

# BEST HYPNOSIS SCRIPTS

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## RTCX14 Release Hypnotic Commands

Sexually adventurous people often allow other people to hypnotize them. Adult hypnosis involves a lot of trust. And sometimes the hypnotist abuses that trust. The hypnotist puts hidden hypnotic commands, triggers, even seals, in place to control you after you come out. These are key words or phrases used to trigger a post hypnotic command.

The result is that you feel that you are not yourself, and can't tell why. Some hypnotic partners design seals to make it so you can only be re-hypnotized by that same hypnotist.

Whatever methods are used and whatever is done, you are left under their control. Sometimes you originally gave permission, and sometime the hidden hypnosis commands were put there maliciously. Whatever the truth of the matter, you should not allow anything in your mind that you don't want there.



This script will remove all hidden hypnosis commands, triggers, seals, whatever. Totally cleared in one session.

## Release Hidden Hypnotic Commands Script

	Set up		
	Settle back and relax. Close your eyes. Allow your arms and legs to become heavy. Allow your breathing to settle. Notice each breath.		
	And as you breathe out, think to yourself three, two, one - relax.		
	On the next breath out, again count quietly to yourself, three, two, one - and think "relax".		

	Continue breathing quietly for a few more breath as you feel yourself beginning to relax.	I	Self-induction
	That's right, take some time to allow yourself to feel relaxed and comfortable.	I	Deepening
	<b>Priming the conscious mind</b>		
Expectation	Today you are going to cleanse your mind.	I	
Belief	Your mind is very powerful, I think you know that.	D	Resource
Capability	But your mind is also something that learns and changes as you grow. It has the ability to absorb new ideas, new beliefs, different ways of understanding.		
	Every action, every belief has to come from somewhere.		
	We don't always know or remember where every one of them came from.		Priming idea
	<b>Acknowledge the issue</b>		
	Your mind is strong but fragile. Stable but changeable. You are who you are, but sometimes you feel like you're someone else.		Empathy
	And maybe sometimes, you feel that something might have lodged in your mind. Something that was put there by someone else.	K	
	And maybe it happened by accident, or maybe it was put there deliberately. And maybe you gave permission, and maybe you didn't. Maybe you once wanted it and now you don't.		All possibilities
	All these things are possible.		Acknowledge
	<b>Define the problem</b>		
	It is possible that there is something there, like a hypnotic instruction, or a bind, or a seal, some subliminal message perhaps.		
	You may not even be aware of what it is at all.		
Capability	When these things are inserted they are designed so you cannot remove them yourself. But they can be removed.	D	
	Maybe it's time to allow someone to help you remove it?	I	Assistance
	<b>Reassurance</b>		
Dissociation	And as you relax now, think about how good it is to know that finally, that thing will be gone.	I	Anticipation

	Whatever it is will be gone from your mind.	D	
Capability	And you will be in control again.	D	
Capability	Once you have decided that you want it gone, it cannot survive, nothing can prevent you from clearing it out.	D	
Capability	Nothing can stand up to focused determination.	I	ambiguity
<b>Induction Section</b>			
Capability	Knowing that, you can begin the process of going deep into your own mind.	I	
	Continue breathing gently, relaxing, and think of someplace where you can relax completely. It might be on a beach, or in the country, or even just a favorite chair. It really doesn't matter.	V	
	Then bring to mind that place where you can really let go, where you can imagine lying there, breathing gently, relaxing so much.	V	
	And maybe you can think what it would feel like, if your arms and legs are tired and heavy now. So tired and heavy you just can't move them.	K	
	Then imagine your whole body is tired and heavy. Tired and heavy like stone. So tired and heavy you just can't imagine moving. And that doesn't bother you at all.		Reassurance
	You can just enjoy that feeling of becoming detached from that body.	I	Dissociation
	And as you get that feeling maybe you can imagine some stairs. Stairs leading down. And you can go down those stairs safe and secure, warm and comfortable. And as you go down those stairs each step will make you even more comfortable even more relaxed.	V	Countdown induction
	And going down those stairs now.		
	Ten.		
	Nine, everything slowing down.		
	Eight, letting it all go.		
	Seven, nothing to do nothing to think about.		
	Six, down and down, more and more relaxed.		
	Five, deeper and deeper.		

	Four, mind drifting this way and that, feeling really relaxed.		
	Three, down and down.		
	Two, dreamy drowsy drifty.		
	One.		
	And after one there's just zero. And maybe something in the center of that zero reminds you of that place where you can relax completely, where you can really let go, you have everything you need, and just drift away. Totally relaxed. Totally at ease.	V	<a href="#">Link to original visualization feeling</a>
	And from now on, every sound you hear, every word, is taking you deeper and deeper into that soft relaxing place.	D	<a href="#">Deepener</a>
<b>Priming and Preparation Section</b>			
Capability	And in this state your mind is open to all possibilities.	I	
Capability	Your mind can be open to many influences.	I	
Capability	Your mind can be aware of hidden things. Your mind can become aware of blockages, can become aware of packages of instructions.	I	
Capability	Embedded suggestions, and of anything put there to prevent you finding them.		<a href="#">All possibilities</a>
Belief	In this state of deep relaxation, your mind is at its most receptive,	I	
	The state it was in when those unwanted instructions were first put there.		<a href="#">Logical justification</a>
Capability	And because you are in the same state, this allows you to remove whatever should not be there.	D	<a href="#">Logical ability</a>
Capability	Easily and quickly.		<a href="#">Reassurance</a>
<b>SUGGESTION CLEARING SECTION</b>			
	Life is like a cycle, never ending or beginning, like a spiral constantly turning.		<a href="#">Main Metaphor</a>
Capability	And you can allow your mind to think of that spiral, to find your place on that spiral.	V	
	Going down that spiral takes you deeper and deeper into the depths of your own mind.	I	<a href="#">Deepening</a>

	And when things are right, you are sliding along that spiral smoothly and easily. From time to time there are bumps and rough patches which represents the ups and downs of life.		
	And that's okay.		Reassurance
	But as you go along that spiral now you become aware that there is something really not right coming up.		
	There is something there that expects you to go around it, or even stop completely.		Problem found
	And that's not okay.		Call to action
	What that means is that you found something that has been placed there, and shouldn't be there.		Acknowledge problem
	And that's a good thing.		Reassurance
Capability	Because that means you have found it. And if you have found it, you can remove it.	D	Hypnotic logic
	And now that you have found it, you have set off an automatic process, an intruder alarm.	M	
	From somewhere even deeper, deeper inside your own unconscious mind, something is coming up that spiral.	D	New resource
	What is coming up that spiral is your own powerful protective spirit. The part of you that protects you.	D	Resource identified
	The part of you that makes you who you are. The part of you ensures that there is nothing there to harm you in your own mind.		Resource described
	And that part now finds that blockage. And it begins the process of removal.		Resource capability
	Your mind takes that blockage and begins to pull it, and squeeze it, and twist, and drag it away from that place. And as it does all the things holding it in place begin to stretch, and one by one they break, they snap like old rubber bands. And your mind detaches it from the spiral begins to bring it up towards the light.	M	Metaphoric change
	And suddenly that thing that was hidden away, that thing that thought it was safe, begins to squirm, and scream, and realizes that it's no longer hidden and safe. Your mind takes that thing and is squeezing and stretching and twisting until it turns into like a liquid inside. And your mind rips that thing apart. And all that liquid begins to pour down. And it's like it's pouring	M	Inner resource destroys the object

	down inside you. It's like it's all dripping, pouring, sliding, going down inside your body.		
Capability	And you are helping to wipe it away. You are wiping it down and every last drop is going down from your mind through your chest, your body, down into your legs.		Action by client
	And then it's like it's all pouring out through the soles of your feet. Pouring away into the earth and is lost forever.	M	Metaphoric removal
Capability	And finally, you wipe away the last few drops and remnants. And it's gone.		Object cleared
Capability	That powerful mind of yours has removed it from your life line.	D	
	You have been cleansed, released, and know that you can continue on smoothly now.	D	Desired outcome
<b>DIRECT SUGGESTION OF BEING FREE</b>			
Capability	And if you ever come across another blockage, other things that shouldn't be there, your mind will automatically sound the alarm, and the block will get removed in the same way.	D	Prevent it happening again
Capability	Nothing can stand up to your own powerful mind.	D	
Capability	Your mind is equal to any other mind.	D	
Capability	And from now on you will be more alert to any attempt to insert hidden instructions.	D	
Capability	Trust your mind and you can explore anywhere you want, knowing that you are protected.	D	Reassurance
<b>REORIENTATION</b>			
	And knowing that, it is time for you to come back up that spiral.	M	
	You can now become aware that you are hearing these words. You can become aware of your arms and legs again.		
	And when you're ready, you can begin counting from five up to one. When you get to one you will be back in the present, fully alert, clearheaded, ready for the rest of your day.		
	So counting now. Five, taking a deep breath.		
	Four, head moving, arms moving, legs moving.		
	Three, getting ready for a stretch and a yawn and feeling good, mouth moving, head coming upright.		

	Two, eyelids flickering, almost back.		
	One, eyes open, fully alert, back in the present, feeling good.		

RTCX14

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