



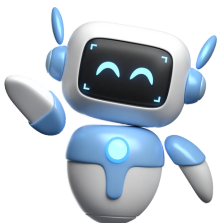
# Gold Leaf Training

## Induction for busy, analytical or unfocused minds

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

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Please note: products are intended for relaxation purposes only. They are not medical or therapeutic devices and are not intended to diagnose, treat, cure or prevent any medical condition or disease.



*Ask your client to close their eyes, take a couple of deep breaths and start to relax.*

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So, just settle in, make yourself comfortable, and you can close your eyes, or not, it really doesn't matter, but you might find it easier to focus if you do.

Some people find closing their eyes easier, others find it makes their mind race more, so it is entirely up to you, do what is best for you.

And as you're sitting there, I wonder if you can notice the weight of your body against the chair, or the feeling of your feet on the floor, or maybe somewhere else. Or maybe you're already thinking about something else entirely, and that's fine, too.

Because the mind, you see, is a fascinating thing, always working, always processing, always jumping from one thought to another, like a, well, like something that jumps a lot... a grasshopper, or something else, it's not important.

And you, with your mind, such an active mind, you're probably already analysing this, aren't you? Trying to figure it all out, understand the process, perhaps even thinking you know what's coming next. You are analytical, it is what you do, perhaps too much sometimes.

But here's the thing about hypnosis, it's not about what you think, it's about what you experience. Or is it? It's interesting to consider, anyway.

So, I might ask you to focus on your breath, or I might not, because you might find that boring, or you might find it surprisingly engaging. You see, the breath, it's always there, isn't it? In, out, in, out, a constant rhythm, unless you hold it of course.

And you can hold it for a while, if you like, or you can just let it flow naturally, it's entirely up to you. There's no right or wrong here, only what works for you, and even that, even what you think works for you might change from moment to moment.

And that's the thing about the mind, isn't it? It's always changing, always shifting, always presenting us with new perspectives, new ideas, new questions. And you like new, don't you?

So, as you're sitting there, listening to the sound of my voice, or maybe not listening, maybe thinking about something else, you might start to notice a subtle shift within you. Or you might not, and that's perfectly fine.

A slight relaxation in your shoulders, perhaps, or a gentle heaviness in your limbs, or maybe somewhere else entirely, or maybe not at all. Because relaxation, like the mind, is a very individual thing.

And you, with your unique mind, your unique way of experiencing the world, you'll find your own unique way into this state of hypnosis. Or maybe you won't, maybe you'll just sit there, thinking, analyzing, and that's okay, too.

Because even as you're analyzing, even as you're thinking you know it all, a part of you, a deeper part of you, is listening, is absorbing, is responding. Or maybe it isn't, but wouldn't it be interesting if it were?

So just allow yourself to be curious, to be open to whatever happens, or doesn't happen, in the next few moments.

To simply be, here and now, or somewhere else entirely, it really doesn't matter.

Because the journey into hypnosis, it's not a straight line, is it? It's a winding path, full of twists and turns, surprises and discoveries. And you, with your inquisitive mind, you're well-equipped to navigate this path, wherever it may lead.

And as you continue to breathe, to listen, to think, or not think, you might find yourself drifting, floating, sinking, or maybe not. But if you do, just allow it to happen, without effort, without resistance.

Because sometimes, the greatest discoveries are made when we simply let go, when we allow ourselves to be carried by the current, to see where it takes us. Or maybe not, you decide.

And with each breath, each moment, you might find yourself going deeper, or maybe higher, or maybe just staying right where you are, and any of those is perfectly fine. Just be with it now.

Deeper and deeper, or not, it's all good. Allowing yourself to simply be, to simply experience, to simply... let go, or not. It is entirely your choice...



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