

# Sanctuary Exercise

written by Hypnosis Scripts | August 16, 2021

By Dr Bruce Goldberg

Sit back, breathe deeply, and send a warm feeling into your toes and feet. Let this feeling break up any strain or tension, and as you exhale let the tension drain away. Breathe deeply and send this warm feeling into your ankles. It will break up any strain or tension, and as you exhale let the tension drain away. Breathe deeply and send this feeling into your knees, let it break up any strain or tension there, and as you exhale let the tension drain away. Send this warm sensation into your thighs so any strain or tension is draining away. Breathe deeply and send this warm feeling into your genitals and drain away any tension.

Send this warm feeling into your abdomen now; all your internal organs are soothed and relaxed and any strain or tension is draining away. Let this energy flow into your chest and breasts; let it soothe you and as you exhale any tension is draining away. Send this energy into your back now. This feeling is breaking up any strain or tension and as you exhale the tension is draining away. The deep, relaxing energy is flowing through your back, into each vertebra, as each vertebra assumes its proper alignment. The healing energy is flowing into all your muscles and tendons, and you are relaxed, very fully relaxed. Send this energy into your shoulders and neck; this energy is breaking up any strain or tension and as you exhale the tension is draining away. Your shoulders and neck are fully relaxed. And the deep relaxing energy is flowing into your arms; your upper arms, your elbows, your forearms, your wrists, your hands, your fingers are fully relaxed.

Let this relaxing energy wash up over your throat, and your lips, your jaw, your cheeks are fully relaxed. Send this energy

into your face, the muscles around your eyes, your forehead, your scalp are relaxed. Any strain or tension is draining away. You are relaxed, most completely relaxed.

And now float to your space, leave your physical body and move between dimensions and travel to your space, a meadow, a mountain, a forest, the seashore, wherever your mind is safe and free. Go to that space now. And you are in your space, the space you have created, a space sacred and apart. Here in this space you are free from all tension and in touch with the calm, expansive power within you. Here in this space you have access to spiritual information and energy. Here is the space where you can communicate with your spirit guides. Your flow is in harmony with the flow of the universe. Because you are part of the whole creation you have access to the power of the whole of creation. Here you are pure and free. This is your personal sanctuary.

Stay here for a few minutes and when you are ready let yourself drift up and back to your usual waking reality. You will return relaxed, refreshed, and filled with energy. And you will return now, gently and easily. Open your eyes.