

Insomnia

And now you are going deeper and deeper relaxed. You hear all the sounds around you, but they just kind of fade into the distance and you pay no attention to any other sound but the sound of my voice.

I want you to visualize, I want you to visualize in your mind's eye a beautiful, restful scene in the Swiss Alps. See the towering snow-capped mountains, surrounding a beautiful clear lake. The water is a deep blue and smooth as glass. Overlooking the calm waters of this peaceful lake is a picturesque Swiss chalet. A thin curl of smoke gently rises, gently rises from the old stone chimney of the hospitable inn, perched on the side of a beautiful mountain, overlooking the lake. The huge aged logs which form the structure are an invitation to you, the tired traveler, to obtain a tranquil rest inside the mountain hostel.

Now that you have the outside of this beautiful mountain hotel visualized, I want you to walk up to the door and as you open the door, you will find yourself in a large, comfortable room with massive pine beams crossing the arched ceiling, low leather couches surrounding the open fireplace. The jolly Swiss innkeeper smiles at you hospitably from behind his desk and informs you that a room already has been reserved for you. You sign the desk register and the innkeeper gives you your key, indicating to you that your room is the second door on the left, on the second floor.

Tired and weary from the physical exertion of traveling a long distance, you climb the time-worn steps, noticing the highly polished wooden handrail as you ascend to the second floor. Walking down the hallway, you find the second door on your left, insert the key, unlock the door and step inside. You close the door behind you, placing the key on your dresser to the right. Immediately your attention is directed to the large, comfortable bed with crisp, clean white sheets, and an old fashioned comforter. You open the french doors in front of you which lead out on to a balcony overlooking the lake, immediately, as you open the doors you feel a rush of the fresh, cool, pine-scented mountain air. You take a deep breath. (hypnotist take a deep breath) You step out on to the balcony,

relaxing completely. Over to the side of the balcony, you discover three large stones. You become very curious about the presence of these stones and you develop an uncontrollable urge to cast these stones into the lake. You pick up the first stone and it makes you very, very tired. When I count to five, and at the count of five, you will throw the stone into the lake. One ... Two ... Three ... Four ... Five, and away ... it is gone ... in the air ... splash.

As the stone hits the water, ripples begin moving from the point of impact, outward to the edges of the lake. And as you stare at these ripples, you become extremely drowsy and sleepy, so drowsy and sleepy that you cannot stay awake no matter how hard you try. Every muscle in your body relaxes, your garments feel like lead and it takes your last ounce of strength to lift the second stone. As tired as you are, at the count of three, you nevertheless manage to heave it into the lake: ONNNNNNNNNE, TWWWWWO, THREE AND AWAAAAAY IT GOES, SPLASSSSSH. The ripples start once again and change this state of hypnosis into a deep state of natural sleep. You fall into bed, eyes closed unable to lift the third stone. And then, with the last ounce of super-human strength, with both hands, you lift the last stone, tossing it immediately into the lake, there it gooooooes, splassssssh, and before the ripples thus produced have faded away, you will be fast asleep, for whatever length of time your body requires. When you do wake up, you will wake up clear-headed, refreshed and alert, feeling wonderful in every way. You will not fall asleep in my office but whenever you concentrate on this scene at home when you want to fall asleep you will find it will work rapidly and thoroughly in every respect. You will utilize this same technique at home every night. You will lie on your back completely relaxed, free of outside stimulus, concentrating on the Swiss chalet, the bed, the rock, the ripples in the lake, until you drift into a deep, natural sleep.

Therefore, you are going from the state of hypnosis into natural sleep, rather than from the waking state, and because you have moved from the waking state into hypnosis you have already gotten rid of all your cares and worries so it's easy to go to sleep from the hypnotic state. You will find. that you will be sound asleep

before the ripples cease after the third stone, and many people are sound asleep before they even throw the third stone. In every case, it is impossible to erase all the ripples from the clear surface of the lake the third time before you have already dropped asleep. In fact, a much deeper natural sleep will be induced in this manner than can be obtained in any other way.

Now you will relax completely and you remember the entire situation and you remember the entire experience, all the way from beginning to end. For you are going to relax now, very deeply and in a few moments it will be repeated to you, exactly as I have said it before. Now relax, sleep.

Emerge