



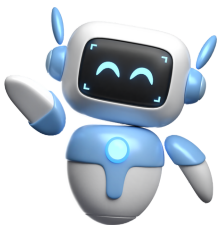
# Gold Leaf Training

## Hypnotherapy Script: Reprogramming the Anxiety Gene (HTR2A)

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

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Now, as you settle deeper into this state of relaxation, as your body becomes more comfortable, your mind more at ease, I'd like to guide your attention inward.

Inward to something truly remarkable, something that is a part of you, a part of your very being. It's a gene, a tiny yet powerful part of you, known as HTR2A. You might think of it as the anxiety gene.

Not because it creates anxiety, but because it plays a role in how your mind and body respond to stress, to challenges, to the ebb and flow of life.

And like so many things in life, this gene can sometimes become... misaligned.

It can become a little too sensitive, a little too reactive, amplifying those feelings of unease, of worry, of what we call anxiety. But here's the beautiful truth: just as a finely tuned instrument can be adjusted, brought back into harmony, so too can this part of you, this HTR2A, this anxiety gene, be gently, lovingly reprogrammed.

And as you hear these words, as you allow them to settle into your mind, I'd like you to imagine, if you will, that this gene is like a delicate dial, deep within you.

A dial that controls your inner sense of calm. Perhaps it's a shimmering golden dial, or maybe it's a soft, glowing light. It doesn't matter how you see it, only that you connect with it, that you feel its presence within you.

Now, as you breathe deeply, easily, comfortably, imagine your awareness gently drifting toward this dial. Notice its current setting. Is it turned up too high, perhaps? Is the light flickering too quickly? Just observe it, without judgment, simply noticing, simply being aware.

And as you continue to breathe, as you allow yourself to drift even deeper into this peaceful state, begin to imagine, just imagine, that you have the power to adjust this dial. You have the innate ability to influence it, to guide it, to bring it back into balance.

Perhaps you reach out with your mind's hand, a gentle, loving hand, and you touch the dial. Feel the smooth coolness of it beneath your fingertips. And as you do, you notice a shift, a subtle change.

The light begins to soften, to glow with a warm, steady radiance. Or perhaps the dial begins to turn, smoothly, effortlessly, toward a more balanced setting.

It's a gradual process, a gentle unfolding. There's no need to force it, no need to rush. Simply allow it to happen, naturally, effortlessly, as you continue to breathe, as you continue to relax.

And as the dial adjusts, as the light softens, you begin to feel a corresponding shift within yourself.

A sense of calm begins to spread through your body, like a warm, gentle wave. It starts in your toes, perhaps, and then it flows upward through your legs, your abdomen, and your chest.

It washes over your shoulders, down your arms, all the way to your fingertips. It relaxes the muscles in your neck, your jaw, your face.

This calm spreads into your mind as well, soothing any lingering thoughts or worries. Your mind becomes quiet, still, and peaceful, like a tranquil lake reflecting the clear blue sky.

And as you bask in this sense of calm, you realize something profound: this feeling, this peace, this tranquillity, is not something external, not something separate from you. It's already within you. It's always been within you. It's simply a matter of accessing it, of allowing it to flow freely.

And with each breath you take, you strengthen that connection. You reinforce the pathway to this inner calm. You reprogram that anxiety gene, that HTR2A, to respond in a more balanced, more harmonious way.

Now, I'd like you to imagine yourself in a place that embodies peace for you. It might be a quiet forest, a sun-drenched beach, a peaceful mountain meadow. It doesn't matter where it is, as long as it brings you a deep sense of serenity.

See the colours, hear the sounds, and feel the gentle breeze on your skin. And as you immerse yourself in this peaceful place, you notice that the dial within you, the center of calm, is perfectly balanced. The light is glowing softly, steadily. You feel completely at peace, completely at ease.

And you realize that you can bring this feeling with you wherever you go. You can access this inner calm whenever you need it. It's always there, waiting for you.

Perhaps you're in a challenging situation, a situation that might have previously triggered feelings of anxiety. Now, you can take a deep breath, connect with that inner dial, and bring forth that sense of calm, that sense of peace.

You are in control. You have the power to regulate your own inner state. You have the ability to reprogram that anxiety gene, that HTR2A, to respond in a way that serves you, in a way that brings you peace, in a way that allows you to live your life to the fullest.

And as you continue to breathe, as you continue to relax, you allow these suggestions to sink deeper and deeper into your subconscious mind. They become a part of you, a natural way of being.

You are calm. You are peaceful. You are in control.

And as you continue to drift, you can allow your mind to wander, to explore, to dream. Knowing that you are safe, you are secure, you are at peace. And this peace will stay with you, long after you emerge from this tranquil state, enriching your life in countless ways.

Now, as you rest in this calm, I'd like you to imagine something else. Imagine that this dial, this center of calm, is connected to every part of you.

It's connected to your heart, your mind, your body. And as you adjust it, as you bring it into balance, it sends a ripple of harmony through every cell, every system, every organ.

Feel that harmony now. Feel it spreading through you, like a gentle wave of light. It's as though every part of you is coming into alignment, into balance.

Your heart beats steadily, your breathing flows easily, your mind is clear and focused.

And as this harmony spreads, you notice something else. You notice that your thoughts are becoming more positive, more empowering. You notice that your emotions are becoming more stable, more balanced. You notice that your body feels lighter, freer, more energized.

This is the power of your mind, the power of your inner self. This is the power to reprogram that anxiety gene, that HTR2A, to work for you, to support you, to bring you peace.

As you continue to relax and drift, you realize that this is just the beginning. This is the start of a new chapter, a chapter where you are in control, where you are calm, where you are at peace.

And as you prepare to return to your day, you take this calm with you. You take this peace with you. You take this sense of control with you. Knowing that it's always there, always within you, always accessible.

And when you're ready, when it feels right for you, you can begin to bring your awareness back to the present moment. You can begin to notice the sounds around you, the feeling of the chair beneath you, the rhythm of your breath.

And as you do, you bring with you this sense of calm, this sense of peace, this sense of control. Knowing that you are reprogrammed, renewed, and ready to embrace life with a deep, unshakable inner calm.