

The Big 3 – Health, Wealth & Happiness Hypnosis Script Manual

By Rene Bastarache, CI

American School of Hypnosis

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

(54 scripts)

1. General Health – Talking Responsibility for Me

Being responsible is the opposite of being a victim. This script will help you to eliminate the victim mentality by eliminating excuses and focusing on what's important to you; your health.

2. I'm Healthy Now

All healing is done through your own subconscious mind. One of it's main traits is that there is only "now". The past and present are conscious constructs and do not exist in the subconscious. Now is the moment of change. Now is the moment of healing. This script will help to bring you to the now so you can create the changes you desire.

3. Immune System Booster – Healing Faster

Opening your immune system requires two things. The first one is to eliminate stress as your immune system cannot operate while in stress. The second is to create an "action" that will open your immune system. It takes an action to become stressed and it also takes an action to heal. This script will help you to open your immune system at will.

What If There Were Only Health

4. Many people find it difficult to create health in their minds when they're not well. This script is designed for those who have difficulty focusing on health. In this script you'll imagine what it would be like to be healthy. Focusing on what it would be like has the same meaning to the subconscious mind as if it were actually happening.

5. Shifting Your Mental Money Paradigm

You're always attracting the focus of your subconscious programming. This is the programming that you accumulated throughout your life that's continually running through your head when you're not consciously thinking. This script will help you

to change your present subconscious money programming to come in line with what you actually want.

6. Success Mindset

There are many steps to creating a successful mindset. This script is designed to help you by instilling these traits into your subconscious mind to be naturally success minded. Success will be your new way of thinking.

7. You're a Money Magnet

In order to attract money, you must be on the proper frequency of wealth. Many people are on the opposite frequency due to their negative focusing, guilt, feelings of inadequacy and doubt. This script is designed to help you focus on what you desire so you can attract money like a magnet.

8. UNLOCK Your Full POTENTIAL

You're a moneymaking machine. It's time to stop holding back and take advantage of your full potential as a creator in attracting your financial goals. This script will help you to unlock your dormant abilities.

9. Be Happy – Direct Approach

If you're interested in becoming happy now then there's no better way than using the direct approach. These are direct suggestions for becoming happy in all areas of your life including health, wealth and your relationships.

10. Gratitude to Happiness

What are you grateful for? Gratitude is one of the strongest of all emotions where it comes to being happy and attracting positive things to you. Reflecting on what your grateful for helps you to be happier and also attracts more of it to you. This script will help you identify your top gratitude topics so you can utilize them to raise your vibration whenever needed.

11. Happiness Rescue Plan

There are many times throughout the day when you can use something to bring your attitude and mood back up. In this script you'll create a happiness rescue plan that you can use whenever you're in need of immediate happiness.

12. How to Become More Charismatic & Likable to Other People

You only have one chance at a first impression; especially when it comes to relationships. You want to be as likable and charismatic as possible. People are always attracted to likable people. This script will give you the tools required to accomplish that.