***General Relaxation Induction***

***You can practice this with family and friends, get used to pacing your voice, talking slowly and warmly.***

Just close your eyes…..allowing your eyelids to become heavy…….. focusing on your breathing and slowing your breathing down……… noticing the coolness of the air as you breathe in and warmth of the air as you breathe out…… with each breath feeling more and more relaxed…..now…..imagine that you are in the warmth of sun….somewhere outside where you feel very familiar and comfortable…aware of the warmth of the sun on the top of your head…..becoming aware of that warmth drifting down through all the muscles around your eyes…..down through the muscles in your cheeks….and down into the muscles around your mouth…just allowing those muscles to relax….as the warmth is moving down… down into the muscles around your mouth…and down into the muscles of your jaw…..and as you relax the muscles in your jaw you may notice how the muscles in your neck and shoulders are relaxing…..letting go of any tension that may have been held in that area…..and as your shoulders let go and relax…that warmth is drifting down into the muscles in the top of your arms…down through your forearms wrists hands and fingers….you may be wondering which arm is heavier than the other…. you may be experiencing that familiar feeling of drifting…the same feeling you experience just before you drift off to sleep at night…safe in the knowledge that everything is safe and well….and you could wake up at any moment if you needed to…but instead it’s just so much easier to relax, enjoying that sense of letting go…. Letting go even of the effort it takes to listen to the sound of my voice….any sounds or noises that you may hear….the sound of my voice…or of the music….or any other sounds around you or outside….just send you deeper into relaxation safe in the knowledge that you are in control at all times….and as you let go even more…that warmth is drifting down into the muscles of your chest and abdomen….relaxing those muscles…your breathing becoming more regular and comfortable….the comforting rhythm of your breath taking you deeper and deeper into relaxation, perhaps feeling heavier or lighter…as you allow your mind to make changes and adjustments that need to be made…in order for you to be more relaxed and more confident in your day to day work.

That warmth now drifting down into the muscles at the top of your legs, down into your shins, calves, ankles feet and toes….your whole body feeling very deeply relaxed……just once more relaxing your jaw, relaxing your hands…..letting go of any residual tension in your body…and as you let go of that last drop of tension in your body… I’m going to count down from 100 and **as I do it will be so easy to relax deeply**…..I wonder whether you will double your relaxation at 98 or 96….counting back down from 100, 99, 98, 97, 96 and as you are counting down you drift deeper and deeper state of relaxation….aware the more and more you listen to the sound of my voice the more relaxed you become…safe in the knowledge that you are in control at all times…now drifting down into a comfortable state of deep relaxation able to take on board any suggestions I make that are in your benefit, because you know……. that in order to achieve your goals and change your life for the better…..adjustments and **changes will be made in a healthy and positive way by your mind**….so that from this moment onward any changes that are made **will benefit you in every way possible** and that any changes which will be made will be made in a way that **make it easy for you**…..and no one knows how to do this better than yourself…I don’t know now how relaxed you are….but I do know that because you are willing to make a positive change that this positive change can happen quickly and easily.

Now in a moment I’m going to count down from 10-1 and as I do you can deepen your relaxation…10 imagining how much better things are going to be when you (insert goal) 9 relaxing more and more deeply…..feeling confident and positive about the changes you will be making….8 feeling, heavier or lighter 7 that drifting sensation….6 so comfortable….so easy….5…to make changes…4 when you realise that you are in control of those changes…3…….and the more you realise you are in control the easier it becomes…2 relax and let go of those old habits and behaviours as 1…moves forward, creating new healthy habits and behaviours….feeling very relaxed…just enjoying that sense of relaxation until I count you up.

(leave for a few minutes)

*Counting up now from 1-5, 1 feeling more and more aware, 2 feeling sensations returning to your arms and your legs, 3 feeling more and more alert, 4 aware of my voice coming back into the room and 5 opening your eyes fully awake and aware.*

**(Always use this as an exit from hypnosis…if someone takes a while to come round, keep repeating the last paragraph with your voice getting louder and louder)**