

Creating Distance and Holding onto Comfort, Now and Later Transcript

(From Dr. Michael Yapko's audio program *Managing Pain with Clinical Hypnosis*)

Isn't it comforting to have the experience of your body be so very different now... and how easily you can maintain a sense of comfortable distance... comfortable distance... even when your eyes are open and you're doing things in the course of everyday living... you can maintain that sense of comfortable distance from your body... your mind here... your body there... And it's this nice... safe... comfortable feeling that you really can memorize in very intense vivid detail so that you can remember it... recapture it... re-experience it anytime you want to.

Very comfortable... And what your unconscious mind or deeper self might really want to know is that you can be so comfortable whenever you want to be... And it's interesting... very interesting how the most everyday experiences in your life can be some of the most profound reminders of what it's like to have a mind here and a body there... Eating... watching tv... napping... talking... can all seem to really regenerate the feelings of comfort... But I don't think that I need to remind you that you can relax... that you can be safe and comfortable anywhere after all... In a sense... you're here with me... and you can hear me... And as you absorb the deeper ideas... the really important messages... you can go from hearing me to hearing yourself... talking to yourself through your thoughts... You can hear you talking to yourself in the strangest of places... You can hear you talking to you about what's soothing... what's comforting... what's distancing... And you can keep close the feelings of comfort and everything else can fade into the distance... into the distance... And you can be distant from yourself in terms of physical sensation... being here and being over there...

Experiencing comfort now and experiencing comfort later... deep comfort... front and back... top and bottom left and right... and the right to comfort is what's left... And that's what I'd really like you to know deeply within yourself that the right to comfort is what's left... and why not look ahead to a little bit later or perhaps a lot later or maybe something in between a little later and a lot later... And as you look forward and you can look forward... you can see how comfortable you are now and later you can see and hear and feel comfort... good and why not enjoy the sense of pride and in discovering that you can use your head to be comfortable... You can use your thoughts to be peaceful... You can focus your mind to keep your body comfortable and relaxed more than you could have ever realized... And you can use your body to alter sensation comfortably in the way that you'd like to... And let that be the guiding memory and the guiding experience for this experience of comfort that you really can hold onto here... there and everywhere that you go... you can hold on tightly to the comfort... powerfully to the sense of calm in every part of your body.