

Self-Hypnosis Script for Calmness and Relaxation

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This self-hypnosis script is designed to be used to help relax yourself and to calm your mind.

This script can be used as it is, or you can adapt it to suit your individual needs. You should read the script and record it on your phone or computer using functions such as a voice recorder on an iPhone or the equivalent on Android. You should speak in a clear, slow, hypnotic voice as you record. If you're unsure what a hypnotic voice sounds like, see my video on self-hypnosis and observe how I am doing self-hypnosis using this link.

<https://youtu.be/FR4cYnSsnEA>

It should be listened to in a quiet place. You can either be sitting down or lying down. Turn off notifications and put your phone into aeroplane mode.

Make yourself very comfortable. Either sit or lie down in a comfortable position with your head and neck supported. Uncross your legs. Let your hands relax by your side or on your lap or on your lap.

Disclaimer

Ensure you have 15 -20 minutes to listen, and never listen when driving or operating machinery. If you need to open your eyes at any time, you are able to do this. Should you fall asleep while listening to it, that is fine and you will wake up in your own time.

The Script

Sitting comfortably or laying comfortably on your bed, just being aware of the weight of your body, of the contact of your body and notice how that feels.

Bringing your attention to your breathing, notice how your breath rises and falls easily naturally rhythmically. It's the most normal natural thing. Your mind knows exactly what to do. And as you are focusing on your breathing, every breath you inhale is calming and relaxing you. It is calming and relaxing your mind and your body. It is relaxing your nervous system. And with every breath you exhale, you are releasing, relaxing and letting go of anything and everything that needs to leave your body.

Focusing your attention on your hands, you are aware of the contact of your hands. You notice the sensation of your skin in contact with what your hands

are touching. And as you focus on your hands, your hands become heavy and hard to move.

And then, with your eyes open, rolling up your eyes, looking up as high as you can into the roof of your eyes and feeling the blinking and fluttering of your eyelids. Now, holding your eyes in that position, take three steady breaths.

And on the 3rd breath, slowly closing and relaxing your eyes. Now, you picture standing at the top of the steps. These steps lead you down to a very calm, relaxing place. A place where your mind and body are relaxing. As you start to descend those steps, now taking steps 10 and 9, you know your body is relaxing. As you take eight and seven now, you know the muscles around your neck and shoulders are relaxing. As you go down step six, your body releases relaxes, and lets go. Your nervous system is relaxing, knowing that everything is well.

As you go down to step five, you're aware of your nerves and muscles around your eyes relaxing. Your eyes feel pleasantly heavy.

As you go down to steps four and three, you go deeper. And when I say deeper, I mean more relaxed, more receptive, your mind readily accepting and absorbing everything I say.

And as you go down steps two and one, now you are going even deeper, ten times deeper. More relaxed, more receptive. Your body and nervous system are calming and relaxing with every word I say.

Visualise your entire body entering a state of deep relaxation. Focus on each segment of your body individually. With every breath you take, feel yourself becoming progressively more relaxed and drowsier. Your muscles are becoming supple, loose, and flexible.

Start by allowing this tranquil sensation to extend from your eyes to your forehead. Let your scalp unwind and relax the back of your head. Bring your focus to the muscles in your face - your cheeks, jaw, and lips - and gently ease them until they are all soft and limp, resembling the peacefulness of a deep slumber.

Now, permit this profound sense of relaxation to flow through your entire body, descending to your toes. Feel the warmth and weight of tranquillity as it spreads into your shoulders, releasing all tension. Let this soothing feeling course down your arms, reaching your elbows, wrists, hands, and fingertips. Since the pleasant heaviness and warmth envelop your arms, making them feel relaxed and hard to move.

With each breath, you sink even further into this profound state of relaxation. It is the most powerful, incredible, relaxing sensation.

Your nerves and muscles are releasing and relaxing. And as you hear my voice, you absorb and accept everything I tell you. And you know that as you

go deeper, you develop a solid sense of resilience and ability to take every challenge in your stride. When you think about the day ahead, you know you are creating a deep, unshakable confidence and belief in your abilities. Challenges that seemed like big mountains now appear like tiny molehills or cracks in the pavement that you can step over and take in your stride.

Because you are developing unshaken, unswerving confidence in yourself, every day, you are becoming stronger, more relaxed, and more at ease in any situation. Every day, now that you feel calmer, you have more clarity in your life. Your ability to manage life's daily challenges is getting stronger every day. You can take any challenge in your stride and see every opportunity that presents itself to you. You are developing phenomenal coping capabilities.

And every time you hear this recording, you are becoming more confident and more resilient every day. Your life is moving into an upward spiral. You have chosen to leave behind fear and live in opportunity. You welcome every day. You see the positive things around you. Where other people see problems, you see solutions.

Every day, in every way, your life is getting better. You have chosen to change the lens that you see the world through. You see the world through a balanced, optimistic lens. You know that every challenge has a solution. You know, but you are strong and capable.

If you listen to this recording at night, you will fall into a beautiful, relaxing sleep. You will sleep safe in the knowledge that everything is well. That you have phenomenal coping capabilities, you will fall into a deep healing, regenerating night sleep, and you will wake in the morning feeling calm, relaxed, positive, and energised.

Should you listen to this recording in the daytime, you will come back into full awareness as I count you up from 1 to 5.

On the count of one, you are now becoming aware of the weight of your body.

I now notice how calm and relaxed you feel on the count of two.

On three, be aware of how you are breathing calmly and deeply.

On four, you slowly open your eyes and return to the room.

And on the count of five, coming back into the room wide awake and looking forward to the day and your life ahead.

For more information and Insights

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