



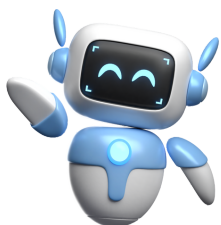
Gold Leaf Training

The Tranquilliy Induction and Deepener

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.



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

Now, allow yourself to relax and start to feel comfortable because comfort is important, isn't it?

It's funny how sometimes we can be so busy doing things, so focused on the screen, on tasks, on the endless stream of information, that we forget about simple things like comfort. We forget to notice how our shoulders feel, how our back feels, and even how our breathing feels. It's almost like we're so busy processing external information that we forget to process what's happening internally.

And that's okay. It's understandable. The world is a busy place. Especially the world inside those glowing screens. There are so many things demanding our attention. There are so many emails, so many notifications, and so many tasks vying for our focus.

It's easy to get lost in it all. Easy to feel overwhelmed by the sheer volume of information. Perhaps it's time to let go, isn't it?

So, just for a moment, allow yourself to step away from all of that. Just for a moment, let go of the need to process, the need to analyse, the need to do. Just allow yourself to be. To simply be present in this moment.

Notice your breathing now. Notice the gentle rise and fall of your chest or your abdomen. You don't have to change your breathing in any way. Just observe it.

Notice the natural rhythm, the natural flow. In and out. In and out. It's a constant, steady rhythm, a constant, steady flow, like the gentle ebb and flow of the tide.

And, as you focus on your breathing, you might notice other sensations in your body. Perhaps you feel the weight of your body as you relax there or feel the gentle touch of your clothing on your skin.

These sensations are always there, always present, but sometimes we're so busy focusing on other things that we forget to notice them.

And that's perfectly alright. Because now, in this moment, you have the opportunity to notice them. To become aware of them. To simply allow them to be.

Because allowing is important too, isn't it? Allowing ourselves to feel what we feel, to experience what we experience, without judgment, without resistance.

And as you allow yourself to simply be, you might notice that your thoughts begin to quieten down. The endless stream of mental chatter begins to slow, like a river gradually widening and slowing as it approaches the sea.

And that's perfectly fine too because thoughts are just thoughts. They're not facts. They're not reality. They're just mental events, passing through your mind like clouds passing across the sky.

And as you continue to focus on your breathing, you might find that your eyelids feel heavy, as if they're being gently pulled down by a soft, invisible thread. And that's a good sign. It's a sign that you're beginning to relax, beginning to let go.

Because relaxation is a natural process, it's something that your body knows how to do perfectly well. Just like your heart knows how to beat, just like your lungs know how to breathe.

You don't have to consciously control these processes. They happen automatically, effortlessly.

And in the same way, relaxation can happen automatically, effortlessly. All you have to do is allow it. Allow yourself to let go, to surrender to the feeling of deep, profound relaxation.

Now, I'm going to count down from five to one, with each number you hear, you'll find yourself drifting deeper and deeper into relaxation:

Five... feeling yourself sinking down, letting go of any remaining tension, feeling more and more relaxed.

Four... drifting deeper still, your mind becoming quieter, your body feeling heavier, sinking further down into relaxation.

Three... going even deeper now, letting go completely, allowing yourself to drift into a wonderful state of calm and peace.

Two... sinking down even further, feeling a wonderful sense of release, letting go of all worries and concerns.

One... now deeply relaxed, completely at peace, your mind and body in perfect harmony, ready for positive change.

And as you let go, allow your mind to open, open to the ideas, open to the suggestions that will bring so many good things into your life.

And know, that every time you are hypnotised, you can go deeper than the time before. Every time, finding it easier to relax and let go... and relax, relax.



Gold Leaf Training

goldleaftraining.com