Quantum Leap Script for an Issue

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*[Pretalk- comfortable with bridges?*

*Determine whether to move ahead or bring the ideal past time to the present.*

*Hypnotist, fill in the blanks with a post-it notes prior to using the script]]*

Ready?  Find a comfortable position.

Take a deep breath and let it out… think of any tension drifting away… take a breath and let it out.. think of breathing in positive energy… breathe out any negativity… You do not need to see, you may feel or sense or see in your mind’s eye or just know … let your body relax…. breathing in positive energy… breathe out any negativity…you can close your eyes ...letting all the stresses and strains of life fall away from you... Think of  your emotion and intellect moving to perfect balance…

Relax your feet, ankles, calves,  knees, your thighs, pelvic area…. Know that relaxation is possible.

Relax your back, the trunk of your body….

 arms, fingers… relax your neck and head…

Breathing in all of that positive and breathing out any negativity… let the worries drop away… let any hurts, any negativity drop off and away…

Know you can mentally put a White Light of protection around you. A Bubble of White Light… …just know it can be there…Allow any negativity within or without to be neutralized by the White Light…. … Breathe in that protective White Light…Keep a bubble of White Light around you.

Any outside noises just help you relax more.

Breathing in the positive.... breathing out the negative ....letting all the stresses and strains of life fall away from you... with every breath you take...relaxing ...releasing...breathing in...breathing out...feel the rhythm of your breathing...breathing slowly...almost the breathing of sleep.... breathing in .....and breathing out...letting go of all the negativities of life ...letting them just drop away.

You are doing a great job.... Just so comfortable....breathing in.....breathing out.... ...so relaxed …. Your breathing is quiet and easy.......

all your worries and cares drop away...so comfortable, so at ease... so peaceful….

 **[Deepener option}**

Now, you are walking along a path in a park… the path is beautiful… ….You can hear people across the park…..You sense all around you… You may smell the scented flowers. You notice children playing……. Then you notice you are coming to a small bridge…

You stop a moment and think about \_\_\_\_\_\_\_\_[the issue headache, grief…]

You know you want to move beyond the \_\_\_\_\_\_\_\_\_[ issue}……as you continue walking… you hear less and less…. the path has become quiet, the surroundings so peaceful… the children are at a standstill……

You touch the railing of the bridge and walk..….when you get to the middle of the bridge… You realize everything is stationary, nothing is moving …the only sound you hear is your own breath… Time has stopped…. You are in the void…. Just stop a moment and notice the quiet peace….

Now, sense yourself beyond your \_\_\_\_ [issue] …. Move yourself to \_\_\_\_\_\_\_ [ **ahead** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (?? 2 weeks/ 2 years ?? )/**OR**

**go back in time to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** and bring that body, those cells, those memories to the present)

Feel yourself renewed… Examine and notice yourself as you choose to be NOW….. Sense the feeling… Breathe in the feeling… …. Anything holding you back is dropping away… Claim your renewed self …revived…. Reenergized … step into that feeling…. Know you can keep this change….Lock it in… Let that relieved feeling wash over you… Allow yourself to feel the sense of a renewed body, mind and spirit……

You accept your renewed self…

In a moment you will resume your walk… Feeling marvelous…. You are ready to take your renewed self back to the present… You take a breath and walk to the other end of the bridge… Slowly, you can hear the people … the children are playing again…

You feel restored…. Perhaps better than ever…. Take a breath and lock in that feeling…

… Ready to come back…

Feeling wonderful

Subconscious receding

Energy coming up… Ready to do whatever you need to do today.

Fully and totally awake and alert..

***Your Homework***

***To be the most effective and lock in the time shift, you should repeat this Quantum Leap experience every day for a week. You can listen to the audio OR replay the session in your mind using as many senses as possible. Sense the change. What does the change feel like? What does it look like? Etc. And, say to yourself, “ I see myself \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ [ issue resolved] \_\_\_\_\_, renewed.***

***.” You’ve got this. You can lock in your renewed self. You CAN keep this change.***