charge of your spending right now... Right now you are a responsible spender... Imagine you're older self once again... A healthy, happy responsible spender... You have taken control of your finances... Imagine how wonderful this makes your older self feel? Your older self may feel proud that your younger self took control or it may feel blissful because you have lived your life with financial success... or any other wonderful emotions... You are now a

responsible spender.

You only buy things when you have the money in the bank to be able to afford them... You have control over your spending... You know that in the end to lead a truly fulfilled and successful life you must have control over your finances...

Now when you feel an urge to buy something out of your budget... you take three deep breathes and walk away feeling proud of yourself... happy that you can control the urge to shop... confident that your finances will be healthy and so will you... Your life is better and more joyful because you only spend what you can afford.

Dyslexia

By Katalin Moricz, CHP

Now that you feel safe and comfortable, I'd like you to close your eyes and keep them closed.

As you begin to settle down into this comfortable feeling you may find that, at times, your mind just begins wandering and drifting off... into a fantasy world all of your own... and if it does, that's okay, because no-body wants anything, nobody needs anything... there's absolutely nothing at all for you to do, but enjoy these pleasant thoughts and feelings.

It's because you're here today for help with some of the difficulties you've been experiencing with reading and understanding certain words, and you can remember the frustration that you sometimes felt when you were trying to make those connections between your eyes and your mind... that you can really begin to appreciate how wonderful it is to relax... and just forget about those feelings... because you know, it seems sometimes that the harder you try to learn, the more difficult it becomes.

Why is it that some things come so easily to one person and yet are such a struggle for others?

We always learn more readily the things that we are really interested in... we are eager to absorb all the information that we can about our favorite subjects... when learning is difficult it can be because sometimes the teacher isn't the right person to teach us... perhaps they just doesn't seem to understand our individual needs, and it becomes so hard to concentrate when you're feeling so bored.

You may have felt a little like that in the past... it's almost as though your brain refused to put together the letters you were trying to read or write to make them into intelligible words or sentences... perhaps you were trying to concentrate too

much on each individual letter... rather than seeing it as a whole... as part of a word.

And of course, the harder you try to do something, the more difficult it can become... That's why, from now on, you decide to approach your reading and writing from a different angle.

For a start, you become much more relaxed and at ease when you're learning new or old words... You see the word as a whole rather than individual letters... and your eyes scan the sentence you are reading and absorb the meaning or the writing in front of you.

You begin to really enjoy this process and find yourself becoming curious about words during your normal everyday life... You notice signs in the street and names of shops and even find yourself reading labels without really realizing what you're doing... . And while you're doing all this, your eyes are making a new connection in your brain... and it's like a jigsaw that's falling into place, everything now seems so easy to you.

Letters like D and B, which may once have confused you, now just register as the letters they are... and if you see a word written down wrongly you immediately notice that it doesn't look right.

The D doesn't look right if it's written the wrong way round, and you know that the B doesn't look left, for really should look right, it's the same with a P and a Q and any other letters that once confused you... you're beginning to recognize them as they should and do look.

Reading and writing become so easy to you... such an effortless activity because you're becoming far more interested in words... and even find yourself picking up magazines or books... and beginning to really enjoy them.

Everything is slotting into place in your mind's eye, and you recognize immediately when words or letters aren't right, or left.

As someone who used to suffer from dyslexia... you realize how fortunate you now are, because dyslexics usually have wonderful creative minds, and you've already developed this creativity and can use it in so many different ways.

Your subconscious mind is helping you now to improve all of your skills at an incredible rate... often when you see certain things in your everyday life, you find that the word becomes visual in your mind's eye... For example you may see a bus going down the road and the word bus, spelt exactly as it is, just springs into your mind.

And the letters are just as they are... and you notice that the B is right, just as it should be... Or you may see a dog and the actual word 'dog' is up there in your creative mind, with the rounded part that looks like it's body, to the left, behind it.

You can think of so many different words with the letters that used to be wrong... and your imagination is working with you to make new associations with the way they should be.

It's such fun to learn and to be able to read and to write with no effort at all... And because you're finding it fun and enjoyable you find that you're much more interested in reading and writing... and because of this your concentration is improving day by day.

You focus easily and effortlessly, seeing letters as part of the word and words as part of the sentence... and your imagination and your wonderful creative subconscious mind is helping you to make everything fall into place... just as it should, and it does.

Eating Disorder (*Anorexia*)

By Ildiko Szimak, CHP

Your body and mind are preparing to receive and act upon the suggestions that you are about to receive... because for too long now you have been perceiving your body as fat... when in reality you are underweight and lacking the essential nutrients that your body needs in order to survive.

Whatever it was that drove you to losing healthy weight now serves no function in your life... and that is why you are listening to me today... because deep inside you, you know that there is a better way to act and think and feel, and that way lies ahead like an inviting path to a wonderful journey of discovery... and it is calling you to take your first important steps to regaining your natural health... Listen carefully through the gentle breeze, it almost seems to be very softly calling your name... just listen for a moment or two.

(Pause)

And you feel a compelling urge... an irresistible urge, to begin your journey, to discover the real you... not the person who starved themselves and shied away from a healthy way of life like a very small child who doesn't know what is best.... You are going to discover a new reality, a new you, a person who shines and radiates health, vitality, confidence and a unique personality, it is time to come forth and learn what a wonderful person you really are.

You're not a stick... you are a healthy, happy human being who is embarking on a whole new journey in life... The path that you missed so long ago is now accessible to you and you are eager and happy to embark on your new way of life.

Before we begin, turn back just once more and wave goodbye to your old self-destructive obsession of being thin, wave goodbye to the diets... because from now on you trust your subconscious mind to look after your appetite and ensure

that you eat healthy, nutritious food... So, wave goodbye to any and all old conditions associated to your old anorexia.

If other people or situations contributed to the anorexia in any way then you can forgive them, for you are released, you are free, whatever happened in the past to cause your problem has no more power over you, you are you, your own person, and your new journey will bring exciting possibilities... as you discover what a wonderful, interesting, intelligent person you are.

You compare yourself to no-one... for there is no-one else quite like you... you are you and you and only you are in charge of you... and that is why you now decide to do only good things for your body... You eat healthily, just very small amounts of nutritious food to begin with, and as your appetite increases so does your food intake reach a healthy level.

You love and respect your body... and you treat your body with the love and respect it deserves... You enjoy gentle exercise... and the best exercise of all for you at the moment is to walk outside in the fresh air.... enjoying the pleasures of nature... Each season brings its own assortment of wonders... and it is as though you are seeing the world anew, from a fresh pair of eyes.

You enjoy the simplest of things such as watching the morning dew on the grass... yellow-gold leaves gently fluttering and dancing from their branches in the Fall... the gurgling water of a passing stream, children playing in the park, watching the sun setting over the horizon... making the sky ablaze with vibrant shades of red and orange and yellow.

Enjoy comparing the colours of the leaves and flowers in a garden or park and watching the clouds go gently by.

There are so many things that we take for granted most of the time... but now you make time to really appreciate the beauty of nature... It makes you feel happy

to be a part of the Universe, and so glad that you embarked on this path of discovery.

Anorexia is a thing of the past... and as you begin to eat healthy, nutritious food, you notice a wonderful change taking place in your body... it is as though it is suddenly coming alive... You feel healthier and happier than you ever thought possible, so calm and content, and it is a wonderful feeling.

Any cells or organs or tissue in your body that may have been compromised by under-eating in the past now begin their recovery process.

You find yourself sleeping better at night, enjoying beautiful dreams and awakening feeling refreshed and alert and ready to embrace each new day.

You now realize that people who suffer from anorexia have an unconscious death wish... and you reaffirm to yourself that your desire to live is far greater and stronger than any desire to die.

I wonder if you can project your mind into the future, to just 3 months from now... and in these 3 months of eating healthily, enjoying the simple, calming experiences in life and discovering your true potential... you have gained just enough weight to make your body and mind feel good.

Imagine yourself dining out with friends or family... it is a special occasion and the food is delicious, however you don't overeat... instead you eat sensibly... enjoying the taste and the texture of every mouthful that you ingest.

Someone whom you haven't seen for a while approaches your table... at first they don't recognize you but then their eyes widen with awe and admiration as they tell you how wonderful you look.

Hear the compliments of your fellow diners as they agree... everyone says that not only do you look better and healthier and fitter... but it is as though you are a

new person, which, in a way you are... you have discovered your true self and you love and respect yourself, and it is a wonderful feeling.

From now on, if you ever notice anyone else who is grossly underweight... you feel so sorry for them... You understand how they feel, because, what seems like such a long time ago, you felt exactly the same... But now you feel absolutely marvellous, and so happy that you began to look after yourself.

These suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day... They grow stronger by the day... stronger by the hour... stronger by the minute.

Fear of Bugs

By Zoltanne Magyar, CHP

For a long time now you have been acting and feeling in ways that have left you feeling out of control whenever you saw or heard or knew that there was an insect around you.

I don't know why you felt like this, perhaps something happened to you when you were younger when you didn't understand too much about the nature of the wonderful insect kingdom.

Maybe your fear originated from an experience that someone else told you about or something that you'd read or seen in a film or somewhere else.

It often happens that when a child's mind is young and impressionable they can learn fears from another person... and really these are the other peoples' fears... not yours... But of course, at the time you didn't realize this.

But now you are older and with the maturity and understanding that you now have, you realize that your old fear has been preventing you, in many ways, of really appreciating the true beauty of your earthly existence.

For our existence relies not only on ourselves and those closest to us, but on all species of life... many of which go unnoticed for the majority of time... as we go about our daily life oblivious to the contributions made by the plant and animal and mineral kingdoms.

When we walk into a beautiful garden and feel the sun and the breeze on our skin and our hair... and notice the trees that have been growing for many years... and the morning dew glistening on the flowers... and the beautiful colours in nature... vibrant orange marigolds with their many healing properties, gorgeous purple irises... scarlet poppies, sunny yellow daffodils or perfumed roses of pastel yellow

or bright red... each blade of grass green and alive... existing... in perfect harmony... we can really appreciate the wonders of nature.

Living in peace and harmony... in a calm and peaceful way... we know that each species of life has its part to play... from the earthworm that turns the soil... the ants that work together as they go about their daily tasks, birds sing their morning song, the gentle hum of bees and wasps and flies as they pollinate the beautiful flowers that give us such pleasure... simple things in nature that we take for granted... but these creatures, perhaps more than any others, work so hard for us and we do nothing to show our appreciation.

The life cycle of a most insects is squeezed into just a few short months some even only live for 24 hours! During their lifetime they work very hard.

Insects prefer to be in familiar places, they generally only wander into your home by accident... And if one of these insects comes into your house by mistake, you try to help it to get back to its natural environment.

If it's possible, you use a butterfly net or a glass to cover the insect and you slide a piece of card underneath it and carry it carefully outside the door, into the garden or into the fresh air before releasing it to a place where it can safely find its way home.

There is no need to kill insects... because they will not harm you, the only reason they would try is if they feared for their life.

And since you are now sending out positive signals to them, they can sense that you mean them no harm and will not hurt you.

You now recognize the 'real' situation... instead of your 'unreal' fear... You just let the insects be, going about their simple lives, or if the situation requires it, put a glass over them and gently slide some card underneath... taking care not to harm

your small friend, then you can carry it to a safe place outside your room, your lives are separate again, as indeed your worlds will always be.

You do this calmly and confidently, you are totally surprised at how calm and relaxed you feel... You may feel curious about the insect that you have caught and wonder about how happy its going to feel to get back to its natural habitat... back to its family... safely... and once again able to go about its ordinary everyday tasks.

You'll be happy to find that you are losing your fears and feeling more in control... And it's a wonderful feeling to be in control.

And from now on, whenever you see or hear the sound of an insect of any kind... a spider, bug, fly, beetle, ant... whatever it is, you are happy to help it as much as you can, to return to its wonderful, natural environment.

You just let insects be, going about their simple lives... They live their life and you live your life, side by side.

Remember that they are far more scared of you than you are them... You are a really big giant to those insects, hundreds of times bigger and so much more powerful... you have the potential to kill them with very little effort... so no wonder they feel scared of you!

But you don't kill them, you let them live... after all, there is plenty of room on this planet for everyone to live peacefully side, by side.

And because you're dealing with the situation you feel so much more confident and self assured and in complete control of your own mind... And it's a wonderful feeling to be in control... such a marvellous feeling of achievement.

And these suggestions are firmly embedded into your subconscious mind and grow stronger and stronger with each and every day that goes by.

Fear of Death

By Josef Furcsa, CHP

As you begin to really enjoy these wonderful feelings of calm and relaxation, I wonder if you can settle yourself even deeper down now as you listen to the sound of my voice.

I know that, for a while now, you've experienced uncomfortable feelings when you've been thinking about death or dying, and I want to talk to you about this, and although you will be listening with your subconscious mind, to every word that I say, you may find your conscious mind wandering away from time to time, into other thoughts and feelings, and at times you may even become oblivious to what I am saying, but your subconscious mind hears and understands everything, whether or not it makes sense to you.

There may have been times in the past when you've lost someone that you loved, this happens to everyone at some stage of their life, and often when we're grieving for loved ones, it's our own loss that we're experiencing, and our own sense of feeling that our own mortality is at risk, and even perhaps wondering, what is the point in living?

But when you think about it, you realize that people can live forever, in the memory of the ones that knew them, and in the memory of humankind if they have contributed something special to life.

And really, everything that you've ever experienced is only a memory now, even your childhood and the earliest years of your life are simply a memory, for no moment lasts forever.

We can live on, through the little things that we do in life, no matter how unimportant they may seem at the time, life is almost like a huge jigsaw puzzle

and each tiny piece is necessary for all the picture to become whole, there is a sense of belonging with each piece.

And the seasons come and go, at the end of those cold, dark winter months, the sun comes out and suddenly spring is just around the corner.

If you've ever seen someone die naturally then you'll know that, usually it's as though a candle has gently burnt down and soon flickers and dies, no pain at all, because nature has a way of preparing her children for the transition that is about to take place.

Even those who do not die of natural causes, often die peacefully, as their minds drift into a separate state of consciousness in which they experience no knowledge of what is actually happening to them, and whatever suffering they have experienced in life, is no more.

Like flowers in the garden of life, one day a tiny seedling pushing up through the soil after germinating, a tiny bud forming on the stem and suddenly the flower bursts open in all its glory, and lives for a while, a long time for a flower, producing seeds that blow and scatter with the gentle summer breeze and settle in the soft fertile soil, ready for their time to grow.

And during the spells of colder weather the flower loses its perfume and petals and gradually withers and dies, do you think it would want to stay there in the ground, shrivelled and brown and dry, next to the beautiful shoots of next year? But it doesn't really die, for the dry petals return to the earth, to nurture the soil and provide nutrients for the next generation.

Life is a never ending cycle, that beautiful, fragrant flower played a very important part in life, we are all children of the Universe with a right to be happy whilst we are here.

And life is a beautiful gift, treasure it, and use each moment of your life contributing in some way, to make it a better place for the future, for who knows what the future will hold?

Over three quarters of the world's population believe in life after death, many people who have been on the verge of dying, tell of meeting with loved ones, or going through a tunnel with a bright light at the end, never wanting to return to an earthly existence, but somehow knowing that they still had tasks to complete on earth.

We too may experience those wonderful things, one day, who knows? But even if those experiences are produced by the brain to help us through the valley of death, what a marvellous way to go.

For remember, even today, and this experience of you being in hypnosis, will, tomorrow be only a memory.

So make the most of each day. There's no point in worrying about something that is inevitable, you accept that you are a living mortal, and one day your life as you know it will end, nothing you or anyone else does is going to change that, but what you can change, is your feelings about death.

Accepting those feelings that death is inevitable, no matter what anyone does, helps you to realize how important it is, to live each day to the full... and from now on you find that this is exactly what you are doing, you're living your life to the full, you enjoy every moment of your wonderful life, you make the most of each moment, and really appreciate the beautiful things that life has to offer.

Because of this, you begin to feel so much calmer about the whole subject of death, you accept it, you know that you cannot change it, no matter how you try, but you may like to anticipate new experiences, who knows.

What I do know is that you're now developing an inner sense of peace, calm and tranquillity, and these wonderful feelings are going to remain with you, they're going to remain and stay with you for as long as you want them to.

Fear of Driving

By Zoltanne Magyar, CHP

Now, I will ask you to use your imagination and your senses... Note how relaxed, calm, and peaceful you feel right now... Feel how easy and regular you are breathing... how relaxed your muscles are... how you feel both safe and comfortable... peaceful... This is the feeling that will always remain with you when driving.

When you are driving, your sense of sight and hearing will be sharper... This will allow you to be more centered and focused while still remaining in a calm and tranquil state of being... Your heightened awareness and focus will allow you to feel more confident; more relaxed, and make you a better driver... You are a good driver... You are a safe driver... You are capable and comfortable in all driving situations.

This state of calm-confident awareness will now always be yours when driving; wherever you may be and under any road or weather conditions.

Using your imagination, I want to picture yourself driving with total confidence, sharp awareness, and the calm relaxation that you now feel... Imagine yourself surprised, even delighted, at how good driving in this state feels and how enjoyable driving has become.

You will be able to recall this image and the feelings associated with it whenever you desire... From this moment forward, every driving experience will be a positive and rewarding one!

Fear of Flying

By Nauzika Borbely, CHP

You are now quite comfortable and relaxed... We are going to review your travel plans... If at anytime you feel any discomfort, simply let me know by speaking, or just signal me by raising your index finger of your right hand. In fact, do that now... slightly raise your index finger, of your right hand... Good.

Now lower your index finger, and we will begin... Imagine yourself at your home. You are comfortable... You are getting ready for your trip... See yourself reviewing your packing list... Imagine yourself going through all the motions, placing the items you need in your suitcase... Double checking the lock on your suitcase... Seeing that all your preparations are in order... You feel confident here, relaxed and ready for your travels... Now see yourself placing the luggage in the car, ready to go to the airport.. You are still quite relaxed, quite comfortable... You double check to make certain that you have your ticket... You are ready to go to the airport.

Traveling in the car is familiar to you... You are at ease... You are still feeling calm and secure... See yourself driving up to the airport and unloading your luggage... The skycap helps you to check it into baggage claim... He takes your luggage and gives you receipt stubs for it... Everything is going smoothly... You are calm and relaxed... In fact, take a deep breath and feel the relaxation flow throughout your body...

At any time during this process at the airport, to relax and to calm yourself simply take a deep breath... and as you exhale, see in your mind and say to yourself, "I am calm"... do this three times, breathing deeply and slowly... Your body will adjust to the soothing breaths.

The next stop in our adventure is the security check point... This is good because it lets you know that the airport is very concerned for your safety, and they are protecting you... You empty your pockets of any metal and coins before you walk through the arches... These machines are so sensitive to metal that it is not uncommon for a belt buckle to set them off... If so, you may be asked to go through again or they may wave a hand unit over your back and down the front of

your suit... It is procedure, they are just being careful with all the passengers... You are grateful for their care... It makes you feel comfortable, safe, and secure.

Next imagine yourself going to the gate area... Here is where you check in and go up to the counter at your gate and verify your seats... The attendant at the counter may stamp your ticket and take it at this point, or they may simply check their records to verify your place... If the plane is not too full they may say you don't need to check in at all if you already have your seat assignment... All are quite normal procedures and hundreds of thousands of people go through these procedures every day... You are still feeling very relaxed and comfortable.

A few minutes prior to flight time they begin to board the plane... You listen carefully to the announcement of when your row can board and get in line during the proper time... See yourself as feeling quite comfortable during the boarding process... You take special note of your seat row and number... you have your boarding pass ready... You are ready.

As you board the plane see yourself as still quite relaxed... You are easily able to find your row and seat... You settle in and get comfortable... You may wish to have a book, newspaper, or magazine with you to read during this time.

The attendants are making certain that everything is ready... that the passengers are comfortable, seated and have their safety belts on... Imagine yourself looking around at the other passengers... Some passengers are so calm and experienced at flying that they pay little attention as the attendant reviews the safety procedures... Those passengers have heard the announcements several times before... You relax and listen to the announcements... You take special notice of how many rows to the exit doors... you make certain that your seat back is upright for take off... You know you will be able to recline your seat after the plane levels off.

Think about how the plane is similar to a car... It has wheels, it has windows, it has a driver and so on... The pilot is just as comfortable in flying the plane as you are driving your car to your local store... As the plane taxis down the runway you are reminded of driving your car again... In many ways it is similar... you back your car out of the driveway... the plane backs out of the boarding area... You pull on to the main road... the plane turns and pulls onto the runway. You accelerate to get onto

a freeway... The plane accelerates on the runway... You have driven uphill in the mountains... the plane feels like it's going uphill during take off... Take a deep breath now and relax.

Again think about comparing this to driving your car... When the plane is airborne and you are on your way to the distant location, it is not that different than being in a bus or train... The pilot is transporting you... You are free to move about, chat with the person next to you, read something of interest, listen to a cassette tape or recline your seat and go into a deep, deep state of relaxation... You may choose to enter into a state of relaxation by breathing deeply and saying to yourself, **“I am relaxed... I am calm.”**

When it is time to land you will need to have your seat back upright, your tray table in the stored position, and your personal belongings either in the overhead storage compartment or under the seat in front of you... The attendant will help you, if you need it... Imagine yourself staying comfortable and calm during the descent and landing.

See yourself at the end of your journey being relaxed and delighted at the experience... You didn't even mind the announcements at the end of the flight... The attendant quickly says good-bye to you as you leave the plane... You were in complete control of your emotions, behaviors, and reactions... See yourself getting off the plane and retrieving your luggage from baggage claim... Perhaps imagine what it is like to be greeted by your family, friends, or co-worker.

Fear of Frogs

By Zsuzanna Sugar, CHP

Past memories and experiences account for about 90% of any decision we make. Only 10% of a decision comes from the actual stimuli of the situation. The majority of any decision is derived from your past memories.

Fear of frogs comes from your past... It can usually be traced to a time when you may have come in contact with them.

I want you to think of something from your past that makes you feel wonderful, safe and happy... Something so pleasant that it stands out from other memories...

Get it clearly in your mind... as soon as you have it nod your head so I know...

(Wait for them to nod)

Now, whenever you think of frogs... I want you to immediately think of your happy thought.

Every time you think of frogs, see frogs... or even hear frogs... you can associate them with your happy scene... you think of it immediately.

Then let the thought fade away like something that is not important... You can do it... You leave the past in the past. It is behind you and you want to move forward.

Where you are going is so much more important than where you have been...
Let it go NOW.

Fear of Heights (*Acrophobia*)

By Zoltanne Magyar, CHP

Allow yourself to remember a time from your past when you felt really confident... a time when you felt particularly proud and pleased with yourself for something that you had achieved... It doesn't matter what it was, or where it was, as long as you felt a good feeling afterwards.

(Pause for a minute)

Good, now I'd like you to be back there in that memory, experiencing that situation as it was... remember where you were, who was with you, what was said, how you felt... See or feel yourself back there in that situation where you felt good about yourself... nod your head when you're there.

Give that memory a name... a key word which identifies how you feel... And allow the picture to grow brighter and bigger, and those good feelings to grow stronger ... as your subconscious mind memorizes those wonderful feelings, and take a long, slow deep breath in through your nose... and let go, while thinking your key word in your mind.

(Short pause)

Your key word and that long, slow deep breath are your post hypnotic conditioned response, and from now on, whenever you need to feel these confident feelings again, all you need to do is take that long, slow, deep breath, and repeat your key word in your mind as you let go of all the air, through your mouth.... and as you do this, so you feel once more those wonderful feelings.

Now I'd like you to quiet your mind and imagine the images that I describe.

Take yourself to a beautiful place in nature... out in the mountains where everything is fresh and green and lush and beautiful... and create it as a lovely, warm, summer day with a clear blue sky.

Listen to the whispering of the mountains... a babbling brook and the sound of my voice, as you go deeper and deeper, into that lovely, calm, peaceful feeling.

(Short pause)

As you walk along the path you notice some steps leading up onto a bridge a little way ahead of you where the brook widens and the mountain becomes a little steeper... you approach the bridge with a confident feeling inside of you... You can do anything that you want to do.

Now imagine yourself crossing that bridge, from one side to the other, with that same calm, confident feeling... and remember your post hypnotic conditioned response.

Whenever you want to feel even more calm, more confident and more in control, you simply take that long, slow, deep breath... in through your nose, and repeat your key word in your thoughts as you exhale all the air through your mouth in a long, slow breath.

As you reach the other side of the bridge you look down to see how far you've come... realising that you've travelled a long, long way.

Below you that babbling brook runs through the mountain only to reappear in a different place... The buildings have become smaller and more distant and way down there is the path that you've been travelling along.

(Pause again for a minute)

You've moved high up on the mountain now but there's still quite a distance to go as you continue your journey.

From time to time you look back to see how far you've come, you realise you've climbed quite a height and this makes you feel good... it makes you feel confident and in control... and when you remember those old, uncomfortable feelings you can compare them to this feeling now of anticipation and mild excitement as you realise how you're progressing, advancing, moving forward into becoming totally in control of yourself, in control of your actions and reactions and more and more confident with yourself.

And you remember, anytime you need to... you remember your key word... realising that you're breathing in calmness and relaxation - breathing out tension and anxiety - relaxing, feeling calm and confident and in control.

You're approaching the top of the mountain now... just a short way to go to the top... And as you look down to see the distance you've covered you realise that it's okay to keep just a little of that anxiety... it's healthy to keep just a little bit... But any more than that... you can let go... you keep just as much as is necessary for you... and any excess anxiety you let go of.

Because from now on, you always approach situations with that calm and confident manner; always remembering to use your post hypnotic conditioned response whenever you want to feel even calmer and even more confident and even more relaxed.

Each and every time you practice your post hypnotic conditioned response you'll find that you feel calmer and more relaxed and much more confident... Allow these suggestions to penetrate deep into your subconscious mind and grow stronger and stronger as each day goes by.

Fear of Intimacy

By Zsuzsanna Strummer, CHP

For a long time now you've avoided allowing yourself to become too closely involved with other people... Even when your higher judgment may be tempted to let go of your own inhibitions, you managed to resist... It was as though something was holding you back and you just couldn't proceed with allowing the relationship to take its natural progression through life.

There may be a number of reasons why this problem developed, perhaps there was a fear of being hurt by other people or feelings of vulnerability, even deeply buried shame... This was due to the way you were brought up, and you may need to go all the way back to your childhood to discover that there was perhaps not just one cause, but any number of events that contributed to these feelings.

And now, here in this wonderful hypnotic state, your subconscious mind is getting ready to deal with that old issue of yours, because that's what it is, an old issue that belongs in the past... Too many times has it stood in your way, preventing you from enjoying a happy and fulfilled relationship with the person you love and could grow to love even more, after sharing those physical intimacies.

I want you to know and to understand, that whatever it was that happened to you as a child was not your fault, you were in no way to blame... As a child you couldn't always distinguish what was right from wrong, you learnt from the values that were taught to you or imposed on by your immediate care givers, and if their values and their way of life were not right, then it was only natural that you would follow their teachings or examples.

But you're not a child any more, you are now an adult with a mind of your own... You can decide what is right and what's not, and you've seen so many other people who are enjoying natural loving relationships... So you know that this

cannot be wrong, that's why you've already decided that it's time to do something about this old problem of yours.

In order to achieve complete healing there must be complete forgiveness, all wounds at all levels must be healed.

I want you to feel yourself surrounded now by a comforting, protective cocoon of white light, and know that you are perfectly safe, and take yourself to a special place where the guardians of love are there for you... If you're in a room you may see or sense them standing at each corner, if you're somewhere out in the open perhaps your guardians stand to the north and the south, the west and the east... It really doesn't matter where they are, just sense their presence and know that you're safe.

And I want you to invite any and all of the people who have ever hurt you in any way into your own special, safe place, and one by one invite them forward, knowing that you're safe and protected, and see these people for what and who they really are.

Whatever this person did to you was wrong, but with your new understanding you can see the forces that he or she was being driven by, and, there's no need to excuse them, but with your new understanding, can you forgive that person?

Can you forgive, and forget? Forgive and forget, and focus, not on the past but the here and now, the ever new moment of now... Say the words, either in your mind or out loud, to the person who is standing here, I forgive you, I forgive, I am free from you, and you are free from me, from now on I am my own person and I, and only I, decide what is right or wrong for me.

I'm going to be quiet for a few moments and I'd like you to nod your head when you can sense the freedom from the people who've held you back in life, and when you've finished forgiving and feel totally free from all those old restrictive forces, open your eyes, and you'll do this easily and effortlessly.

(Pause for a few minutes)

Good... Now,close those eyes and go deeper and deeper and deeper still... and you find that you can go deeper into hypnosis than you've ever been before.

Know that you are free and they are free too, you have forgiven those people and you can forgive yourself for allowing yourself to be influenced by them,and with this new sense of freedom and understanding you realize that you no longer need your guardians of love they will always be there for you should you need them in anyway,but you can survive on your own now, you're your own person... So thank them for all their help,thank them for protecting you,and let them know that if you should ever need them again you will ask them to return,as you instinctively know that they will.

I want you to feel the cocoon of white light that is surrounding you beginning to dissolve,you don't need protection now,you are you you are strong,you are certain of yourself,you are free... Free to commence and progress to enjoy the experience of being intimate with the person you love,and you are.

Now imagine yourself in the future,enjoying physical contact,having committed yourself to a loving relationship,feeling sure of yourself and your partner... Oh,there may be times when you're let down,disappointed,even hurt again,or maybe not, but,whatever happens,you look upon it as a learning experience and welcome the richness of your own emotions,totally uninfluenced by anyone from your past,living and loving in the here and now.

Over the next few days, weeks and months,you'll be feeling differently,as though you're a whole new being,which you are... Having dropped your defenses you welcome love into your life,you just let go and be you.

These suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day ,stronger by the day, stronger by the hour , stronger by the minute, just stronger and stronger than ever before.

Fear of Not Being Able to Sleep

By Dr Edit Devai

For some time now you have wanted to recapture the joyous feelings of going to bed earlier and falling easily to sleep - however because there have been occasions where you stayed awake for most of the night and early morning - you have delayed going to bed in case this night was going to be a repetition of former nights when you could not sleep.

This powerful hypnotic program will help you to look forward to going to your bed... regardless of whether or not you fall asleep... and because it will alleviate the worry about staying awake all night you may be pleasantly surprised to discover that sleep can come easily and effortlessly to you.

As I am sure you are aware - there are many benefits to having an early night... and... as the saying goes... an hour before midnight is worth two after.

For those who are conscious of their weight it has now been shown that sleeping can actually help you to lose weight... It can improve your complexion as well as your health and sense of well-being and mental clarity.

Sleep and rest rejuvenate the body and promote healing which is why people who have been ill so often need to sleep more as their body recovers.

You can wake early and refreshed and in a far better frame of mind to do not only the things that you have to do every day but also the things that you really want to do.

Sleep is a natural process that comes easily to most people... When you are hungry you ... when you are thirsty you drink - and of course when you are tired you will sleep... all you need to do is to redevelop your natural pattern.

Some people have active minds when they go to bed... and because they think this will keep them awake their mind plays monkey games with them.

The secret of successful sleeping is to take control... Let the monkey dance where it will - for it does not bother you - you are about to learn how to prepare yourself for any eventuality... and it will be so easy that you will wonder why it ever bothered you in the first place.

I would like to suggest that you prepare yourself in several ways. The first way is to ensure that you have adequate exercise during the day.

If physical exercise is out of the question then mental exercise will do... reading books, writing stories or poems or songs... enjoying stimulating conversations... doing puzzles or crosswords or anything that will help you to use your mind.

If you enjoy reading then remember to take a book by your favourite author to bed with you... or if you prefer music then perhaps your favourite CD... this is just to reassure yourself that if you are awake a little longer than anticipated then you have something enjoyable to do.

Perhaps you could take a notepad and pen or pencil to bed with you in order to record the fabulous dreams that you are going to experience in time to come.

And the last thing is to remember your ability to relax during this hypnotic session... relaxing each and every part of your body... going deeper and deeper into gentle hypnotic rest... perhaps opening a door and looking around - never knowing what you will see... for each experience will help you to explore the inner realms of your wonderful subconscious mind.

Perhaps you could do this now... imagine that you are happily going to bed at a reasonable time... you have your favourite book or CD... and you ease yourself into your bed... look around at your bedroom in your minds eye... notice the covers or duvet, the bedside light, the window - perhaps draped with curtains or

blinds - the door - your wardrobe and anything else that is in your room.

Depending on how tired you are... you might like to read for a while or listen to music... and eventually as your eyes begin to feel heavy you turn out the light and pull your bedclothes over your shoulders... feeling warm and happy and comfortable.

You begin to relax your body... one part at a time... your feet... your legs... your pelvic muscles and stomach... feeling the relaxation spreading upwards into your chest and shoulders... letting go of any tension... relaxing... releasing... such a wonderful, comfortable feeling... and then your back and your arms relax - and you begin to feel really tired and relaxed and so comfortable - only your head and your mind is waiting to let go.

So you relax your head... all those facial muscles... you let them relax... you notice how heavy your eyes are... and those thoughts are just drifting away... drifting away.

The next moment you are standing at the top of a flight of stairs so you make your way down... slowly... steadily...easily... drifting deeper and deeper... into gentle hypnotic rest.

And at the bottom of those stairs is the door... and it is night time right now - in your mind.. and some of the world slumbers and rests - gentle snores from behind closed doors... and the rest are awake... like that cat over there that is stalking across that wall... illuminated by the light of the moon and the glittery stars.

An early morning train in the distance can be heard... you imagine only a few passengers.. perhaps a mail train... with its driver... chugging along the line.

An odd car passes along a lonely road... a rabbit narrowly escapes its headlights... and then the road is in darkness again... but there might be badgers and other

nocturnal animals and creatures in the field nearby... an owl perched on a distant barn calls to its mate... you realize that life goes on through the long dark night... and perhaps imagine yourself out there on a cold, snowy white winter road... wrapped up in your warmest coat... venturing out with a mission to complete... treading ever so carefully so as to avoid the slippery, icy patches that are almost invisible in the dark of the night.

And how you wish that you were at home in your nice, warm, comfortable bed? What does it matter if sleep comes easily or not.. you are resting your body... you are safe and content...and your mind begins to wander wherever it will - feeling so sleepy and ready to enjoy your repose.

And if you are still awake at this moment in time... you look to the space behind your closed eyes... can you actually see those curtains or blinds or are you beginning to dream?

You see shapes forming... perhaps colours or vague impressions of memories of things that have happening during the last few hours... and they are changing - evolving into what will eventually become a dream... that means that your mind is now ready to process this information in a healthy and natural way.

Every night is exciting and different for you... you begin to look forward to going to bed - wondering how your night will progress - as your body rests and your mind takes you on wonderful journeys.

Your subconscious mind holds a reservoir of untapped thoughts, memories and ideas. Some nights you might awaken after experiencing a vivid, imaginative dream and take out your notepad and pen and record it exactly as you have just dreamt it.

Other dreams may not seem so important to record so you allow your mind to rest, drift and wander eventually onto the next one... happy in the knowledge that you have enjoyed your hours of rest and will awaken at an appropriate

waking up time... feeling totally alert and refreshed and ready to embrace the new day.

Fear of Overcome Viruses

By Csaba Szeles, CHP

As you begin to relax even more deeply now, you are aware of a wonderful feeling of calm deep within you, and this calmness can spread, throughout your body and your mind, because from this moment on, during this hypnotic experience.

Your subconscious mind is open and ready to accept the suggestions that are offered to it, and when you return to normal conscious awareness the suggestions will be so deeply embedded in your subconscious mind that they will take effect at the earliest opportunity.

In this pleasant state of hypnosis your subconscious mind is completely receptive to a new way of thinking and feeling, because for a while now you been overly concerned with viruses, perhaps avoiding any situation where you might come into contact with them, and this has been getting in the way of your everyday life, so today, we will remove any unfounded fears and give you a true perspective into the risks of viruses.

You know that there are viruses that can cause infection, the media and films are partly to blame, there is always a story in the headlines, about bird flu reaching England, HIV spreading across the world, or a film about a virus killing almost the entire human population.

We have been conditioned to be overly afraid of viruses, but the reality is that if we are reasonably precautious, then we can live healthy happy lives.

Most people will come into contact with many viruses during their lifetime and yet be perfectly fine... Before the introduction of vaccines, many people would contact and sometimes even die from these viruses. However, as I'm sure you're

aware, children are now routinely vaccinated against Measles, Mumps and Rubella, as well as meningitis, diphtheria, tetanus, whooping cough and polio.

These vaccines contain tiny particles of virus or bacteria that prompt your immune system to start producing antibodies against it, so that you will never catch it for real.

The same thing happens when you catch Chicken pox, or a cold or flu, you can never catch Chickenpox twice, or have the same cold twice, after the first one, your body will make itself immune to further attacks. Your immune system is looking out for you, all the time... and then there are nastier viruses such as the ones that causes cold sores.

Once the virus is in your body, it stays there for the rest of your life, and if you are feeling under the weather, it may find the opportunity to show itself for a little while. That is why it is always wise to avoid touching someone else's cold sore, especially if you have never had one yourself, but there is no need to worry, because it is a very common infection and there are many creams on the market now that can get heal your cold sore the moment you first get that tingling sensation.

Our bodies do an excellent job of protecting themselves anyway. As well as producing antibodies against certain types of viruses, they also try to stop them getting in, in the first place... This is the purpose of the mucous that lines your nose, and the hair that you call your eye lashes, they work extremely hard to trap any allergens before they can even get in your body.

Our bodies also work in harmony with many good bacteria that live in our stomachs and on our skin... They are harmless to us, and try to take up all the available space, so that if a virus comes along, it cannot find anywhere to live.

Often you may find that you have been in contact with someone who is ill, and yet you didn't catch it, that is because your body was working hard to keep it out.

And it is pointless to worry too much about catching a virus. If you are going to catch it, you most likely will, there is little you can do other than to make sure that your body is in top condition.

So you always ensure that you eat well, drink plenty of water and get adequate sleep and exercise, as long as you do not allow yourself to get worn down, only the toughest of viruses will be able to catch you.

Over worrying about viruses will wear you out, it gives you less time for the more important things in life, the things that keep you happy and healthy, and these are the things that are the most important of all, to you.

So now I want you to rid yourself of any worries you have over catching a virus, you now realize how pointless it is.

Imagine that all your worries are scattered all over your house, and that you can walk around picking them up, and as you do, you look at them all, one by one and realize how silly you must have looked, covering your mouth with a cloth if you suspected someone had a cold, avoiding social situations altogether for fear of catching something. You spent the whole time on your own instead, perhaps avoiding visiting relatives in hospital, after all that is where all the sick people are, but you may have missed some very special moments with someone you loved, missed an opportunity to say goodbye or tell them you love them.

And after you have examined each worry that you ever had, and you have seen that they were totally unnecessary, you really do want to get rid of them once and for all, so you put them all in your rubbish bin.

And when you have done this, you tie up the sack and put it out of your door, ready for the dustbin men to take away, carried out of your life forever.

And now that your worries have been thrown away, you no longer feel overly worried about viruses. You still use your common sense, for example if there are

warning signs telling you to wash your hands and so on, you will obviously do so, otherwise, you are perfectly happy to go about your everyday activities without being too cautious.

And this makes you feel good, you are so proud of yourself for overcoming that old fear of yours, and you feel totally in control of yourself, in control of your mind, your body and your health.

And these suggestions are firmly embedded in your subconscious mind, and grow stronger and stronger day by day, stronger by the day, stronger by the hour, stronger by the minute.

Fear of Pregnancy

By Zsuzsanna Strummer, CHP

As you're resting here in this comfortable place, and enjoying the feelings of comfort and warmth, you are aware of the sound of my voice talking to you, and as you hear my words... these words become your own thoughts and generate a whole new way of thinking and being and feeling for you.

And you said before that you had a fear of pregnancy and I know that this is a very real fear for you, because you've never been pregnant before, that's why you're beginning to realize that it's really a fear of the unknown, and you're certainly not alone in fearing the unknown... but, as the journey unfolds and you embark on this wonderful adventure... the unknown soon becomes known... and you realize that it was never really unknown because so many women have been there before, and they will go there again, not just once, but sometimes two, or three, or even more times.

Having a baby is the most beautiful and natural thing in the world to a woman, and being pregnant brings forth all those maternal and protective instincts as you feel your own unborn child growing and developing within your womb. Very rarely, complications arise, and let's face it, nothing in life is totally foolproof, however with the excellent pre natal care that is available in hospitals and clinics these days, most complications are dealt with immediately and the health and safety of mothers to be and their babies, born or unborn, is of paramount importance.

Perhaps somewhere in your past you were frightened by someone else's pregnancy or child birthing experience, either real or imaginary? And you know, some people like to embellish and dramatize things that happen to them, but even if it were real, then that was their experience, not yours, and there's absolutely no reason at all why you should experience pregnancy or childbirth in exactly the same way... I want you to allow your mind to wander back and

recognize, here in the safety of hypnosis, any negative events that may have happened, or not happened, to make you feel afraid... Do this now and I'll be quiet for a moment or two.

(Pause for 1 - 2 minutes)

Now if there was anything there, realize how that event has negatively hypnotized you, into believing the same thing would happen to you. And if you can be negatively conditioned, so you can be positively conditioned, and isn't it better to feel in control and happy and in charge of your life and your future? And why should you take on board someone else's fear? You are at least entitled to decide for yourself, that's why I want you to decide for yourself, right now, what is it you really do want? Do you want your own baby? A little bundle of joy whom you can nurture and love and care for? Or, do you want to be child free for the rest of your life? It's your decision, and your subconscious mind will give you an answer that is right for you, I don't know whether you will discover the answer right now or whether it will happen during your sleep tonight, but I do know that you can trust in your subconscious mind, it will not let you down.

But, just for now, imagine that you are already pregnant, and this is a symbol of the love that you have for your partner.

For the first few weeks you hardly feel any different at all, and the changes within you are so gradual, you and your unborn baby are growing together... And the first time it moves in your womb is such a special time for you, at first it's like a little flutter, and when your baby grows bigger you feel little wobbles in your tummy when it moves, now that is a magical feeling, and of course by this time your pregnancy is already well established and you know that there's no going back, and that's fine... because the only way you want to go now is forward, forward to the time when you hold your baby in your arms, close to you.

Now I can't ask you to imagine how that will feel because unless you've ever been pregnant then you will never be able to appreciate how wonderful it is.

And you're already wondering how it will be for you but I'd like you now to put all thoughts of pregnancy out of your mind, draw a curtain over what has happened here today, and allow your subconscious mind to decide what you will do, it will not let you down.

So, don't try to consciously remember anything that I've said, there's no need, just allow those wonderful, pleasant relaxing feelings to make you feel calm and content.

Fear of Solitude

By Tiborne Molcsan, CHP

In a few moments I'll ask you to visualize certain scenes in your mind, and you'll find that imagining these scenes that I describe, will take you deeper and deeper into relaxation... into that lovely calm and peaceful feeling.

I'd like you to imagine that you've had a really busy day, mixing with lots of different people and it's now time for you to go home... to your haven... your house.

In the past this may have been a situation that filled you with dread... but on this particular day you really have had enough of socializing and making conversation with people you don't really know... and all you want to do is to be within your own four walls.

So imagine yourself at your own front door... key in your hand... turning the lock and opening the door of your empty house... And as you enter and turn on the light you are greeted with a wonderful feeling of safety and comfortable and familiarity... You close and lock the door and take off your coat... and just look around at the things in your house... your own comfortable chair... other furniture ... perhaps a TV... maybe pictures on the wall that you've chosen or had bought for you... all these things that you have carefully and loving chosen that represent you... your tastes... your uniqueness.... And you realize how lucky you are to have your own little nest that you can nurture and and enjoy... so just enjoy these wonderful feelings right now.

Go deep into your own creative subconscious mind... perhaps you can discover other inspirations to make your home a happier place to be... Particular things in particular places... colours and aromatic oils in candle burners... your favourite foods or drink in the fridge... so you can really spoil yourself when you come

home... because this is your place... it is your own home... it is your and yours alone and you feel so comfortable and relaxed here right now.

You may even begin to wonder why you didn't feel like this before... And if anything happened to make you feel that way in the past... you understand now... that whatever is past is gone... and can't bother you any more... So you decide to let go of the past and to concentrate on enjoying the present time... here in your safe little haven... where you feel so good... so comfortable and so relaxed.

You can do whatever you want to do here... You can listen to music or watch what you want on TV... You can have hobbies that you really enjoy and become so totally absorbed that it's so easy to lose track of time... knowing that you'll always remember what you really need to remember... But whatever you need to forget can be let go of... it doesn't bother you at all.

Even here in your home you may have a telephone... that open line of communication which you can use if ever you want contact with other people... But right now... you're so happy to be alone... And do you know... when you are tired and it is time for you to go to bed and to sleep... you can really enjoy a wonderful experience as your subconscious mind takes you on many exciting journeys into the realms of your subconscious, dreaming mind... you can really discover interesting things about yourself that you may have forgotten or not given much thought to before now... Or you can visit truly relaxing places like a wonderful beach on a warm, sun kissed tropical island... or a rowing down a beautiful river... rocking gently from side to side... side to side... as you drift deeper into relaxation.

Perhaps there are lovely memories that you thought you'd forgotten... and you can recapture and relive them now on your wonderful journey into sweet repose... You can do anything... you can be anyone... in your dreaming mind because everything and anything is possible... you can mentally rehearse future situations to make you feel even better in the future... You can feel really good...

And so, you're beginning to feel really so much more comfortable now with your own company you are developing an inner sense of peace... harmony and tranquillity... And you'll find that every time you go home you will thoroughly enjoy that wonderful feeling again.

And these suggestions are firmly ingrained in your subconscious mind and they grow stronger and stronger day by day... Stronger by the day, stronger by the hour, stronger by the minute.

Fear of Success

By Csaba Szeles, CHP

As you enjoy these wonderful feelings of calm and relaxation, your mind begins to open up to new possibilities in life, which in the past you may have avoided for reasons of your own, because you know that all too often, people can deliberately sabotage their career or their future prospects because some silly little thing at the back of their mind that says no, I can't do this.

Well, all this is changing for you now, because you deserve to be successful, you work hard for what you do, and it's only natural that you should be rewarded by achieving recognition in the way that is most important to you.

In a way it's like climbing a ladder and being afraid to take that very last step, the step to financial and, or, emotional freedom, whichever is most appropriate to your desire. Now, you know that you have to move onward and forward, but you felt in the past that something was holding you back.

I wonder if you can visualize now in your mind, a spiral staircase made out of stainless steel that seems to go up and around forever, it is an open staircase but you have your feet placed firmly upon each rung, and you begin to climb up, you can take any position that you want as you rise this staircase, because you trust in your subconscious mind and you know it will not let you down.

And as you go further and further up this staircase, you may see people you love, either at the bottom, or halfway or even already at the top, it doesn't really matter where they are, the only important thing is that you know they are there, and always will be.

You know that you have a goal to reach, sometimes you may stop climbing and take a rest, and a brief moment in hypnosis time can last just as long as you like, or you can keep on going, higher and higher.

There's something special awaiting you at the top of the staircase, you don't yet know what, you do know that it's worth it to keep going up, you have three choices, you can stay where you are, you can fall or climb back down to the bottom, or you can keep on, pursuing your dream, which do you want to do?

You already decided to ascend, and as you get higher you realize that nothing can hold you back, nothing can bring you down, because you're already well on your way... Yes, it may be scary at times, especially if you look down, not because you're afraid of heights or anything like that, but because you realize that you've put in so much effort now and it wouldn't be fair to yourself to give up, so you keep on going.

And the higher you go, the easier it becomes, and the easier it is, the higher you go, there's no stopping you now, you're not far from where you want to go, and nothing in the world could make you stop now.

You go higher and higher, until suddenly, even though it seemed at the time to take so long to reach your destination, you find that you're there, you're at the top of the staircase and you still have your feet placed firmly on the rung of the step, and you can hear people cheering you on, these are your inspirations and your motivations, they've been here with you all the time.

Now, you come to a plateau, and you have to leave this spiral staircase to explore all the new opportunities that are awaiting you, you ease yourself up, up from the staircase, looking around for a firm grip to hold onto, and there it is, waiting for you. So you literally push yourself up from the last rung of the staircase and onto the new level that you've just reached, you made it, and doesn't it feel good?

Now, whatever your idea of success is, find it here, waiting for you, explore it, enjoy it, experience it now, for you worked hard to climb up and you truly deserve to benefit the rewards of your efforts.

Now there's far more time to enjoy what you do, because you're doing what you really want to do, this is your new life, the gift that has been bestowed upon you for working so hard to achieve your goal.

So just enjoy, and experience, as I'm quiet for a moment or two, this new way of life.

(Pause for about two minutes)

Good, and now that your mind has accepted that you can reach your goal, it will be so easy for you, because the neural pathways in your brain have been laid down, making it so much easier in the future to travel that path. You are a success, you deserve your success, no more negative thoughts, they're not for you, you know that you're worth more than that.

Fear of Water

By Dr Edit Devai

I want you to join me now for a wonderful, enchanting journey deep into the realms of your subconscious mind... we're going back into the source of all creation - that magical, mystical ocean of life from whence we came. So come with me now and let your mind drift gently back in time - drifting further and further back as though there's no such thing as time - for time is a relative thing invented by humankind... and in our dreams time does not exist... and in hypnosis you can allow your imagination to wander where it will... and when it will... and it will.

It only matters that you trust in your subconscious mind, and allow my voice to gently guide you to the deepest secrets that were ever told... And as you drift you may find yourself floating through a tunnel of dark and beautiful lights, or swirling through all the experiences of your life... remembering only the ones that are safe and comfortable for you to remember at this present time.

The ocean of life is filled with an abundance of different species... exotic fishes displaying their multicolored attire... emerald greens and neon blues - regal purples and glowing yellows... crimson... orange and violet too... Beautiful corals and strange plants floating in the warm waters of life... You are neither fish nor plant nor anything else at this moment in time... just a simple conscious awareness that evolved and emerged from the deep, deep blue.

In the first months of your existence, from conception until birth... you too were at home in the warmth and safety and comfort of those wonderful, life giving waters of life... the amniotic fluid was your very first abode... you knew nothing else but this beautiful, comfortable place.

And often we get a yearning to go back to remember our roots... it's an instinctive feeling that takes certain species of fish that have hatched in the soft warm sand, back to the tidal waves to swim in the light of the moon.

Remember those first few months of life, how safe and comfortable and 'at home' you felt. Evolving and living in fluid was natural to you, you didn't know anything else. Only later, after your birth and certain circumstances or events did the fear begin to set in... But that fear isn't real, it was just superimposed over your natural true self, that wonderful self that exists and knows peace and harmony and tranquility.

Imagine that fear now if you will... You were afraid of water and perhaps it was like a stain or a dirty mark on a cloth... perhaps it was an unnatural feeling inside of you or maybe a harsh sound that you heard... How do you picture that unwanted fear in your inner mind? You know that the feeling of fear isn't natural to you and you just want to be free of that feeling... and wanting to be free is all that you need to be totally and completely at ease in the water.

So know in your mind how that fear represented itself to you, and allow your wonderful, creative subconscious mind to obliterate that unwanted feeling forever... Do this now and I'll be quiet for a moment or two.

(Pause)

Signal to me with a simple nod of the head when you can feel all that fear leaving you... That's good. It's so good to be free - and you are free... And you feel at peace and at ease and so confident now, and it's a wonderful feeling.

Just keep hold of this wonderful feeling now and imagine with me that you're at the side of a pool and you've decided to learn to swim, to be free and back to your natural love of water... Because it's probably a long time since you swam you decide it's a good idea to relearn the movements of swimming before entering the water and you watch the way that other good swimmers move - so easily and

so gracefully... and you decide right here and now in hypnosis that you can do that... And you can do that.

You lower yourself into the water and practice the movements before letting go and when you let go you find that you too can feel at home here in this wonderful place, you can swim, you can feel comfortable and really good.

Imagine yourself now, swimming easily and effortlessly, gracefully and elegantly in the wonderful waters that uphold your body and adapt to each movement you make... Do you know that the brain is made up of 80% water? Perhaps this is why it feels so good here... so natural... so at home and comfortable.

You're really enjoying yourself now... And it's a wonderful feeling to be free of that old fear of yours... to be calm and relaxed and confident.

And these wonderful feelings are going to remain with you... They're going to stay and remain with you and grow stronger and stronger day by day... Even in your dreams, where time doesn't exist... you're going to find yourself swimming and really enjoying yourself... For your mind is preparing now for everything that you feel you've missed... it's time to catch up and learn and overcome any barriers and you've never been readier than you are right now.

Increase Appetite

By Emoke Vallus, CHP

Imagine yourself taking magical journey.

A journey into the realms of your subconscious mind and into the far reaches of your body, to a place where you can master the most intricate functions of your body, as you enter the control room there is a sense of wisdom that comes over you, a sense of relief almost, that you can actually achieve a state of mastery over your mind and your body, now, as you notice the place in your mind where you will create these changes in your body.

Also notice the change in the way you feel, and the way your body seems to shift into a state of receptive wonder, it may start as a tingle or a glow, or it may be gentle waves of vibration, that seem to flow up and through every fiber of your being.

And as you feel the wave, you may also notice the change, the warmth, the color and the glow of your body.

Soon your body will be prepared, and ready to receive these suggestions and directions, don't diet... Never, ever, diet, because when you diet the first thing you think of when you open your eyes in the morning is food, and the last thing you think of at night is food.

Instead take advice from someone you trust and design a meal plan that gives your body all the nutrition it needs for health and growth.

Also get 30 to 60 minutes of exercise or physical activity three to five days a week... More than that is too much... Ask someone you trust for an honest, objective opinion of your weight... If they say you are normal weight or thin, believe them because to actually make these changes in your body to direct the

cell changes, the tissue changes, and the muscle definition, you have to know for a fact that this is what you need.

And perhaps, just perhaps you need a second opinion, because your mind has the control that you need, and even now you may notice the increased blood flow that signals the anticipation in your body to create these changes as rapidly as possible, and these changes cannot occur without enough fuel, you must drink at least eight glasses of water every day to keep your kidneys functioning to their full capacity ridding your body of toxins, when you visit the loo you are not only discharging water.

The required blood flow begins to increase now, pulsing through your body, directing its focus to the areas of your body that need to make these changes, my voice reaches deep inside now making contact with your subconscious, and that part of your mind that is hearing my voice will respond, and it understands on all levels, what is expected.

As you let go, you allow my voice to enhance every function, command every thought, every physical sensation, while your body learns how to maximize the potential in your physical body, that part of your mind that hears my voice now, opens and prepares to make changes, you allow your body to make these changes, to increase the amount of fuel you deliver to your metabolism.

Now take all of your consciousness, all of your awareness, down through your body, down through your spine, travelling down inside of the veins, the arteries, the nerves, and the tissues, you create a path of communication through your spine, and as you reach the bottom of your spine you allow your consciousness to spread allow it to notice the inside of your body.

Listen as the sounds of the flow of blood begins to experience its connection with your cells, experience the amazing power you now have to direct and focus your mind to expand and strengthen your desire to be well, to increase the blood flow,

the supplies of oxygen to the cells, the nutrients needed to increase the quality of cells, forcing the cells to quicken the process of rejuvenating your weary body.

I now want you to go to a very special place where you feel comfortable and safe.... And imagine yourself as having a healthy body, with curves in just the right places, and a radiant glow on your skin... See yourself smiling and happy and healthy and well, and feeling just great.

Step inside this image and really feel what it's like to be like this, you have so much more energy, you feel alive and vibrant, you have put all thoughts of dieting out of your mind because it's not important and you're completely happy with the way you are.

Absorb these wonderful feelings for a few moments and allow your subconscious mind to memorize, not only the way that you feel but the way that you look and you are.... Because from this moment onwards your subconscious mind will direct you towards this attainable goal and you will achieve easily and effortlessly, a perfect self.

You begin to notice your appetite is improving because you accept yourself, you love yourself and you nurture yourself... And every day you feel better and happier and healthier and fitter than ever before.

Inner Strength and Peace

By Zsolt Benyei, CI

Imagine you are standing in front of a giant Oak Tree. This mighty Oak is very old and very strong... Its roots run very deep in the ground... Its branches reach upward towards the warm sun... Listen to the breeze blowing gently through the leaves... Smell the lushness of the earth, plants and life all around you... Breathe that freshness in... As you breathe in, you breathe in life... You are at peace standing next to this Oak... It is tranquil here and you are safe.

Now, envision yourself as that mighty Oak, majestic and strong... Your feet are planted firmly in the ground. Your arms are raised and absorbing the divine light from above... With every breath you take, you breathe in vital energy... Feel yourself being grounded and centered... Feel yourself being nourished by the rich soil from below... and feel the divine light from above surrounding you with love and protection... With every breath you take, you become more and more at peace.

I want you to take three deep breaths now... With the first breath, breathe in harmony... Feel it enter your lungs and fill your body... As you exhale, release frustration... On your next inhale, breathe in affection... on the exhale, release anger... With the third breath, breathe in acceptance... and exhale judgment ...

Return to your normal breathing and just as normal as it is for you to breathe right now, feel the normality of your inner peace and strength... Allow yourself to feel at one... at one with yourself... and at one with the Universe... As you feel this connectedness to yourself and to those around you, you begin to realize that we are all part of the same celestial fabric... We experience the world in many ways that are unique to each of us... It is within this knowledge that you stand tall and secure and at peace.

We all have our own ways of processing events that occur in our lives... We cannot change a person, only influence them... You chose to be a positive influence in the lives of everyone you meet and also in your own life... It is fruitless to be anything other than positive, loving and nurturing... You are able to draw strength and inner peace from that mighty Oak Tree that is you. You do not

allow dis-ease to enter your strong trunk... Any negativity you may feel is instantly released into the earth to become absorbed and transmuted back to positive nourishing energy.

Whenever life experiences bring you into contact with someone or something that is frustrating, aggravating or brings up negativity within you, you will recall the image of this peaceful, mighty Oak and relinquish your negativity and find that inner strength and peace.

You will, from this point on, face challenging events in your life with a positive attitude and with a peaceful inner strength and knowledge that you shall overcome... You easily overcome any obstacle, whether big or small, ever drawing upon the strength of that mighty Oak.

Insomnia Rainbow

By Nauzika Borbely, CHP

Visualize that you are a sponge being wrung of stress, down and out your toes... Take 3 deep breaths and “sleep now”... Hear my voice only until your relaxation therapy is complete, then you will go into a deep easy natural sleep.

Because you want to get a full nights sleep, and because you want to awaken in the morning feeling completely refreshed, rested and full of pep and energy, each night as you retire you relax every muscle in your body by taking 3 deep breaths... After each breath you say to yourself sleep now, and let every muscle and nerve go loose and limp.

After the third breath you are so completely relaxed you immediately drift off into a deep and restful slumber, which remains unbroken until morning... Only an emergency awakens you and if this happens you return to bed after attending it and go to sleep within 60 seconds... It is easy for you to relax and go to sleep because you expect to sleep... Throughout your sleep, you are contented and pleasantly relaxed.

You always relax completely upon taking 3 deep breaths and at bedtime you always go to sleep as you relax... You sleep soundly and comfortably and without effort... Throughout your sleep you feel calm, contented and relaxed and you carry this calm, contented sense of relaxation over into your waking hours.

You always awaken at your usual rising time and feel wonderful! Completely relaxed, rested, alert and cheerful! Your eyes open, you sit up and put your feet on the floor immediately, you stretch, and you feel good, really ready for another wonderful day. You thoroughly enjoy your deep restful sleep and at bedtime you just take 3 deep breaths and think “sleep now” after each breath, and you go to sleep automatically. All of these thoughts come to you when you relax and say “sleep now”.

I am now going to bring you through the colors of the rainbow. The colors are red/orange, yellow/green, blue, purple/lavender, and white... As I go through the colors you will go deeper and deeper into natural sleep. On the color white you

will easily and gently reach over and turn off the machine that is playing this tape. After you turn off the machine, you will go into a very deep and very relaxed state of natural, normal sleep.

Red / orange... slowly, calmly, easily and gently going into deep, normal sleep.

Yellow / green... every nerve and muscle in your body is loose and limp and relaxed, as you go deeper and deeper into natural sleep.

Blue... from head to toe you feel good, you feel perfect in every way, you go deeper and deeper into natural sleep.

Purple / lavender... your mind and your body are now going into a very deep and healthful slumber. You feel good, and at the next color, you gently and easily, without disturbing your restful slumber, reach over and turn off your machine, then you go into deep restful and natural sleep for the entire night.

White... easily and gently now reach over and turn off your machine that is playing this tape. Sleep now. Sleep now. Sleep now.

Letting Go of the Past

By Csilla Deszpoth, CHP

In a moment I'm going to ask you to imagine certain things, and as you do you'll find yourself drifting deeper and deeper into this wonderful, relaxing feeling.

First, I would like you to imagine a bright red door, a bright red door, and on the door a very large number seven.... That's right, a number seven. When you can see the door clearly in your mind, when you can see the bright red door with the number seven, signal to me by lifting your right index finger.

(Pause until response is shown)

Good, thank you. Now start walking towards the door. You will find that the door is closed, so push the door to open it.... Don't worry, it will open easily, you just have to push it. Now push the door open and enter the room that's in front of you.

Good... Now you walk into a brightly coloured red room. Notice how all the walls are red, and most of the furniture is red... This room represents the problem that you are seeking help with... Even though the room is a bright red, it feels somehow comforting, because you know you're getting inside the problem and you're going to overcome it.

So look around you, and examine your problem... Decide on the best way to move forward. Are there any tools you need to help you? Pick up anything that you think will help you on your way.... If you're done looking and are ready to continue, signal to me by lifting your right index finger.

(Pause until response is shown)

Thank you.... Now go through the room and walk over to the far side of the room. You will find an orange door here with a large number six on it... A nice, bright orange door, with the number six on it... As you reach the door you wonder what is beyond it, and as you push the door open you walk into a lovely bright orange room.

The orange room represents your desire to overcome the problem you seek help with... You really want to overcome it, and you know with certainty that you will. All you need are the tools you may have picked up in the previous room, and all you have to do is follow my voice, for my voice calms you and soothes you, and you know that my voice will help you overcome the problem you seek help with.

Now feel that desire to overcome your problem radiate from the walls... Bask in it, let it fill your whole being until you are one with that desire... Let it seep into your every pore, every fibre, every cell, until you are completely filled with that desire to overcome your problem, and until you are that desire itself... Feel how powerful that desire is... Feel how powerful you are... Now step forward with that powerful desire that you are yourself, and go to the yellow door at the far end of the room.

See that the yellow door has a large number five on it... Now enter the room... As you enter the yellow room you are filled with hope and optimism... You can feel that hope and optimism enter your soul and the deepest part of your mind... You like this room very much, for this lovely little yellow room is like a burst of sunshine... It's a wonderful room where you feel that your hope and optimism is increasing by the moment... Your hope and your optimism is increasing moment by moment... As you are filled with hope and optimism, you walk over to the green door now at the end of the room, and open the green door with the number four on it.

You enter the green room now, and you find that you are drifting a little deeper, drifting a little deeper into this wonderfully calm and relaxing feeling, drifting deeper and deeper still. The green room you are now in represents abundance

and growth, just like the new growth of spring, and its promise of things to come... It symbolizes how your desire to overcome your problem transforms into determination to overcome it... As your determination manifests itself you know without a doubt that you will be able to accomplish what you have set your mind to. You are determined and confident, and you are absolutely sure that you can achieve whatever you want... With every breath that you take your determination grows stronger and stronger, and with every word that I say your confidence grows stronger and stronger... You are now determined and positive and confident, and you feel wonderful about yourself.

With that determination to succeed you step to the door at the end of the green room, and see that it is a blue door, a blue door with the number three on it... It is a bright blue door, bright and cheerful, just like the way you feel as you drift deeper still, and deeper still into that calm and relaxing feeling where you are ready to overcome your problem forever.

You open the blue door and step inside, and immediately feel a great strength in the room; strength with which you can overcome any problems in your life; and you feel an overwhelming sense of calmness, too... Feel this great strength and let the room charge you fully with it... Enjoy relaxing in this room while the strength of it fully becomes yours... Find a nice, comfortable chair or sofa in the room, and just relax and enjoy how much stronger and calmer you become with every breath you take... With every breath you take you become stronger and stronger, and calmer and calmer... Just relax and enjoy it before we move to the next room...

Now that you are fully charged, and you are feeling stronger than ever, and calmer than ever before, go slowly to the door at the far side of the room... This door is an indigo door, the colour of the deep blue sea, and there is a number two on it... Push the door open, and enter the room which is the colour of the deep blue sea, and feel how waves of peace and serenity wash over you... Being in this room feels like watching the ocean waves... So calm and peaceful... As you are in this room you begin to notice how a feeling of total peace and serenity comes

over you, a feeling of total peace and serenity as you go deeper and deeper and deeper still.

As you try to reach for the last door, a purple door with the number one on it, it feels as though you were floating above the ground, floating towards the last door, a purple door with the number one on it... You reach the door now, you push it open and enter the last room, and immediately you find yourself in a room of the most perfect shade of violet, a rich purple, a colour so divine you find it hard to believe such a colour could actually exist... As you are standing there in awe and watching this rich, deep colour you feel one with the universe, and you feel that you have finally arrived. At last, you have finally arrived.

You are now in a deep state of relaxation... Notice how this deep, peaceful and relaxing feeling washes over you and soothes your body and your mind... Embrace this deep, peaceful and relaxing feeling, and feel how safe and relaxed you feel when you are in this state... Let this deep, peaceful and relaxing feeling envelop you; let it cover you like a warm blanket.

Your warm blanket of relaxation surrounds you, covers you, and envelops you... It protects and it soothes you, and you can always relax more and more, and you will always relax more and more, because you know that your warm blanket of relaxation protects you and soothes you.

Any outside noises you hear do not disturb you anymore... In fact, they only help you to relax more and more... The only sound you are now interested in is the sound of my voice, because the sound of my voice soothes you, and you know that it guides you and helps you to achieve the positive change in your life that you want... Let me help you achieve that positive change, let me help you so that you can let go of the past... Letting go of the past is in fact really easy, you just have to keep listening to my voice.

The first thing you have to know to be able to let go is that your past experiences have made you the person you are today... That person was strong enough to

endure all hardships, and wise enough to realize that you have the right and the power to change your life for the better... And you are here today because you have acted upon that wisdom, and have chosen to change your life for the better.

All of us, at some point in our lives, have faced difficult situations which seemed hopeless at the time, and all of us have been deeply hurt by someone at least once... Know that feeling hurt and helpless is perfectly normal... Harboring the negative emotions you have felt at the time and being unable to let go of those emotions and move on is perfectly normal, too, and happens to all of us. Even the people who have hurt you are probably unable to let go of some past memories themselves.

Now imagine these people who have hurt you and caused you suffering, and imagine all the hardships you have faced in life... Imagine them one by one. Gather all your unpleasant memories, the ones that happened at home, at school, at work, with your parents, with your friends and with your loved ones... Feel all those negative emotions that you have felt at the time... You have been carrying around all these negative emotions with you every day and every night... They have been poisoning your body and your mind for all these years, and have paralyzed you so that as of this moment you are unable to move on... They have become a burden to you... Now it is time for you to let that burden go.

To let go of that burden simply imagine that you put all your negative emotions, all your unpleasant memories into a big soap bubble, which is floating in the air... The more memories and emotions you put into it, the bigger the bubble gets... Imagine this bubble getting bigger and bigger, until you have filled it with all of your negative emotions and unpleasant memories, and it is about to burst.

And as you fill the bubble with all your negative emotions and unpleasant memories, you start noticing that the more negative emotions and unpleasant memories you put into that bubble, the less of those emotions and memories remain with you... And as you completely fill the bubble, you realize that all of

your negative emotions and unpleasant memories are now contained in that bubble, and none of those emotions or memories are inside you anymore.

Now your emotions and memories are safely sealed in that bubble... Now let this bubble, like a big, floating beach ball, float in front of you... And as the ball is floating in front of you, notice its shape... Notice its size... Notice its color... Notice if it's making any noise while floating in the air... Notice whether it has any particular smell... Now stretch out your hand and touch the ball... Feel what its material feels like to the touch... Don't worry; the ball will not burst if you touch it.

Now I want you to play a little game... Let the ball bounce on your open palm... Feel how light and soft it is... Isn't this a good game? Letting that ball bounce on your open palm. Up and down, up and down... Can you hit the ball so that it goes up in the air? Try hitting it so that it goes above your head... Did you do it? Good job! Now try hitting it so that it goes up to the ceiling... You could do that, too, right? That ball is really light and easy to play with... Now imagine that the walls of this room disappear, and there is only you and the ball... I want you to hit the ball one last time, hit it really hard, so that it flies away and out of sight... Ready? Now! Well done! Did you see how fast it flew? Can you see where it is now? No? Good! If you can still see it somewhere in the distance simply blow on it very gently, and it will disappear at that very moment.

You suddenly notice how light you now feel, and how calm and peaceful, as the ball that just disappeared carried away with it all of your negative emotions and unpleasant memories that kept you from enjoying the present and realizing your full potential... You now realize that the burden you have been carrying all these years is now gone, and you are free to enjoy your life, and all that life can give you.

Your past experiences have made you the person you are today... That person was strong enough to endure all hardships, and wise enough to realize that you have the right and the power to change your life for the better... And you are here

today because you have acted upon that wisdom, and have chosen to change your life for the better... Whatever experiences you may have had, you no longer have any negative feelings attached to them, and only have the wisdom and knowledge that you gained from those experiences.

You now realize that all hardships you have ever endured were only milestones on the road, tools to becoming who you are today... You also realize that all the people who have ever hurt you contributed in their own way to your becoming the person you are today... Be proud of yourself... You are unique, you are one of a kind, and there is no one else like you... You were born for happiness, and you have every right to be happy, and you have all the power to achieve happiness.

Menstrual Cramps (A complete Session)

By Csilla Deszpoth, CHP

Make yourself as comfortable as you can... Feel free to move your arms or legs into a position that feels absolutely comfortable... Feel free to make adjustments anytime if you feel that your body is uncomfortable.

Now that you are resting here comfortably I'd like you to use your imagination and imagine that you are in a lovely cottage bedroom... There are old oak beams on the bedroom ceiling and an amber lamp on the bedside table that bathes the room in a calming, golden glow.

It has been a long, tiring day... You have been walking for miles and miles all day and your legs are heavy and tired and you just want to sink into the comfortable bed that has been freshly laundered and prepared for you... You are ready for bed and you wearily climb under the duvet and rest your head on the pillow.

What would be your favourite position for sleeping? Imagine your body in this position as you close your eyes and reflect on the events of the day... You might notice that your mind begins to wander when you are ready for sleep.... and when your mind wanders just let it go where it will... You may also notice shadowy images floating between your eyes and your eyelids but know that that is perfectly fine because nobody wants anything from you right now... There is absolutely nothing for you to do right now but relax and let go... You don't even need to listen to me; just go wherever your mind takes you, knowing that your subconscious is always alert and you will hear anything and everything that you need to hear... Just relax and let go.

And as you let go, feel how your legs are becoming heavy and tired, heavy and relaxed... Feel how your body is also becoming heavy and tired, tired and relaxed... You are feeling sleepy, so very tired and sleepy... Your head is resting on the pillow and your arms are in the most comfortable position, so very

comfortable, and so heavy and so relaxed... Just relax every muscle and every nerve and every cell in your body so your mind can relax and wander freely... Be vaguely aware of dreams drifting in and out of your consciousness as every moment you become sleepier and sleepier and tired and heavy and relaxed... I will be quiet for a few moments so you can enjoy the silence I give you... Just enjoy this silence and let your body and mind relax, let your body and mind let go and relax.

You are now deeply relaxed, yet you can hear every word that is spoken... I would like you to let your mind return to the previous scene now and look out of your bedroom window... You find that your bedroom curtains are open and you become aware of a beautiful sky-scene out there... The sky is aglow with colour: there are shades of red and orange and yellow-gold... The most outstanding feature is a huge orange cloud which appears to be coming closer and closer to you.

You see streaks of deep purple or dark brown running through the cloud, creating amazing images that change from time to time... Perhaps you can notice the face of someone you used to know so well, and you can recognize this face by their smile... The face may change into the figure of a bird with its wings spread out as if ready for flight... And as the bird takes flight the image again changes to that of a reclining figure, to that of someone basking in comfort and luxury... I will be quiet again for a moment or two so that you can enjoy looking at your orange cloud and see what other shapes and figures your imagination presents you with.

All the images you see seem to be welcoming you... inviting you to join them on their journey through the sky... The cloud draws closer and closer to you, and you feel an irresistible force drawing you closer and closer to the cloud... You arise from your bed and move carefully towards the window of the cottage... It is a warm summer evening and the window is ajar... You open it fully, and immediately you are greeted with the sweet scents of the warm summer air... You take a deep breath and fill your lungs with the sweet and refreshing scents of the warm evening air, and watch as the cloud is coming closer and closer to you... You

see that the cloud reaches out for you now, and all at once you feel being drawn onto and into the orange cloud.

As you step on and step inside the cloud you see a very comfortable luxury chair perhaps it's an old fashioned recliner, richly upholstered, or it could be your favourite armchair or an exquisitely comfortable sofa... All at once you are snuggling into your chair on the orange cloud which takes you up, up into the red, golden sky... You go higher and higher, away and away, just drifting dreamily away to a long lost land of dreams where your imagination rules... And the higher you go the more comfortably relaxed you become, up, up and away, away to a place that belongs only to you, a place that comes from deep within you, a very special place where your subconscious mind knows that whatever solutions in life you seek you will find.

In a moment I'm going to count from 1 to 15... When I reach number 10 you will open your eyes but still remain in this very deep, calm and relaxing state... Then I will continue counting up to number 15, and with each number your eyelids will become heavier and heavier, and your eyes will become more and more tired. When I reach number 15 you will close your eyes, and as I begin counting back from 15 to 1 you will drift even deeper with each number... With each number you will drift even deeper and deeper... You will drift into such a deeply relaxed state as you have probably never been in.

1, 2, 3, 4, 5, 6, 7, 8, 9, 10 (pause for 2 seconds after each number) open your eyes now

11, 12, 13... your eyes are very tired, so very tired, and your eyelids are heavy, so very heavy

14... your eyes are even more tired

15... now close your eyes

14... you're going deeper and deeper

13, 12... even deeper

11... ever so deep

10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Now you are in a very deep state, but I would like you to know that there is an even deeper state. In order for you to reach that state I'm going to from 1 to 15 again... When I reach number 10... (repeat counting twice)

Now you are in a very deep, relaxing state where your subconscious is ready to work together; your subconscious has opened itself, and everything that I say to you your subconscious understands, accepts and acts upon, for you know that everything I say to you is important to you... You may even feel that whatever I say to you is as if it were your own thoughts, but know that that is perfectly normal.

You are now in a deep state of relaxation... Notice how this deep, peaceful and relaxing feeling washes over you and soothes your body and your mind... Embrace this deep, peaceful and relaxing feeling, and feel how light and relaxed you feel when you are in this state... Let this deep, peaceful and relaxing feeling soak into your every tissue, every nerve and every cell... As this deep, peaceful and relaxing feeling soaks into your every tissue, every nerve and every cell, enjoy this light, almost weightless sensation this feeling gives you as you become more and more relaxed... Just enjoy this light, almost weightless sensation.

And as all of your body is now relaxed, and there is nothing that disturbs your body's physical relaxation, you now notice that outside noises cannot disturb you either... In fact, they only help you to relax more and more... The only sound you are now interested in is the sound of my voice, because the sound of my voice soothes you, and you know that it guides you and helps you to achieve the positive change in your life that you want... Let me help you achieve that positive change, let me help you relieve the pain so that your menstruation becomes painless... Relieving the pain and having a painless menstruation is in fact really easy, you just have to keep listening to my voice.

Having painful periods is something every woman experiences at least once in her life. But know that that is perfectly normal... Whenever you are expecting your period you might feel ashamed of your body or yourself for having painful

periods, but know that there is no need for that because your body is working perfectly normally... Your body hasn't betrayed you.. the pain is only a signal your body uses to let you know that something is out of balance.. The pain you experience before and during menstruation is like a fever you have before a more serious illness... It is a sign that your body uses to say that something is going on; that something needs your attention. In fact, your body is doing a wonderful job in letting you know all that before something really big happens... and just like with fever if you ignore your body's signals it can have grave consequences in the long run... Thank your body now for taking care of you like that, for being alert and giving you information about your wellbeing month after month.

Thank your body not only for your painful periods but for your periods in general as well... Your periods are not a curse and they are not there to make your life miserable, instead, they show you that you are a woman whose biological functions are in perfect order... They show you that you are perfectly capable of bearing a child if you so decide... They show you that you have an option and an opportunity which men can never have... Bearing a child is no duty and no necessity; it is an option and an opportunity, and you have that option and that opportunity.

You are privileged because you have the right to choose... You are powerful because you have the power to choose... Whenever you have your periods you are reminded of this special privilege and power... Embrace your womanhood because it makes you special. Embrace your periods because they mean that you have all the physical capabilities of bearing a child, and the right and the power to choose if you would like to do so.

Thank your body for working exactly the way it is supposed to, and for showing you each month that you are a healthy and powerful woman who is free to make her own decisions... Let go of any negative emotions that you might have associated with your periods until now, and let go of any negative emotions that you might have about your body and your being a woman, for you are unique, you are one of a kind and perfect just the way you are... From now on you will

always remember that you are unique, you are one of a kind and perfect just the way you are... You were born to be happy and healthy, and you have every right to be happy and healthy, and you have all the power to change your life so you live a happy and healthy life for the rest of your days.

Now I'm going to count from one to three and at the count of three you will open your eyes and fully come out of this state... You will be happy, relaxed, and you will have painless periods for you know that any pain during that time is only a signal your body gives you that you are a healthy woman whose biological functions are in perfect order... You will also know that if the pain doesn't go away completely it means that your body is telling you that it needs some more looking after and that you need to spend some more time with it to discover the reason behind its signals... When you come out of this state you will be thankful to your body for doing such a wonderful job in protecting you and keeping you informed about yourself, and you will feel wonderful and will continue to feel wonderful about yourself and your body for the rest of your life... For you now realize that you are one of a kind, that there is no one else like you, and that you have all the right and all the power to be happy and healthy, and that you have all the power to change your life so you live a happy and healthy life for the rest of your days, and that knowledge will remain with you forever... When I reach number three, you will come out of this state a happy, calm, and relaxed person with painless periods, and you will continue to be a happy, calm, and relaxed person with painless periods for the rest of your life... When you come out of this state you will be thankful to your body for protecting you and keeping you informed about any problems that need your attention and you will continue to be thankful to your body for the rest of your life for protecting you and keeping you informed about any problems that need your attention... Now I'll begin to count.

ONE – start to come back now, slowly but steadily...

TWO – feel your limbs, your head and your neck; your physical perceptions are now returning to normal...

THREE – open your eyes, you are now fully back, and you are feeling happy, calm, and relaxed.

Obtaining Health

By Zsolt Benyei, CI

See yourself surrounded by white light... This light is very warm and very bright... You are completely protected inside this light... This bright light is healing and soothing.

Visualize this light entering your body at the top of your head and slowly moving down your body, filling up your head and face, down into your neck and as you allow this warm healing light to enter your body, focus for a moment on your feet and hands.

Let's imagine that there is a cork at the soles of your feet and in the palms of your hands... Now remove those corks... This allows for the release of the negativity and dis-ease to be pushed out of your body like a tube of tooth paste.

That this negative, thick, black oily substance is being pushed out of your body by the pressure and force of the positive, white light as it enters your body and fills and replaces the spaces where the darkness, once consumed.

Feel this pressure from the light pushing out the darkness... This darkness is filled with fear and sickness and negativity... Feel this light filling every inch of you as it makes its way down farther and father, into your shoulders and chest and upper arms.

Slowly filling you up and healing every cell and organ and tissue it encounters on it's journey down, through your body... It is reclaiming your body and giving it nourishment and energy.

Feel this healing light continue down your body... Traveling down your arms and chest, pushing down into your abdomen and fore arms and hips and hands and fingers and pushing its way all the way down your legs, your thighs, and calves,

feet and toes... Accept this white, healing light as it fills your body, nourishing it... Protecting it... Loving every inch of your being.

Take a moment to scan through your body... Make sure that there is light beaming out of every part of you... If you sense there are some spots where the negative charged, black oily substance has stuck, that's ok... Just take a moment now to focus on those spots and blast them with white light.

Force the white light into those areas and release that gunk and expel it from your body... Take a moment to feel this concentration of light and love and health radiating through your entire body and when you feel you have expelled all the negative gunk and have nothing but pure white light, nod your head and we will continue... Take a moment now...

Good, now that your body is completely filled with healing, nurturing and loving energy, lets put the corks back into our palms and feet, keeping this energy within your body so that it becomes concentrated and magnified... and lets take a moment to really feel this new sense of health and happiness... Feel what it is like to be dis-ease free.

You are healthy... You are loved... You are positive... You are protected and you are strong! You have reclaimed your life... You have reclaimed your mind, body and spirit... From this point on, you will make positive decisions that involve the well-being of your mind, body and spirit. You live a life of health... You put that healthy out look into practice, everyday of your long, healthy and happy life.

Positive Attitude, Relaxation

By Zsuzanna Sugar, CHP

I'd like you to use your imagination right now, just imagine that you are in an empty space and you are going to create a beautiful, relaxing, peaceful room.

First of all, I would like you to create the most comfortable chair or piece of furniture that you can imagine.

Just create the most comfortable piece of furniture that you can think of whether it be a very plush recliner or even an overstuffed featherbed.

(The client will answer the following questions to themselves, quietly)

Now imagine yourself sitting or lying on this piece of furniture and relaxing completely as we continue our task... Imagine the walls of this room... How big or how small would you like the room to be? What are the walls made of?

You can create anything you have ever seen or maybe even things that do not exist yet... The only limitation you have is that of your own imagination... So once again imagine the walls, are they painted?

Now I would like you to take a moment and imagine what you would like to have for a floor... Is it made of wood, tiles, linoleum? Make it out of whatever you would like... It can also be whatever color you would like... just see it clearly in your mind's eye.

What is the ceiling made of? You can make it as fancy or as simple as you like... You can even put recessed lighting, or even a chandelier if you care to... Create the ceiling now and make it look however you would like to... You have now created the complete parameters of your room.

Look around now and see if there is anything else you would like to add to the parameters of your room before we continue, such as windows, doors, skylights or any other permanent fixtures.

Now it is time to put the furnishings in the room... Whatever you would like create, do it now and see it in as much detail as possible... Take your time and be creative.

Create everything down to the smallest detail... All the things that make you happy, safe and secure... Now look around at everything you have created in this room and commit it to memory.

Look at every detail so that you can remember it at a moments notice any time in the future... Also, remember that you can change this room anytime you like.

Now, position yourself comfortably in this room.

I'd like you to take a deep breath now... hold it a few seconds, let it go and relax.

Take another deep breath very deep, hold it ... and as you exhale allow all of the stress and anxiety you have let go, and free yourself.

Take another deep breath in and imagine only positive energy coming into your body... and as you exhale completely relaxed.

This is your new way of thinking about being a positive person... When someone asks you how you are, you will say, "Wonderful".

You know that if you think you are wonderful, then you are wonderful.

You are able to replace every negative thought with one that is positive... You feel empowered with this new ability.

You are able to use words that describe the positive power and energy that comes from our thoughts... You see yourself as a person who has the ability to change a negative thought into a positive thought, without hesitation.

Any time in the future that you desire to come back to this room you can do so and you'll return to being as relaxed, safe, and content as you are right now... And you will know you are able to think positively anytime as you are able to now.

All you need to do to come back to this room whenever you like, is to take a deep breath and as you relax, simply say to yourself “relax now”.

Immediately upon saying “relax now” you can allow yourself to return to this room... It is a safe place that no one else knows about but you, a place where you can come to when you are stressed and in the need to relax or unwind.

Preparing to find True Love

By Josef Furcsa, CHP

The sages of all time have known that love is life's greatest blessing... Everyone wants and needs love... We all need others; we need the emotional and spiritual nourishment of human relationships... Human comfort is a natural remedy for stress, tension, and doubt... Loving, touching, and sharing are normal, healthy expressions of the human adventure.

Fear of the unknown, of rejection, of the loss of love, of criticism is a major cause of loneliness... Sadly, this very fear can create a vicious cycle of anger, boredom, or depression which, in turn, creates more fear and isolation... Loneliness is a state of mind, and the solution to it is to build bridges instead of walls.

Learning to love yourself in healthy ways is the first step toward loving others. Seeing the beauty in yourself is as necessary as seeing the beauty in others... You can attract love by creating an atmosphere of love in your life... Your thoughts determine whom you attract into your world... This cycle can help bring more friendship, love, and beauty into your daily experience

You can prepare for love by becoming worthy of love... And the best way to prepare for love is simply to start loving... You can learn to love yourself and to love others, for love is life's greatest blessing.

You realize, no matter what you once believed, that your belief in being worthy of love is all that really matters... Your reality is a life of giving and receiving love, and your inner mind is creating and realizing this happy reality.

You are learning to be at peace with yourself for this is the first step to being happy with others... You are beginning to see more of the joy and beauty of life that is surrounding you daily.

You are preparing for love by speaking kindly to all you meet... You are consciously looking for the good and the positive in everyone... You tell people of their fine points, their gentle qualities... You listen carefully to the words that others speak.

You are attracting love by being considerate in your thoughts, your words, and your actions... You are building bridges that span the gulf that may once have separated you from others, and change builds from your heart as well as your mind.

You are learning what you need and want from a relationship... And you are also learning what you can and will give to this relationship, to this someone special... You trust that this person is as anxious to meet you as you are to meet (him/her). You will not prejudge this person but appreciate (him/her), as the person (he/she) already is.

You are going and growing toward each other, and soon your paths will meet... You trust that you are becoming worthy of love because you can begin to feel the joy and the lightness, the spontaneous laughter, that comes with love... You realize that love is more than verbally saying, "I love you." It is saying it with your daily actions, the things you do.

In the past you may have thought that happiness would come only after you found your ideal lover... This old attitude limited my personal growth, so you are deciding to be truly happy right now, today... And because your sincere joy makes you more attractive, this helps your lover to recognize you even more quickly.

In your creative imagination picture a positive union... You are visualizing a vivid symbol of fulfilling love... You bring your goals and ideals together, plant a new image, and nurture it with positive emotion.

(Pause)

At an inner level of mind, you realize that this has already happened, that you are already together... Your loved one and you are already one, for love like mind is ageless... It reaches beyond time and space... You are feeling the days, months, and years of warm and tender embrace... Waves of response fill your life with physical, mental, emotional and spiritual fulfillment.

Self-Confidence

By Ibolya Kokai, CHP

You are continuing to experience perfect peace of mind, and can feel yourself moving into the situation I describe to you... it's going to happen automatically, and you don't even need to think about it... just focus on my voice.

You believe in yourself... you are confident... You believe in yourself and are confident that you can talk about different topics that come up in conversations with people. People enjoy you and they enjoy what you offer in their world. You enjoy people and what they offer in your world.

You have many qualities that you like about yourself and there are many qualities in you that others are attracted to. Take a moment now to identify your good qualities... What do you like about you? Do not be bashful...

You can see yourself and please look at yourself as a nice, responsible, important, creative, smart, trustable person... See yourself for just a few moments longer being successful, realizing that this is you. You are an important person, your ideas and views are excellent.

Be as bold as you can and come up with as many good qualities about yourself as you can whether they be great big qualities or even very simple ones.

(Pause)

People like you, and they like your ideas because they realize that you are always on the cutting edge. You believe in your ideas and your abilities. Allow yourself to accept this image, and feeling of success. You are balanced and you will remain your balanced state.

Sport Performance

By Krisztina Varga, CHP

You are listening to me today because you would like to increase your lung capacity. Many sports in today's action-packed world require you to use a vast amount of air to be successful... There are many ways to increase the amount of air taken in by your lungs, and the efficiency with which they capture oxygen... and now with the use of hypnosis and your wonderful creative imagination... we are going to help you to maximise the full potential of your lungs.

The first thing I'd like you to do is to imagine that your lungs are a pair of balloons... They are made of a very thick rubbery material which is quite stretchy, yet at the same time it is thick enough never to pop when breathing in deeply.

And now I'd like you to concentrate on your breathing, take big breaths in... hold each one for a few seconds.. and then out and hold it for a few seconds more and with each and every breath you drift deeper into a more relaxing and comfortable state drifting deeper and deeper with each breath in and then out.

And as you practise deep breathing, I want you to imagine that with each big breath in, your lungs - which are balloons at the moment, are able to expand just a tiny bit more with each breath.

And then as you exhale you make sure that you have expelled all the air from your lungs and this allows more oxygen-rich air to come in with your next breath... Underneath your lungs is a set of muscles called the diaphragm, which helps your lungs to breathe.

However your abdominal muscles may get in the way so make sure you keep them fully relaxed so that your diaphragm is able to descend fully.

And as your diaphragm descends making more room around your lungs, allowing them to fill with air, your abdomen will expand.

Concentrate on your breathing each time you breathe in deeply your lungs are able to expand a tiny bit more than before.... Set aside some time each day it can be whenever you like it may be while you are waiting for a bus or first thing in the morning when you awaken or before you drift off to sleep it doesn't matter when the important thing is that the more you practice the more oxygen your lungs will be able to inhale each time.

Decide now here in the safety of hypnosis when will be the best time for you to practice your routine and ask your subconscious mind to remind you, should you ever forget.

Because you know how important it is for you to maximise your lung capacity and this is something that you really want to do.

And whilst you are thinking about your lungs I'd like you to take a moment to understand how they actually get oxygen into our blood stream which is after all what you are aiming to do more of.

Our lungs contain billions of very tiny sacs called alveoli. Each alveolus is so tiny you would need a microscope to see them; but all the alveoli in your lungs were laid flat side by side, they would cover an area the size of a tennis court.

As well as having an extremely large surface area, the walls of our alveoli are incredibly thin, so the distance between the air in our lungs and the blood in our capillaries is very small.

This makes it much easier for oxygen to be able to enter our blood and for Carbon Dioxide to leave the blood through our lungs... All in all our lungs are highly specialised pieces of equipment it is amazing what they can do.

And as your lungs gradually increase their capacity day by day, week by week, there are things that you can do to speed up this process.

You can blow up balloons or learn to play an instrument, woodwind or brass such as a tuba, trumpet, trombone, oboe, clarinet, saxophone, or flute.

Even singing can be beneficial as well as enjoyable for you to do and you can sing in the bath or the shower to your heart's content

The sacs in your lungs will then become more and more used to having to hold air longer and this in turn will stretch them out... It will also help you control breathing and expand your lung capacity to utilize all the alveoli.

You might enjoy taking up a rigorous cardiovascular activity such as cycling, swimming, running or aerobics... Swimming is the best sport to increase your lung capacity, as in water your lungs have to work harder to achieve the same effect... Some swimmers' lungs are able to use oxygen three times more efficiently than an average person

You probably already know to stay away from any kind of smoking, but you should also stay away from any smoke-filled environments, where you're exposed to second-hand smoke which can still damage your lungs.

But most importantly you continue with your breathing exercises breathing in and holding it... and then out... and holding it... and slowly increasing the length of time you can breathe in and out for... And very soon you find yourself able to breathe in much more air, as your lungs stretch to increase the amount of air they can hold.

Envision yourself a short time from now, when your lung capacity has increased; you excel at tasks where you once performed as standard... You are able to last for much longer without getting out of breath... your endurance has increased exponentially.

And these suggestions are firmly embedded in your subconscious mind and grow stronger and stronger day by day.

Stop Smoking

By Adam Balint, CHP

Congratulations! You took a great step... made a great decision... You have decided to quit smoking, and the way that you are going to quit smoking today, is simply to relax... That's right you're going to slow down, relax, and just let everything go. Take this time that you've chosen for yourself to feel comfortable, relax, and totally peaceful.. You have no place else to be right now and nothing else to do. You have selected this time to be here so just let everything go... Leave all bothersome thoughts behind and take this time that you've chosen to be here, to be completely relaxed... The more you allow yourself to relax, the closer you are to becoming a non-smoker.

I want you to imagine yourself becoming healthier every second, every minute and every day... You are now a non-smoker and you feel great... You will feel better with each passing day. Any urge that you may experience only serve to strengthen your resolve to remain smoke-free and healthy... When you smell cigarette smoke, it will smell bad and strengthen your resolve to remain smoke-free...

You see yourself as confident that smoking is gone from your mind, your body and your life... When you hear people speak of smoking, you feel great that you are a healthy non-smoker... Any urge you feel is becoming an urge to exercise and to breathe the clean air deeply into your lungs.

You feel your body become healthier with each breath you take and it strengthens you to ignore any urges to smoke... With each breath you take you are more relaxed and your resolve to be healthier grows by the moment... It amazes you how easy it is to become smoke-free and healthy... You are at ease... You now have more time, more money and a better life because you are now living the life of health and have become a non-smoker.

This information is now stored in your mind... You turn away from tobacco in any form. You are free... The urge is gone... You are free... You are free to drive home or to work free from cigarettes.

You are calm... You are relaxed... All of the things that you did before you will see differently and it will only strengthen you and resolve to be healthier and smoke-free. You are happy... You are healthy now... You enjoy taking deep breaths of clean air. You enjoy the taste of water, and your food.

From this moment on you are a non-smoker and you enjoy the accolades you hear about your decision... You have never felt better and you are going to feel better yet, as your lungs continue to become healthier and healthier, because you have gotten rid of all the tobacco poison.

You're happy about your life now and you feel your resolve to be healthier grow daily... Any craving you feel is strength to be healthier and a reminder that you are healthier, happier and life is better... You are smoke free and a healthy person now. You are calm... You are better... All urges only strengthen your resolve to be healthier.

Let yourself have that feeling of being in control over your habits... Take a nice deep breath, and as you let it out, say to yourself, "There is always something better to do than smoke" and notice how good it feels to be free from that old useless habit.

You are smoke free now.

Tinnitus Reduction

By Krisztina Varga, CHP

As you drift down into that wonderfully calm and relaxing feeling... I want you to go inside and focus your mind completely on the sound in your ears that represents tinnitus to you... And as you focus your mind.. notice - how does it sound to you? How high or shrill is it on a scale of zero to ten? - Ten being the highest or shrillest it can possibly be - zero being non-existent?

It's interesting, is it not - how in hypnosis we can alter our perception of time and space... Just like when we dream and days can seem to pass by in a few short minutes... or we can seem to travel a thousand miles without even leaving our bed.

And have you noticed how that noise disappears in your dreams?

Sometimes sounds can be felt and words can be tasted or smelt... well anything is possible in our dreams... If you could imagine that sound as a shape... I wonder how it would look? What would you liken it to? Maybe a lawn mower or a vacuum cleaner or a child's toy whistle?

Use your imagination and see what comes up for you.

Now, whatever it is you can find that you can always move a shape away from you - or you from it... If it's a lawn mower for example perhaps you can see someone cutting the grass outside close by at the moment but as they move further down the garden or field you can notice the sound moving away with it.

Or if it's a child's toy whistle perhaps you could even see a small child with the whistle in his mouth... and as he skips away further and further away from you... so the sound begins to diminish... becoming quieter and softer and more gentle to you.

And on a scale of zero to ten, how is it now?

Can you move the sound even further and further away from you?

You don't have to move it completely away just yet.. that will happen in time all by itself... but take the sound out of your awareness now - as far as it will possibly go... that's rightust move it away... or walk away from it yourself.

Some people like to transfer sound from one place to another.

In their body for example, the sound can travel down from the ears... down the neck and chest and over the shoulders and way down the arms. Perhaps feeling that sound in the little finger ... where it feels okay... because you can notice it only if to wish to notice it there.

Others like to feel it dissolving away... like butter in a hardened lump sitting in a pan on the stove... And when the power is turned on - the butter gradually begins to melt like runny, yellow melted oil over the heated pan.

And when it's completely melted notice again how it's form has changed and you can allow it to drain away... Just drain away... And when that sound has lessened and created within you a more comfortable feeling I want you to take a couple of deep, refreshing breaths and to think of the word calm in your mind.

Just think and feel the word calm.. the word calm.. it is just a very small word but it has such beneficial effects... Calm... and that's how you're feeling right now. How can you imagine the word Calm? Perhaps it is written in the sand on a tropical beach? Or perhaps the word is whispered softly or in a tune?

Maybe you can touch the word Calm... see it engraved or embossed or a symbol to represent the word Calm to you.

And in the future if ever you notice the sound trying to return in your ears all you need to do is take a couple of deep, refreshing breaths, and focus your mind on the word calm.

And as you focus on the word calm the sound can begin to move slowly and easily away. Gradually disappearing or becoming smaller or more gentle to you.

Notice now on a scale of zero to ten how you rate that sound.

How far has it diminished? And if you can do this in hypnosis and if you can do it in your dreams you can also learn to do it during normal conscious awareness. And you do.

Trust

By Denes Botond Kovacs, CHP

For a long time now you've found it difficult to trust people and open yourself up completely to them always on guard lest you should be preyed upon... and of course, that's not always a bad thing when you've been hurt or let down.

No sensible person will deliberately put themselves into a dangerous or compromising situation... and you've learned from past experiences that not everyone is to be trusted nor do we take everything or everyone that we see or meet on face value.

Every person you meet has hidden depths... almost everyone will have something about themselves that they are reluctant to reveal... Perhaps they made silly mistakes in the past or did something wrong... often quite trivial... but as humans we all want to be loved and try our best to show the good side of our personality first.

This is a natural trait... it doesn't mean we are being secretive or deceptive - just that we want to be liked... and of course... not everything in life is black or white - there are a multitude of shades in between... and you realize this.. Because of your life experiences you have gained valuable insight into human personality.

You know far more than you think you know. Because you now listen to your instincts... before you trust anyone else... you must first trust yourself... and this wonderful part of you that resides deep within... will never let you down... You can listen to your heart and you can know, deep down, whether someone is to be trusted or not.

You can be discriminate about who you want to get to know more and about how much of yourself you want to give to someone else.

Sometimes there may be a niggling voice at the back of your mind saying that something is not quite right.

But you will instinctively know if this feeling concerns the person that you've met or whether it is an issue of your own. And when you know that it is something within yourself... you realize this and make a conscious decision to give this person a chance... For until you know someone well, until you really know what motivates them and understand and appreciate their own values in life - how can you judge?

You realize that you can't and the same goes for them... They can't understand your reasons... your behavior your thoughts and ideals... So you give them a chance... a chance to get to know you - a chance for you to get to know them.

You realize that trust doesn't happen just like that... It is like a beautiful house that needs to be built, on solid ground, brick by brick or stone by stone... and the good foundations are based on honesty and truth... not just on one side but both.

Trust is like the cement that holds those bricks firmly in place... it is strong and lasting and takes work and effort to adhere those bricks ... but oh how it's worth it... when you can see how your house is going to look.

You have an image in your mind of your perfect house... a beautiful place to be. A place you can call your own... a place you can really call your home.

So from now on you're learning the art of building trust. Being discriminate in your choice of relationships... you realize that you can let go of the past... for the past remains in the past... it has no place in your life now.

You concentrate on the present and laying the foundations of your perfect place... and you know... there may be times when you feel let down... times when others don't always meet up to your expectations - because we're all human... no-one person infallible... no-one perfect... we all make mistakes.

But learning from those mistakes is part of our life experience... and you can look deeper than what actually happened to understand why it happened... and sometimes you may feel that you need to let go... but at other times you will realize that you have something worth continuing to build... and you will know what I mean.. because you trust yourself... you really do.

Unlock your Creative Abilities

By Gabriella Maróczy, CHP

I wonder if you could imagine yourself now setting off on a wonderful journey a magical, mystical journey, a journey of discovery, and rediscovery, down through the corridor of lost time... and perhaps you can imagine yourself floating, weightlessly, just drifting along.

And it takes no effort whatsoever to take yourself back to that time and place when you were smaller and younger and took pleasure from enjoying the simple things that life had to offer.

There is a special place very deep within you - where all of your creative resources are stored... It has been buried inside you over the last few years because other - everyday demands and activities seemed to take precedence in your life.

It seems like you'd almost forgotten how to play as you did when you were a child enthralled and engrossed in your wonderful childlike, innocent imagination. Experimenting with new ideas and thoughts and losing track of time because you were so happily absorbed in what you were doing.

So let's travel back to the springtime of your life down through the corridors of lost time... and notice that there are doors on either side of the corridor some are closed some are locked others wide open or slightly ajar.

You instinctively know which door you are looking for and when you reach it you will immediately recognize the door as being the entrance to your hidden potential.

Let me know when you reach this door by lifting your finger or nodding your head. Wait for signal.

Good... the door leads to your inner, creative place which has been shrouded by a heavy, black curtain for a long time.

Are you ready to allow those ideas flow forth?

This is the place that you wish to explore and release those dormant desires that will allow you to express your originality.

And once you enter this special place you may find yourself overwhelmed by ideas and desires to immerse yourself in your art... exploring new mediums feeling absorbed in what you are doing to the exclusion of any unwanted interruptions that may come along.

So on opening the curtain you already accept that this new way of being is what you really really want.

You have listened to the voice of your soul that whispered urgent messages to you to follow your dreams and pursue your creativity. Feel as you find a deep well within yourself, that is bottomless, and from now on you will always draw your creative ideas from this deep well within yourself.

Here in your own special place... is everything that you need or want in order to do this... you have a choice of so many materials all waiting for you.

There are sketching pencils of various grades some hard like slate and others are soft like sulphur, charcoal sticks and graded paper.

You already know that the harder the pencil the thinner the line and there is an abundance of paper here for you to choose from.

If you wish to add color you can choose from soft pastels, dusky pinks and blues deep, rich purples and varying shades of yellow, orange and red, down to the earthiest brown, or perhaps you will go for the oil pastels which give such a rich finish.

Or maybe you'll select the canvas or dealer board and the brushes of different widths, some sable, some camel, and oil paints, water colors, gouache, acrylics, whichever you prefer.

You can really go to town experimenting with whichever medium you prefer, you have thinners and maskers and anything else that you need.

Everything is here in your own special room.

Your subconscious mind will automatically recognize whatever it is that you wish to explore... Okay, so I'll be quiet for a moment or two and in this silence imagine yourself going to a place where you've never actually visited before.

Perhaps you have once had a dream of visiting a place that was totally alien to you, yet in your dream you felt as though you were actually there.

You are experiencing places and people and situations which you have never encountered in your everyday, waking life and yet they are certainly real and vivid in your own inner mind.

You can capture or recapture any image that you choose - you don't even need to have seen what you're painting or drawing - it is all there in your inner mind.

Close your eyes paint your picture upside down if you wish - back to front or even inside out make it different, exceptional, special because it is yours and art is a true expression of your own inner self.

You don't worry about likenesses because you realize that this can be captured by a camera... and 51 people or more or less could take the very same picture from the same angle, with a camera and probably end up with almost the exact same image.

You are looking for something that is totally different and unique something that expresses you... yes you and your own individual way of capturing whatever you see.

Not only have you rediscovered your latent artistic ability your life experience has given you more, far more than you ever expected it to.

And it will continue to do so for the rest of your life because you made the decision... yes you did to draw back the curtain and reclaim your natural talents.

And every day you continue to feel the expression of your art in your soul in your

inner mind in the very essence of your being it is now there and will continue to drive you to find the best way of expressing your own self.

Weight Loss

By Adam Balint, CHP

As you go deeper and deeper into relaxation, even deeper and deeper down with every breath you take, all sounds fade away in the distance... You will pay attention only to the sound of my voice, listening carefully to the positive suggestions that I am about to give you... The more you allow yourself to relax, the easier it will be to have an attractive body.

Now I want you to imagine that you are on a swing and you are the perfect size and weight... Imagine yourself becoming healthier by every second... Slowly start swinging... As you swing higher at a safe level, I want your metabolism to adjust higher and higher... I want your subconscious mind to adjust your metabolism safely to the appropriate level to help you attain your desired weight.

You are now slim, healthy and attractive... You feel great... You will feel better with each passing day... Any urge that you may experience will only serve to strengthen your resolve to be slim and beautiful.

You see yourself as confident that unhealthy eating habit is gone from your mind... When you hear people speak of junk food, you feel great that you are a healthy person... Any urge you feel is becoming an urge to exercise.

As you continue to swing, your metabolism continues to adjust until it gets to the perfect rate to get to your desired weight and to maintain that ideal weight... As you swing, the metabolism is adjusting to the perfect rate, your subconscious knows what your metabolism needs to be to meet your weight goals... Your subconscious mind will adjust your metabolism until it is at the appropriate level, as you continue swinging... Now your metabolism is just where it needs to be.

You feel your body become healthier with each breath you take and it strengthens you to ignore any urges for junk food... With each breath you take you are more relaxed and your resolve to be healthier grows by the moment... It amazes you how easy it is to become slim, fitt and healthy... You are at ease... You now have a better life because you are now living the life of health and you are very attractive, beautiful and fit.

You are calm... You are relaxed... All of the things that you did before you will see differently and it will only strengthen you and resolve to be healthier and fit... You are happy... You are healthy now... You enjoy taking deep breaths of clean air... You enjoy the taste of water, and your healty food.

From this moment you avoid unnatural sugar, salt and fat and you enjoy the accolades you hear about your decision... You have never felt better and you are going to feel better yet, as your body continue to become healthier and healthier, because you have gotten rid of all the junk food's poison.

You happy about your life now and you feel your resolve to be healthier grow daily... Any carving you feel is strength to be healthier and a reminder that you are healthier, happier and life is better... You are a slim, fit and healthy person now... You are calm... You are better... All urges only strenghten your resolve to be helathier and exercise.

Let yourself have that feeling of being in control over your habits...

You are slim, attractive and fit now.