

DEEP SLEEP GENERAL INDUCTION

INSOMNIA

Allow yourself to take a moment... and observe your physical body... from the top of your head... all the way down... to the bottom of your feet... as gentle waves of comfort and relaxation... begin to flow over and through your body... and your mind... your head, and your neck... your shoulders and your arms... your hips and your thighs... your legs and your feet... relaxing all by themselves... making any minor adjustments for greater comfort... now or at any time during this session...

Easily and effortlessly... being able to drift into deeper relaxation... allowing your conscious mind... and your body to become more relaxed and comfortable... drifting... effortlessly, my friend... deeper and deeper...

As you begin to allow yourself to relax... even more now... take 4 or 5 deep, slow, deliberate breaths... holding each breath just for a moment... and then exhaling... just as slowly... and just as deliberately... As you inhale... visualize and experience... clean, clear, fresh oxygen... moving into your lungs... into your circulatory system... and then to every fiber... every cell... every ligament... every tendon... of your being... assisting your body... and your mind...to relax even more... And as you exhale... visualize and experience any stress... any strain... any worry... and any undesired thoughts and emotions... being expelled from your mind... So now as you breathe easily and freely... it becomes automatic that your body and your mind relax more and more with each breath that you take...

Drifting on now... easily and effortlessly... moving into a deeper and deeper state of relaxation... drifting on and on... as your conscious mind continues to relax... and your physical body becomes more calm... An inner sense of peace... an inner sense of harmony... an inner sense of balance... begins flowing over your whole being, from the top of your head... all the way down to the bottom of your feet... as gentle waves of relaxation take you deeper and deeper... drifting on and on... easily and effortlessly moving... into a deeper state of relaxation... Beginning to experience a

greater sense of detachment... as things around you begin to fade away... It is not even important that you... listen to my voice... because your inner mind... and your soul... will be listening... to the words I say... utilizing everything I say... for your highest good... your benefit... your well-being... translating my words into your own positive actions...

(Remaining script presented slowly with elongated pauses where desired)

Experience... a deepening sense of comfort... a deepening sense of peace... a deepening sense of harmony and balance... (OR a deepening sense of security... a deepening sense of safety... and a deepening sense of protection)... surrounding and filling your being... As you drift easily and effortlessly... down into deeper and deeper relaxation...

Drift on now... easily and gently... experience... a deepening sense of balance and harmony... filling you being from the top of your head... all the way down to the bottom of your feet... as gentle waves of relaxation take you deeper and deeper...

There is nothing important that you need to do... it is not even important that you listen to my voice... Because your inner mind and your soul is listening... to my words and the sound of my voice... making true everything I say... for your highest good... for your benefit... and your well-being... translating my words into your own positive actions...

Easily and effortlessly now... becoming... sleepier and drowsier... Drifting... into a deeper and deeper... sleepy, sleepy state... Other sounds and noises will not disturb or distract you in the slightest way... as you continue moving gently downward into deeper relaxation...

Feel... and sense... that deepening comfort... that deepening peace... and that deepening sense of contentment... filling every aspect... every level of your being as you continue to drift... on and on... to the center... of sleep... And your body continues relaxing more and more... and your mind becomes tranquil and still... easily and effortlessly moving to a place of serenity and of calmness...

Letting go... letting go completely... letting go with your mind and your body... letting go into a dreamlike state..

Your conscious mind can relax completely now... as you begin to experience perfect peace of mind... feeling calm and relaxed... peaceful and drowsy... drifting into a deeper and deeper... sleepy, sleepy state...

Moving on now... as each breath that you take... keeps becoming more soothing... taking you into deeper... and deeper relaxation... becoming more comfortable and at ease... easily and effortlessly drifting... Feel yourself absorbing... a sense of tranquility and serenity... let go... letting go... letting go completely... letting go with your mind and your body... letting go into a deep, restful sleep... as you move into another reality... a reality more real... and more wondrous than your dreams...

Drift on now... effortlessly moving on and on... so safe and so secure... Visualize and experience... a spiral spinning... See this spiral spinning either clockwise or counter-clockwise... but whatever way you envision this spiral spinning... see its movement drawing you deeper and deeper... to the center of the spiral... This spiral may be spinning slowly or rapidly... at any speed that is comfortable to you and feels pleasant... This spiral may be of any color you choose, that welcomes you to move into a deeper... more relaxed state... Focus your complete and total attention upon the center of the spiral... see it spinning... and experience yourself being drawn... deeper and deeper... into this spiral of relaxation... with each revolution... being drawn into the tranquility and serenity of your own being... *(Slowly)*... Going deeper and deeper now... even deeper yet... focusing all your attention at the very center of spiral... see it spinning... *(Pause)* ... it becomes so soothing and relaxing... *(Pause)* ... that you enjoy even going deeper...ASLEEP...

You might even wish to count backward from 100... assisting this experience to be even more enjoyable... beginning to count backward from one hundred... *(Slowly)* ... backward like this... *(counting slowly backwards)*... 100... 99... becoming very sleepy and drowsy... 98... much more comfortable and relaxed... 97... not thinking of anything

important at all... 96... each breath you take becomes even more soothing... 95...
becoming sleepier... 94... drowsier... 93... 92... 91...90...89.....88.....87.....
.....85.....82.....

(Continue counting as you wish and conclude with)

Now deeply asleep...