Hypnosis for Menopause

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Chapter One

Understanding Menopause

Approximately 1,600,000 women enter menopause each year. Many of these women experience uncomfortable symptoms. Even for those who are symptom free this is an important transition time that requires changes in attitude that match the changes taking place within the body. All women need to be able to go through this transition in a healthy state... mind, body, spirit and emotions.

Menopause is the end of menstruation. This is the time in life when women end their ability to produce children. A woman’s period called Menses stops naturally with the decline of monthly hormonal cycles between the ages of 40 and 60. It may stop earlier in life as a result of a woman’s illness or because of the surgical removal of the uterus or both ovaries. Naturally as the production of estrogen by the ovaries and pituitary gonad-stimulating hormones decreases, a woman’s ovulation and menstruation happen less often and eventually stop. Variations in the circulating levels of the hormones occur as the levels decline. Hot flashes are the only general symptom of menopause that nearly every woman has. They can often be controlled with estrogen and progesterone but are seldom so bad as to need therapy. Hot flashes will stop in time without hormonal treatment. Occasionally, heavy irregular bleeding occurs at this time, usually linked to fiber like tumors or other uterine disorder.

Perimenopause is a transitional phase that happens anywhere from two to eight years before actual menopause starts. Its average length of time is six years. Perimenopause can appear in women who range in age from 35 to 50 years. During the time of Perimenopause, the production of the ovarian hormones estrogen and progesterone is unstable and fluctuates. This hormone fluctuation can cause many of the symptoms commonly associated with menopause such as hot flashes, night sweats, and mood swings.
Low estrogen levels are thought to cause most of the uncomfortable symptoms that many women experience. The most common and easy to recognize symptom is the experience of hot flashes. These are experienced as sudden intense waves of heat and sweating. Many women find that these hot flashes interrupt their sleep, and a significant number of women report mood changes and swings. The primary moods connected to menopause are irritability and impatience, but many women also experience anxiety and depression.

Other symptoms may include irregular periods or extremely heavy periods, vaginal or urinary tract infections, urinary incontinence (leakage of urine or inability to control urine flow), and either dryness or inflammation of the vagina. Some women may have discomfort or pain during sexual intercourse. This is because of the changes in the urinary tract and vagina. Many other women also experience changes in their skin, digestive tract, and hair during menopause. The low levels of estrogen found after menopause can cause many lifelong problems for a large percentage of women. These may include osteoporosis and increased risk for heart disease.

**Facts about Female Hormones:**

Estrogen is known as a ‘female hormone’ because it is very important in shaping the female body and preparing it for pregnancy. Estrogen is vitally important for the development of breasts and hips. In addition, the vagina, uterus, and other female organs depend on the presence of estrogen in the body to mature. Estrogen is not one hormone, it is the name of a group of hormones. There are three principle forms of estrogen found in the human body estrone, estradiol and estriol, also known as E1, E2 and E3 respectively. There is also a group of compounds called phytoestrogens, generally found in food, which can have “estrogen like” effects in the body. Estradiol (E2) is the primary estrogen produced by the ovaries. Estrone (E1) is formed from estradiol. It is a weak estrogen and is the most abundant estrogen found in the body after menopause. Estriol (E3) is produced in large amounts during pregnancy and is a breakdown product of estradiol. Estriol is also a weak estrogen and may have anti-cancer effects. Before

* Menopause online
menopause estradiol is the predominant estrogen. After menopause estradiol levels drop more than estrone so that now estrone is the predominant estrogen. For the past 50 years, conjugated equine estrogen, brand name Premarin® has been the most commonly prescribed estrogen supplement in the U.S. Conjugated estrogens are derived from pregnant mare’s urine. They must be converted by the body into active estrogens. Premarin® is the most studied estrogen supplement. It is also the most widely prescribed hormone in the world. If you are taking a hormone replacement, it is probably Premarin®. Estradiol (E2) is now widely prescribed in the form of skin patches, tablets and creams and is gaining on Premarin® in popularity. A combination of E1, E2 and E3 called Triple Estrogen or Tri-Est, has been available for many years. Its proponents claim it is the most natural way to take estrogen. Triple estrogen is difficult to get. It is generally available only by mail order.

**Natural Estrogen:**

So which is natural? Is natural better? If so why? It all depends on what YOU consider natural, remember, there are many “natural” poisons. If you consider “natural”, that which occurs in the body in the highest concentration after menopause, then estrone is the natural estrogen for you. Estrone is easy to get. Most of the prescription estrogens when taken by mouth are converted in your GI tract and end up predominantly as estrone. If you consider natural, getting your estrogen levels up to where they were before menopause then estradiol is your natural estrogen. The transdermal patches, vaginal rings and estradiol creams provide pre-menopausal levels of estradiol. If you desire a natural estrogen that is the least likely to cause cancer then estriol may be right. Tri-Est contains mostly estriol. However a dose high enough to prevent hot flashes causes nausea. Therefor the pharmacies add 10% E1 and 10% E2 to Tri-Est. So it is mostly, but not totally, estriol.

Together with progesterone, another female hormone made by the ovaries, estrogen regulates the changes that occur with each monthly period and prepares the uterus for pregnancy. Prior to menopause, more than 90% of the estrogen in a woman’s body is made by the ovaries. Other organs (including the adrenal glands, liver, and kidneys) also make small amounts of estrogen. That is why women
continue to have low levels of estrogen after menopause. Because fat cells can also make small amounts of estrogen, women who are overweight when they are going through menopause may have fewer problems with hot flashes and osteoporosis (both of which are related to lack of estrogen). Some of the other important benefits of estrogen become apparent when estrogen levels decline after menopause. For instance, estrogen stimulates skeletal growth and helps maintain healthy bones. It also helps protect the heart and veins by increasing ‘good cholesterol’ (HDL or high-density lipoprotein) and lowering ‘bad cholesterol’ (LDL or low-density lipoprotein). The lack of Estrogen may also affect a woman’s sexual desire.

Progesterone is the second most important female hormone. Like estrogen, most progesterone is made by the ovaries, with a smaller amount made by the adrenal glands. Progesterone stimulates the growth of a cushiony lining in the uterus where the fertilized egg can grow and develop into a baby, helps the breast make milk, and generally maintains pregnancy.
Chapter Two

Common Symptoms of Menopause

The symptoms of Menopause can vary in severity and type from woman to woman. They seem to be affected by diet and culture to some extent. It is interesting to note that Native Japanese women not experience hot flushes like women in the West. In fact there are no equivalent words in the Japanese language for “hot flashes”. The Japanese women have a completely different attitudes towards menopause and aging, and a different life-style. They count on different and natural approach for help such as herbs and acupuncture, and most importantly a different, healthier diet. In the West, hormone replacement therapy has long been used to treat menopausal side effects. But when an alarming study warned that the therapy may be harmful, women abruptly stopped taking the medication and many started experiencing the symptoms of menopause again. These are the most common symptoms experience here in the United States:

- Hot Flashes
- Depression
- Night Sweats
- Insomnia
- Mood Swings
- Vaginal Dryness/inching
- Anxiety
- Urinary Changes
- Heart Palpitations
- Bladder infections
- Osteoporosis
- Frequent urination
- Irregular Bleeding

The period of time leading up to menopause is often characterized by irregular periods. In fact, changes such as shorter or longer periods, heavier or lighter
menstrual bleeding, and varying lengths of time between periods may be a sign that menopause is near.

**Hot flashes;**
Hot flashes are the classic sign of menopause, as well as the most common reason for seeking treatment. A hot flash produces a sudden sensation of warmth or even intense heat that spreads over various parts of the body, especially the chest, face, and head. Flushing and sweating usually occur as well, followed by a chill. Some women feel their heart beating very fast or hard and feel anxious. Women who have had a hysterectomy are more likely to have hot flashes. Many women experience most of their hot flashes in the first 2 years after menopause, and find that the hot flashes gradually lessen. However, some women have hot flashes for several years before menopause, and some have them for 10, 20, or even 40 years or longer after menopause.

**Menopause and sexual function:**
Estrogen plays a key role in maintaining the function of a woman’s vagina and surrounding tissues, uterus, urinary bladder, and urethra (the organ through which urine is passed from the bladder). After menopause, all of these organs may weaken or shrink. When these changes occur in the bladder and urethra, they can lead to the involuntary leakage of urine, infection, or painful urination. A thinning of the tissue lining the vagina may lead to pain during intercourse. Vaginal dryness can also occur, as may itching or irritation. Regular sexual intercourse can help to keep the vagina moist and toned.

Menopause is a natural occurrence in a woman’s reproductive life. Attitudes towards change are key in making the experience more pleasant!
Chapter Three
The Impact of Stress and Anxiety

Stress and anxiety tend to make the symptoms of menopause much worse. For many women, the elimination of their ability to have children tends to create much subconscious stress. Our society seems to focus on the importance of youth, and the beginning of menopause signals the end of youth. The first step in working to manage the effects of stress is to help the client understand that certain aspects of her personality create the conditions for anxiety and fears to develop, making the symptoms of menopause more severe. The characteristics of the high anxiety personality are important to review with the client. Explain to the client that you can help eliminate the symptoms—but that the client must change how they think and look at the world to really eliminate the underlying problems that are making menopause more difficult. Some of the ways that stress impacts menopause are:

1. Emotional distress—some combination of anger or irritability, anxiety, and depression, the three stress emotions.

2. Muscular problems including tension headache, back pain, jaw pain, and the muscular tensions that lead to pulled muscles and tendon and ligament problems.

3. Stomach, gut and bowel problems such as heartburn, acid stomach, flatulence, diarrhea, constipation, and irritable bowel syndrome all have a negative impact on Menopause.

4. Transient over arousal leads to elevation in blood pressure, rapid heartbeat, sweaty palms, heart palpitations, dizziness, migraine headaches, cold hands or feet, shortness of breath, and chest pain.

It can be very beneficial to a client to review the characteristics of the High Anxiety Personality and to discuss how they affect their attitudes and experience of menopause. Learning to accept that life has seasons, and that the season of autumn brings the gifts of Harvest, can be a very beneficial to women entering menopause.
Characteristics of a High Anxiety Personality *

1. Rigid Thinking
Rigid thinking is the tendency to perceive life as a series of either/or alternatives. Events are either right or wrong, fair or unfair. Another characteristic of this type of black-and-white thinking is the presence of rigid rules. There is a correct way to do things, and it is upsetting when things are not done correctly. In addition, there are often many things that “should” or “must” or “can’t” be done by oneself or others.

2. High Level of Creativity
People suffering from severe anxiety are usually very creative. Unfortunately, this creativity is the force behind two self-defeating activities. The first, negative anticipation or “what if” thinking, is the tendency to think of frightening things that could occur in a given situation. The second is the tendency to vividly imagine these frightening possibilities.

3. Excessive Need for Approval
The excessive need for approval is often referred to as low self-esteem or self-acceptance. A person with this trait depends on others for a sense of self-worth. This creates a fear of rejection that results in a heightened sensitivity to criticism and difficulty in saying “no” to the demands of others. An excessive need for approval can also create the tendency to take responsibility for the feelings of others and to be overly sensitive to other’s needs.

4. Perfectionism
Perfectionism is the tendency to use all-or-nothing thinking when evaluating one’s actions. Along with this black-and-white thinking there is usually a tendency to focus on achievement. These two traits cause the perfectionist to consider any less-than-perfect achievement as a failure which is personalized so that both the task and the person become failures.

* from “Anxiety, Phobias & Panic” by Reneau Peurfoy
5. Extremely High Expectations of Self
The combination of perfectionism, rigid thinking, and excessive need for approval creates the expectation from oneself of a much higher level of performance and accomplishment than would ever be expected from others.

6. Competent, Dependable “Doer”
The interaction of all the above creates a person who is not only competent, capable and dependable, but also one who is a real “doer.” She is skilled at getting jobs done well and always expects this of herself.

7. Excessive Need to be in Control
A person with this trait will often place a high value on being calm and in control. Often there is a need for events to be predictable. Unexpected changes in a predetermined schedule may cause distress because it is harder to be in control when one is not sure what will happen. There may also be a tendency to try to control the feelings and behavior of others, but out of fear of losing control. A person with the need to be in control can often experience intense anxiety symptoms yet appear normal to the casual observer. A person like this usually presents a “proper” image to others. It is their responsibility to keep others happy in the world even when there is tremendous turmoil inside. He or she may be considered to be very strong by friends and family.

8. Suppression of Negative Feelings
A person with the above traits often suppresses feelings that “shouldn’t” be felt because they might cause loss of control or disapproval from friends or relatives.

9. Ignoring the Body’s Physical Needs
This trait is commonly reflected in the attitude that the body is unimportant. Signs from the body indicating it is tired or in pain tend to be ignored or given a low priority. A person with this trait is frequently only aware of fatigue when the symptoms of exhaustion are present.
Stress Proof Your Life … Tips to Find Peace of Mind

Stress is one of the most prevalent conditions of modern life. It affects us in many ways and is an underlying contributor to most serious illnesses. Americans right now are plagued by obesity, anxiety, insomnia and depression. Stress plays a part in all of these conditions. We face stress in the work place, on the highways, and at home. It impacts all areas of life. Stress is a very subjective experience. What completely stresses one individual can be a motivator for another. We have a tremendous capacity to impact stress by how we deal with it. This workshop is filled with easy and practical tips to help you deal with stress and to diminish its impact on your life. We can either change our experience, or we can change our experience of that experience.

1. Become proactive learn to take charge of your life. Make your decisions and choices bases on goals and values rather than moods and circumstances.

2. Use your breath… conscious deep breathing can help you unwind and bring down your stress levels.

3. Cultivate the ability to relax… learn to take three minute vacations several times a day. Learn to deeply relax at least once a day.

4. Positive self talk and affirmations help you to feel less stress and to take charge of your emotional reactions.

5. Develop a personal stress management self care program and stick to it.

The client’s ability to effectively manage their personal stress is a key factor in developing and keeping peace of mind. Peace of mind is a very important tool in accepting and managing the life changes that are occurring during menopause.
Breathing Exercise to Eliminate Anxiety

*Inhale* 1 ... 2 ... 3 ... 4 ...
*Hold* 1 ... 2 ... 3 ... 4 ...
*Exhale* 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ...
*Hold* 1 ... 2 ... 3 ... 4 ...
*Inhale* 1 ... 2 ... 3 ... 4 ...
*Hold* 1 ... 2 ... 3 ... 4 ...
*Exhale* 1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ...
*Hold* 1 ... 2 ... 3 ... 4 ...

*Repeat cycles for 5 to 10 minutes*

You may need to change the ratio to match the clients breathing patterns

Start with 1 minute build to 10 minutes

Quieting Breathe

Deep Rhythmic Breathing - matching inhalation and exhalation
Safe Place Protocol*

1. Have the client create their own safe place.

2. Have the client feel the safety of the safe place. The client integrates the safety into the body. Do self empowerment and safety affirmation.

3. Have the client imagine he/she is approaching a frightening or stressful event until tension is felt.

4. Have client go to his/her safe place until calm and relaxed again.

5. Repeat approach/relaxation cycle in small steps until the client can remain calm even when imagining the frightening or stressful event.  
   *(over train to ensure transfer)*

6. Anchor safe place to the natural state of their body. “Every time you go out into the world remember your safe place, you carry your safety with you.” etc..

7. Find the part of the self that is confidant and comfortable with the safety.

8. Do a mental rehearsal of the client feeling and acting safe in the world.

9. Re-anchor and return to normal consciousness.

* Steps 3, 4 & 5 can be deleted for creating safety. They are primarily used for Systematic Desensitization.
Progressive Relaxation
With Safe Place Script
(directions to the practitioner are not in italics)

Close your eyes and make yourself comfortable. Take a moment to settle in, to become completely relaxed. Feel yourself supported ... knowing that you are in a safe place. It is okay to let go. Take in a long deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath and hold it ... now let it out with a sigh. Take in another long deep breath ... feeling your chest gently rise as you inhale ... then letting out your breath in your own time and space. (pause)
Now I am going to count backward from 10 to 1. Each descending number will take you to a deeper place, to a deeper level of your own mind.

10 ... 9 ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 ... (pause)

Now imagine a soft, warm shower of light pouring delightfully over your body, washing away the tension ... washing away the pressure. Concentrate your attention upon your scalp ... as the tightness dissolves and melts away, allow your scalp to relax completely ... move your attention slowly downward and focus your attention on your forehead. Feel all the tension drain away with the smooth warm shower of light. The shower creates a tingling, vibrating sensation as it flows gently down your face. Relax your cheeks, relax your jaw, allowing your jaw to gently drop relaxing and letting go of all tension. Feel your ears relax ... your eyes ... your eyebrows and forehead ... feel all the muscles relax and let go. (pause)

Feel your eyelids relaxing ... relaxing and letting go. Breathe deeply and naturally ... feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. A gentle wave of relaxation moves down your neck and shoulders ... drawing all the tension, all the pressure. Relax your neck ... your shoulders ... your chest ... just release and let go of all the tension and pressure, feeling a tingling vibrating sensation as you let go. Feel the tingling vibrating sensation in your arms and hand as you relax them completely. Now let the wave flow down your back, drawing with it all the tightness, all the tension, all the pressure.
Take in a nice deep breath, feeling your chest rise gently as you inhale ... then relaxing as you exhale. Feel the tingling and vibrating sensations as you exhale. Feel the tension draining away from your neck and shoulder muscles. Release and let go of all your tension as you breathe deeply and naturally. (pause) Relax your pelvis and hips. Releasing the tension and pressure. Relax your internal organs. Every cell, every gland, every organ is functioning in a rhythmic and healthy manner as you relax and let go. Now imagine a soft, warm shower of caressing light pouring delightfully over your body as you relax your thighs ... your calves ... your feet. Your entire body is completely and totally relaxed. The flowing, soothing light causes a tingling vibrating sensation to envelope your entire body. Feel your body getting lighter and lighter. (pause)

You are floating, floating gently, softly, safely, in a warm buoyant sea of light. Feel the warmth and comfort of being safe. You are safe. It is okay to let go. Release the limbs . . . let them float upon the water . . . (pause). . . the entire body is relaxed and free. You are comfortable, you are supported . . . you are safe . . . you are completely and totally relaxed. (pause)

Go into the room of your mind and put all of your thoughts away. There is perfect order in the universe, your thoughts will return in perfect order. Clear your mind. (pause)

Now imagine a place that you feel safe ... Your Safe Place ... Feel Safe. (long pause)

Getting ready to come back now....Coming back now. I will count to five. When I say five you will be in present tense, feeling wide awake and fine. You will remember everything you need to know.

1 ... Take in a long deep breath
2 ... Coming back into your body
3 ... Starting to move and stretch
4 ... Getting ready to open your eyes
5 ... eyes open, wide wake and fully present
Letting Go of Stress Script

(directions to the practitioner are not in italics)

This process is designed to help you let go of stress. Stress is a factor in your busy life and it is very important to learn how to let it go. You will be led into a deeply relaxed state which will allow you to completely relax and unwind as you let go of stress. You should be comfortably relaxed now and ready to begin. (pause)

I am going to ask you now to take a moment to get a feeling of your body resting here ... just as it is ... so you can allow your eyes to close now ... very gently and easily ... and that’s good now ... nothing to do here ... nowhere to go ... nothing to do right now ... except to relax and let go... let go of all your stress ... and that’s good ... and just as you can remember now... how good it is to sink ... into a gentle resting place... just as you are ... and that’s good ... feeling the way your breath comes into your body ... and feeling the way it leaves your body... and perhaps just now you can feel your heart beating ... beating in your chest ... and in your own way... you can allow yourself to feel soft ... and let go ... let go of all the stress... and just as you can hear the sound of my voice ... allow yourself to go so deep inside yourself ... and allow your body to go soft and relaxed. (pause)

Listening to the sound of my voice ... you can go deeper now ... feeling your body be soft and relaxed now ... so it is easy ... in your natural way ... to remember just how good it feels ... for you to be soft and comfortable ... and even now ... in this moment ... just because your breath is coming softer ... so in the same way ... you can feel every cell in your body going deeper... deeper ... and more relaxed ... you feel soft and relaxed as you let go of all the stress... (pause)

The lower part of your legs can remember ... remember what it is like to be so comfortable and relaxed ... relaxed and easy... letting all of your stress drain out of your body ... the upper part of your legs can remember ... in their own way ... just how comfortable it is ... to be relaxed ... to let go ... to let go of all your stress ... your pelvis and all your muscles ... muscles that attach to your pelvis ... can remember in their own way ... just how it feels... to relax and let go now ... that’s right now ... your belly ... your chest ... muscles in the lower part of your back ... the middle of your back ... every cell ... every gland ... every organ ... can remember now ... just how very good it feels to relax ... to completely let go ... and that’s good now ... your shoulders ... and your arms ... your neck and your throat
... the muscles in your face ... around your jaw ... and your forehead ... every cell of every muscle can remember ... remember how good it feels to relax... and be comfortable ... to let go of stress ... and that’s right ... and just because you feel soft ... and more relaxed ... and more inside ... so it is easy now ... to imagine yourself ... to feel yourself ... relaxed and stress free ... Now imagine yourself at the top of a flight of 10 stairs ... 10 stairs going down ... 10 stairs going deeper inside ... knowing now as you step down those stairs ... you can go deeper inside ... to let go of all your stress completely... there is nothing else in the world to do right now ... this process is the most important thing in the world for you to do right now ... just allowing yourself ... very gently ... very easily ... to begin to step down the stairs ...

10 ... that’s right ... each foot touching the stairs... as you allow yourself to sink deeper now ... 9 ... down the stairs with each step sinking deeper into ... 8 ... relaxation ... feeling the weight of each foot touching the stairs... 7 ... down the stairs now ... deeper inside ... 6 ... deeper down the stairs ... feeling the way each foot touches the stairs ... 5 ... going to a place of deep relaxation ... nothing for you to do ... allowing gravity to take you ... 4 ... down the stairs deeper inside ... 3 ... just letting go ... letting go of stress ... letting go ... 2 ... deeper ... deeper ... deeper ...and 1 .. (pause). finding yourself in front of a door ... a door leading to a room of complete relaxation and peace ... gently... gently ... easily stepping into the room ... in your own natural way ... you are comfortably strolling along a rich green area near a stream ... you are all alone ... but totally safe ... the rich green scent of pine fills the air and every breath is a breath of life ... you are alive ... you are vital ... you are strong ... a radiant life force fills your whole being ... the color green flows in with every breath ... rest ... rest and feel peace ... you are now feeling recharged ... regenerated and free of stress ... (pause)

It is now time to return to ordinary reality ... I will count to 5. When I say 5 you will be awake and aware, centered, balanced, and in touch with yourself.

1 ... Take in a long deep breath
2 ... Integrate the process into you
3 ... Moving fingers and toes
4 ... Getting ready to open your eyes
5 ... Awake and aware self ... relaxed and stress free ...
Finding a Spiritual Resource Script
(directions to the practitioner are nor in italics)

Close your eyes and make yourself comfortable. Take a moment to settle in, to become completely relaxed. Feel yourself supported ... knowing that you are in a safe place. It is okay to let go. Take in a long deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath and hold it ... now let it out as you inhale ... then letting out your breath in your own time and space.(pause)

Now I am going to count backward from 10 to 1. Each descending number will take you to a deeper place, to a deeper level of your own mind.

10 ... 9 ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 ... (pause)

Now imagine a soft, warm shower of light pouring delightfully over your body, washing away the tension ... washing away the pressure. Concentrate your attention upon your scalp ... as the tightness dissolves and melts away, allow your scalp to relax completely ... move your attention slowly downward and focus your attention on your forehead. Feel all the tension drain away with the smooth warm shower. The shower creates a tingling, vibrating sensation as it flows gently down your face. Relax your cheeks, relax your jaw, allowing your jaw to gently drop, relaxing and letting go of all tension. Feel your ears relax ... your eyes ... your eyebrows and forehead . . . feel all the muscles relax and let go. (pause)

Feel your eyelids relaxing ... relaxing and letting go. Breathe deeply and naturally ... feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. A gentle wave of relaxation moves down your neck and shoulders ... drawing all the tension, all the pressure. Relax your neck ... your shoulders ... your chest ... just release and let go of all the tension and pressure, feeling a tingling vibrating sensation as you let go. Feel the tingling vibrating sensation in your arms and hands as you relax them completely. Now let the wave flow down your back, drawing with it all the tightness, all the tension, all the pressure. (pause) Take in a nice deep breath, feeling your chest rise gently as you inhale ... then relaxing as you exhale. Feel the tingling and vibrating sensations as you exhale. Feel the tension draining away from your neck and shoulder muscles. Release and let go of all your tension as you breathe deeply and naturally. Relax your pelvis and hips. Releasing the tension and pressure.
Relax your internal organs. Every cell, every gland, every organ is functioning in a rhythmic and healthy manner as you relax and let go. Now imagine a soft, warm shower of caressing water pouring delightfully over your body as you relax your thighs . . . your calves . . . your feet. Your entire body is completely and totally relaxed. The flowing, soothing water causes a tingling vibrating sensation to envelope your entire body. Feel your body getting lighter and lighter. (pause)

You are floating, floating gently, softly, safely, in a warm buoyant sea. Feel the warmth and comfort of being safe. You are safe. It is okay to let go. Release the limbs . . . the entire body is relaxed and free. You are comfortable, you are supported . . . you are safe . . . you are completely and totally relaxed. (pause)

Go into the room of your mind and put all of your thoughts away. There is perfect order in the universe, your thoughts will return in perfect order. Clear your mind. (long pause)

Today we are going on a journey . . . a journey deep inside of you . . . a journey to find your own Spiritual Resource. Now in a moment I will ask you to start imagining . . . Imagine that you are standing in an elevator going up. All around you is the color RED . . . red walls, red ceiling red floor, red door . . . everything is red. Imagine that as you inhale you breathe in the color red. And the red fills you . . . fills you with strength and courage. Breathe in the strength, the power, the vitality that is red. Feel the courage . . . the courage to find your own Spiritual Resource. (pause) Moving higher now . . . moving higher . . . everything turns ORANGE. You are now completely surrounded by beautiful, vibrant orange. Breathe in the orange. Breathe in the energy and the creativity that is the color orange. And as you breathe the color orange, the energy and the creativity of orange fills your entire body. Become the color orange and if your mind wanders . . . think orange. (pause) The elevator is moving higher now . . . higher . . . higher . . . until you are surrounded by YELLOW. Bright, shining, sunshine yellow. See and feel the yellow surrounding you and filling you with happiness and joy. You have a positive mental attitude, you always look for solutions. Breathe in yellow. Breathe in the mental and intellectual power that comes with yellow (pause) Feel the happiness and joy that is yellow. And as the yellow energy fills you, you are filled with a positive mental attitude. Focus all your attention on the color yellow. (pause) Moving higher now . . . up, up you go . . . higher still until the yellow becomes GREEN. A beautiful, comforting green . . . a deep rich nurturing green. See the green all around you and notice how harmonious it feels . . . Peace of mind is an inside job . . . peace of heart begins with you. Breathe in the green and as you
breathe in the green you breathe in balance, hope, growth, healing and love. Continue to breathe in the green, the feelings of peace and harmony. Peace of mind is an inside job ... peace of heart begins with you. (pause) Moving up now, moving higher and higher ... up, up, up and out of the elevator, floating higher and higher, floating up into the beautiful BLUE sky. Feel yourself floating, floating safely, supported, safely floating in the beautiful blue of the sky. Take a nice deep breath of this clean, clean blue air. As you breathe, the blue fills you, fills you with inspiration and opens yourself to your own Spirituality. Another breath opens you to your own Spiritual understanding, faith and truth. It feels wonderful. You feel so light You feel all of the qualities of the blue within you. Inspiration ... Creativity ... Spiritual Understanding ... Faith ... and Truth. Take this feeling with you as you float higher and higher. (pause) Flying in the sky now ... Higher and higher up into the deep dark INDIGO sky. Deep dark indigo ... midnight blue ... the color of Intuition and Inner Vision ... Such a deep, rich blue. Flying faster now ... gently and easily ... flying faster now, gently and easily ... flying towards a large purple island in an endless blue sea. (pause)

This island radiates all the colors of purple and white. Gently and easily you come to rest in a place of great safety ... a sacred place on the deep purple island... island of purple. See in front of you a path ... a path of deep violet stones. Follow this path. As you walk upon this violet path you feel the violet color rising up through your body. You feel divine realization, creative imagination, and humility rising within you, filling you as you walk, filling you with violet light. (pause) Up ahead you see a radiating, shimmering, bright white light ... a place that feels sacred to you. You feel drawn to this beautiful place. Continue on the violet path in to the light. As you approach, you see door ... can you imagine this place of light, this sacred place. (let client answer) This is the place where you can meet your true Spiritual Resource ... and as you approach this door, it opens, inviting you to come inside. It feels so warm and inviting, and it feels so safe, so very safe. You enter into the place of light and are awed by its beauty. All around you are strands of pure gold studded with gem stones in all the colors of the rainbow. Red, Orange, Yellow, Green, Blue, Indigo and Violet. It is so vibrant and inviting. In the center of this place is a violet flame. The flame is not hot or burning, yet it is still a flame with an incredible energy, a flame of beautiful violet light. You enjoy watching this flame as it fills you with deep, deep feeling of joy and love. Just enjoy this wonderful feeling for a little while. Your mind is very relaxed now and your body is calm and it is so easy to talk now, so easy to talk now.
Now, while looking at the beautiful violet flame and feeling so loved and safe, I want you to ask for your own true Spiritual Resource to come to you. (pause) Focus your attention and ask. I will help you to ask. We ask that (client’s name) own true Spiritual Resource join him/her now in this Sacred place of light where there is the violet flame. We invite you to join him/her now. (pause) (Dialogue with the client). Focusing on your Spiritual Resource, let me know when you can sense, or feel or know the presence of your Spiritual resource. (wait for client to answer)

Can you imagine your Spiritual Resource? What does your Spiritual Resource look like? Feel like? (wait for client to answer)
I wonder if this Spiritual Resource has a name that you can call him/her? (wait for client to answer)
Ask the Spiritual Resource … Are you of the light? (wait for client to answer)
Ask the Spiritual Resource if he/she has a message for you… (wait for client to answer) What do you want to ask the Spiritual Resource? Ask your Spiritual Resource if they have a gift for you? What is this for? How can it help manage your life and help you to heal? (wait for client to answer) (Ask the client if they would like to store this gift somewhere in their body?)

(Create kinesthetic anchor – touch to access and connect with the Spiritual Resource.) (Create a meeting time between client and the Spiritual Resource.)

Now you have your Spiritual Resource and this resource will help you with your healing. Integrate this connection to your Spiritual Resource very deeply inside ... body, mind, spirit and emotions ... deeply ... deeply within you. Listen to your Spiritual Resource. (Long pause) As you hear my voice, these words go deep inside. (Give at least one suggestions to reinforce the connection with the spiritual resource.) (Pause)

Now in a moment you will be coming back ... all the way back... back to ordinary reality ...Now it is time to return, rested and restored to ordinary reality. Getting ready to come back now. I am counting to five when I say five you will be awake and aware.

1 ... Take in a long deep breath
2 ... Fully feeling your body
3 .. Starting to move and stretch
4 ... Getting ready to open your eyes
5 ... Eyes open, awake and aware ... rested and restored.
Now take a moment to settle in ... to feel yourself supported... to know that you are in safe place. It's okay to let go. Take in a long, deep breath and hold it ... now let out with a sigh. Take in another long, deep breath ... feeling your chest gently rise as you inhale ... and letting out your breath slowly in your own time and space.

Now I’m going to lead you through a progressive relaxation exercise which will take you into a deeply relaxed state and lead you to the doorway of transformation and change. I’m going to count backwards from ten to one. Each descending number will take you to a deeper level of your own mind.

10 ... 9 ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 ... You are there! (long pause)

Bring all your attention to the top of your scalp and as the tension dissolves and melts away ... relax your scalp completely. (long pause) Move your attention slowly downward and focus upon your forehead ... relax your forehead ... relax your jaw ... your mouth ... your tongue. Relax your ears ... your eyes ... your eyelids ... your eyelashes ... your eyebrows ... relax all the muscles and tissues around your eyes, including the eyeballs themselves ... just relax and let go. A warm wave of relaxation flows down the neck and shoulders, drawing all the tension, all the pressure, relax and let go. You are safe ... it's okay to let go. Take a nice deep breath into your chest and as you exhale let go completely. Go into your stomach now ... relax your stomach. (long pause)

Imagine a soft warm shower flowing delightfully over your body ... relaxing your body. Relax your arms and your hands. The water flows delightfully over your body as you relax your hips ... as you relax your thighs ... your calves ... your feet ... relaxing your whole body. Relax and let go. Starting to breathe in light right now......Breathing light into the soles of the feet and the arches ... letting the feet fill with light ... allowing them to lift and float away. Light flowing into the legs ... filling the ankles and calves with light ... the long bone in the front of the leg ... filling the thighs with light. Allowing the legs to lift and float away. Bringing light into the torso now ... filling the intestinal tract with light ... the stomach ... the lungs ... and the heart. Filling the arms and hands with light. Every cell ... every organ ... every gland operating in a rhythmic and healthy way as you fill the torso with light ... allowing it to lift and float away. Light flowing into your face ... your ears ...
your eyes ... your cheeks ... your jaw ... all filled with light. (pause)
Now bring all of your attention to the center of your forehead ... and begin to
imagine a beautiful valley. A valley that is located high in the mountains ... a valley
with lush green grass, a blue sky and incredibly fresh air. You are safe in this
valley, safe secure, strong..... and it is okay to let go completely ... to relax even
more. (long pause) At the far end of this valley is a tall mountain, a mountain that
reaches almost to the sky. A mountain that someday you will climb ... but today is
the day of the valley....the beautiful valley. Feel how safe you are ... how secure ...
in this wonderful valley.

And there are two beautiful angels that live in this valley. Two beautiful angels
who are waiting for you there. And the angels spread their wings upon the ground
... and you sit on the wings of the angels. The angels fly higher and higher in the
sky ... they are taking you to a special healing garden at the foot of the sacred
mountain. The garden is lush and green, filled with beds of your favorite flowers
and acres of well-manicured fields. Everything in this garden is allergy free. There
is a crystal pool of healing beneath a waterfall and the angels take you into the
pool of healing and wash all the fear away ... all the anxiety ... all the panic ... in
the crystal pool of healing, beneath the waterfall. And the angels wash all your
fears away.

Be in the pool with the angels. (Long pause) Washing all your fears away ... you
are safe ... you are secure ... you are strong ... gently washing all your anxiety
away. You are safe ... you are secure ... you are strong. Feel the presence of the
angels. (pause) You come forth from the crystal pool ... and dress in wonderful new
clothes, for you are newly made and the angels place one hand on the top of your
head and the other in front of your heart and rays of healing energy flow into you.
Now begin to imagine that the energy is like the color red ... breathe in the color
red ... vibrant tingling red ... breathe in the color red. (pause) Now focus on the
color orange... brilliant, vibrant, shimmering orange... the orange energy flows
through you. (pause). Suddenly everything is yellow ... warm and nurturing yellow
... and the yellow flows from the angels’ hands. Breathe in the color yellow.
(pause) Now the angels direct the green into your heart and mind ... cool
refreshing green. Breathe in the color green. (pause) Now begin to focus on the
color light blue as energy flows from the angels’ hands. Every cell of your being is
touched with the color blue. Breathe in the color blue. (pause) The color blue now
begins to darken and deepen ... turning into a deep, dark, blue indigo. (pause) The
Angels direct the color indigo into the very center of your being... giving you inner vision. Breathe in the color indigo. (pause) Now start to focus on violet purple... as the angels direct the violet purple ray into your heart and mind. Helping you connect to your higher power... giving you access to higher information. Breathe in the color violet purple. (pause) You are safe... you are secure... you are strong. You will be okay. You will be fine. The angels gently put their wings around you... feel the wings of the angels. Every time you start to feel afraid... remember the angels... feel the comforting and secure embrace of the angels. You are safe... you are secure... you are strong. (pause) You will be okay... you will be fine. Feel the wings of the angels. You are safe... you are secure... you are strong. You will be okay... you will be fine. Every time you have a difficult situation to face, remember the angels. (pause) You are safe... you are secure... you are strong. You will be okay... you will be alright... Feel the gentle touch of the angels wings. (pause) Every time you are with people you that you need to feel more comfortable with... remember the angels and feel their wings... the wings of the angels protect you... the wings of the angels keep you safe! (pause) Feel the touch of the angels’ wings. You are safe... you are secure... you are strong. You will be okay... you will be fine. (pause) Now I’m going to give you a few moments to feel safe... to feel the gentle, comforting feel of the angels’ wings. (long pause) You are safe. (pause) You are secure (pause)... You are strong. (pause) You are okay... you are alright... Remember the angels. Feel their wings.

You are safe, you are secure, you are strong... safe......safe inside.
Now let’s integrate this process into the fabric of who you are... body, mind, spirit and emotions... Integrate into the fabric of you!

1... Coming back now, coming fully into your body
2... Move your fingers and toes
3... Starting to stretch
4... Take in a full breath... becoming awake and aware
5... (Snap fingers!) Eyes open. Back to ordinary reality
Clearing the Patterns of Stress Script

Cellular Block Clearing Script

(Instructions to the practitioner are not in italics)

Close your eyes and settle in…Take in a long deep breath and hold it ..let it out with a sigh. Take in another long deep breath and hold it let it out with a sigh. Take in another long deep breath and hold it..now let it out slowly in your own time and space. Now I am going to count backwards from 10 to 1 and each descending number will take you to a deeper place in your own mind. 10 ... 9 ... 8 ... go deeper 7 ... 6 ... 5 ... deeper still 4 ... 3 ... 2 ... 1 ... You are there! (pause)

Now imagine a soft, warm shower of light pouring delightfully over your body, washing away all tension, washing away all pressure. Concentrate your attention upon your scalp, as the tightness dissolves and melts away, allow your scalp to relax completely. Move the attention slowly downward, focus upon the forehead ... feel all the tension drain away as the warm, soothing shower of light washes over your body. The shower creates a tingling, vibrating sensation as it flows gently down your face…pause. Relax your cheeks ... relax and let go ... relax the jaw ... allowing your jaw to gently drop ... relaxing and letting go of all your tension...(pause)

Feel your ears relax ... your eyes ... your eyebrows and forehead ... feel all the muscles relax and let go. Feel your eyelids relaxing ... relaxing and letting go. Breathe deeply and naturally ... feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. Feel the tension drain down your neck ... your shoulders ... just release and let go of all the tension and stress ... feeling a tingling, vibrating sensation as you let go completely...(pause) Feel the tingling and vibrating sensation in the arms and the hands as you relax them completely. Now let the warm wave flow down the back, drawing with it all the tightness ... all the tension...(pause) Take in a nice deep breath, feeling your chest rise gently as you inhale ... then relaxing as you exhale. Feel the tingling and vibrating sensations as you exhale. Feel the tension drain away from the neck and shoulder muscles. Release all your tension as you breathe deeply and naturally... (pause)...Relax the pelvis and the hips, releasing the
tension and pressure. Relax all the internal organs, every gland, every cell, and every organ, is functioning in a rhythmic and healthy manner as you release all excess tension and pressure...(pause)...Let go... Let go...The soft caressing light is pouring delightfully over your body as you relax the thighs ... the calves ... the knees ... the feet. Your entire body is completely and totally relaxed. The flowing, soothing light causes a tingling and vibrating sensation to envelope the entire body.

Feel your body getting lighter and lighter. Feel as if your body is floating gently ... softly, safely, in a warm, buoyant sea of light... becoming lighter... and lighter... and lighter... (long pause.) Feel the warmth and comfort of being safe. You are safe; secure and strong, it is okay to let go. Release the limbs ... let them float within the light ... the arms and legs feel as if they do not belong to you ... the entire body is released and free. You are comfortable, you are supported ... you are safe ... you are completely and totally relaxed... (long pause). Now go into your mind and clear your mind...(pause)...and it is good to know that you have a conscious and a subconscious and that is good to know.. and it is good to know that your conscious mind can drift now..your subconscious hears everything that I say..I am talking to the subconscious..

I direct the subconscious to focus on experiences that created the patterns of being stressed....I direct now the subconscious to release and clear all experiences that created the habits and patterns of being stressed....

Experiences between conception and birth
Experiences during the birth process
Experiences of childhood
Experiences of adolescents
Experiences of the adult life (you can add actual experiences of your client) and all other experiences that created these patterns.

Release and clear from your body, your mind, your emotions and your whole energy field. So that these experiences no longer create habits and patterns of stress in you.
I direct now the subconscious mind to release and clear all shock and trauma connected to these experiences. Release and clear from your body, your mind, your emotions, and your whole energy field. So that this shock and trauma completely disappears.

I direct now the subconscious mind to release and clear the imprints and impressions of the experiences, which created the habits and patterns of stress.... Release and clear from your body, your mind, your emotions and your whole energy field. So that all of these imprints and impressions completely disappear.

I direct now the subconscious mind to release and clear the entire web and linkage of feelings that are connected to these experiences. Feeling of...pain...release and clear fear...release and clear sorrow...release and clear struggle...release and clear loneliness...release and clear abandonment...release and clear desperation...release and clear failure...release and clear hurt...release and clear (you can add actual feelings of the client) and all other feelings that can clear at this time.

Release and clear from your body, your mind, your emotions and your whole energy field. So that this entire web and linkage of feelings disappear completely.

I direct now the subconscious mind to release and clear the entire habit and pattern of being stressed. Release and clear from your body, your mind, your emotions and your whole energy field. So that this entire habit and pattern disappears completely and you can become calm inside.

I direct now the subconscious mind to release and clear all beliefs and variations of belief that came from the
experiences that created the habits and patterns of being stressed....
Release and clear from your body, your mind, your emotions, and your whole energy field...so that all these beliefs and variations of beliefs disappear completely.

Go to your belief system...10...9...8...7...6...5...4...3...2...1 You are there!

You believe that you deserve to become calm inside! You believe that you are ready, willing and able to clear these habits and patterns of being stressed. You believe that you are ready to be calm. Ready, willing and able, able to be calm. You believe that you can clear this pattern completely..you believe it..you believe it...(pause)

I direct now the subconscious to release and clear all the habit and patterns of being stressed...... completely from your body...your mind...your emotions...your entire energy field... so that you can and will clear this pattern completely. So that you will be calm..calm from the inside. Imagine that your stress is like the color gray...I direct now the subconscious to release and clear all gray from your body...your mind...your emotions...your entire energy field... so as the gray leaves the body, the habits and patterns of being stressed no longer bother you in any way...(long pause) Starting to breathe in light now...light flowing into the soles of your feet and the arches...into the fine bones on the top of your feet...light flowing into your calves now...into your knees...into your thighs...light flowing into your intestinal tract...the stomach...light flowing into the heart and lungs...light flowing into your face now...into your jaw and cheeks...your ears and eyes...light flowing into your mind. ...(long pause)

Now, bring your attention to your heart and begin to imagine that the heart opens...opens like a flower. Focus all your attention on your heart...imagine a soft pale color of calm...any color that you choose...flowing down into the heart filling every cell of your body...bringing you inner calm. Calm from the inside..healing the habits and patterns of being stressed...creating inner calm
Imagine yourself in the outer world, feeling happy and calm from the inside out (customize for the client’s needs)...(pause)... you are calm, centered, happy, healthy, and joyous. Now let’s do a mental rehearsal of you in your outer world being calm and centered from the inside (customize for the client’s needs). Imagine that now...(long pause) Now let us integrate this experience fully into all aspects of who you are...body, mind, spirit, and emotions...integrate now. (long pause) Getting ready to come back now...I am counting to five...when I say five, you will be wide awake in here and now...

1... Take in a long deep breath.
2... Coming back into your body.
3... Starting to move and stretch.
4... Getting ready to open your eyes
5... Eyes open wide awake and fully present... in here and now.

Process with the client...ways to stay calm in the outer world.
Stress Removal Script
(directions to the practitioner are not in italics)

Close your eyes. Take a moment to settle in ... to feel yourself supported ... to know that you are in safe place. It's okay to let go. Take in a long, deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath ... feeling your chest gently rise as you inhale ... and letting out your breath slowly in your own time and space. Now I'm going to lead you through a progressive relaxation exercise, which will take you into a deeply relaxed state. I'm going to count backwards from ten to one. Each descending number will take you to a deeper level of your own mind. (pause)

10 ... 9 ... 8 ... go deeper 7 ... 6 ... 5 ... deeper still 4 ... 3 ... 2 ... 1 ... You are there! (pause)

Now imagine a soft, warm shower of light pouring delightfully over your body, washing away all tension, washing away all pressure. Concentrate your attention upon your scalp, as the tightness dissolves and melts away, allow your scalp to relax completely. Move the attention slowly downward, focus upon the forehead ... feel all the tension drain away as the warm, soothing shower of light washes over your body. The shower creates a tingling, vibrating sensation as it flows gently down your face. (pause) Relax your cheeks ... relax and let go ... relax the jaw ... allowing your jaw to gently drop ... relaxing and letting go of all your tension. (pause) Feel your ears relax ... your eyes ... your eyebrows and forehead ... feel all the muscles relax and let go. Feel your eyelids relaxing ... relaxing and letting go. Breathe deeply and naturally ... feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. Feel the tension drain down your neck ... your shoulders ... just release and let go of all the tension and stress ... feeling a tingling, vibrating sensation as you let go completely. (pause) Feel the tingling and vibrating sensation in the arms and the hands as you relax them completely. Now let the warm wave flow down the back, drawing with it all the tightness ... all the tension. (pause) Take in a nice deep breath, feeling your chest rise gently as you inhale ... then relaxing as you exhale.
Feel the tingling and vibrating sensations as you exhale. Feel the tension drain away from the neck and shoulder muscles. Release all your tension as you breathe deeply and naturally. (pause) Relax the pelvis and the hips, releasing the tension and pressure. Relax all the internal organs, every gland, every cell, and every organ, is functioning in a rhythmic and healthy manner as you release all excess tension and pressure. (pause) Let go... Let go... The soft caressing light is pouring delightfully over your body as you relax the thighs ... the calves ... the knees ... the feet. Your entire body is completely and totally relaxed. The flowing, soothing light causes a tingling and vibrating sensation to envelope the entire body.

Feel your body getting lighter and lighter. Feel as if your body is floating gently ... softly, safely, in a warm, buoyant sea of light... becoming lighter... and lighter... and lighter... (long pause) Feel the warmth and comfort of being safe. You are safe; secure and strong, it is okay to let go. Release the limbs ... let them float within the light ..... the entire body is released and free. You are comfortable, you are supported ... you are safe ... you are completely and totally relaxed. (long pause) Now go into your mind and quiet your mind...And it’s good to know that you have a conscious and a subconscious... and that is good to know... and it is good to know that the conscious mind can drift now... rest now... drift and rest now. The subconscious hears and understands everything that I am saying... and I am talking to the subconscious. The subconscious knows how deep you need to be to get maximum benefit from this process today.

I now direct the sub-conscious to take you to the right level now! (pause) 10... 9... 8... 7... 6... 5... 4... 3... 2... 1 You are there!

As you go deeper and deeper...you realize that the way that you think has a profound effect upon your level of stress.....you decide that you are no longer going to be overwhelmed by daily stress....you are becoming more and more relaxed in every avenue of your life...while being relaxed you are able to concentrate better and focus better when working or just having fun...you find that you have less and less anxiety about stressful situations because of your increased
level of concentration...the fact that you are more relaxed in decision making makes you more effective at everything that you do...you are confident that you can overcome any mental, physical or spiritual obstacle...you are calm! You find that you worry less and less about things because you are more relaxed... you know that applying your mental energies on solutions rather than problems is the key...you are becoming more and more relaxed with each word that I say...you handle everyday stress with a calm cool head...you focus on solutions for handling stress...you seek out information on handling your stress....You know that you can do anything that you put your mind to....you are in charge... In your decision to reduce stress and become more effective, you decide that you are going to reduce stress through exercise and proper diet....you resolve to find new ways to reduce tension and worry....you dedicate a few minutes of your day each day to getting away from it all...with a new hobby or project... reading a book...you know that in many cases, laughter is the best medicine....feeding your spirit...feeding your creative mind... smiling more...making a difference in other people’s lives ....spending time with loved ones... in learning to relax you find that you are more effective at your work and at recreation.

You find you have more fun while at play...you resolve to lead by example...you know that becoming a more relaxed individual will allow you to live a longer happier life...while being relaxed you are able to concentrate better and focus better when working or playing...you find that you have less and less anxiety about stressful situations because of your increased level of concentration and focus....(long pause) The fact that you are more relaxed in decision making makes you more effective at everything that you do...you know that you can do anything that you put your mind to...you are in control... you decide now to plan your day wisely, to manage your time wisely and make a list each day for things you need to accomplish...You can now work out anger or tension in a more positive manner by finding creative outlets like exercise, hobbies, art, writing, music and so forth....you can do anything you put your mind to...
From now on, anytime you feel a stressful situation coming on, you will simply take a long deep breath and you will handle the situation with a calm cool head...with greater concentration and focus...from now on that's your signal...one long deep breath and you will relax and handle the situation with a calm clear head. If there is an area of your life that is causing you stress, you decide to focus on solving this problem...focus on solving this problem with a calm cool head...with a greater capacity for concentration....handling this situation with a smile...with confidence and resolve....you know you are in charge...you can do anything you put your mind to.. Now let’s do a mental rehearsal of you in your life being in charge with peace of mind and inner calm. Let’s do the rehearsal now (long pause)

Now let’s take a moment to integrate this process fully into your being… Body, Mind, Spirit and Emotions… integrate... integrate... integrate this experience into the fiber of your being...(long pause) Getting ready to come back now

1… Take in a long deep breath.
2… Coming back into your body.
3… Starting to move and stretch.
4… Getting ready to open your eyes
5… Eyes open wide awake and fully present... in here and now.
Chapter Four
The Importance of Self Esteem

Webster defines empowerment as “to give power, to enable.” Power is the ability to do or act with vigor, influence and strength. A self-empowered person is one who has fully integrated the role of the “Adult Self” into his or her life. Self-empowered people see themselves as the cause of the results of their lives. They are responsible for what happens to them. When things don't go as planned, they remain reasonable in their choices in dealing with all of the circumstances of their lives. It is this belief that they do have choices that opens the door to self-empowerment.

This attitude of personal responsibility and freedom of choice leads self-empowered people to fulfillment and joy in their lives. They may experience unexpected tragedies, but probably less than most. Even under the most difficult of circumstances, their belief in their ability to choose the best actions and their positive attitude, guides them through life's challenges.

Self-empowered people have a vision of what they want from life. They create goals to measure their progress, and develop strategies that help them achieve these goals. Each person has the innate ability to do the same.

The dark side of empowerment is living life as a victim. Victims believe that they cannot do anything about their lives. Something outside of them controls their feelings, thoughts, actions and circumstances. Viewing life as a victim can be painful, often perpetuating anger, desperation, depression and hopelessness.

Self-empowered people move toward what they want, toward pleasure, and generate more positive energy as part of the process. Victims believe they have
limited choices. They move away from pain, discomfort and fear. Acting out of avoidance *depletes* their energy. If these are the differences between a self-empowered person and a victim, then what are the causes for these differences?

One of the fundamental underlying causes is that victims are often disconnected from their Higher Selves and they operate with negative belief systems. In order to become truly self-empowered, they must make a connection with their spirits and change negative, often unconscious beliefs about themselves and the world. As they build empowerment, they build self-esteem.

**Self-esteem can be divided into three different components:**

1. **Self-Image** is the picture that we have of ourselves in our minds. In women, this is about 70% body image, but also includes characteristics that we identify with ourselves such as hard-working or lazy.

2. **Self-confidence** is measured by the things we know we can do. The world reinforces us by giving us money, grades or pats on the back.

3. The third component is **Innate Worth**. This is an intrinsic sense of worth and value that comes from within our self and is not dependent on externals.

**High Self-Esteem Connected to Guidance**

The next few pages contain handouts for clients. These handouts support self-esteem and help to teach the skills of being a healthy, functioning adult.
Nine Things You Can Do To Increase Your Self-Esteem

1. Increase the number of positive things you say to yourself about yourself.

2. Decrease the number of negative things you say to yourself about yourself.

3. Practice giving and receiving genuine compliments.

4. Develop a more realistic view of the world and your place in it.
   - Develop an appreciation of your own worth.
   - Accept that you are not responsible for the emotional reaction of others.

5. Accept your weaknesses and mistakes.

6. Learn to refrain from comparing yourself to others.

7. Work at reducing indecisiveness.

8. Limit the number of commitments you make.

9. Use your imagination—spend time regularly recalling your successes.
Tips to Improve Self-Esteem

Focus On your Positives!
It's easy to forget that you are a special person. Take some time to write a list of the attributes that you are proud of (i.e. intelligence, humor, athletic ability, etc.) Be specific, and keep your list handy to make additions or read it aloud when you are feeling down.

Look In The Mirror!
Take a reflective moment to see you as others do. Are you taking care of your body; are you eating right, exercising and practicing good grooming? How you look on the outside is a reflection on how you feel about yourself on the inside.

Associate With Winners!
Picking positive friends and associates helps to surround yourself with positive energy, enthusiasm and a "can do" attitude. Be careful not to compare, be okay with who you are.

Manage Your First Impressions!
Many studies in human communications emphasizes the importance of a first impression. Look people in the eye, reach out with a handshake and volunteer your name first. Try to use the person's name in the conversation to aid in remembering. Using this technique gives a great first impression. Eye contact is vital in informing people how you feel about yourself and conveys sincerity.

Acknowledge Those Around You!
Take the time to notice the little positives you see in others. Don't be stingy with compliments and congratulations. By putting the positive energy out to others, you are bound to receive some back. Say “Thank You” when you are the receiver of praise.

Choose Your Words Wisely!
Everything you say about yourself and others is carved into your memory. Negative self-talk, along with put downs of other people has a way of influencing the way you look at life.
Self-Esteem Development

1. List three things I like about myself.
   (3 New things each week.)

2. List three successes I have achieved.
   (New ones each week.)

3. List one good habit I am working on.

4. List one challenge area I am working on.

5. List a new positive attitude I have found for myself.
   (New one each week.)

6. List three rewards I have given myself.
   (Non food or shopping.)
Self Empowerment Protocol

1. Enter trance state through deep physical relaxation.

2. Have client visualize a large room in their mind to store their thoughts. Have client let you know when they have created their room.

3. Deepen client into subconscious.

4. Use Cellular Block Clearing Protocol to remove blocks to self empowerment.

5. Have client visualize a beautiful white beach. A great golden sun is above them.

6. Deepen to connect the surf, sun, sea birds, etc..

7. Bring attention to the left foot and radiate white light up the body to the brain and down the right side of the body to the right foot.

8. Suggestion work to anchor ego strength and create super self esteem.

9. Future pace to a time when client had strong ego and super self esteem. Have client describe how they feel. Anchor in feelings.

10. Re-anchor and with positive affirmation’s and return to normal consciousness.
Cellular Block Clearing Protocol

-The subconscious stores experiences, feeling states, reactions, habits, patterns, and beliefs.

-The subconscious can release and clear these when it is told so.

**The subconscious mind is like a computer.**

Clearing is done using the phrase “I now direct the subconscious mind to release and clear.”

A. Focus on:
   1. Experiences
   2. Shock and trauma
   3. The entire web and linkage of feelings
   4. Habits and patterns of behavior
   5. Beliefs which support or reinforce

B. Clear From:
   1. The body (you can highlight specific areas)
   2. The mind
   3. The emotions
   4. The entire energy field
   5. Through all time and dimensions
   6. So you are never bothered by this (whatever you are clearing) again!

C. Enter the belief system and reprogram with positive suggestions.
Super Self Esteem Script
(directions to the practitioner are not in italics)

Take a moment to settle in ... to let go ... to relax ... nothing to do ... now ... nowhere to go ... you should be comfortably arranged now and ready to begin. Close your eyes and make yourself even more comfortable ... Let go ... let go. It feels good! Take a moment to settle in, to become completely comfortable and relaxed. Feel yourself supported ... knowing you are in a safe place. It is okay to let go. Take in a long, deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath ... feeling your chest gently rise as you inhale ... then letting out your breath in your own time and space. (pause)

Now I am going to count backwards from 10 to 1. Each descending number will take you to a deeper place, to a deeper level of your own mind.

10 ... 9 ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 ... (pause)

Now breathe in a rhythmic and healthy manner as you relax ... and let go. Now imagine a soft, warm shower of caressing water pouring delightfully over your body as you relax the thighs ... the calves ... the feet. (pause)

Your entire body is completely and totally relaxed. The flowing, soothing water causes a tingling and vibrating sensation to envelop your entire body. Feel your body getting lighter. You are floating ... floating ... gently, softly ... safely ... in a warm, buoyant sea. Feel the warmth and comfort of being safe. You are safe, it is okay to let go. Release the limbs ... let them float upon the water ... the arms and legs feel as if they do not belong to you ... the entire body is relaxed and free. You are comfortable, you are supported ... you are safe ... you are completely and totally relaxed. Go deeper now ... go into your mind ... begin to put all the thoughts away ... there is perfect order in the universe ... your thoughts will come back in perfect order. (pause)

It is good to know that you have a conscious and subconscious mind ... and that is good to know. It is good to know that your conscious mind can rest now, for your subconscious mind hears and understands everything I am saying and I am talking to your subconscious ... your conscious mind is resting ... resting and drifting and going deeper ... and deeper inside. Begin to imagine that you are resting ... resting on a crystal white beach on an absolutely perfect day. The golden sun produces
only healthy rays and the warm sand gently caresses you. Go deeper now... you are all alone... but perfectly safe... the sunlight glistens on the deep, blue water... hear the crash of the waves upon the shore... the cries of the sea gulls... the sound of birds... singing... singing... in the winds. (pause)

Smell the salt upon the air. Go deeper... Now bring your attention to your left foot and imagine that there is a vibrating ball of white light in your left foot... vibrating, tingling white light... the white light begins to expand now... moving slowly up the left side of your body. Your left ankle, your left calf, your left knee... vibrating tingling white light... filling your left thigh with white light... vibrating and tingling... going deeper... white light flowing up into your torso now... relaxing and going deeper, filling the left side of your intestinal track, your stomach, your left lung, the left side of your heart vibrating, tingling white light. White light flowing into your left shoulder now and down your left arm surrounding your left hand with a pool of white light. (pause)

Going deeper now... white light flowing up into the left side of your face now, your left cheek, your left ear, your left eye, and into the left side of your brain. Going deeper... so that all the way from your left big toe to the left side of your brain is a continuous circuit of white light. Going deeper... and the white light moves across into the right side of your brain and down the right side of your body... your right eye, your right ear, your right cheek and down into your right shoulder. ... flowing down the right arm and spilling into a pool of white light around your right hand... going deeper... vibrating, tingling white light. White light flowing down the right side of your body. Your right lung, the right side of your heart, your right hip, your right thigh, your right leg and down into your right foot. ...vibrating... tingling... white... radiant white light. (pause)

So that all the way from tip of your left big toe up the left side of your body into your left brain across into your right brain... vibrating, tingling white light down the right side of the body to the right big toe... vibrating, tingling white light. Going deeper... vibrating, tingling white light... you have worth and value— it comes from inside of you. Radiating self love flows through the very cells of your body. You have integrity, worth, and value... your life has purpose and meaning... super self esteem. ...you deserve to have a wonderful life... you deserve to believe in yourself... good things just happen to you... you meet the right people at the right time... everything will work out... you deserve wonderful relationships... you
deserve plenty of money ... you deserve to feel really great about you. . . super self esteem ... you have super self esteem ... you believe in yourself ... you believe in your worth and value ... you believe in your worth and value ... you believe in your power to influence your own life. Good things just happen to you. . . you have super self esteem ... you deserve a wonderful life and you deserve it now ... Bring your attention to your heart and imagine a pale, soft light ... any color you choose ... filling your heart with super self esteem ... now take a moment to let this light fill you. (Pause)

This process integrates into the very fiber of your being ... and will continue on the inner planes through your dreams ... Even now the seeds of loving and accepting yourself are beginning to grow ... even now, and they will continue to grow moment by moment and hour by hour until they fill your whole life with super self esteem. (pause)

Getting ready to come back now ... I will count to five, when I say five you will be awake, fully present, centered, balanced and in touch with yourself. You remember everything you need to know.

1 ... Take in a nice, deep breath
2 ... Coming fully into your body
3 ... Integrating super self esteem fully into your body as you begin to move and stretch
4 ... Getting ready to open your eyes
5 ... Eyes open ... awake and aware
Chapter Five

Weight Mastery for Menopause

Understanding Weight:
Weight is the number one problem facing Americans in a world that is plagued by starvation and malnutrition. Millions are spent each year as we try to solve this problem. We can send men to the Moon but up until now we can’t achieve real weight mastery. People try diets, non-diets, exercise programs etc.. Yet the majority who let go of a significant amount of weight regain it and more within two years. Using hypnosis to achieve weight mastery is designed to solve the problem for life. The keys to do so lie in the subconscious mind. Most people think of themselves as their conscious mind. It seems to make their decisions and direct their activities, but in reality the largest and most dominant part of the mind is the sub-conscious. The conscious mind only seems to call the shots but in reality people are ruled by the desires and the beliefs of subconscious motivation and they make up rational reasons why they do things. Although the conscious mind has the ability to reason and decide on a course of action, it cannot put the decision into action unless the subconscious agrees and directs its energy towards the decision. Our subconscious acts the way it is programmed to act, exactly as a computer, and most of this programming occurred before we were old enough to discriminate between ideas that were helpful and harmful to us. The subconscious accepts only what the conscious mind believes at the time - if the conscious mind changes, the subconscious mind will not change with it. If the two parts of the mind differ - the subconscious part will be the dominant one. It will continue to dictate our desires and behaviors. This is why the weight problem has not been solved before. It can only be solved by working with the subconscious.

Before we can start making the changes in the subconscious we need to understand its nature and function. It was designed to be our servant, not our master. It consists of our desires, whims emotions and the energy that drives us. It has six vital functions and using hypnosis to achieve weight mastery uses them all!
Functions of the Subconscious:

1. **Serves as a Memory Bank** - Here in the brain with the help of billions of tiny interconnected nerve cells, everything that we have ever experienced is stored. The subconscious is actually the very cells of the body storing a maze of memory patterns which, when activated will feed information to the conscious mind. Nothing is ever erased unless the computer in the subconscious mind gives that command.

2. **Controls and Regulates the Involuntary Functions of the Body** - breathing, circulation, metabolism, digestion, hormone balance etc. Some of our achieve weight mastery techniques use these functions to speed up and improve these areas of the body.

3. **The Subconscious is the Seat of our Emotions** - Since our emotions govern the strength of our desires, and these affect our behavior, many weight issues have a very strong emotional content and this is a key piece in solving the puzzle and achieving weight mastery.

4. **It is the Home of the Imagination** - Even when not used, each of us has a strong and active imagination that can be used in a positive way to create a compelling vision of the future self. Creative visualization is one of the greatest secrets of success. In the Achieve Weight Mastery Program we use this function to create and anchor the new body image in the subconscious for the conscious mind to duplicate.

5. **It Carries out Habitual Conduct** - Through the use of direct & indirect suggestion in hypnosis we can create a system of habits that support and create Weight Mastery.

6. **The Subconscious is the Dynamo That Directs our Energy, the Energy Drives us Towards our Goals** - It generates and releases energy, and it is not consciously directed, it is directed by circumstances and chance. Through positive reprogramming the subconscious is directed towards creating the goals to achieve weight mastery.
Weight often becomes an issue with women going through menopause. When working with both individuals and groups it is always good to have the clients do a self-assessment and to determine their own crucial underlying issues. Weight is a very complex issue and you and the client need to understand exactly how it plays out in the client’s life. Ask questions, taking time to understand the client’s answers and help her to gain insight. I have included several scripts that I have found to be helpful in achieving weight mastery.

**Effectiveness of Hypnosis in Weight Mastery:**

These are a few extracts from the abstracts of scientific studies comparing weight reduction techniques with and without hypnosis. Each extract is preceded by the details of the research article and journal in which it was published.

Bolocofsky, David N.; Spinler, Dwayne; Coulthard-Morris, Linda (1985). *Effectiveness of hypnosis as an adjunct to behavioral weight management.* *Journal of Clinical Psychology,* 41 (1), 35-41 109 17-67 year olds completed a behavioral treatment for weight management either with or without the addition of hypnosis. Results show that, at the end of the 9-week program, both interventions resulted in significant weight reduction. However, at 8-month and 2-year follow-ups, the hypnosis subjects showed significant additional weight loss, while those in the behavioral-treatment-only group exhibited little further change. More subjects who used hypnosis also achieved and maintained their personal weight goals.

Cochrane, Gordon; Friesen, J., (1986) *Hypnotherapy in weight loss treatment Journal of Consulting and Clinical Psychology.* Volume: 54 489-492 Investigated the effects of hypnosis in weight loss for 60 females, at least 20% overweight and not involved in other treatment....hypnosis was more effective than a control group (17 vs. .5 pounds on follow-up). Kirsch, Irving (1996).

Hypnotic enhancement of cognitive-behavioral weight loss treatments--Another meta-reanalysis. *Journal of Consulting and Clinical Psychology,* 64 (3), 517-519. Averaged across post-treatment and follow-up assessment periods, the mean weight loss was 6.00 lbs. (2.72 kg) without hypnosis and 11.83 lbs. (5.37 kg) with hypnosis....At the last assessment period, the mean weight loss was 6.03 lbs. (2.74 kg) without hypnosis and 14.88 lbs. (6.75 kg) with hypnosis... Correlation analyses indicated that the benefits of hypnosis increased substantially over time.
Achieve Weight Mastery Script
(Directions for practitioner are not in parentheses)

Now take a moment to settle in ... to feel yourself supported ... to know that you are in safe place. It’s okay to let go. Take in a long, deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath ... feeling your chest gently rise as you inhale ... and letting out your breath slowly in your own time and space. Gently close your eyes. Now I’m going to lead you through a progressive relaxation exercise which will take you into a deeply relaxed state and lead you into the doorway of transformation and change. I’m going to count backward from ten to one. Each descending number will take you to a deeper level of your own mind. (pause)

10 ... 9 ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 ...You are there! (pause)

Now imagine a soft, warm shower of light pouring delightfully over your body, washing away the tension, washing away the pressure. Concentrate your attention upon your scalp, as the tightness dissolves and melts away, allow the scalp to relax completely. Move the attention slowly downward.....focus upon the forehead ... feel all the tension drain away as the warm, soothing shower of light washes over your body. The shower creates a tingling, vibrating sensation as it flows gently down your face. Relax your cheeks ... relax and let go ... relax the jaw ... allowing your jaw to gently drop ... relaxing and letting go of all your tension. Feel your ears relax ... your eyes ... your eyebrows and forehead ... feel all the muscles relax and let go. Feel your eyelids relaxing ... relaxing and letting go. Breathe deeply and naturally ... feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. Feel the tension drain down your neck ... your shoulders ... just release and let go of all the tension and stress ... feeling a tingling, vibrating sensation as you let go. Feel the tingling and vibrating sensation in the arms and the hands as you relax them completely. Now let the warm wave flow down the back, drawing with it all the tightness ... all the tension. Take in a nice deep breath, feeling your chest rise gently as you inhale ... then relaxing as you exhale. Feel the tingling and vibrating sensations as you exhale. Feel the tension drain away from the
neck and shoulder muscles. Release all your tension as you breathe deeply and naturally. Relax the pelvis and the hips, releasing the tension and pressure. Relax all the internal organs, every gland, every cell, every organ. Every organ is functioning in a rhythmic and healthy manner as you release all excess tension and pressure. Imagine again the soft caressing light pouring delightfully over your body as you relax the thighs ... the calves ... the knees ... the feet. Your entire body is completely and totally relaxed. The flowing, soothing light causes a tingling and vibrating sensation to envelop the entire body. Feel your body getting lighter and lighter. Feel as if your body is floating gently ... softly, safely, in a warm, buoyant sea. Feel the warmth and comfort of being safe. You are safe, it is okay to let go. Release the limbs ... let them float upon the water... the entire body is released and free. (pause) You are comfortable, you are supported ... you are safe ... you are completely and totally relaxed.

Today we are going on a journey to meet that part of yourself that really loves and needs to eat ... that enjoys the taste of food ... that wants to eat and eat because it loves and needs food. It is going to be very safe for that part of you - that part of you who loves and needs to eat ... safe to come out and talk to us. I invite you to stand at the top of the stairs, the stairs that lead deep inside you ... and today we will walk down those stairs and meet the eater. The part of you that loves and needs to eat. There are ten steps that lead to a door, a door deep inside... You are eager to go deep ... deep inside yourself ... eager to meet the eater.

Starting to walk on the steps now. Each step will take you deeper ... deeper inside yourself. (pause)

There are ten steps. 10 ... 9 ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 (pause)

You are standing in a hallway ... a hallway with many doors. In front of you is one of those doors. There is a sign on this door, and it says “The Room of the Eater.” Imagine that you can see this door. Let me know by nodding when you can see the door. (wait until client nods) Your mind is relaxed and it is easy to talk. Are you ready to go through this door? (wait for client to answer) Tell me about the room... What does the room look like? What does the room “feel” like? (pause ... wait for client to answer) It is easy for the “eater” to talk to us. Your body is relaxed and your mind clear. There is table spread with all the things you love to eat.
Focus on the types of foods that the client has told you he or she really loves to eat.) Take a look around the room and find the eater. What does he/she look like? Go as close to the eater as you can. Touch the eater. Become that part of you that loves/needs to eat. (pause) Talk to the eater ... develop rapport ... be supportive ... ask about the things he/she loves/needs to eat ... tastes ... sensations. Focus on the sensations. (wait for client to answer) Here in this room we have access to all your memory banks. Take us back to the first time in this lifetime when you learned to need and love to eat. That time when food became more than just a meal ... more than just fuel for the body ...(Run and change incident around loving to eat). Then go back to the room of the eater. (You may to do this more than once.) What kinds of foods do you see on the table now? (Anchor in any changes) And now we are going to go into a room where there is a Magic Mirror.

Please get up from the table and go down the hall to another door that says “Room of the Magic Mirror.” Go into that room. (pause)

You are now going to a deeper level of trance. I’m going to touch you on your arm, and when I do you will go twice as deep as you are now ... and who knows what twice as deep is for you? Now go twice as deep ... (touch the client’s arm) 10 ... 9 ... 8 ... 7 ... twice as deep (touch the client’s arm) 6 ... 5 ... 4 ... (touch the client’s arm) 3 ... 2 ... 1 ... (touch the arm) Now picture yourself standing in front of a full length mirror. See yourself exactly as you are right now, excess weight, excess proportions - but as you keep looking at the mirror image, the outlines of the image become blurred and the image begins to recede slightly ... now go deeper ... and deeper. (You want client in a very deep trance) Focus all your attention on the image in the mirror. Now the image is starting to become slimmer and more shapely. The image is still blurred, but it is definitely slimmer, more shapely. Now the image begins to become even more shapely and slimmer. Focus all your attention on the new image of yourself as you go deeper and deeper. This is your future self. The slim mirror image begins to move with the grace and agility that goes with its slim shape. This is your future self. And now the image steps out of the mirror and merges with you. Feel the slim movements in your body. The grace and agility of your slim shape. Feel your slim self walking ... running ... dancing ... jumping. Feel the exhilaration of your supple, responsive and healthy body. Go deeper and deeper into the slim you, the future self. Feel it in your body. Now position your new slim body in a pose that you really like. (pause)
See in your mind’s eye what that looks like, feel it with your body. This is your future self. Every time you want to connect with the slim you, your future self, close your eyes and see this pose. Feel it with your body. You can experience this in a waking state at different intervals during the day. As you do this more and more frequently you will find that external reality will begin to match your internal image. You make healthy choices. You love yourself. Water tastes good. You love to exercise. Exercise feels good. You drink lots of water. Yes, healthy choices-you make healthy choices. Go deeper now. Smaller portions satisfy you. You drink lots of water and exercise every day. Healthy choices-you make healthy choices. You love the slim you-the slim you is inside of you. It is the real you. You make healthy choices every day. (Mental rehearsal of healthy choices) In a moment you will be coming back to ordinary reality. You will be bringing the slim you, the future self, back with you. Your experience with the Magic Mirror altered your image of yourself. And you know that the slim you is the future self. Promise yourself, that whenever you think of yourself, you will think of this slim self... the future self!

Coming back now-I will count from one to five. When I say five you will be wide awake and feeling fine. You will be alert, energetic and in touch with yourself.

1 ... Coming back now, going full into your body.
2 ... Move your fingers and toes.
3 ... Starting to stretch.
4 ... Take in a full breath-becoming awake and aware.
5 ... (Snap fingers) Eyes open. Back to ordinary reality.
The Ideal Image Script
(Directions for practitioner are not in parentheses)

This process is designed to help you to change your image, to make it more positive, healthy, vibrant, and to help you look the way you want to look and feel. Every time this process is followed, the feeling and results for you are different and more profound. You find it progressively easier to relax deeply with each use, allowing your subconscious mind to make new associations each time to firm your convictions, your mind and body. The impressions that you make on your subconscious mind in this relaxed state are like engraved images in stone. They are permanent. (long pause)

Imagine yourself in a comfortable place where you will not be disturbed or distracted. Assume a comfortable body position with spinal support. Pick out a spot on the ceiling and stare at that spot. Take a deep breath all the way down to your stomach. Hold it for a moment or two... then gently and slowly begin to release it... and as you do give yourself permission to close your eyes. Roll your eyes up into your eyelids and notice the rapid movement of your eyelashes. Focus your attention on your eyelids... and give them permission to relax completely. Relax them so completely that they feel as though they will not open. Enjoy the relieved feeling... so peaceful that you are certain that they will not open. Enjoy and feel the relaxation in your eyes and begin to feel it spreading through your entire body. With each breath you take... with each beat of your heart you relax more deeply... releasing... and letting go... Each time you exhale, you diminish the amounts of tension or tightness in your body. You feel the relaxation covering your body as though it were a soft blanket. Now just remember a time from your distant past when you were not responsible for providing your meals. What do you think this person’s attitude was about food? What was the person’s attitude towards body size? Now make a choice about how you would like your attitude to be. Focus your mind completely around this choice. Take a deep breath and hold it... hold this attitude in place with the breath as you slowly let it out with a sigh... feel this attitude being locked in your subconscious. And now go very deep... Deeper and deeper within yourself. (long pause)

Feel a letting go within your entire body. Now bring to mind a place where you feel comfortable. Feel yourself there. You are relaxed. In your mind’s eye, set up a circle of chairs. In the other chairs see yourself at different ages. See yourself at the ages you can imagine vividly. Notice the similarities and differences. And the
evolution of yourself from age to age. There are few chairs vacant. One of the chairs is for your ideal self. How does this ideal self look? How does this person feel about him or herself? How does this person act? What is the person’s clothes size? From this group find behaviors in order to shape and be the ideal self. See how each of these younger selves is reflected in the ideal self. Commit to one item you are willing to improve on today... just one. Know that you are the ideal self. Each time you think of the ideal self, the image is closer. Lock your mind firmly in this image and it is your reality. (long pause)

Now imagine yourself in a library. Find a section in this library with your name on it. Find a book that has the title “Excuse for poor eating habits.” Take that book off the shelf, open it up. Tear out the first page. Rip it into small pieces and throw it in the trash. Now tear out each and every excuse for eating poorly. Tear them up... and throw them away. You won’t need them anymore. Throw away the cover also. There is no further need to make excuses. Now look for a different book with the title “The ideal self.” Open the book and find a blank page. What you say to yourself in private is what you become. Write the following affirmation on this blank page. Feel their power as you write them down. I give myself permission to have a healthy, firm, attractive body that is my ideal self. I am enjoying eating healthy foods... I am the master of my impulses and desires... I am enjoying the feeling of the movement of my body... I am liking myself for who I really am... I am comfortably satisfying myself with smaller portions of food... I am enjoying eating healthier foods... I am the master of my impulses and desires... I give myself permission to have a healthy, attractive, firm body that is my ideal self. Consider what you have written. Know that these affirmations are true for you. Want them to happen... and watch them happen... Make them your reality. Feel the profound wonderful change within yourself. Integrate now...body...mind...spirit...and emotions. Now as you hear the count from one to five expect these changes to take place in your life.

1... Taking in a long deep breath
2... Coming fully into your body
3... Moving and stretching
4... Getting ready to open your eyes
5... Eyes open awake and awake...
Hypnotic-Coaching Weight Script
Cellular Block Clearing Technique
(Directions to the practitioner are not in Italics)

Close your eyes and make yourself comfortable. Take a moment to settle in, to become completely relaxed. Feel yourself supported . . . knowing that you are in a safe place. It is okay to let go. Take in a long deep breath and hold it . . . now let it out with a sigh. Take in another long, deep breath and hold it . . . now let it out with a sigh. Take in another long deep breath . . . feeling your chest gently rise as you inhale . . . then letting out your breath in your own time and space. Now I am going to count backward from ten to one. Each descending number will take you to a deeper place, to a deeper level of your own mind. (long pause)

10 . . . 9 . . . 8 . . . 7 . . . 6 . . . 5 . . . 4 . . . 3 . . . 2 . . . 1 . . . (pause)

Now imagine a soft, warm shower of water pouring delightfully over your body, washing away the tension . . . washing away the pressure. Concentrate your attention upon your scalp . . . as the tightness dissolves and melts away, allow your scalp to relax completely . . . move your attention slowly downward and focus your attention on your forehead. Feel all the tension drain away with the smooth warm shower. The shower creates a tingling, vibrating sensation as it flows gently down your face. Relax your cheeks, relax your jaw, allowing your jaw to gently drop relaxing and letting go of all tension. Feel your ears relax . . . your eyes . . . your eyebrows and forehead . . . feel all the muscles relax and let go. (long pause) Feel your eyelids relaxing . . . relaxing and letting go. Breathe deeply and naturally . . . feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. A gentle wave of relaxation moves down your neck and shoulders . . . drawing all the tension, all the pressure. Relax your neck . . . your shoulders . . . your chest . . . just release and let go of all the tension and pressure, feeling a tingling vibrating sensation as you let go. Feel the tingling vibrating sensation in your arms and hands as you relax them completely. Now let the wave flow down your back, drawing with it all the tightness, all the tension, all the pressure. Take in a nice deep breath, feeling your chest rise gently as you inhale . . . then relaxing as you exhale.

Feel the tingling and vibrating sensations as you exhale. Feel the tension draining away from your neck and shoulder muscles. Release and let go of all your tension as you breathe deeply and
naturally. Relax your pelvis and hips. Releasing the tension and pressure. Relax your internal organs. Every cell, every gland, every organ is functioning in a rhythmic and healthy manner as you relax and let go. Now imagine a soft, warm shower of caressing water pouring delightfully over your body as you relax your thighs . . . your calves . . . your feet. Your entire body is completely and totally relaxed. The flowing, soothing water causes a tingling vibrating sensation to envelop your entire body. Feel your body getting lighter and lighter. You are floating, floating gently, softly, safely, in a warm buoyant sea. Feel the warmth and comfort of being safe. You are safe. It is okay to let go. Release the limbs . . . let them float upon the water . . . the arms and legs feel as if they do not belong to you . . . the entire body is relaxed and free.

You are comfortable, you are supported . . . you are safe . . . you are completely and totally relaxed. (long pause) Go into the room of your mind and put all of your thoughts away. There is perfect order in the universe, your thoughts will return in perfect order. Clear your mind. (long pause) It is good to know that you have a conscious and subconscious mind. . . . and that is good to know. It is good to know that your conscious mind can rest now, for your subconscious mind hears and understands everything I am saying and I am talking to your subconscious. . . . your conscious mind is resting. . . . resting and drifting and going deeper . . . and deeper inside. Begin to imagine that you are resting . . . resting on a crystal white beach on an absolutely perfect day. The golden sun produces only healthy rays and the warm sand gently caresses you. Go deeper now. . . . you are all alone. . . . but perfectly safe. . . . the sunlight shines on the deep, blue water . . . hear the crash of the waves upon the shore . . . the cries of the sea gulls . . . the sound of birds . . . singing . . . singing . . . in the winds. Smell the salt upon the air. Go deeper . . . (pause)

I direct the subconscious to focus on experiences that created the blocks to your ideal weight. I direct now the subconscious to release and clear all experiences that created the blocks to your ideal weight...

Experiences of: pain...release and clear fear...release and clear sorrow...release and clear struggle...release and clear being alone...release and clear desperation...release and clear failure...release and clear
heartache...release and clear
these and all other experiences that created these blocks.
Release and clear from your body, you mind, your emotions and your whole energy field. So that these experiences no longer block your ideal weight. (long pause)

I direct now the subconscious mind to release and clear all shock and trauma connected to these experiences. Release and clear from your body, your mind, your emotions, and your whole energy field. So this shock and trauma disappears completely...(long pause)

I direct now the subconscious mind to release and clear all shock and trauma connected to these experiences. Release and clear from your body, your mind, your emotions, and your whole energy field. So this shock and trauma disappears completely...(long pause)

I direct now the subconscious mind to release and clear all shock and trauma connected to these experiences. Release and clear from your body, your mind, your emotions, and your whole energy field. So this shock and trauma disappears completely...

I direct now the subconscious mind to release and clear the imprints and impressions of the experiences, which created the blocks to your ideal weight. Release and clear from your body, your mind, your emotions and your whole energy field. So that these imprints and impressions disappear completely....

I direct, now the subconscious mind to release and clear the entire web and linkage of feelings that are connected to these experiences.

Feelings of...(customize to the client)
  pain...release and clear
  fear...release and clear
  sorrow...release and clear
  struggle...release and clear
  loneliness...release and clear
  abandonment...release and clear
  desperation...release and clear
  failure...release and clear
  hurt...release and clear these and all other feelings that can clear at this time....

Release and clear from your body, your mind, your emotions and your whole energy field. So that this entire web and linkage of feelings disappears completely.

I direct now the subconscious mind to release and clear the entire habit and pattern of being blocked from your ideal weight...
Release and clear from your body, your mind, your emotions and your whole energy field. So that this entire habit and pattern disappears completely.......And you can fully achieve weight mastery.

I direct now the subconscious mind to release and clear.......
All beliefs and variations of belief that came from the experiences that created the blocks to your ideal weight. Release and clear from your body, your mind, your emotions, and your whole energy field...so that all these beliefs and variations of beliefs disappear completely.

Go into your belief system...10...9...8...7...6...5...4...3...2...1

You are there...you believe that you deserve to be able to reach your ideal weight. You believe that you have all the abilities and gifts that you need to achieve weight mastery. You believe that you are ready, willing, and able to reach and maintain your ideal weight...you believe it. You believe that you can do it. You are ready..ready for weight mastery right here..right now.. (long pause) I direct now the subconscious and all levels of the mind to release and clear all your blocks to your ideal weight from your body...your mind...your emotions...your entire energy field...through all time and dimensions so that all your blocks disappear completely and immediately.... (long pause) Now bring your attention to your left foot and imagine that there is a vibrating ball of white light in your left foot. ..vibrating, tingling white light. ..the white light begins to expand now. ..moving slowly up the left side of your body. Your left ankle, your left calf, your left knee. ..vibrating tingling white light. ..filling your left thigh with white light. ..vibrating and tingling. ..going deeper. ..white light flowing up into your torso now. ..relaxing and going deeper filling the left side of your intestinal track, your stomach, your left lung, the left side of your heart vibrating, tingling white light. White light flowing into your left shoulder now and down your left arm surrounding your left hand with a pool of white light. Going deeper now. ..white light flowing up into the left side of your face now, your left cheek, your left ear, your left eye, and into the left side of your brain. Going deeper. ..so that all the way from your left big toe to the left side of your brain is a continuous circuit of white light. Going deeper . ..and the white light moves across into the right side of your brain and down the right side of your body. ..your right eye, your right ear, your right cheek and down into your right shoulder. ..flowing down the right arm and spilling into a pool of white light around your right hand. ..going deeper. ..vibrating, tingling white light. White light flowing down the right side of your body. Your right lung, the right side of your heart, your right hip, your right thigh, your right leg and down into your right foot. Vibrating......tingling .....white..... radiant white light. So that all the way from tip of your left big toe up the left side of your body into your left brain across into your right brain. ..vibrating, tingling white light running down the right side of the body to the right big toe...vibrating, tingling white light. Going deeper. ..vibrating, tingling white light. ..you have
worth and value - it comes from inside of you. Radiating self love flows through the very cells of your body. You have integrity, worth, and value. . . your life has purpose and meaning. . . . you deserve to reach and maintain your ideal weight...you deserve it you do! . . . you deserve to believe in your ability to reach and maintain your ideal weight...(add at least 2 suggestions that are directly connected to the client’s needs and reinforce their ideal weight)You have the ability to master your issues of weight...you have healthy habits...you eat smaller portions and feel more satisfied....drink lots of water.........water tastes so good.... . .it is the job of your mouth to tell you when you are thirsty.....it is the job of your stomach to tell you when you are hungry.....your mouth knows its job......your stomach knows its job... Smaller portions satisfy you..your stomach is your friend..your stomach likes to have room to move...smaller portions satisfy you...eat very slowly ......chew very carefully...savor your food....smaller portions satisfy you...sometimes a taste is all that you need...You are ready..ready, willing and able..able for weight mastery..right here..right now..weight mastery...You practice self hypnosis..it helps you to succeed....You practice self hypnosis..it is easy to do ...you like it...it gets results...You practice self hypnosis..each and every day..you practice self hypnosis... (long pause)

This is your Self Hypnosis Exercise:
Each and every time you want to practice Self Hypnosis.......

Close your eyes

Take in three deep breathes

Count backwards from ten to one

Relax your body

Clear your mind

Do your suggestions and visualizations

Suggestions

(tie to client’s weight mastery)

Visualizations:

(see goals happening)
When you are finished count yourself back from one to five... It’s easy to do! You like it! It is very helpful.

(After you have repeated the Self Hypnosis exercise 3X)

Getting ready to come back now...In a moment you will be coming back to ordinary reality...you will remember everything that you need to know...you will remember to practice self hypnosis. Coming back now. I am going to count to five...when I say five you will be awake and aware, full present in here and now....(pause)

Body.... Mind.... Spirit...and Emotions..... integrating..... integrating..... integrating into you... This process integrates into the very fiber of your being... and will continue on the inner planes through your dreams... through your meditation... For even now the seeds of your future are beginning to grow... even now, and they will continue to grow moment by moment and hour by hour until they fill your whole life with the foundation of total weight mastery... and you are able to achieve and maintain your ideal weight... you achieve weight mastery...

Getting ready to come back now. . . I will count to five, when I say five you will be awake, fully present, centered, balanced and in touch with yourself. You will remember everything you need to know. (pause)

Integrate body, mind, spirit and emotions. Integrate into the fabric of who you are. Getting ready to come back now... Coming back now.... I am counting to five... when I say five you will be awake and aware...

1. . .Take in a nice, deep breath
2. . .Coming fully into your body
3. . .Integrating this process fully into your body as you begin to move
4. . .Getting ready to open your eyes
5. . .Eyes open... awake and aware
The Library Script
Cellular Block Clearing Technique
(Directions to the practitioner are not in italics)

Close your eyes and make yourself comfortable. Take a moment to settle in, to become completely relaxed. Feel yourself supported . . . knowing that you are in a safe place. It is okay to let go. Take in a long deep breath and hold it . . . now let it out with a sigh. Take in another long, deep breath and hold it . . . now let it out with a sigh. Take in another long deep breath . . . feeling your chest gently rise as you inhale . . . then letting out your breath in your own time and space. (pause) Now I am going to count backward from 10 to 1. Each descending number will take you to a deeper place, to a deeper level of your own mind. (pause)

10 . . . 9 . . . 8 . . . 7 . . . 6 . . . 5 . . . 4 . . . 3 . . . 2 . . . 1 . . You are there!

Now imagine a soft, warm shower of light pouring delightfully over your body, washing away the tension . . . washing away the pressure. Concentrate your attention upon your scalp . . . as the tightness dissolve’s and melts away, allow your scalp to relax completely . . . move your attention slowly downward and focus your attention on your forehead. Feel all the tension drain away with the smooth warm shower of light. The shower creates a tingling, vibrating sensation as it flows gently down your face. Relax your cheeks, relax your jaw, allowing your jaw to gently drop relaxing and letting go of all tension. Feel your ears relax . . . your eyes . . . your eyebrows and forehead . . . feel all the muscles relax and let go. (pause) Feel your eyelids relaxing . . . relaxing and letting go. Breathe deeply and naturally . . . feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. A gentle wave of relaxation moves down your neck and shoulders . . . drawing all the tension, all the pressure. Relax your neck . . . your shoulders . . . your chest . . . just release and let go of all the tension and pressure, feeling a tingling vibrating sensation as you let go. Feel the tingling vibrating sensation in your arms and hand as you relax them completely. Now let the wave flow down your back, drawing with it all the tightness, all the tension, all the pressure. (pause)

Take in a nice deep breath, feeling your chest rise gently as you inhale . . . then relaxing as you exhale. Feel the tingling and vibrating sensations as you exhale.
Feel the tension draining away from your neck and shoulder muscles. Release and let go of all your tension as you breathe deeply and naturally. Relax your pelvis and hips. Releasing the tension and pressure. Relax your internal organs. Every cell, every gland, every organ is functioning in a rhythmic and healthy manner as you relax and let go. Now imagine a soft, warm shower of caressing light pouring delightfully over your body as you relax your thighs . . . your calves . . . your feet. Your entire body is completely and totally relaxed. The flowing, soothing light causes a tingling vibrating sensation to envelope your entire body. Feel your body getting lighter and lighter. (pause) You are floating, floating gently, softly, safely, in a warm buoyant sea of radiant light. Feel the warmth and comfort of being safe. You are safe. It is okay to let go. Release the limbs . . . the entire body is relaxed and free. You are comfortable, you are supported . . you are safe . . you are completely and totally relaxed. (long pause)

Go into the room of your mind and put all of your thoughts away. There is perfect order in the universe, your thoughts will return in perfect order. Clear your mind. (long pause)

In a moment now I will ask you to begin to imagine. I would like for you to imagine yourself standing in front of a door. This may be a door you have seen in your past or a door you see in your imagination. You try to open the door and discover it is locked. There is a table standing next to the door with a key on it. You pick up the key, insert it into the lock. The door unlocks easily and effortlessly as you walk into a library. This is a special library because all the books in this library are about you. (pause) I would like you to find a book for me. . . this book may try to hide . . The title of the book is (customize to the client’s own problem behavior about weight) Take your time and find this book for me. When you find the book take it off the shelf and let me know you have it by nodding your head yes . . (wait for the client to nod). Good. Take some time to review the information in the book, and when you have seen everything that you need to see let me know by nodding. (wait for client to nod) Now that you feel complete, find a trash can in your library and toss the book inside. Pick up the trash can and find a door in your library, which leads to the back of the of the library. There are ten steps which go to the back of the building . . and as I count from ten to one….I would like you to allow yourself to become ten times as relaxed. (pause)

10 . . 9 . . 8 . . 7 . . 6 . . 5 . . 4 . . 3 . . 2 . .1 . you are there.. . . Good . . . (pause)
Begin to imagine that you are walking over to a furnace . . . there is a fire blazing inside the intensity of the heat is such that the back of the furnace is turning red. You pick up a poker not far from where you are standing, open the door of the furnace . . . Just before you toss the book inside, you pause to remember each and every time you have engaged in (customize to the clients issue of weight) (pause). . . the very first time . . . and all the other times you have engaged in (customize to the client’s weight issue) . . . (pause and let the client review) Now throw the book into the fire and watch . . . watch as the binding begins to blacken and char . . . and the pages begin to burn and curl. This book contains information that is harmful to you. It has tried to control your life. Watch the book as it burns. Go deeper in the subconscious. (pause)

I direct now the subconscious to release and clear all experiences that created the habits and patterns of (customize to the client’s problem behavior, compulsion, habit or client’s issue around weight)


Experiences of childhood . . . Release and clear
Experiences of adolescence . . . Release and clear.
All experiences of your adult life . . . . Release and clear
(add actual experiences of your client)

Release and clear from your body, your mind, your emotions and your whole energy field. So that these experiences no longer create habits and patterns of (customize to the client) in you.

I direct now the subconscious mind to release and clear all shock and trauma connected to these experiences.
Release and clear from your body, your mind, your emotions, and your whole energy field. So that this shock and trauma completely disappears.

I direct now the subconscious mind to release and clear the imprints and impressions of the experiences, which created (customize to the client)
Release and clear from your body, your mind, your emotions and your whole energy field. So that all of these imprints and impressions completely disappear.

I direct, now the subconscious mind to release and clear the entire web and linkage of feelings that are connected to these experiences.

Feeling of...
- pain...release and clear
- fear...release and clear
- sorrow...release and clear
- struggle...release and clear
- loneliness...release and clear
- abandonment...release and clear
- desperation...release and clear
- failure...release and clear
- hurt...release and clear these and all other feelings.

(Add actual feelings of the client)

Release and clear from your body, your mind, your emotions and your whole energy field. So that this entire web and linkage of feelings disappears completely and you can truly reach and maintain your ideal weight.

I direct now the subconscious mind to release and clear the entire habit and pattern of (customize to the client)

Release and clear from your body, your mind, your emotions and your whole energy field. So that this entire habit and pattern disappears completely.

I direct now the subconscious mind to release and clear all beliefs and variations of belief that came from the experiences that created the habits and patterns of (customize to the client) Release and clear from your body, your mind, your emotions, and your whole energy field...so that all these beliefs and variations of beliefs disappear completely.

Go into your belief system...10...9...8...7...6...5...4...3...2...1

You believe that you are ready, willing and able to let go of all of
(Customize for the client… problem behaviors, habits, compulsions with weight ect.) right here...right now.. You believe that you can create the habits and patterns that support your own ideal weight ……right here right now…(customize to the client’s desired state. Naturally you will be modifying these portions of the visualizations to those which best fits your particular client’s situation.)

You watch the book as it finishes burning. You have the mastery of yourself and this issue. When you are convinced that the only thing that is left is a pile of blackened ash . . . you walk back into the library. There is a chair in the library now, a throne, which sits in the middle of the room. Take your seat in the chair. There is a box of wrapped books, laying at your feet . . . you lift up the first book and unwrap it. The title of this book is “My Ideal Weight” Spend some time now reviewing the information in this new book. When you have seen what you need to see, let me know by nodding. (wait for client to nod) You place the book on the shelf . . . where the book you had burned once was. You have removed the first book for once and for all. You have ended all (customize to client’s problem behavior or unfavorable habits). Know this in your heart. (Silence for one minute.) Good . . . allow yourself now to feel a great sense of relief as you leave the library . . . remembering to carefully lock the door behind you. You walk out into the sunshine taking deep breaths of air . . . allow the sun on your face to act as a wonderful natural tranquilizer on your system.(long pause)

Beginning today you feel yourself ready to have your ideal weight more than ever before. Take a moment now to imagine yourself in the future. You are looking into a special mirror, a mirror that shows you yourself in the future. As you are looking through the mirror you begin to move to a point in time where you have completely attained your desired state. I’m going to count from one to three and take you there. One, moving forward effortlessly and easily, two going as far forward as you need to go, your subconscious knows exactly how to create a future scene, almost there now, at a scene in your future. Three...You are there. (long pause) Can you see or sense yourself in that scene? Let me know by gently nodding your head (wait for client to nod) Allow yourself to become the future self. You are now (customize to client’s desired state) Be open to any other information in this scene that helps you in your present life. (pause)
Now step out of that body and thank your future self for sharing this experience with you. Ask your future self how she/he has reached this point of success in maintaining their ideal weight and listen closely for the answer. (pause) Does the future self have any message to give you? Would you like to share the message? It is easy to speak now. (wait until client answers) (pause) Your mind is relaxed and your body is comfortable. It is easy to talk now. Would your future self be willing to help you now as you continue to release all excess weight. (wait until client answers)

Now let’s do a mental rehearsal of you in your real world with all your new behaviors and skills in place. Can you imagine it? (wait for client to respond.) In a moment we will be returning to ordinary reality. You will remember everything that you need to know. But before we come back listen closely to my words. Allow my words to become your words....your words deep inside. Listen to my words: (customize suggestions for the client) Integrate now, Body, Mind, Spirit and Emotions...Integrate in to the fabric of you!

Coming back now.... I am counting to five...
1… Take in a long deep breath.
2… Moving and stretching.
3… Coming fully back into your body.
4… Getting ready to open your eyes.
5… Awake and aware.”
Chapter Six
Managing Menopause

The most common treatment for hot flashes and the other symptoms of Menopause has been hormone replacement therapy. However, recent research has found an increased risk of breast cancer in women receiving hormone replacement therapy. Because of this, many menopausal women and breast cancer survivors are deciding not to do hormone replacement therapy. Many women are looking for new ways of dealing with their symptoms. A variety of herbal replacements are being used with varying success. Other areas to explore are the use of yoga, mindfulness training and self-hypnosis. I an including in this workbook, a list of yoga postures that have been shown to be helpful as well as a description of mindfulness training.

Hypnosis can be very effective in reducing the frequency and intensity of hot flashes. Hypnosis is a mind-body intervention that is of significant benefit in treatment of hot flashes and other benefits may include reduced anxiety and improved sleep. Further, hypnosis may be a preferred treatment because of the few side effects and the preference of many women for a non-hormonal therapy. As you undoubtedly know, hypnosis is altered state of consciousness where it is possible to decrease the perception of an experience. This is very true with the symptoms of Menopause. We can also add suggestions that increase the client’s ability to cope with those symptoms. Remember that with hypnosis:

- The client’s attention is more focused.
- They are more responsive more to suggestions.
- They are more open and less critical or disbelieving.

The purpose of hypnosis as a technique for managing Menopause is to help the client gain more control over their specific symptoms, emotions and physical well-
being. What I have found personally to be the most beneficial to clients is teaching them self hypnosis and supportive self talk as well as counseling them about their beliefs and attitudes towards this time in their lives.

According Karen Olness, M.D., of Case Western Reserve University, “hypnosis is a form of self-induced, focused attention that can make it easier for you to relax or learn to control your body’s functions.” This experience of extraordinary focus of attention brought in by hypnosis can be harnessed to influence your bodily states. During the hypnotic state a person can use imagery, relaxation, or autogenic suggestions in a richer and more powerful way without being distracted.

Hypnosis is useful in a number of ways to combat the Menopausal problems. Hypnosis involving Cellular Block Clearing, healing imagery and self-hypnosis can help with relaxation and stress reduction and also provide positive affirmations for health, energy and well-being.

You can teach clients the following self hypnosis suggestions to improve their emotional well-being and improve their self-esteem. These are from Karen Olness MD.

- My body is strong and healthy and can become healthier each day.
- My female organs are in good shape.
- My body chemistry is effective and balanced.
- I eat healthy nourishing food.
- I’m learning to handle stress.
- I’m calm and relaxed.
- I work efficiently and competently
- I have the freedom and confidence to enjoy life.
- I can be happy and optimistic at this time of my life.
- My life belongs to me and it brings me pleasure.
I devote time to myself each day.

My friends and family are more enjoyable than they have ever been.

I’m going through menopause more easily and more comfortably with each passing day.

Hypnosis and Self-Hypnosis use the power of suggestion and trance-like states to effect positive changes of attitude and physical health. Mind-body medicine is growing and has brought techniques such as hypnosis into broader use.

Teaching Self Hypnosis

Hypnosis is the most practical and the most effective way to subconscious change. Since the subconscious has no power to discriminate it will believe anything that it is told in the correct manner. A key piece in working with the subconscious is the self-hypnosis that the client practices. The tools that they use are; suggestion, concentration and imagination. The fastest, easiest and most successful way for a client to learn self-hypnosis is through post hypnotic suggestion. Take them into trance using the following formula. “Close your eyes, take in three deep breaths, count backwards from ten to one, relax your body, relax your mind . . . you will be in a deep state of hypnosis.” Anchor “each and every time you want to practice your self hypnosis close your eyes, take in three deep breaths, count backwards from ten to one, relax your body, clear your mind and you will be in a deep state of hypnosis.” Begin your suggestions and your visualizations.”

Guidelines for Structuring Suggestions

Motivating Desire Must be Strong. Before you use a suggestion think about why you want it to happen.

Always be Positive/Enthusiastic.

Always use the Present Tense. Imagine yourself achieving the goal now.

Suggest Action. See yourself in the act of doing what you want
Be Specific.

Keep Language Simple and Direct.

Fuel Visualizations and Suggestions With Positive Emotions.

Use Repetition, especially of Key Words and Phrases.

**Supplemental Suggestions to Learn Until They Become Habits**

I awaken immediately in case of any emergency, alert and normal in every way.

I go into hypnosis quickly and easily every time I practice it.

I awaken in exactly (time) minutes awake, refreshed and fully conscious.

**Awakening Technique**

One ... you are waking up now.
Two ... more and more awake.
Three ... starting to move fingers and toes.
Four ... feeling wonderful in every way.
Five ... eyes open awake and aware.

**Menopause Self Hypnosis Images**

**Protective Shield Image**

1. Deepen trance to medium state.

2. Suggest feeling deep, tranquil, comforting relaxation.

* Teach in trance and have client practice.
3. Suggest this feeling going out beyond the physical body.

4. Forming a protective shield around client.

5. Suggest client can use the shield to create comfort around them.

**Creating images for release or control of hot flashes:**

1. **Switchbox**
   
   a) Explain how heat is sensed, through the nerve signals.
   b) Have client imagine a switch that can turn off informing nerve signals.
   c) Have client describe switch and how it works.
   d) Have client begin practicing turning switch off.

2. **Volume Control:**
   
   a) Ask client to imagine a gauge that measures body temperature (from 1 to 10)
   b) Ask client what number the gauge is registering now.
   c) Suggest a knob on the gauge that can make it go up or down.
      Up = greater intensity.
      Down = greater comfort
   d) Suggest that the client begin practicing changing their body temperature by changing the gauge.
Menopause Self Hypnosis Protocol

1. Close your eyes
2. Take in three deep breaths
3. Count backwards from 10 to 1
4. Relax your body
5. Clear your mind
6. Do suggestions and visualizations
7. Count yourself back from 1 to 5

Suggestion for Visualizations
Menopause Management of it happening
Self Suggestion and Self Talk

This can create positive situations for the client to work through their Menopause symptoms. Utilize trance to teach clients positive self talk they practice in self hypnosis or as affirmations and words of power. Suggestion like the ones offered in this book can be very helpful to the client.

(Find out the client’s beliefs about hypnosis orientating them to self-hypnosis. Again the client's expectation of the process affects the process itself.)

**Present a menu of possibilities for self talk to client:**

“Vous can talk with your body about ways to effectively reduce the hot flashes.”

“You can filter the discomfort out of whatever is creating the mood swings

“You can diminish the heat sensations replacing them with cool and comfortable feelings.” Give the client a few minutes to practice.

“Try these ideas out, when you have found what works for you, let me know.” These become the strategies the client uses in self hypnosis.

You can also help the client develop: Positive cognitions and suggestions for relief of hot flashes. These range from...

- My body chemistry is effective and balanced.

- I’m learning to handle stress.

- I’m going through Menopause more easily and more comfortably with each passing day.
Areas to Develop Self Talk About:

**Emotions:**

Depression
Anxiety
Fears (of aging, losing identity)
Loss (youth, ability to have children)

**Attitudes towards Menopause:**

Patterns established in childhood
Ethnic traditions / Family attitudes
Role models being copied
Associated with something pleasant = less severe symptoms
Associated with something negative = more severe symptoms

**Characteristics:**

Low motivation
Poor Self Image
Dependency
Lack of pride in accomplishments
Keys to the Ideal Menopause

1. Realize you create your reality.

2. Get a clear picture of what you want to create.

3. Remove the blocks and limitations.

4. Develop a plan to take you from where you are to where you want to be.

5. Reprogram yourself for a successful menopause.

The healthier a woman is in her attitudes and coping skills the easier it will be for her to manage Menopause.
Yoga for Menopause

Yoga can alleviate Menopause symptoms such as insomnia, depression, hot flashes, and mood swings. The deep breathing and relaxation that is part of yoga is beneficial in improving blood circulation, maintaining muscle tone and flexibility. This increases the levels of mood-regulating chemicals in the brain. Yoga massages the internal organs, nourishing them with increased blood circulation, as well as toning the interior and exterior muscles.

Yoga’s standing poses helps the bones to stay strong. It can contribute to lower cholesterol and improve the efficiency of the heart. That makes Yoga beneficial for osteoporosis and heart disease, two concerns of Menopausal women. Yoga for Menopause should include a combination of breathing exercises, warm-ups, poses, and visualization.

Constipation: Bow, Corpse Pose, Fish, Knee to Chest, Plow, Forward Bend

Depression, Nerves, Tension: Breathing Exercises, Mountain, Plow, Shoulder Stand, Sun Salutation, Deep Relaxation

Energy : Complete Breath, Corpse Pose, Shoulder Roll

Insomnia: Cobra, Locust, Mountain, Posterior Stretch, Shoulder Stand.

Memory: Modified Head Stand, Shoulder Stand, Sun Salutation.

Osteoporosis: Mountain, Sun Salutation.

Improving Sex Drive: Complete Breath, Kneeling Pose, Plow, Posterior Stretch, Shoulder Stand,

Weight Regulation: Bow, Cobra, Fish, Leg overs, Locust, Plow, Posterior Stretch, Shoulder Stand, Side Raise, Side Stretch, Sun Salutation
Yoga Routines for Menopause

**Morning:**

1. Grounding Pose
2. Salute
3. Earth Touching
4. Horse Pose
5. Warrior Two on (each side)
6. Salute
7. Triangle Pose (each side)
8. Grounding Pose
9. Salute
10. Grounding Pose

**Evening:**

1. Corpse Pose
2. Knee to chest (each Side)
3. Forward Bend
4. Leg over (each side)
5. Corpse Pose
6. Leg over (each side)
7. Shoulder stand
8. Fish
9. Forward bend
10. Corpse Pose
Mindfulness Exercise

Sit in a comfortable relaxed position. You can sit either on the Floor with your legs crossed or in a chair. Rest your hands Lightly on your thighs with the palms down. Cast your eyes down, but leave them slightly open. Focus your attention on your breath. Breathe deeply rhythmically. Quiet your mind by focusing on your breath. As thoughts appear, bring your attention gently back to your breath. After your period of open eyed mindfulness, close your eyes and visualize a comfortable day. Use this time to reinforce goal with positive menopause affirmations. Practice for at least 10 minutes 2 X a day. Work up to 20 minutes. 2 X a day.

Benefits:

1. Improves ability to handle stress.
2. Gives emotional space. Allows you to handle emotions better. Cuts down on reactivity and triggering.
3. Improves concentration and focus.
4. Supports immune system functioning and body’s ability to handle hormone changes in menopause.
Tips to Create Easier Menopause

These tips can be used without hypnosis. However, you can use hypnosis for motivation to make it easier to start or maintain these programs.

- **20 minutes of exercise** can reduce anxiety and help to eliminate depression. You don’t need elaborate equipment or gyms. The best equipment you have is your own body. And it doesn’t have to be heavy aerobics, walking will do just fine. The important thing is “consistency.” Making exercise a priority will also help keep Menopausal weight gain to a minimum.

- For some women, **alcohol or caffeine trigger hot flashes**, so it can help to avoid these substances, including soda pop. If stress brings on hot flashes, try relaxation techniques, such as deep breathing and self hypnosis.

- **Doctors say that Calcium, and vitamin D are key to bone health, overall health.** Adequate calcium intake — in the presence of adequate levels of vitamin D — plays a major role in reducing the incidence of osteoporosis. Most women who are peri- or post-menopausal should get at least 1,200 mg per day of elemental calcium, and, to ensure adequate calcium absorption, 400-600 IU per day of vitamin D.
Parts Work Protocol

1. Enter trance to discover the part connected to the symptoms

2. Have client describe the part as fully as possible. Practitioner facilitates experience.

3. Client becomes part. Have part experience the symptoms ... tune into body sensations ... thoughts ... feelings.


5. Go back to the time that the part learned to have these symptoms. (Use body sensations and feelings to go back to (core incidents.)

6. Do what you need to do to heal this incident. Run and change this incident, Nurture the Child, connect with Inner Resource are all options

7. Return to place where you discovered part. Notice if there is any change in appearance or feeling state - if run and change was effective there will be some change. If no change, repeat.

8. If there is change, use suggestion work to create new behavior and to eliminate “need” for symptoms.

9. Do a mental rehearsal to make sure new behavior is strong enough to displace symptoms.

10. Re-anchor and return to normal consciousness.
Close your eyes. Take a moment to settle in ... to feel yourself supported ... to know that you are in safe place. It’s okay to let go. Take in a long, deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath ... feeling your chest gently rise as you inhale ... and letting out your breath slowly in your own time and space. (pause) Now I’m going to lead you through a progressive relaxation exercise, which will take you into a deeply relaxed state. I’m going to count backwards from ten to one. Each descending number will take you to a deeper level of your own mind. (pause)

10 ... 9 ... 8 ... go deeper 7 ... 6 ... 5 ... deeper still 4 ... 3 ... 2 ... 1 ... You are there! (pause)

Now imagine a soft, warm shower of light pouring delightfully over your body, washing away all tension, washing away all pressure. Concentrate your attention upon your scalp, as the tightness dissolves and melts away, allow your scalp to relax completely. Move the attention slowly downward, focus upon the forehead ... feel all the tension drain away as the warm, soothing shower of light washes over your body. The shower creates a tingling, vibrating sensation as it flows gently down your face. (pause) Relax your cheeks ... relax and let go ... relax the jaw ... allowing your jaw to gently drop ... relaxing and letting go of all your tension. (pause) Feel your ears relax ... your eyes ... your eyebrows and forehead ... feel all the muscles relax and let go. Feel your eyelids relaxing ... relaxing and letting go. Breathe deeply and naturally ... feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. Feel the tension drain down your neck ... your shoulders ... just release and let go of all the tension and stress ... feeling a tingling, vibrating sensation as you let go completely. (pause) Feel the tingling and vibrating sensation in the arms and the hands as you relax them completely. Now let the warm wave flow down the back, drawing with it all the tightness ... all the tension. (pause)

Take in a nice deep breath, feeling your chest rise gently as you inhale ... then relaxing as you exhale. Feel the tingling and vibrating sensations as you exhale. Feel the tension drain away from the neck and shoulder muscles. Release all your
tension as you breathe deeply and naturally. (pause) Relax the pelvis and the hips, releasing the tension and pressure. Relax all the internal organs, every gland, every cell, and every organ, is functioning in a rhythmic and healthy manner as you release all excess tension and pressure. (pause) Let go... Let go... The soft caressing light is pouring delightfully over your body as you relax the thighs ... the calves ... the knees ... the feet. Your entire body is completely and totally relaxed. The flowing, soothing light causes a tingling and vibrating sensation to envelope the entire body. Feel your body getting lighter and lighter. Feel as if your body is floating gently ... softly, safely, in a warm, buoyant sea of light... becoming lighter... and lighter... and lighter... (long pause) Feel the warmth and comfort of being safe. You are safe; secure and strong, it is okay to let go. Release the limbs ... let them float within the light ... the arms and legs feel as if they do not belong to you ... the entire body is released and free. You are comfortable, you are supported ... you are safe ... you are completely and totally relaxed. (long pause) Now go into your mind and quiet your mind...And it’s good to know that you have a conscious and a subconscious... and that is good to know... and it is good to know that the conscious mind can drift now... rest now... drift and rest now. The subconscious hears and understands everything that I am saying... and I am talking to the subconscious. The subconscious knows how deep you need to be to get maximum benefit from this process today. I now direct the sub-conscious to take you to the right level..right now! (pause)
10... 9... 8... 7... 6... 5... 4... 3... 2... 1 You are there!

Today we are going to go on a journey ...a journey to meet the one who really feels menopause... That part of you that is (customize to client’s characteristics) the menopause one...You are standing on a path, a path that leads to a door..the door to the room of the (name of the part)...there are ten steps to the door..ten steps to the room ......the room of ( name the part) ..each step takes you closer..closer to the (name the part)....starting to walk to the door now..10-9-8-7-6-5-4-3-2-1..standing in front of the door now...the door to the room of the (name of the part).. on the door it says..Room of the menopause one ....can you imagine this door? It is easy to talk now...(wait for client to answer) You are your adult self on a very good day, a very strong day and you are connected to your own Spiritual Resources (deepen connection to Resources)...Are you ready to go into the room?
(wait for the client to answer) *Go into the room. Can you see or sense or feel the menopause one* (wait for the client to answer) *Tell me about the menopause one...* *Can the menopause one see you? How does the menopause one feel about you?* *Ask...* (wait for client to answer) *Can you become the menopause one...* ask the part...what it gets from the menopause symptoms...*(wait for the client to answer) *Can you take us back to the time when you learned this behavior?* (pull down a movie screen and run the movie back to the core incidents.)( at this time you may need to do a run and change, an EPC, nurture the child, or connect with Inner Resources. Do what is needed to bring resolution to the incident) *Go deeper now.* (two positive suggestions and visualizations designed for the client) *Now let us go back to the room where we began. What is the room like now?* (wait for the client to answer)*Can you see the one we have been working with today?* (wait for the client to answer) *Tell me about how they are.* (wait for the client to answer) *(If there is change..use suggestion work to anchor in change to the client’s goals)* *Now let’s do a mental rehearsal of you in your outer world* (customize this to fit the client’s desired outcomes) *what that would be like...*(wait for client to answer)(long pause) *Now let’s take a moment to integrate this process fully into your being... Body, Mind, Spirit and Emotions... integrate... integrate... integrate this connection into the fiber of your being...*

1... *Take in a long deep breath....*
2... *Coming back into your body...*
3... *Remembering everything you need to know...*
4... *Getting ready to open your eyes...*
5... *Eyes open wide awake and fully present... in here and now...*
Clearing Pattern of Menopause Script

Cellular Block Clearing script
(Instructions to therapist are not in italics)

Close your eyes and settle in…Take in a long deep breath and hold it….let it out with a sigh. Take in another long deep breath and hold it let it out with a sigh. Take in another long deep breath and hold it..now let it out slowly in your own time and space. Now I am going to count backwards from 10 to 1 and each descending number will take you to a deeper place in your own mind. 10 ... 9 ... 8 ... go deeper 7 ... 6 ... 5 ... deeper still 4 ... 3 ... 2 ... 1 ... You are there! (pause)

Now imagine a soft, warm shower of light pouring delightfully over your body, washing away all tension, washing away all pressure. Concentrate your attention upon your scalp, as the tightness dissolves and melts away, allow your scalp to relax completely. Move the attention slowly downward, focus upon the forehead ... feel all the tension drain away as the warm, soothing shower of light washes over your body. The shower creates a tingling, vibrating sensation as it flows gently down your face...(pause). Relax your cheeks ... relax and let go ... relax the jaw ... allowing your jaw to gently drop ... relaxing and letting go of all your tension...(pause) Feel your ears relax ... your eyes ... your eyebrows and forehead ... feel all the muscles relax and let go. Feel your eyelids relaxing ... relaxing and letting go. Breathe deeply and naturally ... feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. Feel the tension drain down your neck ... your shoulders ... just release and let go of all the tension and stress ... feeling a tingling, vibrating sensation as you let go completely...(pause) Feel the tingling and vibrating sensation in the arms and the hands as you relax them completely. Now let the warm wave flow down the back, drawing with it all the tightness ... all the tension...(pause)

Take in a nice deep breath, feeling your chest rise gently as you inhale ... then relaxing as you exhale. Feel the tingling and vibrating sensations as you exhale. Feel the tension drain away from the neck and shoulder muscles. Release all your
tension as you breathe deeply and naturally... (pause)...Relax the pelvis and the hips, releasing the tension and pressure. Relax all the internal organs, every gland, every cell, and every organ, is functioning in a rhythmic and healthy manner as you release all excess tension and pressure...(pause)...Let go... Let go...

The soft caressing light is pouring delightfully over your body as you relax the thighs ... the calves ... the knees ... the feet. Your entire body is completely and totally relaxed. The flowing, soothing light causes a tingling and vibrating sensation to envelope the entire body. Feel your body getting lighter and lighter. Feel as if your body is floating gently ... softly, safely, in a warm, buoyant sea of light... becoming lighter... and lighter... and lighter... (long pause)

Feel the warmth and comfort of being safe. You are safe; secure and strong, it is okay to let go. Release the limbs ... let them float within the light ... the arms and legs feel as if they do not belong to you ... the entire body is released and free. You are comfortable, you are supported ... you are safe ... you are completely and totally relaxed...(long pause). Now go into your mind and clear your mind...(pause)...and it is good to know that you have a conscious and a subconscious and that is good to know.. and it is good to know that your conscious mind can drift now.. your subconscious hears everything that I say. .I am talking to the subconscious.. Feel the warmth and comfort of being safe. You are safe; secure and strong, it is okay to let go. Release the limbs ... let them float within the light ... the arms and legs feel as if they do not belong to you ... the entire body is released and free. You are comfortable, you are supported ... you are safe ... you are completely and totally relaxed...(long pause). Now go into your mind and clear your mind...(pause)...and it is good to know that you have a conscious and a subconscious and that is good to know.. and it is good to know that your conscious mind can drift now.. your subconscious hears everything that I say. .I am talking to the subconscious... I direct the subconscious to focus on experiences that created the patterns of problems in Menopause.
I direct now the subconscious to release and clear all experiences that created the habits and patterns of problems with Menopause…….

All Experiences between conception and birth
All experiences of childhood
All experiences of adolescents
All experiences of your adult life
(customize actual experiences of the client)

Release and clear from your body, your mind, your emotions and your whole energy field. So that these experiences no longer create habits and patterns of problems with Menopause in you.

I direct now the subconscious mind to release and clear all shock and trauma connected to these experiences.

Release and clear from your body, your mind, your emotions, and your whole energy field. So that this shock and trauma completely disappears

I direct now the subconscious mind to release and clear the imprints and impressions of the experiences, which created the habits and patterns of problems with Menopause

Release and clear from your body, your mind, your emotions and your whole energy field. So that all of these imprints and impressions completely disappear.

I direct, now the subconscious mind to release and clear the entire web and linkage of feelings that are connected to these experiences.

Feeling of... pain...release and clear
fear...release and clear
sorrow...release and clear
struggle...release and clear
loneliness...release and clear
abandonment...release and clear
desperation...release and clear
failure...release and clear
hurt…release and clear these and all other feelings
...(Ad actual feelings of the client)
Release and clear from your body, your mind, your emotions and your whole
energy field. So that this entire web and linkage of feelings disappear completely.

I direct now the subconscious mind to release and clear the entire
habit and pattern of having problems with Menopause.

Release and clear from your body, your mind, your emotions and your whole
energy field. So that this entire habit and pattern disappears completely and you
can become truly your full adult self.

I direct now the subconscious mind to release and clear all beliefs
and variations of belief that came from the experiences that created
the habits and patterns of having problems with Menopause.

Release and clear from your body, your mind, your emotions, and your whole
energy field...so that all these beliefs and variations of beliefs disappear
completely.

Go into your belief system...

10...9...8...7...6...5...4...3...2...1

You are there...you believe that you can handle Menopause easily and effortlessly!
You believe that you are ready, willing and able to heal these habits and patterns
of having problems with Menopause. Ready, willing and able, able to easily
manage menopause. You believe that you can handle Menopause.

I direct now the subconscious and all levels of the mind to release and
clear all the habit and patterns of having problems with Menopause
completely from your body...your mind...your emotions...your entire
energy field...through all time and dimensions so that you can easily
and effortlessly manage Menopause.
Imagine that all your problems with Menopause is like the color grey…I direct now the subconscious to release and clear all black from your body…your mind…your emotions…your entire energy field…through all time and dimensions so as the grey leaves the body, the habits and patterns of problems with Menopause no longer bother you in any way…(long pause)

Starting to breathe in light now…light flowing into the soles of your feet and the arches…into the fine bones on the top of your feet…light flowing into your calves now…into your knees…into your thighs…light flowing into your intestinal tract…the stomach…light flowing into the heart and lungs…light flowing into your face now…into your jaw and cheeks…your ears and eyes…light flowing into your mind.

Now, bring your attention to your heart and begin to imagine that the heart opens…opens like a flower. Focus all your attention on your heart…imagine a soft pale color of healing…any color that you choose…flowing down into the heart filling every cell of your body…bringing total balance, healing the habits and patterns …Imagine yourself in the outer world.. feeling happy and calm from the inside out…..(customize for the client’s needs)…(pause)… you are calm, centered, happy, healthy, and joyous. You handle menopause just fine. Now let’s do a mental rehearsal…It is easy to speak now…tell me about how life is now…(wait for the client to answer.)

Now let’s take a moment to integrate this process fully into your being… Body, Mind, Spirit and Emotions… integrate… integrate… integrate this connection to into the fiber of your being…
Getting ready to come back now. I am counting to five…when I say five you will be awake and aware…

1… Take in a long deep breath….
2… Coming back into your body…
3… Remembering everything you need to know…
4… Getting ready to open your eyes…
5… Eyes open wide awake and fully present… in here and now…
Managing Menopause Script
(direcions for the practitioner are not in italics)

Tell the client in a waking state. This process is designed to help you manage your symptoms of menopause. It is not designed to replace traditional medicine or herbal remedies, but is a tool to train your body and your mind to manage your symptoms of menopause.

Close your eyes. Take a moment to settle in ... to feel yourself supported ... to know that you are in safe place. It’s okay to let go. Take in a long, deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath ... feeling your chest gently rise as you inhale ... and letting out your breath slowly in your own time and space. (pause) Now I’m going to lead you through a progressive relaxation exercise, which will take you into a deeply relaxed state and lead you into a place in consciousness where you can learn to use the power of your own mind/body connection to manage menopause. Yes, you can do it. Your mind is more powerful than any computer and you can use it to create balance...balance...balance. Your body can make these changes easily and naturally. It knows how to do ...it was designed with great wisdom....but the wisdom of the body needs balance... the stresses of life and emotions get in the way of that wisdom...I am going help you find that wisdom...I’m going to count backwards from ten to one. Each descending number will take you to a deeper level of your own mind. (pause)

10...9...8...7...6...5...4...3...2...1...You are there....

Now imagine a soft, warm shower of light pouring delightfully over your body, washing away all tension, washing away all pressure. Concentrate your attention upon your scalp, as the tightness dissolves and melts away, allow your scalp to relax completely. Move the attention slowly downward, focus upon the forehead ... feel all the tension drain away as the warm, soothing shower of light washes over your body. The shower creates a tingling, vibrating sensation as it flows gently down your face. (pause) Relax your cheeks ... relax and let go ... relax the jaw ... allowing your jaw to gently drop ... relaxing and letting go of all your tension. (pause)
Feel your ears relax ... your eyes ... your eyebrows and forehead ... feel all the muscles relax and let go. Feel your eyelids relaxing ... relaxing and letting go. Breathe deeply and naturally ... feeling all the muscles and tissues around your eyes relax. Even the eyeballs themselves are relaxed and letting go. Feel the tension drain down your neck ... your shoulders ... just release and let go of all the tension and stress ... feeling a tingling, vibrating sensation as you let go completely. (pause) Feel the tingling and vibrating sensation in the arms and the hands as you relax them completely. Now let the warm wave flow down the back, drawing with it all the tightness ... all the tension. (pause).....Take in a nice deep breath, feeling your chest rise gently as you inhale ... then relaxing as you exhale. Feel the tingling and vibrating sensations as you exhale. Feel the tension drain away from the neck and shoulder muscles. Release all your tension as you breathe deeply and naturally. (pause) Relax the pelvis and the hips, releasing the tension and pressure. Relax all the internal organs, every gland, every cell, and every organ, is functioning in a rhythmic and healthy manner as you release all excess tension and pressure. (pause) Let go... Let go

The soft caressing light is pouring delightfully over your body as you relax the thighs ... the calves ... the knees ... the feet. Your entire body is completely and totally relaxed. The flowing, soothing light causes a tingling and vibrating sensation to envelope the entire body. Feel your body getting lighter and lighter. Feel as if your body is floating gently ... softly, safely, in a warm, buoyant sea of light... becoming lighter... and lighter... and lighter... (long pause) Feel the warmth and comfort of being safe. You are safe; secure and strong, it is okay to let go. Release the limbs ... let them float within the light ... the arms and legs feel as if they do not belong to you ... the entire body is released and free. You are comfortable, you are supported ... you are safe ... you are completely and totally relaxed. (long pause) In a moment I am going to ask you to begin to imagine (pause). Bring your attention to the soles of your feet and begin to imagine that there are roots coming from the soles of your feet... roots that flow down into the center of the earth. Your roots can be as thick as a tree trunk or as thin as an angel’s hair.............. but they are strong... so very strong... the roots travel
down through space... through the floor... through the foundation of the building and into the earth itself... (pause) the earth is our real mother... the earth always supports us... never betrays us... and there is energy in the earth! The roots travel down... 10 feet, 50 feet, 500... 1,000... all the way to the center of the earth... (pause) the core of the planet... (pause) the energy of the earth is like liquid, golden light, cooling and balancing... flowing smoothly... evenly up into the roots now... (pause) stability... balance... nurture... flowing up the 1,000 feet, the 500 feet the 50... 10... stability, balance, nurture... through the foundation of the building, through the floor, through the space to the soles of your feet now... stability... balance... nurture... (pause) flowing like liquid... golden... cooling light into the soles of your feet and the arches, into complex bone structure on the top of the feet and the ankles, into the caves, knees... the long bone in the front of your legs... filling your thighs with the earth’s energy. Stability, balance... nurture. (pause) The energy of the earth flows up into the torso now, the vital organs, sexual organs... stability, balance nurture... (pause) The energy of the earth flows into the shoulders and down the arms, spilling into pools of golden light around the hands. Stability, balance, nurture... (pause) the energy of the earth flows smoothly and evenly up into the face now, the jaw, the cheeks the ears, the eyes... (pause) the energy of the earth flows out the top of the head and spins through the aura... creating an envelope of golden light around you. Run the energy of the earth... the liquid golden light for a few moments now... from the center of the earth, through your body and out of the top of the head spinning through the aura...........stability balance nurture... (long pause) And it’s good to know that you have a conscious and a subconscious... and that is good to know... and it is good to know that the conscious mind can drift now... rest now... drift and rest now.

The subconscious hears and understands everything that I am saying... and I am talking to the subconscious. The subconscious knows how deep you need to be to get maximum benefit from this process today. I now direct the sub-conscious to take you to the right level now! (pause) 10... 9... 8... 7... 6... 5... 4... 3... 2... 1 You are there!

I now direct the subconscious to release and clear all blocks to managing your symptoms of menopause. To release and clear all blocks created between conception and birth... To release and clear all blocks that developed during the birth process... to release and clear all blocks that were created in childhood, that were created in adolescence, and that were created in your adult life... release and clear.
I now direct the subconscious to release and clear fully and completely all blocks in your belief system and your deservingness levels so you may manage your symptoms of menopause now... right now. (pause)

I now direct your subconscious to release and clear all these blocks and all others from your body, your mind, your emotions and your whole energy field so that they dissolve immediately. (long pause)

Breathe normally and naturally now in a very relaxed and comfortable manner. Feel the energy entering your body as you inhale...and as you exhale breathe out and release all imbalance...all excess heat...all emotional turbulence...As you are breathing, begin to become aware of the flow. The breath coming in balancing and energizing you...the breath going out releasing ...releasing all imbalance...releasing all excess heat...Releasing all emotional turbulence...breathe deeply and easily (long pause)...feel the body (pause)...there is wisdom in the body....the body knows how to balance itself...balance the hormones.....stabilize the metabolism....Turn down the hot flashes! Turn down the hot flashes...now...the body knows how, the body knows how....the body does it now! The body does it now! Turn down the hot flashes now! Balance your emotions...calm yourself..each phase of life has its gifts... come into the beauty of the harvest time..reap the gifts of joys of life.....give thanks and count your blessing......You feel good about who you are..you feel good about what you do....you manage well....you mange menopause...now (pause)....Sleeping is easier now..sleeping easily.....naturally..gently..letting go and sleeping deeply..You sleep deeply...each and every night. You sleep deeply and easily..Comfortably, coolly and naturally. This is your time to be in balance and enjoy the joy of harvest..your moods stabilize...you calm down..this happens immediately..

Balance....Balance...Balance...Your body changes easily...Each and every time that you do this process it will help you body find it’s wisdom and come into balance. The hot flashes will fade more and more..Your moods will stabilize and you will be able to manage your symptoms of menopause easily, naturally effortlessly....Believe in yourself..trust your own Inner Truth...Manage your life...Now imagine your life calm and balanced, see yourself enjoying comfortable, deep relaxing sleep, imagine yourself feeling physically comfortable at all times and in all situations..imagine this now...(long pause)

Now let’s take a moment to integrate this process fully into your being... Body, Mind, Spirit and Emotions... integrate... integrate... and every time you look at the
time, you remember it is the time for your easy balanced life... and each and every
time you take time to notice the time, you know it is time... time for a easy
balanced life (pause)....

We will come back to ordinary reality. You will be able to integrate this so fully
into your being that you will remember that it is the time of grace and
graciousness...the harvest of life.....You manage your life with ease enjoying the
time of harvest... Now let’s take a moment to integrate this process fully into your
being... Body, Mind, Spirit and Emotions... integrate... integrate... integrate this
connection to into the fiber of your being...
Getting ready to come back now..I am counting to five...when I say five you will be
awake and aware...

1... Take in a long deep breath....
2... Coming back into your body...
3... Remembering everything you need to know...
4... Getting ready to open your eyes...
5... Eyes open wide awake and fully present... in here and now...
Committee Work:

1. Determine and write the goal.

2. Listen to inner voices and write their messages.

3. Name the voices.

4. Draw or write names of parts around the table

<table>
<thead>
<tr>
<th>Part</th>
<th>Statement about menopause</th>
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Conference Room Protocol

1. Enter trance and go to a conference room where the parts can meet.

2. Have the client observe the parts. (Judge, etc.)

3. Have the client (as adult self) speak with the parts about menopause.

4. Work with the parts to resolve the issues around menopause... Do whatever is necessary. Hearing what they say, but keeping the adult in charge.

5. Deepen for suggestions and visualizations.

6. Anchor and return to normal consciousness.

Meet your Sub Personalities:
The Wheel of Personality
“The Committee”
Future Self Protocol

1. Enter trance with a deep progressive relaxation of the body.

2. Deep relaxation of the mind to enter the subconscious.

3. Mock up the Future Self ... free of all Menopause symptoms

4. Journey to the room of the Future Self.

5. Ask the Future Self what the client needs to do to be free of Menopause symptoms


7. Integrate the Future Self into the client to serve as a guide.

8. Deepen the client and do suggestion work to reinforce what the Future Self said.

9. Mental rehearsal around suggestions of the Future Self.

10. Re-anchor and return to normal consciousness
Meeting the Future Self Script

(close directions to the practitioner are not in italics)

Close the eyes now and settle in. Make any adjustments that you need to make to get completely relaxed and let go ... Now imagine that you are in a very safe place your own safe place...a place of security and personal power..... and you are calling in your own Inner Advisor, a resource from within that can help you find your own true Future Self that can help you to create your future. (pause)

Take a long, deep breath and hold it ... now let it out with a sigh. Take in another long, deep breath and hold it ... and as you release it, let go of all tension and pressure ... just let go... Now, I'm going to count backwards from 10 to 1 and each descending number will take you deeper ... deeper now ... 10, 9, 8 ... go deeper now ... 7, 6, 5 ... deeper now ... 4, 3, 2, 1 ... much deeper now. Concentrate your attention upon the scalp . . . as the tightness dissolves and melts away, allow the scalp to relax completely . . . move your attention slowly downward and focus your attention on the forehead. Feel all the tension drain away as you relax the forehead,...relax the cheeks, relax the jaw, allowing the jaw to gently drop relaxing and letting go of all tension. Feel the ears relax . . . the eyes . . . the eyebrows and forehead . . . feel all the muscles relax and let go...(pause)

Feel the eyelids relaxing . . . relaxing and letting go. Breathe deeply and naturally . . . feeling all the muscles and tissues around the eyes relax. Even the eyeballs themselves are relaxed and letting go. A gentle wave of relaxation moves down the neck and shoulders . . . drawing all the tension, all the pressure. Relax the neck . . . the shoulders . . . the chest . . . just release and let go of all the tension and pressure, feeling a gentle tingling vibrating sensation as you let go. Feel the tingling vibrating sensation in the arms and hands as you relax them completely. Now let the wave of relaxation flow down the back, drawing with it all the tightness, all the tension, all the pressure. Take in a nice deep breath, feeling the chest rise gently as you inhale . . . then relaxing as you exhale. Feel the tingling and vibrating sensations as you exhale. Feel the tension draining away from the neck and shoulder muscles. Release and let go of all the tension as you breathe deeply and naturally. Relax the pelvis and hips........releasing all the tension and pressure. Relax the internal organs. Every cell, every gland, every organ is
functioning in a rhythmic and healthy manner as you relax and let go. .....now relax the thighs . . . the calves . . . the feet. The entire body is completely and totally relaxed.....Feel the body getting lighter and lighter. Feel the warmth and comfort of being safe. You are safe. It is okay to let go. Release the limbs . . . . the entire body is relaxed and free. You are comfortable, you are supported . . . you are safe ..secure . .and strong. . You are completely and totally relaxed!

Just relax the body ... the body knows how to relax ... relax the body. Now go into the room of your mind and clear the mind ... put all your thoughts away ... there is perfect order in the world ... they will come back in perfect order. Put all the thoughts away ... clear the mind......(long pause) Quiet your mind...And it’s good to know that you have a conscious and a subconscious... and that is good to know... and it is good to know that the conscious mind can drift now... rest now... drift and rest now. The subconscious hears and understands everything that I am saying... and I am talking to the subconscious. The subconscious knows how deep you need to be to get maximum benefit from this process today. I now direct the sub-conscious to take you to the right level now! (pause)

10... 9... 8... 7... 6... 5... 4... 3... 2... 1 You are there!

I direct now the subconscious to focus on experiences that created the blocks to meeting your true Future Self. I direct now the subconscious to release and clear all experiences that that created the blocks to meeting your true Future Self.

All experiences between conception and birth
Experiences during the birth process
Experiences of the childhood
Experiences of the adolescence
All experiences of the adult life

Release and clear from your body, your mind, your emotions and your whole energy field. So that the impact of these experiences completely disappear. Go deeper now......(pause)

I direct now the subconscious mind to release and clear all shock and trauma connected to the experiences that created the blocks to meeting your true Future Self.
Release and clear from your body, your mind, your emotions and your whole energy field. So that all this shock and trauma completely disappear. Go deeper now……(pause)

I direct now the subconscious mind to release and clear the imprints and impressions of the experiences that created the blocks to meeting your true Future Self.

Release and clear from your body, your mind, your emotions and your whole energy field. So that these imprinted impressions completely disappeared. Go deeper now…

I direct, now the subconscious mind to release and clear the entire web and linkage of feelings that are connected to the experiences that created the blocks to meeting your true Future Self.

- pain ... release and clear
- fear ... release and clear
- sorrow ... release and clear
- struggle ... release and clear
- loneliness ... release and clear
- abandonment ... release and clear
- desperation ... release and clear
- failure ... release and clear
- hurt ... release and clear and all other feelings.

Release and clear from your body, your mind, your emotions and your whole energy field.....so that the entire web and linkage of feelings disappear. Go deeper now...

I direct now the subconscious mind to release and clear the entire habit and pattern of being blocked to meeting your true Future Self....

Release and clear from your body, your mind, your emotions and your whole energy field....so that the entire habit and pattern disappears completely. Go deeper now......(pause)
I direct now the subconscious mind to release and clear all beliefs and variations of belief that come from the experiences that created blocks to meeting your true Future Self.

Release and clear from your body, your mind, your emotions and your whole energy field.....so that all beliefs and variations of beliefs disappear completely. Go deeper now......(pause)

Go into your belief system –10..9..8..7...6..5..4..3..2..1 ...You are there!.... you believe you can meet your true Future Self. You believe it...you believe it!

I direct now the subconscious and all levels of the mind to release and clear all blocks to meeting your true Future Self from your body... your mind... your emotions... your entire energy field... through all time and dimensions so that all your blocks disappear completely. Go deeper now....

Imagine that the blocks are the color gray... I direct now the subconscious to release and clear all gray from your body... your mind... your emotions... your entire energy field... through all time and dimensions so that these blocks no longer bother you in any way. Let all the gray drain away...(long pause)

Today we are going to go on a journey ...a journey to meet the Future Self who no longer feels the symptoms of menopause. That part of you that has already achieved balance with menopause. You are standing on a path, a path that leads to a door..the door to the room of the Future Self...there are ten steps to the door..ten steps to the room ......the room of the future self ..each step takes you closer..closer to the Future Self...starting to walk to the door now..10-9-8-7-6-5-4-3-2-1..

You are standing in front of the door now...the door to the room of the Future Self.. on the door it says..Room of the Future Self..can you imagine this door? (wait for client to answer) You are your adult self on a very good day, a very strong day and you are connected to your own Inner Wisdom (deepen connection to client’s Inner Wisdom)...Are you ready to go into the room? (wait for the client to answer)
Go into the room. Can you see or sense or feel the Future Self? Tell me about the Future Self? Can the (customize for the client) see you? Ask the Future Self to tell you what steps to take to get to become balanced in menopause..... (wait for client to answer) Can you become Future Self? (pause) Feel what it feels like to have achieved your goals...(pause)...to have accomplished the journey to your future....(pause).....know what the Future Self knows...(pause)...the future is already inside of you......(wait for the client to experience the connection) Now imagine that the Future Self ..the part that knows the answers for you can speak to you...listen inside...What does the Future Self want to say...Listen inside...(wait the client to answer..dialogue with Future Self) (create at least 1 suggestion for the client based on information from the Future Self) (Deepen and give suggestion). Now let’s do a mental rehearsal of you in your outer world (customize this to fit the client’s desired outcomes) what that would be like...following the guidance of your future self (wait for client to answer) (long pause)

Now let’s take a moment to integrate this process fully into your being... Body, Mind, Spirit and Emotions... integrate... integrate... integrate this connection to the Future Self into your own incredible intuition..... into the fiber of your being.

Getting ready to come back now..I am counting to five...when I say five you will be awake and aware...

1... Take in a long deep breath....
2... Coming back into your body...
3... Remembering everything you need to know...
4... Getting ready to open your eyes...
5... Eyes open wide awake and fully present... in here and now...
Close your eyes and make yourself even more comfortable. Take a moment to settle in, to feel safe. Feel yourself supported knowing that you are in a safe place. It is okay to let go. (pause) Take in a long deep breath and hold it . . . now let it out with a sigh. Take in another long, deep breath and hold it . . . now let it out with a sigh. Take in another long, deep breath, feeling your chest rise gently as you inhale, letting out your breath gently as you exhale. Relaxing and letting go. (pause)

Now I’m going to count backwards from ten to one and each descending number will take you to a deeper space, a deeper place in your own mind. (pause) 10 ... 9 ... 8 ... 7 ... 6 ... 5 ... 4 ... 3 ... 2 ... 1 ...

Now begin to imagine that your whole body is surrounded with pale, soft Light. Pink Light. Pale, soft, pink. Let yourself relax even more now. Feel yourself melt away. With every breath you become more and more comfortable. More relaxed. Now we are going to fill your body with Light. As you breathe, breath in Light. Breath in Light all the way down to the tips of your toes. Fill your toes with Light. Fill your arches with Light. The complex bone structure, the subtleness of the feet. Your feet are going to fill with Light and when they are completely filled with Light, they are going to lift and float away. The feet begin to tingle now. (pause)

Take a deep breath and as you exhale let them go. Let your feet just lift and float away now. Let them go. Now the Light moves up into your ankles.

Your ankles are filled with Light. Your calves are filled with Light. The knees, the thighs, the hips are all filled with Light. (pause)

Take in a breath and now with the next exhalation your Light filled legs are going to float away. Let them go. Let them float away. Now the Light moves up into your torso, your hips, the groin, the belly . . . all are filled with Light. (pause)

The Light moves gently up into the area of the chest, the small of the back is filled with Light. The Light moves up the spinal cord and as it moves up the spine, the great muscles of the back that control movement are all filled with Light. Pale, soft, pink Light. The nerves, the nerves that link to the spine are filled with Light.
The entire nervous system is filled with Light and vibrating, vibrating in that pale, soft, pink glow. You feel the nerves unwind and relax. The entire torso is filled with Light now. (pause)

Take a deep breath and as you exhale, let your torso go. Just let it float away. Now the Light moves down through the shoulders and to the very ends of your fingers. The fingers, the palms, the hands are filled with Light. The hands begin to tingle now. The wrists, the forearms, the elbows, the upper arms are all Light filled. Take a breath and as you exhale your arms will just float away. Let them go, just let them go. Let them float away, let them go. The soft pink Light spills up into the throat now. The muscles of the neck are filled with Light, it moves up into the jaw. And as it moves up your mouth may slacken, the cheeks are filled with Light. The delicate muscles around the mouth are Light filled. The mouth itself is filled with Light. Pale, soft, pink Light. (pause)

The Light moves up into the eye area now, small muscles around the eyes are filled with Light. The temple, the forehead, all are filled with Light. Pale soft, pink Light.

Go deeper now ... Vibrating, tingling, pink Light. The Light moves across the scalp, to the very back of the head now. The entire body is filled with Light now. Let it go now. Let it go. Just let it float away. Let it go. Let your body float into the Light.

Now open the doors to the room of your mind. Open the doors to the room of your mind. A Light breeze springs up, it moves into that room gathering all of the thoughts, all of the worries, all of the fears, all of the feelings, gathering them up and lifting them away. Let them go. You can let them go. (pause)

Remember that there is perfect order in the universe, these thoughts will return in perfect order. Now let them go. Smaller rays of Light move into the corners of your mind. Gathering up any stray thoughts, it picks them up and sheds the thoughts, lifts them away. Your mind is open, refreshed, clear and cool. Open and clear. (pause)

Go deeper now ... Bring your attention to the center of your forehead, just above and between your eyes. Imagine a Light shining from this point. Feel it, feel it. A beam of Light that moves out from the center of your forehead. Feel it. Now come out on to this beam. Come out. It will support you perfectly. You are going to lift on that beam of Light. As you inhale you will rise, rise on that beam of Light. As
you feel yourself become Lighter and freer. Freer and Lighter. As you exhale you will rise again. Lighter and freer. Freer and Lighter. With every breath effortlessly, you will rise higher, Lighter, freer, higher, Lighter, Lighter and freer, (pause)

Now you are floating, floating in a sea of Light. Effortlessly floating, floating on a sea of glorious pink Light. Go deeper now. (pause)

Now I would like you to begin a slow spinning movement. Spinning either to the left or the right. Gently spinning. Let yourself start spinning now. You are spinning now. Spinning a bit higher, a bit freer. Lighter and higher as you spin you will rise again. Lighter and freer, freer and faster. Higher and Lighter. Effortlessly now, your lifting. Your spinning higher, lifting and spinning higher. Now you move into a beautiful Light filled mist. Pale, soft, pink Light. Slow your spin down now. Slow your spin down now. Stop your spinning. Now you begin to feel the Light. The pale, soft, pink Light surrounding you. The Light is surrounding and filling you. A pale, soft, pink Light. Baby pink, pale and soft.

The pale, soft, pink Light is filling the cells of your body now. Filling the cells of your body with the essence of youth and vitality. You are gently resting, resting in the glorious sea of the pink Light. The pink Light is flowing into the very cells of your body.

Take a full deep breath and as you exhale you will rise even higher into the glorious Light. The glorious pink Light. Moving into a timeless place, a place with no time, Becoming Light within Light. Becoming one with the Light. Your body is remembering now. Remembering how good it feels to be young and vital and alive. Your body is remembering now. (pause)

You are forever young. Youth and vitality flows from the cells of your body. The cells of your body have the DNA encoding of youth and vitality. Your cells are accessing that code now. You are young, forever young. You are young, forever young. The cells know how to do this. The cells are doing this right now. (pause) And as you lie there in the glorious sea of the radiating pink Light, you begin to have a dream, a dream about a beautiful temple that sits at the foot of a sacred mountain. The image of that temple shimmers in your mind. (pause)

Let yourself go now. You stand on the steps of the temple, the moon light caresses you. You walk up the steps of the temple and through a double set of doors and
down a long corridor through a second set of doors into a great room. A great Light filled room. In the center of the room is a fountain. The fountain of youth. The fountain is a crystal fountain and the liquid is the essence of pink. Liquid pink Light. You take a crystal goblet and you fill it from the fountain. You drink deep of the fountain of youth. You are forever young. You are forever young. (pause)

Go deeper now … The essence of youth and vitality flows through the very cells of your body. You are young, you are vital, you are strong, you are forever young. Experience this now. (pause)

Otherwise, it is time to return to ordinary reality. You will be bringing youth and vitality back with you. (pause)

In a moment I’m going to count to five and when I say five, you’ll be young, vital, wide awake, in present tense and feeling connected to yourself. You will remember everything you need to know. And on the inner plane the cells of your body will continue to pour youth and vitality into the essence of you. (pause)

Getting ready to come back now.
1... Take a nice deep full breath into your body
2... Starting to move and stretch, feeling youth and vitality.
3... Moving your fingers and toes, feeling so good, so young, so vital.
4...... Getting ready to open your eyes.
5 ... ..Eyes open ... awake and aware
Menopause Self Assessment Form

Name: Date:
Address: Phone:

1. Tell me about your experience of menopause?

2. Attitudes and Beliefs About Menopause:
   
   What have you been told about Menopause?

   How have women in your family experienced Menopause?

   How do you see your Menopause body?

   How do you feel about change?
3. What are your specific menopause symptoms? When are they worse? When are they better?

4. Do women you know have similar experiences of Menopause? (Friends, coworkers, significant others, parents)

5. Who in your life supports you in mastering your symptoms? How do you experience their support?

6. What is your attitude towards exercise? How much do you get each week? What are your eating and sleeping habits like?

7. Have you ever felt physically, sexually, emotionally or mentally abused? Tell me about your experience.
8. What is your history of births, miscarriages or abortions?

9. How do you feel about your family of origin?

10. Do you associate any of these emotions with your experience of Menopause?

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<thead>
<tr>
<th>Anger</th>
<th>Anxiety</th>
<th>Shame</th>
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<td>Sadness</td>
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Is there anything else that you want to say about your experience of menopause?
Menopause Program

Session I: Complete Self Assessment

A. Explain how hypnosis can help them.
B. Take the client into trance, create safe place / place of personal power.
C. Reinforce Life-style choices and personal responsibility.
D. Discuss the importance of self esteem. Self Esteem homework.

Session II: Short Interview Form

A. Reinforce life-style choices/attitudes towards change
B. Review Menopause tools. Encourage client to practice
C. Discuss importance of self hypnosis/teach client
D. Have client practice with appropriate suggestions

Session III: Short Interview Form

A. Reinforce life-style choices and personal responsibility
B. Discuss self talk and help client create their personal menu. Deep relaxation anchor in trance.
   1. Reinforce need to use Menopause tools daily.
   2. Reinforce need to practice self talk and Self Hypnosis

Session IV: Short Interview Form

A. Finding and Developing Spiritual Resources. Use script and amend as necessary.
B. Reinforce need to use Menopause tools daily.
C. Reinforce Self Hypnosis 5 times per week.
D. Get agreement from the client to meet with the Spiritual Resource Daily and cultivate their Authentic Self.

Session V: Short Interview
If client is not doing self hypnosis – re-teach and delay trigger reduction until next session. If client is doing self hypnosis discuss triggers for symptoms. Then do Trigger Reduction session.

A. Trigger Reduction Session.
   1. Clearing the Patterns of Stress Script
   2. Breathing to reduce anxiety

B. Reinforce all previous work
   1. Menopause Tools.
   2. Self Hypnosis.
   3. Connecting with Spiritual Resource / Authentic Self.

C. Discuss the importance of Stress management

Session VI: Short Interview
Resolving ambivalence about ending symptoms, Review attitudes towards Menopause and change. Review family of origin issues and past history of pregnancy, miscarriages and abortions to see if there is any unfinished business.
A. Hypnosis to bring balance in the body. Teach symptom management tools.
B. Reinforce all previous work. (Same as previous session)
Session VII: Short Interview
Committee work
  A. Identify how the parts feel about Menopause
  B. Reinforce all previous work.
     1. Menopause Tools
     2. Self Hypnosis

Session VIII - IX: Short Interview
  A. Parts Work - the part that is holding on to the symptoms
     Work from conference room information and work through the parts.
  B. Reinforce life-style choices and Menopause tools.

Session X. Short Interview
  A. Last Session Form focusing on self care program
  B. Hypnosis to visit the Future Self free of all symptoms
Menopause Short Interview Form

Client’s Name: ___________________________ Date: _______________________

1. What are the positive effects that you are experiencing from our work?
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

2. What would you most like to share with me today?
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

3. How are you doing at managing your symptoms?
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

4. Have you been using your Menopause tools?
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

5. What do you want to accomplish today?
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________
   ______________________________________________________________________

6. Practitioner’s Intervention:
   ______________________________________________________________________
   ______________________________________________________________________
Mind Over Menopause Classes

Session I:  Introductions and personal assessment. Teach class as to the Benefits of hypnosis in managing
Menopause. Explain how Hypnosis can help them. Teach the creation of safe place/place of personal power. Explore life style choices, attitudes towards Menopause and personal responsibility.


Session III: Short Interview Assessment form. Practice finding and Developing Inner Resources. Reinforce need to use Menopause Tools daily. Reinforce Self Hypnosis 5 times per week.

Session IV: Discuss triggers for symptoms. Then do Trigger Reduction Process. Cellular Block clearing. Breathing to reduce Anxiety. Images to eliminate symptoms.

Reinforce all previous work:

1. Menopause Tools.

2. Self Hypnosis.

3. Connect with Inner Resource/Authentic Self. Discuss the importance of Stress Management.

Session V: Committee Room Work

Identify all of the different feelings about Menopause. Reinforce all previous work. Resolving ambivalence about ending symptoms and past history of pregnancy, miscarriages and abortions to see if there is any unfinished business.

Session VI:
Reinforce life-style choices and Menopause tools.
Last Session Form focusing on self care program.
Hypnosis to visit the Future Self free of all symptoms.

Last Session Form

Client: _______________________ Date: __________

Fill out and process with client. Put in file.
1. What was the best thing for you in our work together?

2. What are some of the things that you learned about handling your symptoms of Menopause?

3. What are some positive changes you have made in your life-style or attitudes

4. Was hypnosis what you expected? If not, describe how it was different.

5. How will you manage your Menopause symptoms in the future?

6. Comments:

Teaching People How To Heal…

Zoilita Grant MS CCHt. MCHC.

I have learned the power of hypnosis through the impact on my life and the lives of thousands
of people that I have worked with over the last 30 something years. For most of my adult life I practiced psychotherapy specializing in counseling hypnotherapy. I practiced in three different states and two countries and always made an exceptional living. I was able to make a six figure income by the early 1990’s and maintain that consistently until I stopped practicing hypnotherapy in 2007. I now practice Hypnotic-Coaching. In 2008 the American Council of Hypnotist Examiners approved credentialing for Hypnotic-Coaching. This new profession is a natural evolution of the use of hypnosis in combination with life coaching tools and techniques. Like the Life Coach, the Hypnotic-Coach acts as a partner with their client. I have dedicated much of my life to helping people heal themselves. Hypnotic-Coaching is a perfect model to do that! I have a private practice at 1400 16th St. Suite #400 Denver, CO.80202 and at 200 Lincoln St. Longmont, CO.80501. I am also the Director of the Colorado Coaching and Hypnotherapy Training Institute. Please visit my web sites www.coloradocoaching.net or www.zoilitagrant.net

Zoilita has written and published twenty-seven books for hypnosis professionals and a line of hypnosis CDs for the public. These are available through her. Zoilita graduated from the University of California at Berkeley in 1971 with degrees in Anthropology and Psychology. She completed her Master of Science degree in Counseling at the University of Texas in 1979. She completed the Alchemical Hypnosis training in 1988 with David Quigley and has studied with Gil Boyne and Dr. R.D. Longacre, Dr. Patrick Porter. She is certified in five styles of hypnosis Zoilita loves cats, practices yoga and has been meditating for over 40 years. Of all her accomplishments, supporting the growth and development of her adult children, her son-in-law and her lovely grandchildren are her most important. She can be reached at zoilita@zoilitagrant.net or 303-776-6103.