



TRANCE SCRIPT

HEALING HEART

HYPNOSIS/MEDITATION MP3



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HEALING HEART TRANCE-SCRIPT

And you can now begin..... to enjoy discovering that position of
comfort.....taking all the time you need.....to begin creating that
space.....that can feel like just the right space.....for you to rest
securely now.....allowing the tensions and thoughts and worries of
the day.....to be placed aside now for awhile.....as you allow
yourself.....to continue beginning to relax.....inviting the
sounds.....to soothe the very muscles of the body now.....allowing
a healing can begin.....perhaps allowing that awareness.....to
move comfortably now.....to feel the rhythm of your
breath.....filling you up.....emptying you out.....allowing
a peaceful quiet can begin.....as you move on the inside
now.....taking the time.....to begin to feel the
presence.....of the rhythm of your heart.....beating there.....on
the inside.....the very rhythm of life.....moving quietly
within.....helping you to let go now.....and fully receive the
support.....of the surface you're resting upon.....inviting a
deep level.....of your being.....that knows the mysteries of the
heart.....continuing now to unfold.....as you move deep
within.....allowing.....the sweet gentle beat of your

heart.....to begin calling you now.....to allow a healing can
begin.....as you rest here.....safe.....surrounded by the sounds
and sensations.....moving all around.....a gentle healing flow
beginning to begin now.....allowing the heart.....to heal it's wounds
of the past.....and prepare.....to allow the love to flow
again.....and many times in the journey through life.....a
traveler forgets to remember.....the mysteries of the heart.....a
mystical magical experience of feeling.....each person moving
through that vast rainbow of feeling.....and every traveler.....must
learn the secrets of the heart.....and sometimes a person.....does
forget to remember.....that each of those feelings.....yet another
step.....in exploring that mystery.....of emotion.....sometimes
like a sea stormy and rough.....raging and moving with the fury of
the wind.....other times calm, quiet.....barely a ripple in
sight.....and a person can learn now.....to allow those
wounds of the heart can heal.....for in those traveling
times.....a person can only explore.....and uncover those
mysteries of the heart.....in their own way.....and it's nice to look
back and realize now.....even those times.....of harsh
feelings.....difficult words.....painful times.....learning was

occurring.....each experience.....like a
key.....unlocking a secret held deep within.....and many
times a person.....only remembers the mistakes.....that were
but learnings occurring.....for in this journey.....the heart
remains the mystery to explore.....only by traveling
there.....are the secrets revealed.....and you can reach
back.....and touch those wounds still healing there.....and
allow these new learnings.....to flow back.....and allow the
pain.....to begin fading away.....for when a parent watches
their child.....learning how.....to move and balance.....on that
very precarious vehicle.....with its two wheels.....and its two
pedals.....why that child in his exploration.....will explore many
things.....and what he may think is a mistake.....truly is a
learning.....and even when all the feelings of the body become
confused.....and the balance is lost.....and a painful fall
occurs.....valuable learning continues happening.....for through
that painful time.....the body learns.....to come to that balance
again.....and reach that day.....when the child is free of pain from
falling.....free of running into things somehow
unseen.....and free to move with a fluid flowenjoying the

pleasant feelings.....awakening alive with life.....and as
you look back.....remembering.....you can view that younger
you as that child.....exploring.....discovering.....learning the
secrets of the heart.....daring to ride those waves of
feeling.....strong and intense.....allowing the learning to
occur.....and as you continue.....resting ever so deeply
now.....that level so deep within.....that understands the healing
power of the heart.....can free that forgiveness to
flow.....moving and winding its way through all of those rocky
times.....like a fresh mountain stream.....beginning to fill a
dry, parched creek bed.....freeing life to flow
again.....and your unconscious mind.....can learn this new
understanding.....beginning to recognize.....those
wounds of the heart.....learnings to be received.....and
allowed to become the fresh soil.....out of which the seeds of
forgiveness.....can begin to arise.....and as your
unconscious mind.....can search out this new
perspective.....and begin to cause a harmony to
arise.....freeing.....the love to flow
again.....sweet.....and fragrant now.....as you

begin to accept yourself.....and that entire rainbow of
feeling.....there for you.....to accept.....to
allow.....to forgive..... yourself.....and take this
time.....to allow the love to transform the hate.....to
allow the freedom to transform the possessiveness.....to allow the
compassion to transform the anger.....and invite the
heart.....to become alive again.....with the sweet flow of
love.....can surround you even now.....with all its
subtles colors, textures, tones of feeling.....allow.....the
forgiveness to arise.....and when a person learns a
key.....that unlocks the secrets of the heart.....feeling the
love.....surrounding your very body now.....touching your
heart.....deeply.....calling you to listen.....and allow
this new understanding.....to whisper its
knowings....quietly.....as the range of those
feelings.....flow from vivid.....to quiet pastels.....you can
feel.....the love.....the acceptance.....for it is time
now.....to forgive yourself.....and
relax.....recognizing.....you are the
traveler.....exploring that uncharted.....terrain of the

heart.....and your very ability to recognize the love
unfolding.....can cause you to become aware.....many
knowings of the heart are now yours to allow.....just receive that
love.....allow the learnings of giving.....allow the learnings
of taking.....and love yourself in this dance of
learning.....the power of your heart.....can
heal.....and as your unconscious mind.....can
learn this feeling.....of allowing the love to flow.....there
may be.....people with whom you've journeyed.....where
forgiveness is now ready.....to be allowed to flow.....and
as those fellow travelers arise there.....in the privacy of your
mind.....you can invite.....that forgiveness to flow and
surround them now.....for as you feel the love around
yourself.....you can allow it to flow forth.....and extend that
healing energy to all who may have harmed or hurt you.....with intention
or without.....you can forgive now.....accepting.....the
experiences of this journey of discovery.....and allowing those
secrets of the heart.....to arise.....allowing your touch.....to
become a healing touch.....allowing your glance.....to be filled
with a loving compassion.....to allow your ears to hear.....what

is not being said.....and free the power of your heart to love.....in
your way...is the only way.....to be yourself comfortably
now.....and allow the healing powers of your heart's love to flow.