

## Your Amazing Life Journey Hypnotherapy Script

You feel so comfortable, so peaceful and bright. You are bathed in warm sunshine. You can hear the birds chirping and feel a light breeze blowing past. You are warm, happy and at ease. Ahead of you is a wonderful bicycle. As you go to it, you notice how solid it feels as you grab hold of the handlebars, and straddle the seat – the bike fits you perfectly! Your feet balance you on the ground, you are sitting firmly on the seat. You can control the handlebars from this place of safety and comfort. Your back feels strong; your feet itch to start pedaling. You take deep breathes, one deep breath... another deeper breath... another even deeper breathe, hold it and release...

You push off. With power and courage, you begin. Your legs pump the pedals, the wind picks up ... anticipation wells in your chest, hands gripping the handlebars, you pedal faster, gaining speed and courage as you pedal. Your heart is pumping, with each tree you pass, you feel more and more courageous. You are happy! You are proud. Sunlight flickers and flashes across your face. Your breath is deep; you are free and easy, full of promise. You *smell* promise – an early summer day full of promise. Smells of fresh cut grass, sprinkler hitting sidewalks, blooming flowers. Birds chirping, kids playing. This energy- this adventure is yours. You own it. *You belong to it.* You have already begun and it feels so right. You are invincible on this grand adventure. Fresh and free - full of courage!

Feeling so confident and excited, you decide that you're feeling triumphant and you want this adventure to be about achieving more...being more...feeling more alive.

Eagerly, excitedly you direct yourself on this journey; purposefully moving forward to greater accomplishment and aliveness. You realize your journey will be so much more satisfying by having a good map. You decide to design your map to greater aliveness and have this treasure map on your journey.

Off to the side of the road, in a grassy ditch you see a roll of brown crinkly paper just tucked in the tall grass. You step off your bike and excitedly retrieve this roll of old paper. It smells of age and dust, crinkly and brown. You roll it open on the clean, dry grass, and hold it down in the corners with gray/brown rocks. You find a pencil tucked in your pocket. You grip it in your hand and draw your map...utter concentration, lips pursed, and eyebrows furrowed you draw each segment of the map carefully. Every detail, etched firmly in pencil, you pay careful attention to details, and easily form every length of the course from here to the treasure of greater accomplishment and aliveness. Like a treasure map of old, in your hands, this map is solid, ancient and real. You will achieve more, be more alive, as you follow your map! You are certain of its course and authenticity.

Your map. Authentic. Real. Solid. You know how to follow this! You love to follow your map. The dotted line is so very clear, always you can see the direction you intend to go. Now you study your map, you note the details of this length of the journey. Having it

firmly etched in your mind, you roll up your map, and tuck it under your arm, straddle your bicycle, grip the handlebars and being to ride fast and straight. The wind blowing in your face, hair flying, sun warming your body, your legs pumping, lungs fill as laughing, you follow your map. Effortless. Always your map is with you, with each turn, each stretch you *know* you are following your map.

It is easy to focus on the details of your map. Clearly in your mind you see the direction of the path that brings you greater accomplishment and aliveness. Clear. Concise. Conscious; each piece of the journey is a distinct clear piece. You know what to do. You are focused on every detail. You now have clarity of vision so that every color is sharp and clear, every sense is heightened.

Time becomes *easy* to manage - the *world* has gone into slow motion while you move with speed, creating your dream, your effortless accomplishment. You seamlessly follow your map. You reach each milestone with ease and breeze onward.

Purposefully, powerfully, you move forward. Your map is your plan. Confidently, competently you move forward to greater accomplishment and aliveness. You remain focused; you *know* what to do. With each stretch of the road, your confidence grows and lifts so very high.

So very confident on your bike, you recognize the field ahead. You now enter this field which is on your map. This is *your* field of dreams. You see that you have attained your goal, reached your destination, and attained everything you imagined.

You are zealously, gleefully doing what you love doing! Walking tall, doing what you love, you notice that you have a powerful, positive effect upon others in this field. Watch yourself striding forward in your career. Proud. Direct. Clear. You see yourself going through the day-to-day tasks. How wonderful you look! Straight. Proud. Clear. You wrote the book for this career! You know that all that you accomplish arises from your focus, and determination of following your well-laid map.

You feel bounding energy – in your lungs, your hands, your body. You see your map, your dreams, fully realized before you. All colors radiate from this vision. You now see what you have created. Today you create it. It is warm, rich, alive! It smells like a summer day- fresh and free and sweet and warm.

Walking through this field, this dream you have created, you unroll your map and see it fully. Each inch along the map; each step attained, you have grown in joy and pride. You have grown in stature. With each step, confidence has become natural – Confidence is your very nature. Confidence is you. You *naturally* become more accomplished and alive as you follow your true map.

You are focused and radiant. Your body feels powerful, proud. You *know* what to do. It is a knowing beyond words, beyond rules, it is a part of you. You know what to do. When obligations arise that would have distracted you, you actually find yourself becoming

pleasantly relaxed, truly focused. In fact, the more that busywork strives to fill your vision, the more smoothly, steadfastly you focus on your map that has led you to your field of dreams. Your purposeful plan moves you into action and you ride and play successfully, joyfully in your field of dreams.

In this field, there rises before you, a great enormous trophy—a great cup with a huge engraving. It's about you, your name is there acknowledging you for your accomplishments. It is so tall, you run to climb it—how fun to swing from the handles and laugh, while people around you are clapping and smiling with you. This award is for you and you have earned it. It has always been here and now your focus and confidence have brought you to greater accomplishment and aliveness. Confidence buoys your body. Pride, vigor, strength lifts your body straight and tall. *You did this*. Your abilities and talents and focus created this. Confidently, you now realize you are capable of naturally achieving your mapped dreams. You have always been capable of this. Now your accomplishments and aliveness have materialized.

In fact, you are hugely alive and successful and abundant. The more alive you feel the more eager you are to stay focused on your map. You are confident and powerful. You move confidently toward your goals. In fact, you are so confident you act on your plans *daily*. You remain focused; it is as easy as breathing. As easy as the deep, deep breathing of a vigorous bike ride.

You are clear as a bell. Success is your destiny. Seeing your bicycle leaning against a tree, you smile knowingly. You walk tall and proud as the prosperous person you are. You feel rich, abundant, and full of vigor. You breathe deeply. The oxygen fills your lungs and invigorates your powerful frame. Your feet and legs bound great powerful leaps. You create more and more of your vision and dreams. This wonderful feeling permeates your body, mind and soul.

This focus comes so natural; you now realize it has always been a part of you. Creating these dreams and accomplishing so much is as natural as sunshine – it is meant to be; you are destined to create, to succeed. As you move through the typical actions of each day, you remain clear. You remain focused. You are confident.

You sit under a tree and drink it all in...you easily commit all details of this field of dreams to memory. You etch it purposefully in your mind, as if you are drawing this map again. You can easily come back to this field of accomplishment and aliveness anytime you desire. In fact you will often return to rejuvenate and to recharge your batteries. Each time you return to your field of dreams you see the map clearly, you fill with vigor and energy, your eyes become clear and focused, you charge with ambition!

Anytime you need a safe place, a place to enjoy yourself, a place to recharge your true nature, this field is here, always here...

Climbing back on the bike, you now ride from this field toward the place you are now... to begin this adventure, this journey into greater accomplishment and aliveness. As you

ride, a gentle peace fills your body. Your brain is quiet and rested. Your body is relaxed from the crown of your head to the base of your spine where you rest upon the seat. There is a contented feel in every part of your body. Your legs limber and relax while they steadily move the pedals as you ride steadily into your current life. Strong, peaceful, always having this map inside, you enter your life now... gently, steadily you arrive and see around you the fruits of your aliveness, the ease of knowing yourself and what you will do, the joy of quiet competence, the pure pleasure of holding your head high, knowing you have all you want.

Now as you go about your day, following your plan, you are filled with confidence; you feel as though the wind is blowing through your hair...enthusiasm and joyful anticipation fill you. When you need it, each breath you take brings you freshness, power and joy – as in your field of dreams. When you wake in the morning – the moment you rise, you feel invigorated. You have your map, you choose to follow the map; it actually becomes *easy* to focus, and be attuned to details. It comes so naturally for you; you were *born* to succeed! You feel profound, steady confidence, this birthright to succeed!!