

RICH GUZZI'S

# Progressive Relaxation Script

GEARED FOR SUCCESS SERIES



**Bonus Script Just for YOU!**

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# PROGRESSIVE RELAXATION

Three, two, one - close your eyes and focus on the sound of my voice, nothing else disturbs you, just focus in on the sound of my voice and your breath.

As you take a deep breath in for a count of four – one, two, three, four, hold it and release, one, two three, four.

Deep breath in for a count of four – one, two, three, four, hold it and release, one, two three, four.

Nice and slow now, deep breath in for a count of six – one, two, three, four, five, six, hold it and release, one, two three, four, five, six.

Continue breathing, every breath sends you deeply more relaxed, as you relax every muscle in your body from the top of your head to the tip of your toes, you let every muscle go loose, limp and relaxed.

Feel yourself melting into the chair, like you're a rag doll, every muscle goes loose, limp and relaxed.

Relax your scalp, relax your face, relax your jaw. Let your mouth just hang. Every muscle goes loose, limp and relaxed.

I want you to image a spiral staircase, a large, beautiful spiral staircase and this is a magical staircase with every step you take down that staircase you will go deeper and sounder.

Take the first step down,

TEN:

every breath you breathe in all the good, all the relaxation enters your body. Every time you exhale you release all the tension and stress.

NINE:

relax your shoulder, relax your arms let them just hang; every muscle goes loose, limp and relaxed.

EIGHT:

your neck muscles feel like they're made of rubber bands, your neck is so loose and your head so pleasantly heavy, your neck so loose it cannot support the weight of your head as your head just slumps forward.

SEVEN:

when I touch you on the shoulder, anything that touches or bumps up against your body instantly sends you into a deep hypnotic sleep and the deeper you go the better you feel.





# PROGRESSIVE RELAXATION

SIX:

every breath through the sound of my voice takes you deeper and the deeper you go, the better you feel.

FIVE:

circling down the beautiful spiral of relaxation, every breath, breath in all good, all the relaxations enters your body. Every time you exhale you release all the tension and stress.

FOUR:

you can sense me pointing to your forehead; you feel all the liquid relaxation going to every part of your body. The deeper you go, the better you feel.

THREE:

every breath through the sound of my voice takes you deeper..... and deeper..... and deeper.....

TWO:

and you feel so good, yes, nod your head yes feeling so good so wonderful.

And remember when you feel this good you can do anything, yes, nod your head yes feeling so good, so wonderful and this is what you want to do right now, take the final step down –

ONE:

and you want to go deeper, thousands of times deeper because you know that the deeper you go the better you feel – yes, nod your head yes feeling so good so wonderful.

