

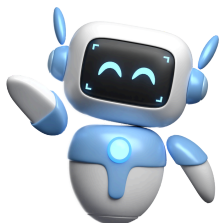


The Art of Deep Sleep: A Hypnosis Experience for Restoring Mind, Body, and Spirit

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

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info@goldleaftraining.com



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Induction

When you're ready, close your eyes, and take a couple of deep breaths...

Now breathing normally and naturally, perhaps start to notice that every time you exhale, every time you breathe out, you could relax a little bit more.

And right now, you are aware of everything, though perhaps you are not aware of anything at all. You are listening with your subconscious mind, while your conscious mind can start to drift away, and you can let it drift. 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.

Your subconscious mind remembers everything that you need to know and you can let your subconscious mind listen and remember while your subconscious mind sleeps, drifts away and rests.

As you continue to listen to me, with your subconscious mind, your conscious mind sleeps deeper and deeper, and deeper.

You can allow yourself to let go, to drift. Your conscious mind relaxes more, and as it does, so does your body and you start to... let go.

Your subconscious mind is open and receptive to the wonderful suggestions you will hear in our sessions, and it is willing to let go of any negative thoughts or beliefs that are holding you back. You are ready to embrace a new way of thinking, a new way of being.

With each breath you take, you are becoming more and more relaxed. Your body is sinking deeper and deeper into the chair. Your mind is becoming more and more peaceful.

Relax... Relax...

Deepener

And as you continue to drift deeper and deeper into this peaceful state, imagine yourself walking down a long hallway. With each step you take, you feel yourself becoming more and more relaxed. The hallway is dimly lit, with soft, soothing music playing in the background.

You come to a door at the end of the hallway. The door is slightly open, and you can see a warm, inviting light coming from inside. You reach out and gently push the door open with your hand, and open with your mind.

As you step into a room, a wave of peace and tranquillity washes over you, as you drift deeper and deeper.

Perhaps notice that the room is decorated in soft, calming colours. There is a comfortable bed with soft pillows and blankets.

Imagine, picture or see yourself lying down on the bed, and feel yourself yourself sinking deeper and deeper into relaxation.

You are now in a state of deep, restful hypnotic sleep. Sleep so deep that even the shortest time in hypnotic rest is like a full night's wonderful sleep.

Every nerve, fibre and muscle in your body can now rest, repair and recover.

Main Section

And as you continue to relax deeper and deeper, imagine yourself having the most wonderful dream. You float up and out of yourself, turning to see yourself resting so deeply on the bed.

In your dream, you are floating on a gentle cloud. This cloud is your sanctuary, your safe space where worries melt away and peace embraces you.


Each breath you take is like a soft breeze, carrying away any lingering anxieties, leaving only tranquillity behind.

Notice the gentle rhythm of your breathing. It's steady and calming, like the ebb and flow of the ocean. Feel your body sinking deeper into the cloud with each exhale, as if the cloud itself is absorbing your worries and stress, transforming them into pure relaxation.

(Pause)

With each breath, you're not just relaxing your body, you're training your mind to find this tranquillity whenever you desire it. This peaceful feeling is becoming your natural state, ready to be accessed at bedtime or any time anxiety tries to creep in.

The cloud raises you higher and higher, allowing you to go deeper and deeper into your mind. You find yourself at the start of a path that leads to a small, cosy cabin in the middle of a wooded grove.



This cabin is your personal haven, your refuge from the world. A deep sense of inner calm fills your body, allowing you to feel more calm and more relaxed than you have felt in a very long time.

(Pause)

Inside the cabin, a warm fire crackles in the hearth, casting a soft glow over the room. A plush armchair beckons you, and as you sink into it, feel the warmth of the fire melting away any remaining tension in your body. You're enveloped in a feeling of safety and security, knowing this space is yours to retreat to whenever you need it.

Your eyelids grow heavy, and you drift into a state of pure relaxation. Your mind is calm, your body is at ease. The anxieties that once plagued you seem distant and insignificant. You're safe, you're comfortable, and you're ready for a deep, restful sleep.

(Pause)

In this tranquil state, know that you have the power to control your thoughts and emotions. When worries arise, imagine yourself returning to this cabin, to this feeling of peace. With each return, it becomes easier to find this serenity, until it becomes your automatic response to stress.

You are in control of your sleep, your relaxation, and your well-being. From this moment forward, sleep is your ally, your friend. When you close your eyes at night, you drift effortlessly into a deep slumber, waking refreshed and energised.

(Pause)

As you continue to relax, envision a soft, glowing light filling the cabin. This light is your inner strength, your resilience. It's a reminder that you have the ability to overcome any challenge, to find peace in any situation. Carry this light with you as you leave the cabin and return your body resting on the bed.

And as you drift back into yourself, you instantly notice how at ease your body feels. As if the tensions and stresses of everyday life have been washed away.

Remember this feeling of tranquillity, this sense of control. When anxiety threatens, return to your sanctuary, to your light, and find your peace.

(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 calm and confidence.

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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