

Letting Go of a Bad Event in Life

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(You have just gone through an experience in life that has affected you. Once you've identified it; it's time to let go and move on with life.)

Take a nice deep breath, and as you let it out, let the tension and feelings of concern leave your body. And take another deep breath. On the third breath, as you exhale, feel everything let go. Let go of all those negative feelings and experiences that are bothering you.

Feeling so calm, there is nothing you can do but relax... I'd like you to imagine that there is a parallel world. A world that has someone that looks the same as you, the same surroundings but different experiences.

In the parallel world, you grew up in a world with love, nurturing, inspiration and positive experiences... You were educated by the best people... Everyone in this world is supportive of you... Everyone wants you to experience the best things in life... They want you at your best. They want you to succeed... They see you as confident... powerful... fully realized... There is no stress or bad experiences.

What if could visit this parallel world?... Would you like to meet your parallel self?

Imagine for a moment as you are about to meet yourself in this new world... Travel with me to this parallel world... I'd like you to imagine a white light between the two worlds... Imagine stepping into the white light and enter your parallel world...

The person you are meeting wasn't put down... teased... abused... nor held back... They have always had positively support from their parents, teachers and friends... Every experience was always a positive influence in life... You, in the parallel world have always been able to learn from negative experiences... You always find a way to turn a negative experience into a positive one...

You see the other you. The environment is warm, beautiful, and full of life... You feel the warmth and positive feelings... You see that the other person is happy... no stress and alive with life... You see you as you were meant to be...

Look the person in the eyes right now... In a moment you are going to step into that body... The body that has all the positive feelings, talents, abilities, and strengths that you desire...

Take one step at a time and step into that body... Feel the positive warmth of that body... Let it take over your body... Take as much time as you need to experience the positive environment...

Script from Hypnosis Scripts from A-Z Manual

Now you see the darkness of where you came from... It just disappears... It's gone... As you float back to your world... let your body experience all the positive physical, emotional, and spiritual feelings... Let them stay with you...

You are now back home... It feels very good... You have left all the bad feeling and experiences behind... It feels so good... It's all integrated... There is no separation between the you here and the new you that you have discovered.

You've come back into this world as one.