

All in One Technique

written by Hypnosis Scripts | October 14, 2018

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I have given all rights to this script the United Nations on October 17, 2004, in email, to Mr. Francis Kofi of the United Nations, except the right of authorship. I want anyone who wants to utilize this script, to use it to the betterment of the world, through the betterment of the intellectual growth of individuals as only individuals on their own quests can do. I am personally intolerant of group-think and other mind-control techniques, so I do all I can, as chronicled by the internet, to educate the masses, because I'm one of the masses.

Scrypnosis

The following is the exact script I use for a first-time Scrypnosis session for people who say they don't have night terrors. Please edit it to fit your needs, especially if there are any parts to which you disagree. When you are done, either find someone to read it to you, make your own recording, or let me may even be done over the phone.

You supply the "Who" and the script supplies the "What"...The person whom reads it to you supplies the "How." This approach works within a single session that, generally, does not need repeated. Therefore, if you feel the need for extended counseling, you should arrange that on your own.

The purpose of this script is to let you do some major housekeeping of your memories, moving those that you choose as hurtful to places where they no longer hurt you, while recalling the memories you love so you can relive them fully. Reality is

what YOU make of it.

By editing this script and making it your words that you would like to say to yourself, I (or anyone), by reading it to you, allow you to help you change your future from the path you have traversed in decision making, which brought you to this point. It's easy to not remember where you put your keys last night. However, painful memories, which are forcefully forgotten, can, with this process, be effortlessly moved to a part of your mind where you choose to not remember them. This then releases stress that you told your mind to create for you.

Hypnosis is a lousy word. As you will see, it's story time, you're listening to the reader, and drifting into your imagination. That's all it is. That's all it ever was. It's just that you're in control, and learning to use even more control you never knew you had.

Basic Scrypnosis Script

"How old are you now? What are your beliefs right now? As you think upon these answers, you have established what I call your Current Age In Life State Of Mind, or CAILSOM for short. Through the use of this script, you will change the ways you remember your past, you will revise decisions and make better your resolve as to how you would have dealt with issues in your life. And so, as you do this, you will instantly effect your CAILSOM. This script will run longer for older people, who have more memories, or shorter for younger people, who have less experiences. Therefore, if this script is used for a group session, it is so noted that you will do as much as you can in the time allotted, and if need be, you can re-run this script again later. It is recommended that this script be run no less than two weeks between sessions, as it takes about that long for

your brain to sort out what all it has learned from each session.

“I am going to count from ten to one, and as I am counting, I want you to concentrate on becoming more comfortable and more relaxed. If at any moment, you feel like coughing, laughing, passing gas, scratching or moving in any way so that you are more comfortable than you currently are, do it. As in life, if something is bothering you, fix it, and it will immediately go away and stop bothering you.

“For a moment here, I want you to move all your toes, then move your ankles, then flex your legs at your knees, and then your legs at your hips. Take a deep breath and then exhale fully. Now move and rotate your neck. Roll your eyes. Smile. Now move and rotate your arms at your shoulders. Now move at the elbows. Now at move and rotate at your wrists. Now move all your fingers.

“Good. By moving these muscles, your body applied electrical energy which cause the muscles to tension. This gives you something you can feel, and now, as you are here, you are feeling these muscles that electrical energy lessening from the muscles. This relaxation feels really good.

“Let us begin. If your eyes are not already closed, please close them now.”

“Ten, just concentrate on relaxing your feet. Let all the muscles in your feet feel really comfortable. You are letting them be comfortable. Let all the muscles in your toes feel very loose and limp; very relaxed. You can only hear my voice. And this wonderful wave of relaxing pleasure runs all the way down your ankles, past your heels, all the way down to your toes. Very relaxed and very comfortable.

“Nine, now just relax your leg muscles, knees, thighs, and

shins. Don't worry about your feet. Just let all of the muscles in your legs get very loose and limp; very comfortable and very, very relaxed. Very relaxed. Let your thigh muscles relax. Let all the muscles in your shins get very loose. And this wonderful wave of relaxing pleasure runs down your legs, past your knees, past your ankles, all the way down to your toes. Very relaxed, and very, very comfortable.

"At eight, relax your neck, back, chest and stomach muscles. Take a really deep as you exhale, feel how your body naturally relaxes. It's a good feeling. Let all the muscles in your neck feel really loose. You can only hear my voice. Let your stomach muscles feel very, very relaxed. And this wonderful wave of relaxing pleasure splashes onto your neck, then runs down your back, past your chest, past your waist, past your knees, past your ankles, all the way down to your toes. Very relaxed, and very, very comfortable.

"Seven. Now relax your arms, hands, and all your fingers. Let all the muscles in your fingers relax. If something is bothering you, fix it and become more comfortable. Let all the muscles in your arms feel really comfortable. And this wonderful wave of relaxing pleasure comes in from your fingertips, pushing all of the stress and fatigue out of your body. It feels so good. It comes up your arms, splashing on your neck, running down your back, down your legs, all the way down to your toes. Very relaxed and very, very comfortable.

"Six. You might feel like you are awake, like you are not hypnotized, but, for some reason, you are very relaxed. If you feel this, this is what hypnosis actually feels like. It's normal. Don't worry about it. You might feel like millions of cotton balls gently pressing down all over. If you feel this, this is gravity. Don't worry about it. I want you to imagine that you're floating down on a cloud. The farther down you

float, the more relaxed you get. The more relaxed you get, the better you feel, and the better you feel causes you to float down even more. Always getting more relaxed. Always feeling better. Always floating farther and farther down.

“Five. Your feet and your legs feel great, just the way they are. Take a really deep breath. And you find that you can only hear my voice.

“Four. As you exhale, relax. Your neck, back, chest, and stomach muscles feel really good, just the way they are. Your arms, hands and your fingers feel just fine, just the way they are.

“Three. And you are floating even farther down, always more relaxed. The more relaxed you get, the better you feel, and now you are feeling really good.

“Two. And you will remember everything you choose to remember. To forget means you know something and then have to black the thought out. On the other hand, it is so easy to not remember some things, like losing your keys. We will try to remember things you have had to forget, and if need be, make them so that you just don't remember them. Take a deep relax.....

“One.”

“Now, in your mind's eye, I want you to find yourself in a most vividly imagined place. This is an exercise in imagination, and the more details you allow yourself to see, the deeper you will get into a subconscious state. I want you to find yourself in the middle of a safe and wide open field. This is more a valley. There are trees on the hills around it. There's a stream that's a safe distance away with a bridge. There's a house in the distance. I want you to look around and tell me about everything you see, and as you do so, allow your imagination to add infinite details, so as to make this more much more real than

reality. “

“Look at the stream. What do you see?”

“You have a cup with you. What does the water taste like?”

“There’s someone you recognize coming out of the house. Who is it?”

“You enter the house and smell something cooking in the Kitchen. What is it?”

(Beginning the actual session)

“As you go out the back door of the place, you find yourself in a room with white walls, florescent lighting, a white vinyl floor, and in the middle of the room, a garbage can with a hinged, though tight fitting, lid. As you lift the lid and look inside, you see it’s absolutely clean. Looking to the wall, you see a friendly looking red button, much like you would find on an arcade video game, and as you press it, you hear a light squeak from inside the garbage can.

“As you now look inside the can, you see that there is an electric elevator lift inside it. You climb in and press the down button, and it takes you to a well lit concrete basement room. It’s clean and huge, going on for many hundred feet in all directions. This is the place where you will now move each and every memory that bothers you. By moving any memory here, you will have the ability to retrieve it at any time, but until you need it, you will find that you will effortlessly not remember anything you place here, and so, by not remembering it, you will have control over the it will never affect you in any way ever again.

“Take the lift back up and climb out of the can.

In your mind, you find yourself relaxing in a most comfortable chair and watching a TV show about your life. Notice, as you are

sitting here, there is a remote control in your hand, and on this remote you will notice a big red button, similar to the one on the wall. This button, upon pushing it, will allow you to take the memory that you are seeing on the television screen and placing it, by your choice, into the garbage can as a memory that you do not want to remember.

By going back in your life's memory, find yourself watching the point of where, in your life, this was the first time where something happened to you, in your life, that you disliked the memory enough to try to black it out, that you wish had never happened to you, and you have done everything that you can to forget it. So, as you press and hold down the red button, the tape backs up a bit and you find yourself at the beginning of this experience. For this moment, we will call this, "The Beginning." Using your current age in life state of mind (CAILSOM), review what happened in this experience without actually reliving the experience, so as to analyze exactly why you wanted to black it out. Now, using your wisdom, I want you now to see if you can come up with a different way to deal with this situation, starting at "The Beginning," so that you stop forgetting the memory, and, instead, move the original memory into the garbage can, while replacing it with this new, revised way to handle this memory.

As you release the red button, the garbage can, which is an automated system, places this memory into it. Immediately after you release the button, you find that you are released from the memory. The original world of this memory will forever be lifted off your shoulders. For a moment, give yourself forgiveness for having held this memory against yourself for so long, and if you need to, cry, but instantly feel courage to push the fast forward button, which will take you now to the next such memory that you have tried to forget or wish had never happened to you, so you can tackle next the next and this manner, until you reach

that point in time where we are now at this age, at your age, that age you were when we began this session. This will happen faster and faster until all you have to do is press and release the red button. Raise your left hand when you're done."

(About two to ten minutes elapse, based on the age of the listener and the amount of turmoil this person has survived for this housekeeping to occur)

"Lower your left hand. Okay, now, on your remote, I want you to push the rewind button, which takes you instantly to the beginning of your life memory, and now, I want to introduce you to the blue button. This time through your entire life memory, press and release the fast forward button. It will automatically stop at each time in your memory wherein you felt guilt or fear. Guilt is typically someone else's value structure that is superimposed over your own. Fear is often a reactive state. So, by using blue button, your mind will automatically invent a proactive way to deal with the memories of these situations using your CAILSOM. What you will do is press and hold the blue button when you come to a memory wherein you ever felt guilt or fear. As you analyze the TV's story of what happened to cause you to feel guilt or fear, and, then, the tape will go back to the beginning of this current blue button experience and, this time, using your CAILSOM, you will create an alternative decision on how you would, right here and right now, deal with this situation, so as to conclude without feeling either guilt or fear, and instead enact the choice of having learned something, and subsequently, forever more, to turn off the guilt and fear. This is your are in total control. So, as you release the blue button, your mind will automatically place that guilt-inducing or fear-inducing memory into the garbage can and replace this newly revised version into your life memory. This will happen faster and faster until all you have to do is press and release the blue button. Raise your right hand when you're

done.”

(Once again, about two to five minutes elapse for this housekeeping to occur)

“Lower your right hand. Okay, now I want you to go back to the first time something wonderful happened to you. I want you to relive this memory as if it is happening to you right now. When that memory is through, go to the next and next, so you refresh and relive your entire, wonderful life. Wave your left hand when you’re done.”

(2-5 minutes)

“You can stop waving your left hand. Now that you have taken control over your life memory, let your self-esteem increase. You’re worth it. You have nothing from which to fear anymore. Those memories which controlled now controlled by you. They are safely away. Build your self-esteem and self-love. Forgive yourself for any self-deflating fear or emotions you have had. You don’t need them anymore. You’re stronger than that.

From now on, if anyone ever says anything or does anything to hurt you, the very instant you realize they are intentionally doing so is the instant you realize that they are not that important at this moment. Be careful with this. Learn what you choose to learn from the experience, if you believe the criticism to be constructive, and immediately adapt whatever lessons you feel the need to act upon, but if the person is being hyper-critical or abusive, you will notice that suddenly everything else in the room is far more important and so you hear everything except whatever is being said by this person. However, in all cases, you are responsible for your own actions, so be wary of your choices.

“Through this process, you have set up a series of mental

machines, or, if you will, computer programs for your mind, that you have used to process information which you have stored. You will find that they will serve you now for the rest of your life, just as you have used them today, so that instead of having a reactive existence, you will have a proactive existence, and your life will go along more smoothly, for you will be able to digest any situation at your leisure, that no one can ever bother you, and you will no longer be giving up control in any way. You have total control, but at your leisure.

There is one last routine you need to run. Once again, I want you to imagine a TV screen with the face of the person about whom you have the strongest hate memories. In your hand is a remote control, and on the remote is a friendly looking green button that reads "Clear all." When you press and hold the button, all feelings you have for this person are forever removed so that you have no feelings for this person at all as well as no memories of this person, ever. No positive emotions, no negative emotions, no feelings whatsoever. It's not that you're numb, its just that, through their own action, they must be returned to that group of people whom you don't know and don't want to know. As soon as you release the green button, that face disappears and is replaced with the next person for whom you have either only hate or both love and hate feelings. As you look in their eyes and see them, then press and release the gree button. Automatically, you will eliminate them from your life, from all memories, ever. Wave your right hand when you are done.

(Wait 2 to 5 minutes)

You can stop waving your right hand. From now on, if you meet any of these people, you will treat them as if you are meeting someone new, and though you will have this flag to remind you that you don't want to know this person, at least you're in

control over yourself and they will have no emotional impact on you whatsoever, for they have earned the distinction of being unworthy of your love, of your life, and of your memories.

(If there are any further scripts to be added, this is the place to insert them)

“From now on, let yourself enjoy life, one moment at a time. Take time to look at the clouds and let your imagination go. Be a kid again, and let your heart be free. This being a grown up concept is for the birds. You can be mature without being ancient. Live a , live a lot. At any time that you want, squeeze your fist for a moment and turn up your happiness. You’re in such control, you don’t even need to squeeze your do it. Your emotions are at your the other way around.

“Through this process, you have spent time reorganizing the way you process information. It will come to you, as it always has, but now you can relax, identify it, digest it, process it, and live it. You’re safer for you will, by your own will, be a new person, not because someone told you to be, but because you read through the script, you edited it to your wants and desires, you found someone you trusted to help you do the session, or made this tape, if this is an audio tape of your own making, and you know that this is what you want. You are in control of the best part of you.

“I want you to set a key word. This word can only be used by you, internally. The only way this word can work is for you to take a deep take a couple normal when you choose to take a second deep breath, you say this word as you exhale. As you say this word, to yourself, you will immediately close your eyes and slip down into a deep, relaxing sleep, all the way to as far down as you are currently even further. Every time you do this form of whatever word makes you feel find that you can go even

deeper than you did the last time.

“No one can ever speak this word to you and have any effect upon you. Let us set this word the word is ‘Soma.’

” (or any other word that you would suggest Soma as it’s breathy, uncommon in the US English language, and easy to say in a whisper)

(Post-Hypnotic Suggestions go here)

“Okay, now I am going to count from one to five. When I get to five, you will totally awaken from this place, this state of mind, and you will feel energized, you will feel love, you will feel great joy and happiness, and it’s all because you simply want to feel that way.

” up...”

Agreement Option

I have read this Scrypnosis script and agree to the fact that if someone were to read this to me, and if I choose to act upon these suggestions exactly as written, such actions would be from by my own volition. I further warrant and accept that any outcomes or results of such actions will remain my own responsibility and will, in no way, be construed or implied to be the responsibility of any other person. Therefore, by signing this contract, I hereby realize and accept that the writer or reader of said script is in no way a hypnotist, and therefore, I release such person or persons from any liability for either writing or reading this script to me, as well as any sound effects and/or other environmental changes to make the experience more real. I hereby agree that any action I may choose to take in following any of the suggestions noted from

such a script at any time, ever, are completely of my own choice, my own volition, and my own control. All hypnosis is self-actuated and therefore, I am the only hypnotist in my life, ever.

Signed this _____ day of _____,

Scrypnosis Client

Signed this _____ day of _____,

Reader

Signed this _____ day of _____,

Witness