

## **Transition into Hypnosis "Exploring and Discovering" Transcript**

And you can begin by taking in a few, deep, relaxing breaths... Just orient yourself now to the idea of spending a little time with yourself in a way that's easy and comfortable... Over the course of the next few minutes, I'm going to talk about different ideas, different possibilities... As you know by now, it is always about the possibilities and which ones you avail yourself of. There really isn't anything that you have to do... There isn't anything that you necessarily have to experience... It's not as if there is a correct way to be comfortably focused... And certainly you can discover that when you let your eyes close... it's easy to start to build an internal focus... When I talk about building an internal focus... I am aware, of course, just as you are, that there's a world of activity that still goes on around you... the sounds of normal life going on as usual... the sounds of a busy world doing its usual thing... out there... So for you to deliberately create a state of comfort in yourself... for you to have the choice be deliberate in choosing which thoughts, which sensations, which perceptions to focus on in this quiet and personal time... is a very powerful reminder... that you can create an experience for yourself that serves as a wonderful foundation for all that is yet to come...

Initially, of course, your mind naturally tends to go in many different directions... your thoughts tend to drift off in different directions... That's quite normal... Quite natural... And, as you will likely discover... a little at a time... the things outside become less significant... less relevant... less worthy of your attention... while the things inside... such as your feelings of comfort... your curiosity... your ambition... become ever more important... It's your internal experience that matters right now... but, you'll notice I'm really not saying what kind of internal experience... because you can easily appreciate how different the qualities of a comfortable focus can be for different people...