

Move on with life hypnosis script

This hypnosis script uses metaphor and hypnotherapy to give people a way to move on with life, a new way forward.

The hypnotherapy works in two ways. One way forward is to reconnect the person to feelings of being accepted and wanted and loved. Then the metaphor takes you outside to a path where you can move on with your life. You start moving towards your new life but discover old things holding you back. These are symbolically cut off and disappear so that you free to **move on in life**.

This script lets people get over divorce, relationships ending, emotional abuse and feelings of abandonment.

	[Use your normal induction to trance... then....]		
Target	Moving on metaphor section		
Memory	I wonder if you can imagine a door.... and think about what that door might look like... whether it would open inwards or outwards... what kind of handle it might have... the colour.... and how easy it would be to open that door... and maybe you can imagine that door opening.... and you go through that door.... you find yourself in a large room...	V	
	and in that room there are lots of people... in that room there is everyone you know and like... and everyone who knows you and likes you... and everyone who loves you... and every one that you love is in that room... and there are people there who you meet every day... and there are people there who you haven't seen for a long time... and there are people there who are no longer with us....	V	Relationships
	and when you go into that room they all turn round and they stop doing what they were doing.... they've been having a sort of party... they have been talking and eating and drinking..... and they stop and they look round and they all smile.... and they begin to applaud quietly and politely.... and you can see them clapping and you can hear the sound... you can feel the pleasure... and they are all smiling... and they begin to clap a little louder... and then louder still.... and they begin to come forward.... and some put their arms around you and some hug you and kiss you.... and you feel so good... and you feel such a feeling of warmth and acceptance.... that all these people love you for who	A	Approval

	<p>you are... and this is a place where you can feel completely safe.... totally accepted... supported ... by family and friends and all the other things.... and even just thinking about that place makes you feel good inside.... It's a place where you can be anything you want to be... and be accepted... just for that... where you can do anything you want to do and you will be accepted and supported... And that's a good thing, isn't it?</p>		
	<p>And now I would like you to find a way to thank those people and just send out love to them... in any way you can... and make your way to another door... the door to the outside... and you can turn round... and look at those people.... and know that they are there to support you... and you wave and they wave back... and they go back to talking and laughing....</p>		Acceptance
Target	Gravel Path metaphor section		
	<p>And you go out through that door and you find yourself on a gravel path.... and as you walk up the path you can feel the stones under your feet.... you can hear the crunch of the gravel... and there's a breeze blowing along.... off a river, perhaps... and you can smell water... and trees along each side... big, tall trees... and you are walking along ... and as you crunch along on the gravel ...</p>	K	All senses
	<p>you realize that there is something tugging at you... and feel this tugging at your back.... and you look round there is a big sort of net, or a bag or something.... and inside it... it's full of stones and rubbish.... old stuff.... and you are dragging this along and you can see the marks on the gravel... and you realize that you were sort of aware of it before,.... but never really looked at it or felt it so strongly before.... and in there is all the stuff that other people have put in there that you don't really need any more.... and you look at it and it feels as if it is dragging behind you like the train on a gown... or like an anchor on a boat.... and you realize this has been tugging on you for a long time... holding you back... and you realize you don't want it... you don't need it... you don't deserve to have to drag all this stuff with you all the time.... and as soon as you realize this.... something sharp appears in your hand... and you reach round to the rope connecting that thing... and you suddenly get the feeling.... that this is what you should do...</p>	V	Baggage
	<p>you reach out and cut that rope, you slash at it... it comes apart.... and as it parts... it springs away.... and all the stuff inside collapses... and lies there on that gravel path.... and the sun comes out... and the sunlight begins to shine on all that old stuff... and it begins to steam... and evaporate...and some drains away into the gravel... and the bright light begins to destroy the stuff holding it all together....and the pile collapses and scatters... and you can walk among it and kick at it.... bits roll away... and as you watch... you can feel them fading... disappearing.... until nothing is left...</p>	K	Power

	and then you smooth the gravel over and there is nothing there any more... nothing to see but the shadow of your own footsteps... and soon, they too fade away.... and all that is left is a smooth path... a new path... a fresh way forward... And you feel much lighter.... you can go forward now.... that weight has gone... .	M	Success
Target	Moving on with life section		
	[now lead into a visualization of moving on in life... whatever they specifically want to achieve in their new life.]		.

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