

Transition out of Hypnosis "Exploring and Discovering" Transcript

The experience of yourself is changeable. Each time you allow yourself to get relaxed and focused... you can get more easily focused, more quickly absorbed... getting more comfortable and easy with experiencing yourself in this special way...

You can take the time now to review your experience so that you can start to bring this experience to a comfortable close... first, though, you can summarize key learnings and observations... so that you can start to bring this experience to a comfortable close... Take whatever time you need to, to summarize this process in your thoughts the process of re-orienting yourself gradually... gradually, comfortably, and in a little while when you're ready to and want to... you can re-orient yourself completely... and let your eyes open whenever you're ready. Take your time and re-orient completely, feeling alert and refreshed.