

SPIGOTS

(Adaptable for groups, self-hypnosis, induction, instant intervention, etc.)

Take a nice deep breath.....and as you exhale slowly...close your eyes and relax your shoulders. Take another deep breath....and with this exhale...relax the rest of your body just as you did your shoulders....

Now...using your imagination...(and sometimes people see it...sometimes they feel it...sometimes they even pretend) so notice now that at the tips of each of your fingers there's a valve...more like a spigot...like a faucet. Imagine that you're opening each little spigot, and any stress, any confusion, doubt, negativity (*or any emotion, feeling, or craving that you want to release*) from the top of your head all the way down to your waist is draining out those spigots. Any tension...just let it flow out from the top of your head all the way down to your waist.....just let it push out with each exhale.

And you happen to notice that at the tips of each of your toes, there's the same little set of spigots. And while the spigots at your finger tips continue to flow....just open those spigots on your toes...and allow any additional stress, or confusion, or doubt or negativity (*or whatever you are releasing*) to flow out your toes.....all of it now....(*with each exhale*) pushing out.....running out....flowing out...

And as you notice the stream lessening down to just a dripping...

Allow yourself to imagine a warm healing light from the universe shining right down onto the top of your head.....shining to you....and all the way through you. Filling you up with the healing light...pushing out the doubt, the confusion, the negativity...pushing it all the way out.... ...shining out your fingertips, shining out your toes....until you are radiant...glowing with the warm healing light.

Enjoy that feeling for a moment and then....slowly open your eyes.