

# Helpful Transitions For Recording

## Setting The Intention and Disclaimer (For Recordings)

Welcome \_\_\_\_\_ to this hypnotic programming recording designed to \_\_\_\_\_ (intention). Listen to this recording once per day, more often if you want to. And remember to never listen while driving or operating any kind of equipment or when your attention to your surroundings is required. Relax and enjoy.

## Bridge to Suggestions

Now that you are in this very relaxed state, your deep inner mind is now open and receptive to respond to powerful and positive suggestions, affirmations and images that easily and atomically become true for you now.

Everything you are about to hear will become deeply embedded in your subconscious and conscious mind and become true for you.

### Suggestions

1. Say each suggestion 3 x in 2nd person (You... )

i.e, "Every day and in every way, you are...."

2. Bridge to 1st person and 1st person suggestion delivery

In a moment, I will say those suggestions again, this time when you hear them, repeat them in your mind, so they easily become true for you. Then say each suggestion 1 x in 1st person and leave time for mental repeat (I am. . . .)

i.e. "Every day, and in every way, I am...."

3. Bridge to 3rd person and 3rd person suggestion delivery

In a moment, I will say those suggestions again, this time when you hear them, repeat them in your mind, so they easily become true for you.

i.e. "Every day, and in every way, [Client Name] is...."

## Bridge to Future Pace and Visualizations (After Suggestions)

"Now that you've heard these suggestions repeated to you, you can now move forward in your life, seeing yourself now as you know you can be.

See yourself.....

Observe how you....

Notice how you...

Enjoy the feeling of....

Feel the effects of....

Really take it how it feels to....

Notice how your body feels when you....

**Bridge to Dehypno with Sleep Caveat (For Recordings)**

Now, if it is your time to drift into sleep, then you can do so. You can simply ignore the suggestions that I am about to give you that will bring you out of the hypnotic state. Then, you can fall asleep and wake up refreshed and with a positive outlook on the day ahead of you.

Yet, if it is time for you to come back, then you will take the suggestions I am about to give you that will bring you out of the hypnotic state. I am now going to count from one to five and when I get to five you'll be back here to Your full and regular waking self. Your eyes will open and you will feel wide awake and refreshed. You will feel clear-headed and you will feel perfect in every way.

On number one, find Yourself coming back more and more to this moment.

On number two, feeling really good about Yourself, who you are and \_\_\_\_\_ (intention of the recording). Starting to become aware of the sounds around you.

On number three you feel rested and refreshed, you remember this entire session and you can return to this state anytime you wish.

Now one, two, three, four and when you're ready on number five, you are back, right here, right now, all the way up to the sound of my voice, wide awake and refreshed.

Wide awake and back to Your full and regular waking consciousness feeling alert, clear headed and perfect whole and complete, feeling \_\_\_\_\_ (intention of the recording.)