

## **THE PROTECTIVE BUBBLE**

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body... and with every passing moment this feeling of deep, tranquil and comforting calmness becomes stronger and every cell, nerve, muscle and ligament of your body enjoys this wonderful, calm sensation... and this peaceful, calm feeling now spreads out beyond the physical confines of your body... expands out beyond the skin and begins to form a protective bubble or energy field around you... and you can let this bubble or energy field spread out far beyond your physical body... or you can keep it close, like a second skin, and since this bubble is your own creation you can do whatever you want with it. You can use it in any way you want to... and the uses of this bubble or field are limitless... it can act as a barrier to keep out those feelings or things going on around you... keeping out situations that are uncomfortable to you **OR** you can allow any feelings you wish to let in and experience, to pass through the bubble. You can control what emotions, situations or people you want 'in your space'. Just visualise or imagine an emotion or person you don't want in your space and see how they can't get through the bubble or field, they just bounce **OFF** and **AWAY**, on the other hand, visualise or imagine an emotion or someone that you **WANT** in your space and notice how **YOU** can **ALLOW** them to pass through the bubble or energy field. **YOU CONTROL** who and what is allowed to pass through into your space, and the more you practice with this bubble or field the stronger it becomes, and you can just put it up whenever you want it or you can just put it there and leave it so that it always surrounds you. Visualise or imagine it as a white light shining around you and you can even project it out to encompass and protect those that you love and care for because it provides safety from harm for yourself and also those you care for.

And realising now that when I bring you out of hypnosis... you can return to this place of peace, tranquillity and deep calmness and you can use this bubble or energy field any time you want to... you can use it and feel it's benefits to all parts of your physical and your emotional body.