

Pain Relief

Hypnosis Induced

Deepener Set

As you continue to relax I would like you to NOW...picture, imagine or think...whatever is best for you... a dial...like the a volume control...in front of you... picture this dial and see that it has numbers on it from 1 to 10... just below the dial there is the word...Relax....NOW...picture that dial and see that it is set to number 1.. the lowest setting... NOW...picture or imagine yourself turning the dial from 1 to 2 and notice as you do that immediately a wave of beautiful relaxation flows right down through you from the top of your head to the tip of your toes...beautiful relaxation...warm...tranquil...beautiful...relaxing...NOW...picture or imagine yourself turning the dial from 2 to 3 and again notice the waves of relaxation as they increase with every turn of the dial...from 3 to 4 and 4 to 5...each time you go up one number your physical and mental relaxation increases tenfold...from 5 to 6...again ten times deeper into beautiful relaxation...6 to 7...every muscle in your body relaxing totally...7 to 8... every fibre of you enjoying waves of relaxation...8 to 9...beautifully physically and mentally relaxed... deeper and deeper 9 to 10...waves of relaxation taking down deeper and deeper into relaxation and hypnosis...

NOW.....Picture another dial next to the first one...this dial also goes from 1 to 10 just like before...picture the dial in your mind Now....below this dial is the word pain... see the dial and the word....NOW picture in your mind a number which represents the pain level you are normally in...picture the dial set to this number...notice your discomfort at this level...NOW notice the pain ease as you turn down the dial...with every turn of the dial your pain and discomfort eases tenfold and your relaxation increases tenfold...Now turn the dial down another point and notice how this reduces your pain even more...now turn it down to 2....notice the pain and discomfort is almost gone....Now down to 1 and your pain is gone completely...In a few moment I want you to notice where you normally feel pain... put your attention to that place...now picture or imagine yourself turning the dial down until there is no pain or discomfort...picture the pain and discomfort vanishing every time you turn the dial down...Now notice that as your pain vanishes your relaxation increases and you feel totally content...

From this moment on if there is any time you are feeling pain or discomfort...picture this dial in your mind and turn it down...as you turn down the dial your pain will decrease and vanish and your relaxation will start to flood through your body from the top of your head to the tip of your toes...

Each and every time you use this technique...the wonderful, positive effects will grow stronger for you...each and every time you picture the dial and turn it down.. the effects simply get better and better..

In a moment I am going to count to 5 and you will come back to the room feeling fantastic and totally relaxed.

1. being aware that every time you feel pain you can simply picture you pain dial...turn it down and your pain will go away...
2. Notice that as your pain decreases your relaxation increases..

3. Notice as your relaxation increases your pain and discomfort decreases...
4. Becoming aware of the noises around you and the relaxing rhythm of your breathing...
5. Eyes open...back in the room feeling great and totally relaxed...