I had a client once who used to tell me about her most enjoyable experiences of, taking wonderful, long bike rides on a trail through a forest near her home.

In the beginning, she was very much aware of having to make an effort to push each pedal to move forward.

But before long, she completely lost awareness of pedaling at all, and she would become deeply absorbed in the delight of all God’s creations.

The fresh aroma of clean all air.
The chirps and peeps of the crickets, grasshoppers and birds around.
The refreshing and invigorating coolness.
All of the beauty of nature, such a welcome newness from her normal routine.
And the further she rode, the more and more r-e-l-a-x-e-d she began to feel.

And as she rode down the long, winding path... Going deeper and deeper... into the beautiful woods.
Sometimes she would really begin to notice that the leaves were just beginning to change into their fall colors.

You can really see the beautiful bright yellows, the deep oranges and glowing reds.

And sometimes the delightful colors were so transfixing that a person could really... gaze at that one spot... and just fix your eyes there... N-O-W... as it is so nice to find oneself enjoying - really enjoying the experience completely... beginning to feel more and more relaxed, as all of the stress and tension just f-l-o-w-s out of your body.

And she would continue going deeper and deeper into the forest, just becoming lost in your own world of pleasant thoughts.

And there’s really no need to pay attention to anything at all, other than the sound of my voice, as you continue to enjoy, really enjoy, this delightful story, allow yourself to enjoy the soothing images, sounds and feelings in your own mind, in your own way.

And this client of mine would continue to tell me how a person could become totally relaxed and allow all of the stress and tension to just flow out of your body now as one becomes deeply absorbed in the experience, enjoying the wonderful, deep absorption in thought, and the wonderful deep relaxation.

And as you are listening to the story of this client of mine, and as you are enjoying the soft, soothing tone of my voice,
Storytelling Hypnosis Induction – Ericksonian Style

and as you are allowing yourself to relax even more and more,

perhaps you may begin to, allow your head to gently drop down so that your chin touches your chest. That’s right... your head going down... down... down... just let go... all the way down... touching your chest...N-O-W...

And it really does not matter if your head begins to drift down slowly... or if it drifts down quickly... so long as it just happens at its own pace, in its own time... that’s right...

comfortably drifting down... and going deeper and deeper and deeper... and even still deeper yet... my client would continue on her most delightful ride through the wonderful, deeply relaxing experience...

a person can, you know, allow themselves to just let go completely now and become so very relaxed that they become lost in the experience of feeling sooo good, feeling sooo relaxed, feeling sooo wonderfully calm... and peaceful... and safe... and secure... that’s right... all of the stress and tension just flowing...o-u-t... n-o-w...

and perhaps you may begin to notice now a wonderful... comforting warmth in the muscles in your neck and shoulders...

perhaps you’re becoming aware of the soothing warmth now... or perhaps it may take a few minutes to really begin to feel this wonderful, comforting warmth...

and it’s easy to imagine yourself... now... sitting comfortably and safely in a private tub of warm water...

perhaps your own bathtub... or maybe a soothing whirlpool... wherever you are now, begin to imagine yourself there... make sure it’s a place where you feel very comfortable... very safe... and very secure... very pleasant... becoming more and more relaxed... feeling the delightful, comforting warmth of the soothing water...

and you may begin to notice that your legs are starting to relax completely... feeling so warm... so comfortable... so very, very relaxed...

all the stress and tension just melting away... such a wonderful, comforting, delightful experience... and you may begin to notice that soothing warmth spreading... now...
all throughout your body... up your legs... through your abdomen... up into your chest... across your shoulders... down your arms... all the way out your fingertips...

and I really don’t know if you can let this happen completely now.... or if you already have... or if it may take a few minutes to feel the relaxation so completely... that’s right...

and this client of mine would enjoy these delightful rides frequently... and times she wanted to feel good... and times she wanted to feel completely relaxed... and she would go to the special place as often as she liked... when ever she needed to go there... sometimes just for a short trip, lasting only a few minutes... and other times for hours...

and a person can, you know, have those same experiences, and enjoy those same wonderful feelings anytime they choose... by revisiting the experience in the quietness of their own mind...

and it doesn’t really matter if it’s a real bike ride, or an imagined one...

because a person can, any time they wish, go to a quiet place, close their eyes, and become fully absorbed in the experience and feeling completely relaxed and comfortable...n-o-w...

Awaken Sequence

I’m going to bring you out of hypnosis now by counting to 5, and as I say each number you will feel more and more healthy, cool, calm, relaxed and whole.

1. You are slowly coming back to the here and now, feeling relaxed, cool, calm, peaceful.

2. Feeling overjoyed with health and vitality.

3. Your mind is clear and alert, your body balanced, restored.

4. Your eyes are starting to open and you feel great... and...

5. Eyes wide open, alert and feeling wonderful... Welcome back.