

General Therapy to use with a client that let's you know all their story.

Let them understand how they were programmed to feel the way they do.

Read to them using emotion.

I would like you to understand something. Like most of us when you were in school you took history. Maybe of our own country or even places like Rome or Egypt. The textbooks were full of horrible wars and terrible hardships people endured and maybe even some great things that happened.

We were learning history and we may have been really interested but we did not feel much emotion about the things that happened as they were long ago and we were not really connected to it. It was just a learning experience.

Understand that you have been writing your own history book since the day you were born, just like everyone else! There is a difference with this book because there are emotions attached and you felt something at every historical event and you function from everything that has happened to you.

I would really like you to understand that you have a choice of where you want to live and there are only three places that being the PAST ,the PRESENT or the FUTURE.

People who decide to live in the Future are the dreamers who never quite get what the dream about. They never take action to accomplish the dream.

People who live in the Past on the other hand allow all their historical negativity to continue to affect them and hurt them in the present.

People who live in the Present, the here and now, this moment and from here – make plans for the Future and living in the Present you can choose to use the past as only a learning experience.

Now as you have been looking over your life you realize that as you grew up certain emotions took hold. One of those emotions is GUILT.

Now ,you know, guilt comes after something happens and we start to second guess what we did or our reactions to what happened to us.

We think ' if I hadn't done this or if I had done that, then the thing wouldn't have happened' and guilt comes in...you can understand how that happens cant you? We all do that – we take on the blame – even though it was NEVER our actions that caused the event. Never.

Now , I'd like you to understand that guilt causes all kinds of fear. AND UNDERSTAND if we can remove all the guilt and fear from your inner mind... you would absolutely feel incredible! All the pressure would be released...How would you like that?

Do you know we have an eraser of guilt and fear and it works every time!

In a moment I am going to get you to use that word---but if you only USE the word there will be no change. I need you to change that word into a complete encompassing emotion and you need to FEEL it!

If you do that you will feel better. Free.

BUT if it is just a word nothing will change...of course it is totally up to you!

So if you allow yourself to FEEL the word it will change everything! Do you understand? Now here comes the word...and if you truly feel and use it works every time and you will feel lighter like a large weight has been removed. The pressure you carry will be released and you will feel better than you ever have.

This may be the most difficult thing I am asking you do.

The choice is yours, you understand ? Put emotion, feel the word and , I promise you, change will happen.

But if you don't and only use it as a word nothing will happen:

The word is FORGIVENESS!

In a moment I'm going to ask you to truly, honestly forgive all those people in your past or present, living or dead who have ever hurt you in any way. I'm going to ask you to forgive them and set them free. Now I promise you, if you do, you'll become free. Let me tell you something about anger, hate and unforgiveness. These emotions, they don't hurt the people who have hurt you, they're just out there going about their lives. The only person who gets hurt by that is...you.

Think of it this way. If you were arrested for robbing a bank and brought before a judge and a jury and found guilty, you realize that decision requires punishment and you go to jail. But even a prisoner, a criminal gets out of jail when they have served their time. But when you allow guilt to be locked in your mind it's just as real, just as if there were bars around you.

You live in a prison, do you understand that? Now the only key for opening up that prison in your mind is 100% absolute forgiveness for those who have hurt you. And by not forgiving, you're not hurting them, you're just letting that jail term become longer and longer.

IN NO WAY AM I ASKING YOU TO LIKE THAT PERSON.

IN NO WAY AM I ASKING YOU TO CONDONE THEIR BEHAVIOR.

Just realize that they are a function of their programming, just as you are, just as I am.

Now -would you be willing to do that with all the heart, emotion and feeling that you can have.

If you do you will be giving yourself the best gift that you've ever given yourself in your entire life.

General forgiveness suggestions:

Now I am going to ask you to repeat some sentences out loud after me. Now, don't just say these things, it's critically important that you feel these words with every part of your being, your mind, body and spirit. Now I want you to repeat after me, at your own speed, at your own rate, to make it a reality.

"I honestly and truly forgive all the people of my past or present who have ever hurt me in any way. I forgive them and set them free. "

Feel that, now picture clearly in your mind the person you need to forgive.
And repeat and feel and say : " I FORGIVE YOU (name) -- and I set you Free"

Feel it, let it happen, send that person LOVE, set then free.

Have you forgiven?

Picture the person who hurt you the most now (**or if you, the Hypnotist, knows the person say that persons name**).

Now say:

I FORGIVE YOU (NAME) AND I SET YOU FREE

Feel it, let it happen, send love.

All right. I know it's hard but you're doing good, your making it into feeling.

Now I want to imagine all the people that you need to be free of until they are all set free have been set free

Feel it, feel the forgiveness.

Gestalt Therapy:

Picture yourself in a room, a safe room. You're sitting in a straight back chair. Imagine a chair facing you about 6 feet away. Imagine and put in that chair the one person who has hurt you more than anyone else in your life.

(The client may be frightened of this person so always say that this hurtful person in the chair is tied down, gagged, they can't say a word - all they can do is listen. -or

I just say imagine them how you want to make yourself totally safe and in control of the situation...so all they can do is listen.)

Who's in the chair? *(client tells you who is in the chair)*

Okay now tell her/him what you need to tell her/him, what you've been wanting to tell her... tell her how she/he hurt you.

You the Hypnotist becomes the person (**the mother for example**)

You say " What did I do to hurt you? What did I do?

(to **the client**) - Answer her, talk to her.

Now look at the person in that chair in a new light. Understand now they are just a function of their programming like you are or like I am. They didn't want to be the way. No-one does.

Alright, I want you to do something for me **In your mind (if you don't say this they'll actually get up)**, in your heart:-

I want you to get up from that chair and walk over to that person and put your arms around them and send them feelings of love.

Put your arms around them in your mind and tell that person you love them.

Tell them you forgive them.

Now go back to your chair, look at that person as the chair goes backwards further away from you, further, send love with them, further...

... now they disappear from the room.

Period of silence for forgiveness:

I'm going to give you a period of silence. In this period of silence, your subconscious mind is going to reveal to you the names or faces of everyone that has ever hurt you, alive or dead. School friends, family, friends, business partners, it doesn't matter, anybody else in your life who has hurt you in any way. As those names or faces enter your mind, I want you to honestly send them forgiveness. Remember you don't have to like them for what they've done, just forgive them because they are only a result of their programming.

Do you understand? Now when no more names come into your mind, you'll let me know by simply raising your right index finger till I say thank you.

Your subconscious mind is now directed to give you the names of anyone, present or past, living or dead who has ever hurt you. And you'll forgive them truly, honestly, and completely with all the emotion and feeling in your heart and that period of silence begins now.

(This might take a long, long time...)

Forgiveness of self:

I know you're feeling better because of what you've done. Now comes the most important thing I'm going to ask you to do today.

I want you to know there's only one other person in your life that needs your forgiveness and this person needs your forgiveness more than any other one. This person needs the wholesomeness and purity of boundless forgiveness. No holds barred forgiveness. I want you to forgive this person more truthfully, honestly and deeply than you've ever done it before with anyone. Then you'll be better. You're going to have a wonderful life ahead of you, if you do this one thing. I want you to imagine yourself at home all by yourself. I want you to picture yourself in front of a full length mirror. That's the person that has to be forgiven **NAME**. You have to be forgiven. Understand you've made mistakes, of course you have, haven't we all? But most of those mistakes were not vindictive, they were just errors. I want you to honesty in the deep recesses of your mind, your heart, your very soul to forgive yourself completely for everything you've done in your past that hurt anyone in anyway. Forgive yourself and set yourself free.

You've punished yourself quite long enough. * key phrase here.**

It's time to get out of jail. It's time to come into the light, it's time to be free, it's time to be happy, it's time to be loved. So forgive that person in that mirror deeply, tell him/her you love them and forgive them.

And let them be free.

Send forgiveness and love and watch the frown on their face go away. Time to wipe your eyes, stop crying and look at that smile on your face.

Forgive them, they deserves it. They are a wonderful, wonderful person –

(Go into that self-esteem patter here. Only one of you in the whole world...)

Have you done that? Keep going a little bit more here, look at the smile.... Feel that forgiveness inside you, feel the love inside you. (***Pep talk a little bit more.***) You've given yourself a wonderful gift.

Subconscious purge and reset

To client :

I would like you to create a room in your imagination. Make it as comfortable as you like. Make sure there is a beautiful fireplace or stove in your room. “

Sit in a comfortable chair – you create – before the fireplace

Now notice there is a book there. And it has your name on it. Inside the book, there are RED pages and WHITE pages

The RED ones are all the negative feelings you have ever had

The WHITE ones are all the positive feelings you have ever had

I need you now – to tear out those RED pages. One at a time – or more if you like. And then throw them into the fire – until nothing remains

Take all the time you need

When all the RED pages are ashes – let me know by lifting your index finger

Now this book is quite Magical. Its as if you never took out any pages. And now they are all WHITE – with wonderful positive feelings written on each page

Turn the pages now, in your Mind's eye, and as you read – all these wonderful WORDS like JOY, LOVE etc

As you read these WORDS – you breathe them in and they become part of your BODY, MIND and SPIRIT

Now let me know when all the Positive Words you read have been taken in and accepted by your BODY MIND and Spirit. Let me know by lifting your index finger

Now there is one more thing you need to do. There is a small shovel and bucket there by the fire. Indicate again with your index finger when you have it.... GREAT

Now put all the ashes that are in the fireplace and take it to the window and throw it out into the air – where the wind takes it away- forever

And allow yourself to feel GRATITUDE as the wind takes ALL the ashes away

Take your time

Lift your index finger when it is all done and you are back sitting comfortably in your chair

Now add in suggestions that reinforces what the client wants as outcome