

Relaxation – Method II

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SPOKEN TO THE SUBJECT

Your arms are loose and limp, just like a rag doll.

As I raise your hand, just let all of the weight hang limply in my fingers.

And when I drop it, send a wave of relaxation all across your body.

As you feel your hand touch your body, send that wave of relaxation from the top of your head all the way down to the very tips of your toes.

And as you do, you find that you double your previous level of relaxation.

Now, once again, with the other hand. *(Repeat with other hand)*