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## The Ultimate Hypnosis Session

I call this the “Ultimate Hypnosis Session” because the goal is to allow you to learn to experience deep states of relaxation and it intentionally addresses each of our five senses. Rather than focus on one technique of visualization, or simple auditory affirmation, it combines these learning styles allowing you to develop acuity in each of these five areas. Additionally, it is structured in a way that any suggestion you have for yourself (health, habit, personal improvement) will easily be accessed by the subconscious mind and even multiple goals can be addressed by participants in this session.

Unlike other sessions in this series, it is passive. The goal here is for you to listen and relax rather than to think and to take action. Often in self-hypnosis, we overlook the value in using guided self-hypnosis to passively experience self-hypnosis, and this MP3 is designed to help you do exactly that.

**Pre-Instruction:** The easiest way to do this is to find a comfortable chair where you can sit and listen to me. And, I’m going to suggest that you just drop your hands on the armrest of the chair, rather than resting them in your lap or elsewhere.

The reason why I’m going to use an anchoring technique in a little while and I’m going to prefer, for this exercise, that your hand be resting on the armrest of the chair.

If you don’t have an armrest on your chair, that’s OK. You can do this with your hands in your lap, and just adapt my anchoring technique to wherever it is that you’re sitting.

**Autogenic/Relaxation induction:** Now, take a breath in. Breathe in, breathe out, and as you breathe in, and breathe out go ahead and close the eyes down. As you breathe in and breathe out, pay attention to the breath. You don’t have to speed up or slow down the breath, simply pay attention to it.

Now, scan your body and notice anywhere where you’re carrying perhaps the tension of the day and simply let that tension disappear. Drop the shoulders, unclench the jaw, you can even drop your chin towards your chest a little bit if you’d like. And although this helps you relax, at no time are we going to be asleep – simply deeply relaxed, learning new skills and strategies.

Now as you pay attention to your breath, you’ll probably notice that your breathing has already become smooth and rhythmic without any effort on your part. The heart rate has probably even slowed a little bit becoming calm and regular.

As you continue to breathe in, relax the muscles of the brow, muscles of the jaw, the muscles of the neck and shoulders and continue to breathe in and breathe out. It feels pretty relaxing, doesn’t it?

Now, go ahead and open your eyes for a minute. Just open your eyes, open your eyes, just for a moment, and sort of check; ask yourself am I a little more relaxed and calm now than I was just a moment ago?

It's pretty amazing how easily we can create a new state so rapidly, just by closing the eyes and letting the tension go, and letting some muscles relax. Now go ahead and close the eyes down now again; breathing in, breathing out.

Bring yourself to that point of relaxation where you were just a moment ago, maybe even noticing yourself doubling that sensation of relaxation with each breath. Noticing the arms becoming relaxed and heavy from relaxation; loosening the muscles in the back and the belly and even the muscles in the buttocks and thighs.

As you breathe in, breathe out, bring your attention – for a moment – to your hands. The hands resting on the armrest of the chair, or resting on your lap. Notice how you can even relax the little tiny muscles of the hands, little tiny muscles of the fingers. Letting those hands relax completely supported by the armrest of that chair, and when they're completely relaxed – relaxation causes you to become aware of a sense of heaviness, heaviness.

Think of the word heavy for a moment. Heavy. Think of your hands, and say to yourself, my hands are heavy. My hands are heavy. And really notice how heavy your hands are. So heavy that if you tried to lift your hands, you'll notice they become locked on to that chair, they're heavy from relaxation.

Even if you tried to move your hands, you can't move your hands because they're so heavy, so deeply relaxed.

You're doing perfect by the way.

So, breathe in again and breathe out and think of the word "warmth." Warmth like that which might come from the sun, or warmth like that which might come from inside of the body.

And as you focus on your heavy hands, think of the word warmth. As you focus on your hands, thinking of the word warmth, allow yourself to notice a sensation of warmth in your hands. Warm and heavy.

Say to yourself, "My hands are warm, my hands are warm, my hands are warm," and notice that feeling of warmth that comes from inside or can be felt on the back of the hands as they rest on the armrest of that chair.

As your body relaxes, your legs relax, your thighs, your calves, your shins, and even your feet can relax. Even the little tiny muscles of the toes can relax.

Even though you're probably wearing shoes, you'll notice the sensation of your feet inside of those shoes. The muscles relaxing, and a feeling of heaviness in the feet that comes from having very relaxed feet.

In fact, think of heavy again and say to yourself, "my feet are heavy, my feet are heavy."

Think of the word warmth. As you think of the word warmth, notice a sensation of warmth in those feet. Letting those feet be both warm and heavy. Saying to yourself, "my feet are warm and heavy, my feet are warm and heavy."

It's amazing how we can actually create a sensation of warmth and heaviness, even though we haven't adjusted the thermostat, and I haven't placed anything on your hands or your feet.

As you breathe in and breathe out, noticing the heart rate is calm and regular and the breath is smooth and rhythmic, bring your attention now to the forehead, across the brow.

As you pay attention to your forehead, think of the word cool. Cool. Cool. Allow your forehead to experience a sense of coolness. Saying to yourself, “my forehead is cool, my forehead is cool, my forehead is cool.”

You’re doing perfect.

Having created both an awareness of warmth in one part of the body, and coolness in another part of the body, and creating a feeling of heaviness in the hands and heaviness in the feet.

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The learning here, is of course, that you can create from within any sensation, thought or experience. What you can achieve here, you can achieve there, and by thinking thoughts such as “relax” “cool” “heavy” or “warm” you were able to notice those things. And create those experiences.

What else would you like to create? Love? Healing? Change? Calm? Energy? I do not know what is most important for you to create today in this time that you have set aside, and maybe your conscious mind is not even aware, but a part of you knows that which is most important for you to create today and that thought, feeling or experience, be it known or unknown to your conscious mind is a part of your subconscious awareness. And so continue to relax, breathing in and out, and know that by setting this time aside for your own well being you will manifest that which is most important to you today.

Now, notice how you feel physically. Notice the feeling of heaviness in the muscles as they relax. Notice this sense of heaviness in the eyelids and even notice the weight of your resting hands, so very heavy. They feel so deeply relaxed and heavy that even though your mind knows that you could move them, moving them isn’t something you care to do. You are enjoying this stillness, if even for a brief moment during a busy day. Now, notice your feet also feeling very heavy and deeply relaxed. Perfect.

With the creative part of the mind, imagine you, the stressed you, heavily relaxing in this chair. Also imagine a new you, a courageous you, composed in that part of the mind where creativity exists. This “courageous you” begins to feel a sense of lightness. It is a lightness that transcends any stress and a lightness that feels as if it can rise above you. Feel that creative and courageous you, now. It is that part of you that knows it can handle any situation; that part of you that is capable of healing during difficult times. Let that feeling of lightness begin to float out of you and above you, as if the real you has found a way to rise above the stress.

As you both relax and float, allow that creative part of your mind to continue to imagine the real you, the creative and courageous you, rising above all stress. You can even traveling high up and far away to see yourself transcending both the place where you are and the time constraints imposed by stress. Allow yourself to enjoy the feeling of being beyond any limitations, deadlines, or stress. Just feel the sensations of serenity, peace, and freedom.

You can let your mind drift, dream, and float, becoming detached from any worldly stress. Rise above to a higher place, a place where your higher self can truly succeed and use all of the internal strengths that

are deep within you.

Pay attention to your feelings of confidence, freedom, and joy. These are not states that I have created, but rather states that you have created by simply taking a moment for yourself to set aside stress and tap into your inner resources. It feels good to tap into these inner resources and to confidently know that these can be accessed at anytime.

Now, unite that higher self with the old self, just like a soap bubble gently floating to its resting spot. Allow that lighter, higher self to drift back into an awareness of your relaxed and heavy body. You realize that while this mental exercise has been an interesting experience, you always carry the ability to feel and see beyond stress.

count backwards from five to one, deepen your hypnotic state. Five, four, three, let yourself relax completely, never sleep but deeply relaxed. Two, one, zero. Over the next couple of minutes, I am going to guide you through a process of dissociating here from there.

Milton Erickson called this the nowhere technique. As you relax, you can recognize that a part of you is here. You can feel the chair below you with your eyes closed and your mind relaxed. You can also see that a part of you is drifting away.

Drift to a place that is really nowhere. In fact, drift to a place we call the middle of nowhere. You can let your mind drift and meet me in this place, a place that has no time, in the middle of nowhere. It is a place that has no place, in the middle of nowhere. It is a place that has my voice and your awareness.

It is a place that is neither here nor there. It is just a place of your own creation. In the middle of nowhere, there is no awareness of pain, but simply an awareness of nothingness. Here in the middle of nowhere, nothing is just fine. There is nothing to be and nothing to feel. There are no feelings to feel in the middle of nowhere. It is a very pleasant place to be, isn't it?

