

Finding trust

Hypnosis Induced

Deepener set

As you go deeper now ... drifting to wherever your subconscious takes you ... to a place where there is only peace ... calm ... and tranquillity ... and nothing concerns you other than the relaxing sound of my voice ... you can be aware that there really is no reason at all to make an effort to try to hear or to understand each and every word that I might say or not say ... here ... as you rest quietly... over there ... and it can be a comfort for you to know that your subconscious hears and understands everything that is important to you ... and it's so much easier to just allow those things to occur in their own way ... while your conscious mind can drift to someplace else entirely. As you drift ever deeper with your own thoughts in your own way ... I would like you to pay close attention each time I say the word ... now ... This will be a signal for you to go deeper still.

NOW...You have come to a point in your life where you are preparing to change and move beyond any fear or blockages to your ability to have confidence and trust both in Lloyd and in yourself...trusting yourself to stop jumping to conclusions and disbelieving everything you hear...

You are tired of not allowing yourself to experience the joyous feelings of being loving and confident, trusting and happy.

When I place my hand on your shoulder you will immediately feel a surge of confidence and happiness pass from the top of your head to the tip of your toes...this feeling can be called upon anytime you need it by simply saying, hearing or feeling the word STOP

You NOW have the ability to approach any situation from this day forward, and you are now able to move through it....

The suggestion to trust and have confidence in.....(**NAME OF PERSON WHO HAS CAUSED THE LOSS OF TRUST**)..... and in yourself.....will now go deep into your subconscious mind .

Relax... breathe deeply and easily, The knowledge of what it is like to be trusting again grows within you. You have a right to be trusting, confident and happy.

Think of a safe and happy place or time locate it in your mind, and you're there. In this place...your safe place...You feel confident and safe, content and trusting.... Whenever you think about your safe happy place or time you will relax. Regardless of where you are, you will experience self confidence automatically. your mind will remember Love, happiness, trust and an overwhelming feeling of contentment. Every time a situation or statement causes you to doubt yourself or(**Person**)..... you will say or picture the word STOP and this will give you a surge of feelings of trust and contentment...You feel great even now... because just thinking about it now, you know you are more relaxed with the whole idea of allowing yourself to feel forgiveness and trust once more. The past is gone.... The painful memories are gone NOW...You are at peace and in control. Your fears have disappeared. You are relaxed now. You are relaxed, confident, at peace with your life now... You enjoy this... peaceful, relaxed feeling Take time NOW to forgive and let go of the negative feelings that have been crushing you.

You're going to find yourself easily able to let go of any anger associated with these things...

You are a normal human being with normal emotions and normal drives, you are confident...you are trusting both of yourself and of(**Person**)..., right now, right this minute... you're going to find yourself easily able to let go of any anger or mistrust

feelings.... Whether those feelings are in the conscious mind or buried within the depths of the subconscious... it's all right to let go of those feelings and to accept that you are a whole, complete, and worthwhile person who is allowed to trust again....give yourself permission to trust again and to let go of past hurts and pains, mistrust and anger

You are in complete control of your emotions at all times even under what you may believe to be stressful or hurtful conditions.... this gives you a feeling of great satisfaction you feel and express only the good, healthy emotions of love, kindness, sympathy and tolerance...from now on you are able to get in touch with your emotions and deal with them in a constructive manner whenever these negative feelings appear you find ways of re directing them in some acceptable way all your hidden personal reasons for the angry, hostile feelings are now understood by your subconscious and dealt with dealt with in a constructive, practical and sensible way.' leaving you quite free to get on with your lifeThose feelings of mistrust and hurt in the past that nothing could be done about you shake them off completely.... From now on, you quickly recover your sense of humour and your sense of proportion.....you feel better and more optimistic....You have renewed energy....you dwell on the things you are grateful for.... You NOW have happy memories and things to look forward to..... From now on you won't get nearly so upset about remarks or hurtful incidents, these have less and less effect upon you..... you realise that you are so much stronger Inwardly... so much stronger outwardly.... you are much stronger day by day When I place my hand on your shoulder you will feel a surge of contentment and trust flow through you...this feeling is within you and you can call on it anytime you are in a situation of doubt or mistrust...(**TAP ON SHOULDER**)...Every time you say, picture or feel the word STOP you will again feel this flow of contentment and trust and you will let go of the feelings of doubt...

Give the gift of trust to yourself and give yourself permission to forget doubts and mistrust. embrace the future.