

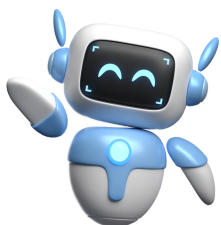


Stairway to Serenity: A Hypnotherapy Script for Anxiety Relief

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

If you are interested in learning how to create new scripts with the help of AI, then you may be interested in our AI for Therapists training course.

[Click here for more details.](#)



This script is released into the public domain. You are free to use it for any purpose, without restriction.

goldleaftraining.com

If you have any requests for specific scripts, please get in touch and we can include it in a later newsletter.

info@goldleaftraining.com



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.



Induction

Settle comfortably, and when you're ready, allow your eyes to gently close... Take a few deep, calming breaths...

Now, as you breathe in, imagine you're inhaling tranquillity and peace. And as you breathe out, feel any tension slowly dissolving away.

Notice how your body naturally relaxes a little more with each exhalation. You can feel your shoulders softening, your muscles easing.

Let your mind drift, just like a leaf floating on a gentle stream. You don't need to hold onto any thoughts or worries. Simply allow them to pass by, like clouds in the sky.


Your conscious mind, like a curious explorer, can wander freely. Perhaps it finds a peaceful meadow or a quiet beach. It can rest and recharge while your subconscious mind remains present, attentively listening.

Imagine your subconscious mind as a wise guide, eager to learn and grow. It knows what is best for you, and it's always there to support you on your journey.

As you continue to listen to my voice, your subconscious mind opens up, like a flower blooming in the sunshine. It embraces new ideas and possibilities, ready to create positive changes in your life.

You are safe and secure here. Allow yourself to sink deeper and deeper into relaxation, feeling a sense of warmth and comfort spreading throughout your body.

With each word I speak, you find yourself becoming more and more relaxed. Your mind feels calm and serene, like a tranquil lake on a windless day.



You are in control, and you have the power to create the life you desire. Your subconscious mind is your ally, guiding you towards a brighter future.

You are ready to let go of any limiting beliefs that have been holding you back. You are ready to embrace a new sense of confidence and inner peace.

Relax... Relax... Allow yourself to drift deeper and deeper into this peaceful state.

Let your subconscious mind absorb these suggestions, like a sponge soaking up water. You are now in a receptive state, ready to experience profound healing and transformation. Perhaps you can let your conscious mind drift far away, and perhaps not even listen as it has its own things to do.

Yet your subconscious mind is awake, listening, hearing everything while your conscious mind remains more calm and relaxed, more relaxed with each word that I speak.

You can relax peacefully if you wish because your subconscious mind is taking charge, and when this happens, you relax your conscious mind and let your subconscious do all the listening. Your conscious mind does not need to know and you can stay asleep and not mind while your subconscious mind stays wide awake, listening to my voice.

You have so much potential in your subconscious mind that you don't have in your conscious mind. Our subconscious minds are super powerful and able. You can remember everything that has happened with your subconscious mind, but you cannot remember everything with your conscious mind. And that is okay.

You can forget so easily, let things go, let them drift, and by forgetting certain things you can remember other things. Remembering what you need to remember and forgetting what you can forget. It does not matter if you forget and many things you need not remember.

Deepener

Imagine now that you're descending a spiral staircase, each step leading you further and further into relaxation. With each step, you feel a sense of calm and serenity washing over you.

The staircase is bathed in a soft, warm light. As you descend, the light becomes more and more soothing, enveloping you in a cocoon of tranquillity.

Each step you take is effortless, like sinking into a plush feather bed. Your body feels lighter, your mind feels clearer.

You can feel the worries and stresses of the day melting away with each step you take. They are replaced by a feeling of deep peace and contentment.

The staircase continues downwards, winding its way through a peaceful landscape. You can hear the gentle sounds of nature around you – the rustling of leaves, the chirping of birds, the gentle flow of water.

These sounds create a symphony of relaxation, lulling you deeper and deeper into a state of calm.

As you descend further, the light becomes even more inviting. It wraps around you like a warm blanket, filling you with a sense of safety and security.

You feel a gentle breeze brushing against your skin, carrying away any remaining tension or discomfort.

The staircase seems to have no end, allowing you to continue your journey of relaxation for as long as you wish.

With each step, you become more and more deeply relaxed. Your body feels heavy, your mind feels peaceful.

You are sinking deeper and deeper into a state of complete tranquillity.

The staircase has led you to a hidden oasis, a place of pure serenity and calm. You can stay here as long as you wish, basking in the warmth of the light and the gentle sounds of nature.

Main Section

At the bottom of the staircase, you find yourself in a hidden oasis, a sanctuary of tranquillity. The air is filled with the gentle fragrance of blooming flowers, and the sound of a cascading waterfall creates a soothing melody.

As you take a moment to explore this tranquil haven, you notice a path leading through a lush, green meadow. The path is lined with colourful wildflowers, their petals shimmering in the soft sunlight.

Following this path, you come upon a secluded beach, where the waves gently caress the shore. The warm sand welcomes your feet, and the rhythmic sound of the ocean lulls you into a deeper state of relaxation.

As you gaze out at the endless horizon, you see your anxieties floating away, like distant sailboats disappearing into the mist. Each wave that washes ashore carries away a piece of your worry, replacing it with a sense of calm and serenity.

The sun's golden rays envelop you, filling you with warmth and a profound sense of peace. This light represents your inner strength and resilience, radiating throughout your being and dissolving any lingering fears or doubts.

With each gentle breath, you release the burdens of the past and embrace the present moment. Each inhalation brings a renewed sense of calm, a feeling that you are capable of facing any challenge that comes your way.

Imagine the sun's golden light permeating every cell of your body, washing away any remaining tension or negativity. You are filled with a sense of gratitude for the simple joys of life, the beauty of nature, and the love and support of those around you.

Each day is a new beginning, an opportunity to start fresh and create a life filled with joy, peace, and fulfilment. With each sunrise, you feel a new sense of confidence blossoming within you. You are strong, capable, and worthy of happiness.

As you walk along the beach, you notice a path leading towards a majestic mountain. This path represents your journey towards a brighter future, a future filled with endless possibilities.

With each step you take, you feel lighter and more at ease. The anxieties that once plagued you are now distant memories. You have the power to choose how you respond to life's challenges, and you choose to approach each day with optimism and hope.

The mountain stands tall and unwavering, a symbol of your inner strength and resilience. As you continue along this path, you know that you are capable of overcoming any obstacle and achieving your dreams.

Bringing You Out of Trance

Now, it's time to gently bring you back to the present moment. You will gradually become more aware of your surroundings, feeling refreshed and rejuvenated.

I'm going to count from one to five and on five please take a deep breath and slowly open your eyes, feeling a sense of calm and confidence as you return to your waking state.

1, 2, 3, 4, 5

You are now fully awake and alert, ready to embrace the day with a renewed sense of optimism and hope.



Gold Leaf Training



goldleafttraining.com