

And some people when they relax find they have a need to swallow because their salivary glands dry up. If you have a need to swallow it's perfectly okay to do so. Many people also find when they let go and relax totally their eyeballs relax in their sockets and their eyelids begin to flicker or flutter ever so lightly. This is an excellent sign of letting go.

Some people report experiencing some form of sensory distortion or detachment in their body (their arms may be where their legs are or vice-versa). This too is a good sign of letting go and relaxing.

These signs indicate YOUR WILLINGNESS AND READINESS TO ALLOW YOURSELF TO GO INTO HYPNOSIS ... Going into hypnosis is very gradual and in a moment I'm going to count from 1 to 20. On each count you can allow yourself to drift into hypnosis at your own pace.

But before I do that, just imagine a custom cloud snuggling up to your body in the shape of a chair. And imagine this chair has arms on it. It is a very warm and comfortable cloud. It is your personal cloud. Notice how it snuggles up to your body. Now it's going to take you to a very, very beautiful place. A special place in your life. A very comfortable place. A place where you're happy. A place where you feel good. A place where you look good. So allow this custom cloud to snuggle up to your body and to take you to your special place — where you're happy, relaxed, and very calm.

Now just allow yourself to be there for a moment as I begin to count and you go deeper and deeper into hypnosis.

*NOTE: At this point would use suggest the agreements in session with the client. The problem is smoking; the smoking agreement repeated and emphasized ... After this is do FIRST STEP IN SIS.*

*When awakening language should be time distortion (with client only) ... going to count from count of 5, you'll feeling wonderful i*  
**RESULT OF THE MOMENTS OF ITS AMAZING BRIEF MOMENTS. SIS WILL DO ... 1**  
*and awaken client his/her eyes open LONG DO YOU BEEN SITTING YOUR EYES C minutes or less?, 1*

*Then complete the asking client to give to whether he/she is of numbness, tingling or heaviness ... a n eyelids flickering . sensory distortion. their favorite place information can subsequent session ing helpful imagery*

*At the conclusion teach step one of s*

*Demonstrate*