

# The Three Steps to Deep Relaxed Hypnosis

*Remember the staying with the rhythm of your breath, keeps you in a state of mindfulness. You can do the short count or the long count whenever you choose or you need a bit extra to stay in your zone. Practice it with your partner reading them to you, so you familiarise yourself with your partner reading it and they know exactly what you need to hear!*

## **Step 1.**

### **Breathing / Foundation Breath**

I invite you to close your eyes and just rest in your breath, notice your breathing, breathing in and breathing out. (pause) That's right. Notice your feet on the floor, and where the soles of your feet meet the floor. Breathe in, notice as the breath moves up through your body to the top of your head, and breathe out aware of the breath moving down your body as you breathe out. Just keep noticing your breath. If your mind wanders come back to the words "breathing in and breathing out". Allow your breath to ground you and relax you. That's right. Take a deeper breath with your next breath, breathing down into your body, and then breathing out. Continue to do that on your own for a few moments, remembering to come back to your breath, breathing in and breathing out.

## **Step 2.**

### **3..2...1 Relax, relax, relax**

Close your eyes and connect with your breath, breathing in and breathing out. Connecting with your breath and just allowing yourself to relax, notice the rhythm of your breath, allowing it to take you deeper into a comforting state of relaxation. That's right. With your next breath, breathing in 321 and breathing out relax, relax, relax. Just say the words in your mind now with your next breath in 321 and out relax relax relax. 321 relax relax relax. Each time you breath in 321 and breath out relax relax relax you feel that comforting feeling moving down through all the muscles of your body, softening, relaxing, and the more you practice the more responsive your muscles become to that familiar and welcome feeling of relaxation. Now even more deeply relaxed 3...2...1, relax relax relax, that's right. Whenever you hear the words 321 relax relax relax you will relax very quickly able to get into a comfortable state of relaxed hypnosis whenever you are. Now it's time to come back into the room, following my voice.

123 awake, awake awake coming back into the room relaxed and comfortable.

### **Step 3.**

#### **Long Count/Deepener**

Close your eyes and relax, focusing on your breathing in a relaxed and comfortable way. 3....2....1 relax relax relax, that's right, just follow the rhythm of your breath going deeper and deeper still into relaxation, now that you are becoming used to these tools you may notice how welcoming these moments of relaxation are and how quickly your body responds to relaxation. Now that you are more used to those feelings of calm relaxation, I'm inviting you to deepen that relaxation even further. As I count down from 10-1 you can choose to follow my voice as it guides you into a place of rest, calm and comfort within. Beginning to count now, 10.....connecting with the rhythm of your breath. That's great. 9...enjoying that letting go, letting go even of the effort it takes to listen to the sound of my voice, 8 deeper and deeper into relaxation, 7 so very comfortable 6 deeply relaxed now 5 doubling that relaxation, 4 comforting relaxation in body and mind, 3 as you let go comfortably and easily, 2 a deep state of calm, knowing you are in control at all times, 1 is very comfortable one is very relaxed, that's right. Each time you hear the counting down from 10-1 you will quickly and comfortably go into a deep state of comforting relaxation at every level in your body and mind, knowing that as you relax your mind, you relax your muscles and as you relax your muscles you give your body permission to do what it's always known how to do, birth your baby. Now in moment, you'll come back to the room fully awake and alert, back to a normal state of wakeful awareness but feeling very relaxed and comfortable, looking forward to the day ahead and learning more about your incredible mind and body!