

THE GENIUS WAVE - GUIDED EXPERIENCE

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First, let's start by laying back in a comfortable chair or bed. Somewhere your head can be supported. If you find yourself falling asleep during hypnosis, try a more upright and alert position until you get used to the balance between relaxation and heightened awareness.

Hypnosis is a non-invasive tool that can be used to reach the deeper mind, targeting the source of stress that could be the cause of a decline in brain health.

So, let's get very relaxed, first by inhaling very deeply through the nose, and slowly out through the mouth...

One more breath... in... and out...

Now, with your eyes open, find somewhere in front of you to stare at... keep your eyes fixated here and do not look away...

Breathing slowly and calmly... resist the urge to look elsewhere...

Notice how your eyes are beginning to fatigue, this is a good sign...

In a moment I will count down from 10 and with each number you hear, I want you to slowly blink your eyes... just close and then open them with each number...

Ready?... **10**... close and open, finding that same spot to look at...

9... slowly blink your eyes and keep them focused on that point in front of you...

8...

7...

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6... close and then open...

5... your eyes are getting very tired...

4... it's almost hard to keep opening them each time, but keep trying...

3...

2... almost there...

And 1... let your eyes close now and relax... it feels so good to do so...
Feel how a peaceful wave of relaxation is expanding out from your eyelids,
softening the face...

Melting away tension in the jaw...

Soothing your shoulders...

All the way down the body... feeling how your toes even let go and relax more...

Good, you're doing so well...

And even though you are very relaxed right now, I bet you can double that
relaxation... you will do this by simply opening your eyes again, only when I say
so, and when you close your eyes, you will instantly feel your comfort double in
this soothing relaxation...

Ok, open your eyes... looking straight ahead...

And close them... doubling that relaxation...

Enjoy this opportunity, go with it... let yourself flow down the river of relaxation
like a canoe with no oars, just going with the current of relaxation...

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Nothing can stop you from becoming even more deeply relaxed as you begin to imagine that you are laying in that canoe... floating from side to side, hearing the trickle of the water lapping against the sides of the boat... you are laying peacefully, eyes closed, yet seeing everything around you with the power of your creative imagination...

You can clearly see the green, lush trees lining the banks of the river... you can see the crystal-clear water... you can hear the breeze blowing through the leaves...

You can picture yourself laying in the canoe, being carried by the current, and you feel that your mind is also clear... fresh like a newborn baby... crisp... focused... radiant in fact...

Peacefully sleeping, with a slight grin on your lips...

You feel your chest rising and falling with your gentle breath... knowing it is there for you to focus on at any point you need to... in and out... in and out... ever moving...

There is nothing but peace here in the canoe... but especially peace on your beautiful organ, the brain...

Calm... serene... at ease...

Allow your deeper mind to send a powerful signal to the nervous system that you can regulate the brain naturally...

Tell your deeper mind now that you are successfully in “rest and digest” mode... you can even feel your digestive system responding here, allowing the food to move effortlessly through you, soaking up all the necessary nutrients...

Feel yourself communicating in a special way with your cells now...

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(spoken very slowly) rest... and digest... rest and digest... rest and digest...

Give yourself this gift of peace and harmony within... balanced and harmonized...

(pause)

You are able to successfully let go of confusion or thoughts of mental deterioration... you know these have no benefit...

You receive long-term benefit from letting your mind heal, resisting the urge to think badly of your brain functions... this actually comes so naturally for you now, that it is a bit of a surprise.... You didn't know it would be this simple...

A joy and delight come over you now as you feel a deep gratitude for your brain... the words "thank you brain" begin to resonate like an echo, reaching the depths of your awareness...

(spoken very slowly) Thank you brain... thank you brain... thank you brain...

Each day, your memory retention becomes stronger... it's like the old you has been shed and tossed away, and the new, radiant you is present here and now...

And whenever old, negative thoughts come to mind about your brain, you have a keen awareness that you no longer choose that as your experience...

Say out loud now... "I choose peace in my mind."

Good... again, speak this out loud with your lips... "I choose peace in my mind."

Great... feel the power of these words as you say them once more... "I choose peace in my mind."

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(pause)

Now, take a deep inhale... exhale... open the eyes in 1...2...3...4...5... feeling refreshed and focused on a better you.