

Transition out of a Hypnotic Experience “Building Imagination Skills” Transcript

So, whether you're expanding time...or shrinking *it*...or capturing it for a moment in a photo...whether you're reading a book with your daughter in your mind...or in reality...or whether you're reading a book of your own...or traveling to a place of fantasy...or staying comfortably here...a part of you can enjoy the automatic pleasure...the power of imagination. Whether you follow the wave of your imagination...going in a way that happens automatically...or whether you direct it in a manner that you enjoy...returning to something that's easy and pleasurable for you...or allowing your breath and your imagination to come up with something new. In the days ahead...as you notice what direction your mind goes...and what direction you can take it. You'll learn more and more about how to work with your imagination...like parenting your daughter...and choosing books that you can enjoy...for different times and places and at your own rate and pace. When you are ready...bringing forward with you any ideas that seem of value...and you can return to this recording at any time that you would find it valuable...using your breath...coming back here to this room with us together so that we can use a different kind of imagination that we can build through our conversation...and setting some goals...and scheduling another time to meet.