

Many people sitting there as you are report certain feelings in their body. Some report a numbness in their arms or legs. Some people report a tingling feeling (such as pins and needles), usually in their hands or arms. And some report both a numbness and tingling feeling alternately ...

Some people experience a lightness in their body and others experience a heaviness ... if you experience a lightness it would feel buoyant as though you were floating above the chair. If you experience a heaviness it would feel as though you were sinking into the chair, shoulders sagging.

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 its perfectly okay to do so. Many people also find when they let go and relax totally, their eyelids relax in their socket 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.

The important thing that these signs represent is that if you experienced any of these signs, it indicates **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. One 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 is 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 now to just snuggle up to your body and to just 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.

1. —deeper and deeper now. 2.—all the way down deep. 3, 4,—tired and drowsy. 5, 6—just letting go now. 7, 8—deeper and deeper. 9,10—tired, letting go now. 11,12—all the way down deep now. 13, 14—deeper and deeper. 15, 16—just letting go now. 17, 18—deeper and deeper. 19. And finally, 20—deep, deep, deep hypnosis.

Your mind is now very relaxed and open to receive the helpful and beneficial suggestions I'm about to give you. You may use those suggestions that apply now and you may reject those that do not apply at this moment but which may apply at a future time.