

# **Spiritual Healing Modalities Guided Hypnosis Script Manual**

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This pdf file contains a complete list of all the scripts included in this manual.  
(110 Guided Hypnosis scripts)

## **List of the 22 modalities and scripts in each.**

### **Chapter 1: Hypnosis**

- Inner Child Healing Hypnosis for Emotional Wellness
- Visualization Hypnosis for Goal Achievement
- Pain Management Hypnosis for Chronic Pain
- Deep Relaxation Hypnosis for Stress Relief
- Confidence-Building Hypnosis for Self-Esteem

### **Chapter 2: Mindfulness and Meditation**

- Body Scan Meditation for Stress Reduction
- Lovingkindness Meditation for Emotional Well-Being
- Breath Awareness Meditation for Mental Clarity
- Nature Mindfulness Meditation for Connection
- Mindful Eating Meditation for Nourishment

### **Chapter 3: Breath Work Healing**

- Stress Relief Breath Work for Relaxation
- Energy Boosting Breath Work for Vitality
- Emotional Release Breath Work for Healing
- Sleep Induction Breath Work for Insomnia
- Grounding Breath Work for Anxiety Relief

### **Chapter 4: Emotional Release Techniques**

- Journaling for Emotional Expression
- Body-Based Release Techniques for Stress Relief
- Creative Expression for Emotional Healing
- Affirmations and Visualizations for Trauma Healing
- Energy Healing for Emotional Balance

### **Chapter 5: Holistic Health Practices**

- Nutrition and Wellness Affirmations
- Exercise Motivation Hypnosis
- Self-Care Mindfulness Meditation
- Sleep Hygiene Breath Work Healing
- Holistic Wellness Journaling

### **Chapter 6: Affirmations**

- Morning Affirmations for Self-Empowerment
- Healing Affirmations for Physical Wellness
- Affirmations for Emotional Resilience
- Affirmations for Mental Clarity and Focus
- Evening Affirmations for Relaxation and Sleep

### **Chapter 7: Energy Psychology**

- Emotional Freedom Techniques (EFT) for Stress
- Meridian Tapping Hypnosis for Emotional Healing
- Mind-Body Connection Visualization
- Energy Psychology Breath Work Integration
- Spiritual Affirmations and Energy Healing

### **Chapter 8: Mind-Body Connection**

- Yoga for Stress Reduction and Relaxation
- Tai Chi for Balance and Harmony
- Qi Gong Meditation for Energy Cultivation
- Mindful Movement in Nature
- Holistic Wellness Affirmations

### **Chapter 9: Nature-Based Healing Practices**

- Forest Bathing Meditation
- Eco-Therapy Mindfulness Walk
- Nature Connection Breath Work
- Nature-Based Wellness Journaling
- Sacred Nature Affirmations and Prayer

### **Chapter 10: Crystal Healing**

- Chakra Balancing with Crystals
- Emotional Release Crystal Grid Meditation
- Physical Healing Crystal Layout Meditation
- Spiritual Connection Crystal Meditation
- Crystal Elixir Affirmation Ritual

### **Chapter 11: Sound Healing**

- Tibetan Singing Bowl Meditation
- Tuning Fork Sound Therapy
- Nature Soundscape Journey
- Vocal Toning for Emotional Release
- Crystal Singing Bowl Sound Bath

### **Chapter 12: Aromatherapy**

- Stress Relief Essential Oil Diffusion
- Energy Boosting Aromatherapy Massage
- Mood Enhancing Aromatherapy Inhalation
- Sleep Induction Aromatherapy Pillow Spray

- Chakra Balancing Aromatherapy Ritual

### **Chapter 13: Shamanic Healing**

- Shamanic Journey for Spiritual Guidance
- Soul Retrieval Ceremony
- Energy Clearing Ritual
- Nature Connection Vision Quest
- Fire Ceremony for Release and Renewal

### **Chapter 14: Color Therapy**

- Chakra Color Visualization
- Color Bathing Immersion
- Color Affirmation Therapy
- Color Breathing Exercise
- Color Visualization Journey

### **Chapter 15: Theta Healing**

- Theta Brainwave Meditation for Deep Relaxation
- Subconscious Reprogramming Visualization
- Spiritual Healing Theta Journey
- Physical Healing Theta Affirmations
- Theta Healing Regression Therapy

### **Chapter 16: Quantum Healing**

- Quantum Visualization for Manifestation
- Energy Field Balancing with Quantum Healing
- Quantum Intention Setting Ceremony
- Quantum Healing Matrix Activation
- Quantum Healing Affirmations

### **Chapter 17: Yoga and Energy Healing**

- Energy Healing Yoga Flow
- Pranayama Meditation for Energy Clearing
- Meditative Asana Practice for Spiritual Healing
- Yoga Nidra for Deep Relaxation and Healing
- Chakra Balancing Meditation with Yoga Mudras

### **Chapter 18: Akashic Records Reading**

- Soul Level Healing Journey
- Akashic Records Affirmation Integration
- Spiritual Guidance for the Akashic Records
- Akashic Records Past Life Regression
- Akashic Records Soul Retrieval Healing

### **Chapter 19: Intuitive Healing**

- Intuitive Energy Scan and Clearing

- Intuitive Guided Visualization for Healing
- Intuitive Body-Mind-Spirit Integration
- Intuitive Self-Healing Environment

### **Chapter 20: Spiritual Affirmation and Prayer**

- Divine Healing Affirmations
- Prayer for Inner Peace and Tranquility
- Affirmations for Spiritual Strength and Resilience
- Healing Affirmations for Soul Restoration
- Prayer for Divine Guidance and Healing

### **Chapter 21: Pendulum Healing**

- Pendulum Clearing and Balancing Session
- Dowsing for Chakra Alignment
- Pendulum Healing for Emotional Release
- Dowsing for Intuitive Guidance
- Pendulum Healing for Energy Clearing

### **Chapter 22: Distance Healing**

- Guided Imagery for Distance Healing
- Distance Reiki Healing Guided Script
- Energy Clearing Distance Healing Script
- Guided Visualization for Emotional Healing
- Holistic Wellness Visualization