

CHAPTER 33

RESTORING CONNECTEDNESS INDUCTION

Overview:

Being connected is a sense of grounding that provides us a foundation to stand on and feel supported. As the level of disassociation and living in one's "head" is so prevalent in our culture, this induction acts as an excellent building block to return a person to a solid footing in life.

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Please make yourself comfortable in whatever way satisfies you relaxing in a place where you feel safe to close your eyes, go into a deep restful trance to experience a peaceful state of mind as if on vacation, in your favorite location-lounging in a tranquil spot to let go, and be absorbed, in your serene surroundings. And as you take a couple of slow deep breaths while accomplishing this while listening to the soft music in the background, the sound of my voice, while noticing your breaths ease there is something interesting which crossed my mind..... I wanted to tell you about, something which may be helpful to you, in a variety of ways. And if you would you be interested in hearing about it, just relax where you are, in an even deeper trance-letting your unconscious mind, consider the deeper meanings, of what I say while your conscious mind floats, into a pleasant hypnotic rest.