**A Conscious Life HypnotherapyIsaiah McGee, C.Ht. 877.566.8880**

**THREE HEAL BROKENHEART HYPNOSIS TREATMENTS**

**Heal a Broken Heart with Guaranteed Effective Hypnosis Technique Number 1 - Feel the Pain (out)**

Here is the hypnosis process that takes the pain out of pain -

In a relative quiet, undisturbed situation,

1. Identify a fixed point in front of you like a light switch, or spot on the wall, anything relatively benign.
2. As you gaze at the fixed point take a deep, easy breath and begin focusing on the normal ebb and flow of the rhythm breathing.
3. As you are focusing on the rhythm of breathing begin allowing the eyelids to heavier, and heavier and heavier until the eyelids rest closed.
4. Then take another deep, easy breath and begin mentally counting down from 20 noticing and allowing a bit more relaxation to occur with each count down.
5. At the count of zero imagine the sound of a snap, click or clap and then imagine a door opening steady and increasingly.
6. Bring to mind a thought, an image or circumstance that triggers the painful emotion, feel it as intensely as you can.
7. In the midst of the intense feeling of pain and discomfort, fear, sadness, guilt and, or anger that arises from welcoming the pain, begin to notice the details of how it feels as though you were a scientist exploring an unusual phenomena
8. Begin to objectively notice the stomach sensations, notice any sense of flushness, notice the thoughts triggered specifically from the pain filled remembrance, notice any images that accompany the invited painfulness.
9. It is important to increasingly detect all phenomena occurring during this treatment objectively and dispassionately like an exploratory scientist.
10. Now say to yourself softly but audibly to the pain, “It’s interesting how you have convinced me that you have power over me. It’s interesting how that perception has caused me to react with fear and avoidance.”
11. Now continue taking to self saying, “Well, I have decided to take my power back; it was never yours to begin with. I permanently own it and possess it. You can leave now there is no use for you .
12. Now take a deep, easy breath and imagining the wide open door now slowly and steadily closing and then dissolving.
13. Then count from zero to five and tell yourself, “eyes open, wide awake, 1, 2, 3, 4, 5 eyes open, wide awake!

Engage this hypnosis process until you no longer detect any reflex reaction to what formerly was, literally, in pain-filled control.

**Heal a Broken Heart with Guaranteed Effective Hypnosis Technique Number 2 – Acclimate to Well-Being**

In a relatively quiet, undisturbed environment and situation,

1. Identify a fixed point in front of you like a light switch, or spot on the wall, anything relatively benign.
2. As you gaze at the fixed point take a deep, easy breath and begin focusing on the normal ebb and flow of the rhythm of breathing.
3. As you are focusing on the rhythm of breathing begin allowing the eyelids to heavier, and heavier and heavier until the eyelids rest closed.
4. Then take another deep, easy breath and begin mentally counting down from 20 noticing and allowing a bit more relaxation to occur with each count down.
5. At the count of zero imagine the sound of a snap, click or clap and then imagine a door opening steady and increasingly.
6. Scan your entire life and identify a thought, an image or an experience where you felt unusual joy, perhaps the anticipation of a holiday or an event or an activity.
7. Really get in touch with as much detail of the occurrence as possible; what did the emotion of that joy feel like? Describe it mentally to yourself. What were the details of the joyful experience that stick out in your memory? Were there any specific smells that made the joyful experience memorable? Was a particular person associated with the experience?
8. Continue to replay the joy of the experience in your mind over and over and do not allow any editorial perspectives regarding the occurrence that would cause feelings of remorse (“gee I wish that was happening now”, “I miss that”, etc.)
9. The purpose of tapping into the energy, emotions and feelings of the joyful experience is that your brain will secrete a “joyful” chemical compound into your system as you relive the encounter – and that is the point.
10. Then count from zero to five and tell yourself, “eyes open, wide awake, 1, 2, 3, 4, 5 eyes open, wide awake!

**Guaranteed Effective Hypnosis Technique Number 3 to Heal a Broken Heart – Mirror Healing**

In a relatively quiet, undisturbed environment and situation,

1. Identify a fixed point in front of you like a light switch, or spot on the wall, anything relatively benign.
2. As you gaze at the fixed point take a deep, easy breath and begin focusing on the normal ebb and flow of the breathing rhythm.
3. As you are focusing on the rhythm of breathing begin allowing the eyelids to heavier, and heavier and heavier until the eyelids rest closed.
4. Then take another deep, easy breath and begin mentally counting down from 20 noticing and allowing a bit more relaxation to occur with each count down.
5. At the count of zero imagine the sound of a snap, click or clap and then imagine a door opening steady and increasingly.
6. Then allow the mix of negative feelings that the heartbreak as triggered to be identified in your mind’s awareness.
7. Imagine seeing, one by one, the name or common term used to identify each negative feeling, and visualize the word or term on an inflated balloon whose inflation is maintained by a string tied at the balloon’s end.
8. At this point see yourself with a big magic marker drawing a circle around the negative term and drawing a diagonal line across the word within the circle (the universal indication of something being banned or canceled)
9. Now count down from three to zero (mentally or audibly) and at the count of zero PULL THE STRING LOSE! And see the balloon with the particular negative emotion label shoot into the air as it releases all the negative emotion being referenced.
10. Imagine it swirling around is it deflates (detail is important) and collapsing limp to the ground or floor.
11. Take a deep breath as you see in your mind the collapsed balloon, deflated of the familiar negative feeling.
12. Repeat steps 7 through 11 for each identified painful feeling of the breakup.
13. Then count from zero to five and tell yourself, “eyes open, wide awake, 1, 2, 3, 4, 5 eyes open, wide awake!