

BEYOND THE SCRIPT Hypnosis Mastery Manual

By Rene Bastarache, CI

American School of Hypnosis

This pdf file contains a complete list of all the scripts included in this manual.

(140 scripts)

INDUCTIONS

1. Active Muscular Relaxation
2. Analytical Body Scan
3. Basic Chair
4. Beach Induction
5. Beach Induction II
6. Beach Induction III
7. Body Scan Relaxation
8. Body Scan (Simple)
9. Breath Induction
10. Cleansing
11. Dream Vacation Induction
12. Eight Count Relaxation Induction
13. Eye Strain Method
14. Eye strain with Pendulum
15. Fog Induction
16. Garden Induction
17. Garden Scenery
18. Golden Staircase Induction
19. Grecian Spa Induction
20. Magic Beach Blanket
21. Magic Boat
22. Magic Cloth
23. Massage-Hypnotherapy Induction
24. Progressive Relaxation
25. Relaxing is a Breeze
26. Relaxation
27. Simple Induction
28. Star Twinkling Induction
29. Sunset Induction
30. The Beach
31. This is Your Place Induction
32. Underwater Induction
33. Walking in the Field – Body Scan
34. Walking Through the Meadow
35. Wave Induction

DEEPENERS

36. Across the Sky
37. Airplane Landing
38. Arm Drop
39. Bubble Deepener
40. Clouds Across the Sky
41. Comfortable Slide
42. County Fair
43. Crystal Funnel
44. Elevator (Department store)
45. Escalator
46. Falling Leaves
47. Falling Leaves II
48. Feather Deepener
49. Floating
50. Flower Deepener
51. Flower Petal Deepener
52. Fountain
53. Garden Adventure
54. Garden Scenery
55. Gazing at the Stars
56. Hang Gliding
57. Journey from the Meadow
58. Lake Visualization
59. Life is a Gift
60. Moving Sidewalk
61. Mystical Stairwell
62. Outdoor Happy Day with Friends
63. Pinwheel
64. Pool of Clarity
65. Rabbit in a Hole
66. Ocean Dune
67. Rain Forest
68. R-E-L-A-X
69. Relaxing by the Stream
70. Row of Candles
71. Sand Castles
72. Sailboat
73. Sinking in the Sand
74. Spelling Number Countdown
75. Spiral Staircase
76. Staircase

77. Stairway to Beach
78. Submarine
79. The Hill
80. Tropical Resort Deepener
81. Vacation Packing
82. Wave Crashing
83. Winters Day
84. Wishing Well
85. Word Deepener

DEPTH TESTS

86. Balloons
87. Cell Phone Depth Test
88. Clock
89. Clock Depth Test
90. Daisy – Depth Test
91. Finger Bending Depth Test
92. Finger Counting
93. Fuel Gauge Depth Test
94. Magnetic Hand
95. Magnetic Shoe
96. Spot on the Hand
97. Stairwell Depth Scale
98. Thermometer Depth Test
99. Yardstick Test

ANALYTICAL VEHICLES

100. A Walk on the Beach
101. Animals
102. Assigned Seating
103. Bolts in Box
104. Choose a Name Vehicle
105. Choose a Safari Vehicle
106. Clock Vehicle
107. Clouds
108. Computer Keyboard
109. Conveyor Belt
110. Counting Backwards by Three
111. Create Your Utopia
112. Drawing in the Sand
113. Familiar Names
114. Field of Flowers
115. Floating Induction

116. Going on a Picnic
117. White Board Vehicle
118. Grocery Shopping
119. Keyboard Mall
120. Mall Script
121. Number Countdown
122. Painting
123. Renaming Your Body Parts
124. Seashell Vehicle
125. Shopping (Analytical)
126. Shopping for the House
127. Song Script
128. Stacking Letters
129. Sticks and Tones
130. U.S. Map Vehicle
131. Waxing the Car
132. Writing in the Sand

AWAKENINGS

133. Awakening I
134. Awakening II
135. Awakening III
136. Awakening IV
137. Happiness Awakening