

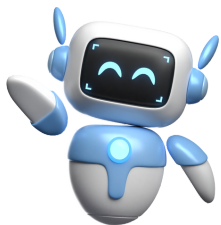


From Fear to Freedom: Embracing the Unknown with Open Arms

This script is a collaboration between Dante Harker and Google Gemini (AI), on behalf of Gold Leaf Training.

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Induction/Deepener

Settle into a comfortable position, allowing your body to sink down, as if gravity itself is pulling you deeper into relaxation. Close your eyes, not with force, but with a gentle surrender, like a curtain softly drawn at the end of a day.

Take a deep breath in, feeling the coolness of the air as it enters your nostrils, travelling down your throat, and expanding your lungs. Hold it for a moment, savouring the stillness, and then exhale slowly, releasing any tension or worries that may be clinging to you.

With each breath, imagine a wave of relaxation washing over you, starting from the top of your head and cascading down to the tips of your toes.

Now, bringing your attention to your forehead, allow it to relax and soften, perhaps letting the muscles around your eyes and mouth release their grip. Be aware of your shoulders, they often hold so much tension, be aware, and then let your shoulders drop and relax. Only you can allow yourself to truly relax, relax and let go.

Now, imagine, picture or see, the best way you can, a path winding through a tranquil forest. The sunlight filters through the leaves, casting dappled patterns on the ground. The air is fresh and fragrant with the scent of pine needles and damp earth.

Every breath you take in this forest allows you to relax more, to sink down and let go.

You begin to walk along this path, feeling the soft earth beneath your feet, hearing the gentle rustling of leaves and the distant melody of birdsong.

As you continue along the path, you notice something strange, something unexpected. Deep in the forest, you find a staircase leading downwards. You are perhaps nervous but also excited to see where it goes.

Each step is cushioned with moss, inviting you to descend further into tranquillity. You grab the handrail and with each step you take, you feel yourself sinking deeper into relaxation, your mind becoming quieter, your body heavier.



Each step takes you deeper into relaxation and powers your imagination.

There are five steps now that will take you to the bottom of the staircase. I will count down from five to one, and each step will double or triple your level of relaxation and allow you to drift still deeper.

5, 4, 3, 2, 1...

You reach the bottom of the staircase and find yourself in a clearing bathed in soft, golden light. In the centre of the clearing is a hammock gently swaying in the breeze.

You lie down in the hammock, feeling its gentle embrace, and gaze up at the canopy of leaves above. The sunlight creates a mesmerizing dance of light and shadow, and you feel a sense of profound peace.

Rocking gently side to side, each rock, each to and fro taking you further into your mind. You are now only limited by imagination, and imagination is limitless.

Time seems to slow down in this tranquil oasis. The boundaries between your body and the hammock, between the hammock and the forest, begin to blur. You are not separate from your surroundings, but a part of them, connected to the rhythm of nature.

Your mind becomes a still pond, undisturbed by thoughts or worries. You are simply present, aware of the gentle rise and fall of your breath, the warmth of the sun on your skin, and the soothing sounds of the forest.

In this state of deep relaxation, your subconscious mind is open and receptive, like fertile soil ready to receive the seeds of positive suggestions. You are ready to embrace new ideas, new possibilities, and new ways of being.

Your mind is a blank canvas, ready to be painted with the vibrant colours of your dreams and aspirations. You are ready to create the life you desire, to step into your full potential, and to embrace the limitless possibilities that lie ahead.

Main Section

A deep sense of inner peace washes over you, and also a sense of curiosity and this pulls you further into the forest.

The path beneath your feet feels softer now, the forest's embrace growing deeper. The air hums with a gentle energy, a vibration that resonates with your inner being. The forest's symphony fades into the background, replaced by a hush that invites introspection and self-discovery.

Imagine now, a clearing ahead, bathed in a warm, inviting light. At its centre stands a magnificent oak tree, its branches reaching towards the sky, its roots delving deep into the earth. This tree is a symbol of strength, resilience, and the interconnectedness of all things.

You approach the tree, feeling a sense of reverence. Its presence is calming, grounding. You reach out and touch its rough bark, feeling the energy of the tree flowing into you. It's an energy of stability, of unwavering support.

As you stand there, connected to the tree, you hear a whisper in the wind, a voice that speaks directly to your heart. It says, "You are capable of more than you know. You have within you the strength to overcome any challenge and the wisdom to navigate any path."

Repeat the following words to yourself, after me, letting them sink deep into your subconscious mind: "I am capable. I am strong. I am wise."

Again, after me... "I am capable. I am strong. I am wise."

And one more time, to allow these words to take hold and really make a difference. After me... "I am capable. I am strong. I am wise."

The tree's branches rustle in agreement, their leaves creating a gentle applause. You feel a surge of confidence, a belief in your own potential. You are ready to step beyond your limitations, to embrace the fullness of your being.

The whisper in the wind continues, "The world is a canvas, and you are the artist. Paint your life with bold strokes, with vibrant colours. Don't be afraid to experiment, to make mistakes, to express your unique vision."



Repeat these following words to yourself, feeling their truth resonate within you:

"I am the artist of my life... I create my own reality... I embrace my unique vision."

Deep in the forest, you find the most comfortable place to sit and relax, still further. You close your eyes and in your mind's eye, you see yourself stepping onto a stage, bathed in a spotlight. The audience is vast, their faces expectant. You have no fear, you are just imagining this wondrous sight.

You take a deep breath, feeling a sense of excitement and anticipation. You are ready to share your gifts with the world.

The spotlight shines brighter, illuminating your every move. You begin to speak, your voice clear and confident. You share your ideas, your passions, your dreams. The audience listens intently, their faces reflecting your own enthusiasm.

You realise that your voice matters and that your ideas have value. You are not afraid to be seen, to be heard, to be fully expressed. You are stepping into your power, embracing your authentic self.

Repeat these words to yourself, feeling their power surge through you: "I am confident.... I am worthy... I am fully expressed..."

The applause of the audience swells, a symphony of appreciation and support. You take a bow, feeling a sense of deep satisfaction. You have overcome your fears, stepped outside your comfort zone, and shared your light with the world.

The spotlight fades, but the feeling of empowerment remains. You carry this confidence with you as you step off the stage and back into the forest. You know that you can return to this place anytime you need a reminder of your inner strength and your limitless potential.

I'm now going to give you a period of silence to allow these thoughts, ideas and wonderful suggestions to sink deep into your subconscious mind.

Pause...

In a moment, I will count from one to five, and you will gradually return to wakefulness, feeling refreshed, rejuvenated, and ready to embrace the day with a newfound sense of excitement for the future.

One...

Two...

Three...

Four...

Five...

Open your eyes, feeling refreshed, calm and relaxed and ready for the rest of your day.



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