

LIBRARY SCENE...Page...3...

YOU SMILE TO YOURSELF...FEELING GOOD ABOUT WHAT YOU HAVE DONE...YOU
TURN AND WALK BACK UP THE STAIRS TO THE LIBRARY...(GIVE THE CLIENT
TIME TO GET BACK UP THE STAIRS)...AS YOU ENTER THE LIBRARY YOU NOTICE
A LARGE COMFORTABLE CHAIR WHICH SITS IN THE MIDDLE OF THE
ROOM...THERE IS A SMALL TABLE NEXT TO THE CHAIR... ON THE TABLE IS A
GIFT WRAPPED BOX WITH YOUR NAME ON IT...YOU UNWRAP THE BOX AND FIND
A NEW BOOK INSIDE...THE TITLE OF THE NEW BOOK IS...MY HEALTH AND
HAPPINESS...(OR WHATEVER TITLE FITS YOUR PARTICULAR SITUATION)...YOU
REPLACE THIS BOOK ON THE SHELF WHERE THE BOOK YOU BURNED ONCE
WAS...GOOD...VERY GOOD...ALLOW YOURSELF TO FEEL A GREAT SENSE OF
RELIEF AS YOU LEAVE THE LIBRARY...IMAGINE YOURSELF WALKING OUT INTO
THE WARM SUNSHINE...TAKING DEEP BREATHS OF AIR...ALLOW THE SUN ON
YOUR FACE TO ACT AS A WONDERFUL NATURAL TRANQUILIZER ON YOUR
SYSTEM... I AM GOING TO COUNT FROM ONE TO FIVE...ON THE COUNT OF FIVE I
WOULD LIKE YOU TO OPEN YOUR EYES...RETURN TO YOUR NORMAL
AWARENESS... FEELING REFRESHED...AND VERY CALM...AS IF YOU HAVE JUST
TAKEN A WONDERFUL NAP...1...ALL OF THE SUGGESTIONS I HAVE GIVEN YOU
TODAY INCREASE TENFOLD AS YOU LEAVE MY OFFICE TODAY...2...COMING
BACK TO YOUR NORMAL AWARENESS NOW...3...BECOMING AWARE OF YOUR
ARMS AND LEGS...4...ON THE NEXT NUMBER, OPEN YOUR EYES AND SAY ALOUD
THE WORDS... WIDE AWAKE...5... WIDE AWAKE AND STRETCH!