



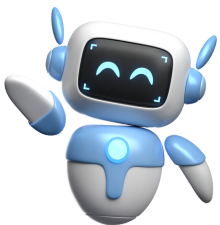
# Gold Leaf Training

## Easy Overwhelm Induction by Dante Harker

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

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

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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.



Please, allow yourself to get comfortable. Settle into your chair, or wherever you are, and just allow your body to relax. There's no need to strain, no need to force anything. Just let go.

Now, I want you to become aware of the sounds around you. Not just the obvious ones, but the subtle ones too. The gentle hum of the air conditioning, the distant traffic, the almost imperceptible rustle of your clothing. Listen intently.


Try to pick out each individual sound, each layer of the auditory landscape. Let them wash over you, a symphony of subtle noises.

And as you listen, become aware of the sensations in your body. The weight of your clothes against your skin, the gentle pressure of the chair beneath you, the subtle shift of your breath. Feel the temperature of the air on your skin, the minute changes in pressure. Notice the subtle tingling, the warmth, the coolness. Allow each sensation to amplify, to become more pronounced.

Now, I want you to bring your attention to your sense of sight. Notice the colours around you. The subtle shades, the interplay of light and shadow. Look at the patterns in the room, the textures of the surfaces. Observe the minute details, the tiny imperfections, the subtle variations in colour. Let your eyes absorb every visual detail, every nuance of light and form.

And as you observe, notice the subtle scents in the air. The faint aroma of your surroundings, the subtle fragrance of your clothing, the almost imperceptible scent of the room itself. Allow your sense of smell to become heightened, to become more sensitive to the subtle nuances of the air.

Now, bring all of these sensations together. The sounds, the feelings, the sights, the smells. Allow them to merge, to blend, to create a rich tapestry of sensory experience. Let the intensity build, a swirling vortex of sensation, a flood of input.



And as the sensations intensify, as they reach a peak, perhaps concentrate on just one thing, let go of all the rest, and relax, just relax. Let go.

Let it all fade away, like mist in the morning sun. Let the overwhelming input transform into a profound sense of calm.

The swirling vortex of sensation becomes a still, tranquil pool.

The sounds begin to soften, to fade into the background. The sensations in your body become gentler, more soothing. The colours around you become less defined, less sharp. The scents in the air become faint, almost imperceptible.

And as the sensory overload subsides, a deep sense of relaxation washes over you. Your mind becomes quiet, your thoughts become still. You feel a profound sense of peace, a deep sense of calm.

With each breath, you drift deeper, further into this tranquil state. The sounds around you become distant, muffled. The sensations in your body become lighter, more comfortable. The colours around you become soft, muted. The scents in the air become gentle, soothing.

You are now in a state of deep relaxation, a state of profound calm. Your mind is open, receptive to suggestion. You are safe, you are secure, you are at peace.

And as you continue to relax, to drift deeper, you allow your subconscious mind to take over. You allow yourself to let go of any tension, any stress, any worry.

You are now in a state of hypnosis, a state of deep relaxation, a state of profound calm.

And in this state, you are open to positive change, to positive suggestion. You are ready to embrace new possibilities, to create a better future for yourself.

You are ready to let go of the old, and embrace the new. You are now in a place of peace, a place of calm, a place of transformation.



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