

Handout 05

for

Basic Hypnosis: HYP100

Induction

Progressive Relaxation – Toes Up

“Many people fail to relax completely when they decide to relax. This is a basic technique to make you more aware, mindful of the different parts of your body and their need to relax. In a moment, I am going to ask your body to relax more fully. As you begin to relax more, you may become aware of an inward focus. As you begin to focus inward, you become more and more aware of your ability to respond to suggestions for relaxation.

All background sounds reassure you that all is well in the outside world, and you are safe to continue this inner journey. If anything occurs that requires your immediate attention, you rouse to tend to the occurrence, and should you so choose, return to a deep level of relaxation when you are complete. Each and every time you practice this exercise you go deeper and faster than the time before.

So, sit or lie comfortably, loosen or remove any article of clothing that may restrict or confine you. Spread the legs slightly so the thighs aren't touching. Uncross legs or ankles, hands or arms. Allow the hands and arms to rest on or beside the thighs without touching each other. Breathe deeply, from the belly, or the diaphragm, the way you breathe when you are sleeping. And when you are ready, allow your eyes to close. Breathe deeply, as you breathe while you are sleeping. . . and become aware of the toes. Turn them loose and limp and lazy. Some people like to relax by flexing and contracting the muscle, taking them to the peak of their level of tension before dropping them to the basement of their level of relaxation. Some people just let their muscles go loose and limp and easy. Whatever you do is right, trust yourself, relax and let them go.

Feel all the muscles of the feet, turn them loose. Ankles, shins and calves, relax them. Feel the knees, relax them, loose and limp and good. Thighs and buttocks, turn them loose and limp and good and excellent. Feel all the muscles of the back, the small muscles and the large muscles, turn them loose and limp and that's fine. Feel the rising and falling of the rib cage, as you breathe deep and easy, giving all your internal organs a beautiful massage. With every breath, go deeper into relaxation.

Let the hands, fingers, and wrists turn loose and limp as a handful of loose, limp

rubber bands. Feel the forearms, elbows, and upper arms relaxing. Feel the shoulders, turn them loose, let them go. Feel all the muscles of the neck, relax them. If your teeth are touching, allow them part slightly, relaxing all the muscles of the jaw and chin and mouth. Feel the ears relaxing, all background sounds reassure you that all is well in the outside world, you are very safe to continue this inner exploration. If anything should occur which needs your immediate attention, you attend to it refreshed, rejuvenated, regenerated. For now, just rest. Let the nose relax. Nose, sinuses, windpipe, bronchial tubes, relax and open, open, open. Feel the cheeks, turn them loose and limp, and all the muscles of the scalp, all the small muscles of the scalp and forehead relax.

Let the eyes relax to the point where they just won't work. When you are certain THEY WILL NOT WORK, test them and find you have been completely successful. Then forget all about them, and send that feeling of relaxation all the way down to your toes.

<Insert direction suggestions here>

(give a 60 second pause to deepen, allowing the suggestions to seep in, percolating, and adding anything else from the inside that is needed to gain the full desired outcome)

Take a moment to notice how good you feel and then let yourself come all the way back to full waking state, noticing the feelings of relaxation, noticing that relaxation has a power, a wonder, a feeling wonderfully good all over.”

(get an Emergence from Chapter 112, HANDOUT 08)

(Complete this process with post talk / follow up questions about the experience).

Kind of surprised yourself, didn't you?

(whether yes or no).

Tell me about that.

Progressive Relaxation – Head Down

“Sometimes people think they are relaxing, and they are still tight somewhere in the body. This practice is intended to help you learn to relax completely when you decide to relax. This is a basic technique to make you more aware, mindful of the different parts of your body and their need to relax. In a moment, I am going to ask your body to relax more fully. As you begin to relax more, you may become aware of an inward focus. As you begin to focus inward, you become more and more aware of your ability to respond to suggestions for relaxation.

All background sounds reassure you that all is well in the outside world, and you are safe to continue this inner journey. If anything occurs that requires your immediate attention, you rouse to tend to the occurrence, and should you so choose, return to a deep level of relaxation when you are complete. Each and every time you practice this exercise you go deeper and faster than the time before.

So, sit or lie comfortably, loosen or remove any article of clothing that may restrict or confine you. Spread the legs slightly so the thighs aren't touching. Uncross legs or ankles, hands or arms. Allow the hands and arms to rest on or beside the thighs without touching each other. Breathe deeply, from the belly, the way you breathe when you are sleeping. And when you are ready, close your beautiful eyes, and go within. Breathe deeply, as you breathe while you are sleeping. Notice the streams of air coming in and out of the body. Notice the oxygen coming in. Notice the carbon dioxide going out. Notice the oxygen restoring, refreshing, healing, regenerating, fueling all the cells of your body, and releasing the carbon dioxide to the world around you, food for the plants. They give us oxygen, we give them carbon dioxide, beloved air breathing mammal, part of the organic world.

Notice the muscles of your scalp, allow them to relax. Maybe you've noticed this relaxation before, maybe you've done it deliberately, maybe you've done it in a shower of just the right temperature to RELAX. Allowing the ears and eyes to relax more fully. For now, just rest. Let the nose relax. Nose, sinuses, windpipe, bronchial tubes, relax and open, open, open. A natural flow of air coming in through beautiful streams just

below the tip of your nose. Notice your cheeks, turn them loose and limp, and all the muscles of the scalp, all the small muscles of the scalp and forehead relax.

Let the eyes relax to the point where they just won't work. When you are certain THEY WILL NOT WORK, test them and find you have been completely successful. Then forget all about them, and send that feeling of relaxation all the way down to your toes.

Brow and cheeks relaxing. If your teeth are touching, allow them part slightly, relaxing all the muscles of the jaw and chin and mouth. Observe the ears relaxing, and all background sounds reassuring you that all is well in the outside world, you are very safe to continue this inner exploration. If anything should occur which needs your immediate attention, you attend to it refreshed, rejuvenated, regenerated. Jaw muscles, turn them loose, let them go. Notice all the muscles of the neck, relax them. Neck muscles, throat muscles, relaxing. Allowing all the long or large muscles of the head and face, all the small and short muscles of the face and head to relax. Want that to happen.

Perhaps you have had a head massage or fascial that was really lovely, and you know, you know, you know that you know, the difference between too tight, and letting go, relaxing. Allow yourself to notice the body, your body and your head and face, relaxing more and more fully with every breath. The most important sounds right now are the sounds of your breathing, in and out. All background sounds send you deeper into the inner wisdom, your body is wise. My voice is a background sound, sending you deeper and deeper into your unconscious minds. Yeah, I'm talking to you now, unconscious mind, tour the body. You know, and you know that you know where you are too tight and need to relax still more. Go there now. Tell that part, or those parts, thank you. Thank you for letting me know you are too tight. I'm noticing, and I am breathing in oxygen, bringing oxygen to you for your relaxation, and I am breathing out the tension, breathing out the waste.

Notice your shoulders, and the space between your shoulders and your fingertips. All those long and short, big and small muscles, turn them loose, let them go. Want that to happen, allow it to happen, watch it happen. Upper arms, elbows

and forearms, turn them loose, let them go. Muscles of the wrists, hands, fingers, letting go, more and more relaxed. Backs of the hands, palms of the hands, fingers and thumbs, relaxing. Let the hands, fingers, and wrists turn loose and limp as a handful of loose, limp rubber bands. Feel the forearms, elbows, and upper arms relaxing. Feel the shoulders, turn them loose, let them go.

Some people like to relax by flexing and contracting the muscle, taking them to the peak of their level of tension before dropping them to the basement of their level of relaxation. Some people just let their muscles go loose and limp and easy. Whatever you do is right, trust yourself, relax and let go.

Notice the back, and all the long and short, large and small muscles of your back. From the top of your spine, to the tip of your spine, notice, the bones of your spine are like beautiful pearls, imagine, strung on a lovely and flexible cord, your spine is like a string of pearls, extending from the bottom of your skull, to the tip of your tail bone. Imagine, all the muscles of the back are relaxing more, and a sense of flexibility and relaxation is moving through all the muscles related to the string of pearls. Want that to happen, allow it to happen, watch it happen. And all the muscles of the upper body, the muscles of the front of the body, all the long and short, large and small muscles of the chest, the belly, all the way to the pelvic floor. Relax them. Let them relax, rejuvenate, regenerate, breathing deeply and easily. Notice all the muscles of the back, the small muscles and the large muscles, turn them loose and limp and that's fine. Feel the rising and falling of the rib cage, as you breathe deep and easy, giving all your internal organs a beautiful massage. With every breath, go deeper into relaxation. Buttocks and thighs, turn them loose and limp and good and excellent. Belly and pelvic organs, relaxing and restoring homeodynamic process of health and wellbeing. Breathing easily, and good, that's right. All the muscles of the legs, thighs, knees and calves, ankles and shins, relax them. Feel all the muscles of the feet, turn them loose, like a handful of loose, limber rubber bands. Notice the toes, the ball of the feet, the heel, relaxing more with every breath.

<Insert direction suggestions here>

(give a 60 second pause to deepen, allowing the suggestions to seep in,

percolating, and adding anything else from the inside that is needed to gain the full desired outcome)

Take a moment to notice how good you feel and then let yourself come all the way back to full waking state, noticing the feelings of relaxation, noticing that relaxation has a power, a wonder, a feeling wonderfully good all over.”

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