

**Hypnosis Script:
Guiding Clients to Visit Loved Ones or Spirit Guides or
Master Teachers © Theresa Micheletti 1/12/2023**

[Words in brackets = directions to hypnotist]

Before we start our session, let's set your intentions. Three things to think about:

1st, what is your main question, concern or issue?

2nd, who do you intend to connect with—a loved one, a Spirit Guide or a Master Teacher?

3rd, do you intend to meet on the Other Side or a Gazebo away from the Other Side? [And you can change your mind.]

Also, are you inviting a companion to go with you today?

An Angel? A Spirit Guide? A pet?

If for some reason you needed to take yourself out of hypnosis, you could do so in a second. For instance, if you had a baby crying...

[Induction]

Are you ready to start our session?

Close your eyes when you're ready ...

Take a deep breath... and think of breathing in positive energy

and think of breathing out negativity ... breathing in positive... and breathing out negativity...

You are breathing in the positive....

Surround yourself mentally with a white light of protection, like a bubble of protection all around you.

Just know that a protective white light can be around you.

Breathe in that protective light and breathe out negativity.

You might feel the white light. You might see it in your mind's eye.

You may sense that protective light or just know that loving energy is around you like a hug and allow any negativity within or without to be neutralized by the white light.

Breathe in that protective white light...

So, take a breath and remember, any outside noises are just the noises of everyday life and help you relax more.

Now, mentally, keep the bubble of white light around you... breathing in the positive and breathing out the negative.

Just let your worries and cares drop away....If you want, you can put those thoughts in a suitcase outside the door for now.

Now, just let the Light around you clear your mind and your spirit...

Let the thoughts of the day drop away from you... let any tension drop away....

...Let It Be neutralized by the white light ...

Take a breath and let all the slings and arrows of your life go

...Breathing in and breathing out ... Let the protective light flow thru you dropping any cares...breathing in the white light and breathing out any negativity.

Think of that bubble of protective white light surrounding you... letting your body be filled with that white light...

Pushing out any negativity and filling you with positive light as with every breath ...breathing in the positive and breathing out any negativity...

...Rest and breathe.... filling yourself with a gentle warmth of that loving light.

Let that white light flow through you starting at the top of your head...let the light flow over your temples... releasing any strains, any stress nerves letting go ...

The light touching your ears... your forehead... your face... relaxing ...your skin relaxes... your eyes relax ... even your tongue relaxes.

Your jaw unclenches... your eyes so relaxed, your face, your scalp...all relaxed.

The light flowing thru your body... light flowing thru your head ... your neck, tension dropping away... the light touching your shoulders... light flowing blessedly slow... no hurry... light moving through your body purging anything negative ...

The light flowing thru the trunk of your body... thru your spine...thru your arms and fingers... you may feel tension and cares flowing out of your fingers, off and away....

The light flowing thru your stomach pushing out any pains, any negativity light flowing thru your pelvic area....

The light neutralizing any burdens..... tensions dropping away...

...Let the light flow thru your legs, ankles.. taking any negativity and releasing thru your feet... the soles of your feet... tensions and worries flowing off and away...and light flowing thru each toe...

Negativity flowing off and away from you relaxing, releasing.... calming...

Let the light expand out from your spine ...

Light reaching out to every bone, every nerve, every muscle, every cell filling with light ...rejuvenating... Your blood moving healthy oxygen to all parts of your body ...

Light touching every vein... any stress any tightness released....Relaxation flowing through you letting go... Each muscle relaxes at the touch of the light.

... Your cells remember your personal optimum healthy state of being... Moving to your optimum health.

Every cell cleansing, releasing...

Calming, quieting... the light touching each organ... releasing letting go.

Your breathing slowing moving to the perfect level for you ...quiet... easy ...inch by inch...releasing ...breath by breathso content ...no tightness anywhere.

A soothing feeling ...breathing rhythmic... breathing deepens.

With your eyes still closed look at the bridge of your nose... that point between your eyes above your nose... that will help you to relax to your perfect relaxation level.

... Let your mind drift and let your thoughts flow....

Mentally surround yourself with a bubble of sky-blue calming tranquil light ...

We are going to address the guardianship of your mind to be with you... to protect you during this session.

You are in charge and will not go anywhere you do not wish to go.

During this session, you will use subconscious verbalization to easily answer questions...

*[When client has described their pleasant memory, skip to the ***]*

Now, think of a bubble of Purple Light which is the frequency to help you remember. Mentally, put a calming bubble of Purple light around you. If you ever saw the Wizard of Oz, Ginda the good comes in a Pink bubble of Light. Think of yourself being in the Purple Bubble of Light.

Now, you are going to be the Observer.... In a moment, you are going to observe a scene like a reporter on a hill watching or sensing an event...

So let your mind drift and let your spirit choose a pleasant time to visit in this current life

Now, eyes closed... breathing rhythmically....

Step out of the Purple Light...let your mind drift back years ago maybe the age of 10 or 16 or 20...to

recall any pleasant event ...maybe a holiday, a get-together, a trip... a party maybe a birthdayany detail any time ...a sensing or knowing will eventually come.

Any event or day that comes to mind ...take a breath and let the scene settle.

You may sense it or feel it or know it or see it in your mind's eye ...

Give yourself time.... if there's complete darkness, think of yourself in a spot light and increase the light ...if no particular day comes to mind or the details are fuzzy.

Be gentle with yourselfask yourself without pressure, I know I can recall years ago, so what was going on in my life then...

If nothing still comes this time it will in time

Be patient with yourself

Who were your friends ?

Where did you live ?

How did you spend your days ?

How did you travel around ?

Who did you live with ?

Some detail however large or small could be the key to open up a memory and release a scene think of your event ...sense all around you
Notice, feel... are there any smells , any sounds, any colors
What are you wearing?
if you have a happy memory, relive it
explore your memory.... no rush
explore and remember what you found ...
sense it... feel it ...notice ...relive the happy moments
Take a breath and allow any positive feelings to amplify in the light

[Optional section]

*if it's a memory that upset you in any way simply observe it and then let it go
gather it up like a little balloon and just let it go
Now say to yourself, any negativity that I have from that time, known or unknown will be resolved into the white light
and let that white light neutralize any negativity
if there were any negative feelings gather them up and let the light around you neutralize the feelings... Filling the space left with white light....*

***Take a breath.. step into the bubble of purple light again
Let that comforting light touch you and refresh you...
Not yet, but In a moment, I'll ask you to step out of the purple bubble.
Now, let your mind drift and allow your spirit to choose...
Be patient... you are going to let ideas flow,
a sensing or knowing will eventually come
Just gather the thoughts and images to come...
Just listen to my voice
Let your mind drift...

Just as your spirit can recall memories from your current life, so your spirit can go to any time and place on Earth or on the Other Side.

You are in charge you will not go anywhere you do not wish to go.

Let your conscious mind drift and let your spirit mind take over .

You are protected by the guardianship of your mind.

You are surrounded by the big bubble of comforting purple light...

Just know you can mentally be in a bubble of purple light. You have chosen to meet in a Gazebo or the Other Side and you can change your mind...

In a moment you're going to step through that purple light to the Other Side or a Gazebo.

Let your mind drift and let your spirit choose the place to visit ...

Let your spirit choose where to go ...

Take a breath ...

On the count of three step through the purple light ...breathe .

1 2 3 through the purple light to another place, take a breath and let the scene settle...

[Option: once your client notices someone, you can skip to >>>]

Take your time then take your first impression...

Is it light or dark? Whatever comes to mind is correct.

Remember you may feel or sense or know or see in your mind's eye...

Are you standing or sitting? ...

Give your first impressions

Let yourself acclimate.

You may sense or see in your mind's eye or just know the answer to a question or you may get colors.

Remember you have crossed the veil.

Things may seem like you are in a cloud or looking thru a fog...

No judging....Take your first impression

Are you in a Gazebo or the Other Side?

Sense what is around you...

Give yourself time...

How do you feel?

What are your first impressions?

Do you feel a change in temperature?

>>> Usually there is someone on the side of you.

Let your focus come to anyone near you.

Who is this?

What is their role or their name?

Is it a loved one? A Spirit Guide? A Master Teacher?

Do not wave anyone away. They may have a message for you.

Remember, you can communicate telepathically or aloud.

Just gather the information that comes to you....

Who is there?

Do you know their names ?

Often you recognize people by their eyes.

What is their role ?

If there is more than one person, focus on one at a time.

Do they have a message for you?

Ask about your question or issue or concern...

You can talk about your troubles and confide in them.....

Ask any questions.....

Any more messages?

Do you have another question?

Listen to any messages....
Do they need to show you anything?
Any last question?....
Any last messages?

Feel the positive energy coming from your messenger...
You may even get a hug....

Gather up any pleasant or happy feelings and breathe them in.

We are going to leave this place now. If you wish to do hypnosis again you will easily come to this state of relaxation...

Day by day in every way you're getting better and better in Body, Mind, and Spirit.

In a moment you are going to come back to yourself.

You're going to bring your energy up... all the way up, fully and totally on the count of three.

1 subconscious receding, feeling wonderful ready to drive or do anything you need to do

2. Conscious coming to the foreground ... feeling Marvelous

3. Fully and totally awake.

Give yourself time to reorient.

You may want to draw or write down your thoughts and your memories.

Make sure you are completely all back before you go driving anywhere.

You may need to drink water.

You may get more information about anything that you came upon in the coming days.