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Quick Change Hypno-Tiques
Karen Hand

RISQUE' STRESS RELIEF - Adapted from a Kelley T. Woods stress relief technique

Rate your current level of stress: 1 = calm 10 = STRESSED OUT
If your rating is under a 5 ten you need only 1 hand for this technique.
But if your rating is 5 or above…use both hands for the technique!

Get ready to release that stress

1. Put your hand(s) a few inches in front of your face…palms facing you.
2. Make an OK sign with your thumb(s) and index finger(s).
3. Very slowly…curl your little finger(s) and your ring finger(s) into your palm.
4. Allow all of your stress to be released out of that remaining digit into the ozone where it belongs! And where it can now reside…permanently if you desire.

Allow yourself to notice how good it feels to smile…or even laugh…as you release the stress with an instant mood shift and reclaim your calm!

INSTANT EYE ROLL RELAXATION –

Look straight up, as if you're looking through a window in your forehead.
When you feel the tug on your eye muscles, continue looking up and at the same time, slowly close your eyelids down.
Take a deep breath, and then relax your eye muscles as you exhale.
Take another deep breath, and then relax all the other muscles in your body as you exhale.
As slowly as you can…open your eyelids and notice the relaxation.

COLOR GAME –

Look around the room and notice everything that you can notice that is BLUE. Just BLUE. Notice all the BLUE you can notice as quickly as you can.
Now, find RED. Just RED. Find all the red as quickly as you can.
Now find YELLOW…just Yellow…
Now GREEN…
And now, you can stop.
Where did you find the BLUE?
And when you switched to looking for RED…what happened to the BLUE?
You NEGATIVELY HALLUCINATED all the colors you were NOT looking for…to make it easy to find the color you wanted.
And realize, you can FOCUS on only one thing at a time.

MULTI-PURPOSE WHITE BOARD TECHNIQUE -

Imagine a giant white board in front of you. Brand new. Pristine…sparkling.
Suddenly a limiting belief or negative thought is splashed on your board.
Take a nice deep breath…and notice:
Just below that giant white board is a magical eraser.
It erases the mess or the mistake or the hurtful thought while it cleans your mind.
Pick up the eraser and focus on cleaning that white board…until it sparkles again.
Erase up and down…up and down…
Side to side…and side to side…
Getting it really clean.
Go over to the upper right-hand corner…and erase down to the bottom left-hand corner…
Then up to the upper left-hand corner and erase down to the right-hand corner…
Up and down…back and forth…and deep into each of those corners…
Until your white board once again is clean as new…
Pristine…sparkling…
Take a nice deep breath…and find yourself relaxed and ready to think again.

Countdown to Sleep Technique -

When you're ready…close your eyes and imagine…pretend…or just know…
There's a giant white board in front of you…Really tall and wide.
You'll also find white board markers and erasers there below.
Pick up a marker and as large as you can on that white board…write the number 25.
Go all the way up and all the way down…and as big as you can write it.
Now…put down the marker and pick up the eraser. And, erase that number completely…
Top to bottom…side to side…and all the way into each of the corners…
When that white board is pristine…pick up a marker...and as big as you can, write the next number down…24. Write it as big and wide as you can…
And then, put down the marker…pick up the eraser…and completely erase that number… up and down…side to side…and get those corners…
When it's completely clean…
Pick up the marker and write the next number down…23…as big as you can…
And continue to do that…writing the next number down each time…then completely erasing it and repeat…and along the way, discover how quickly you can drift off to a peaceful sound sleep all through the night.

METAPHORIC MIND MELD – Adapted from Dr. Will Horton

Think of a quality you want
Think of an animal that represents those qualities. (Could be a mythological animal)
Lightning fast, patience, stability, stamina, courage, etc.
Bring your arms up shoulder high…. palms open…facing up.
Imagine the animal in one hand. It has all the attributes you want…the skills are natural…
God-given/nature-made. Imagine that animal in action using all of those skills. Make it as real to all of your senses as you can.

Imagine you in the other hand. Notice all of your God-given/nature-made skills. Make them big and bright and colorful and be in touch with those skills in all of your senses. Thank the Universe for all of those natural abilities that you have.

Look at the animal…look at yourself.
Come up with a word that signifies success to you. (Power, strength, charm, Yeah!...whatever)
Bend your knees… jump up and release the mind meld to the universe while shouting the word that signifies success for you.
Do it three times…
Next time you need a boost to get the attribute you want…you have a model of excellence that will immediately come to mind.

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

Using your imagination… (and sometimes people see it…sometimes they feel it…sometimes they even pretend)
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 fingertips continue to flow…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.