

# Right Brain Script Writing (excerpted from the Manual)

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Hi! My name is Kathy Moore. My company is called Moore Inspirations and I'm going to show you how to write great hypnosis scripts fast and with as little struggle as possible by learning how to tap into more of the power of your own right brain.

I have over 30 years of professional writing experience and started winning writing awards in the 7th grade. I LOVE to write! And, I thoroughly believe anyone can learn to write Well, Creatively, Effectively and Quickly. All it takes is learning a few techniques to stimulate your own creative writing muscle.

We are literally bombarded with great creative ideas all the time. The trick is to capture them, like elusive butterflies, and transform them into something practical, like a highly effective hypnosis script. I get script ideas literally from everywhere. Here is a list of some of the main sources of scripts that seem to provide me with the most consistent supply of inspiration:

1. Movies-- one of my favorite pastimes
2. Images-- scenes, whether photographs (including advertising, even billboards) , from nature or pictures that just pop into my head clairvoyantly, even images from dreams
3. Nature-- the forces of nature: wind, fire, snow, rainfall, frost; the Seasons; settings: forest, beach, mountains, jungle, meadow; waterfalls, calm ponds, falling leaves, all are great fodder for scripts
4. My own life experiences
5. Reading nonfiction outside the hypnosis (or even the holistic health) field-- some of my favorites are in the Science and Business fields, like Discover Magazine and FORTUNE
6. Famous quotes or speeches
7. Stories about famous people
8. Fiction
9. Working with other holistic healing modalities-- a lot of my script ideas come from things I have learned from yoga therapy, yoga, massage, crystal healing, Reiki, shamanism, NLP, and other forms of energy work.
10. My Dreams
11. Articles or research about the specific topic I am writing a script for (I love [www.about.com](http://www.about.com) for research)
12. Other hypnosis scripts-- whether about my particular topic or not .

Now that you have an idea of where to look for ideas, let's move on to the mechanics of the creative process. Again, I encourage you to set up your own system that works for you. Once you have a "best way" to do it and can write creatively consistently, it will be easy for you to write well in other environments.

Recognize what medium works best for you to create in. Right now I'm composing at the computer. I've spent years doing this as a journalist and it's easy for me. If it's not easy for you, don't try it. Maybe you like to talk into a tape recorder first. Maybe free hand is best. If you're working on a speech, I encourage you to videotape it first.

Here's what the process generally looks like for me. Usually, I'm working in the office. But, if I have a BIG, complicated piece of writing to do, I try to work at home, like I'm doing now. I live in the country. It's quite here and comfortable. There's trees and birds, but no distractions from people coming in and out of the office. I have learned over the years that solitude is very good for my creative process. Solitude, in general, is good for stimulating creativity.

At home, I have my own "creativity" chair; it's got splashes of about 12 different colors in it and is overstuffed and soft. It's where I like to sit to think or meditate or to watch movies, so in my mind it is associated with: relaxation, fun, comfort, safety, peacefulness, cogitation, and the deeper states of consciousness. Just sitting in this chair puts me in a contemplative state.

My house is also filled with vibrant, rich colors. I love color. Your imagination loves color. Color is a great stimulant for the imagination.

Although I'm usually composing at the computer, I always outline in freehand. I sometimes write notes or initial, sketchy drafts in longhand as well. Then it's easy to review my notes and have a good plan in my head before I start writing on the computer.

I take frequent breaks to stretch, eat, exercise. I may even stop and read something else or talk on the phone if I have a long piece of work to do. Whether you're working primarily in right brain or left, your brain always needs rejuvenation.

In my "Right Brain" hypnosis tape, I use a tapping in exercise that I got years ago from listening to a DeePak Chopra tape. In this tapping in, I imagine that I'm opening a funnel from my crown chakra to Universal Consciousness and just let the words flow in. I'm a fast typist, so usually I can keep up with my own thoughts. If you don't type fairly fast, you probably want to stick to longhand or talking into a tape recorder; otherwise, your thoughts will get way ahead of the typing.

You might experiment with other stimuli to set the creative mood for you. Some examples worth trying are: aromatherapy-- do some experimenting, I like Ylang Ylang; candles or a lit fireplace-- if you live in a cold climate and it's cold at the time; music-- personally I find I work best with silence, but something like Mozart might work for you; running water-- fountains, working at the seashore, an aquarium; listening to a hypnosis tape or meditating first. Find the routine that works best for you and stick to it.

It's also important to recognize how to gather your own internal wisdom from anywhere. After all, we're all part of the same cosmic soup. So, if I set the intent that I need a

script, let's say for diabetes, and I open my awareness, I can get images, symbols, stories, quotes, metaphors, thoughts and information in general from a wide range of sources including: conversations, billboards, songs on the radio, the Internet, and more. There ARE NO coincidences!

The creative exercise I've included here (excerpted from the Right Brain Script Writing manual) will help you learn to tap in to your own creativity magnet (your internal wisdom) more readily. Anyone can do it. Besides, it's fun.

OK! So now that I've gotten you all psyched up to try this for yourself, let's move on to a sample script and exercises.

**Exercise 1.** Let your mind wander to some of your favorite movies. Why did you enjoy them so much? Relive some of your favorite scenes and lines. You may even want to rent them and rewatch them to remember lines exactly. (That's what I do.)

Now put script ideas in a bag on folded pieces of paper. Put movies on other pieces of paper in a different bag. Pull out one movie and one script idea. Use something from the movie in your script.

TRUST that your higher self will match the two that need to be matched. This is a great exercise not only for creativity but in building inner trust which is a KEY ingredient, probably THE most important in increasing creativity. You have to KNOW that all the answers you need are WITHIN YOU.

**Exercise 2.** Here is one of my all time favorite movie scenes. Use it in a script about letting go of fear. Or choose a different script topic if it feels more appropriate to you. [This scene is from the movie "Defending Your Life," in which Bob Diamond (Rip Torn) is explaining to the newly-deceased Daniel Miller (Albert Brooks) what Daniel is doing in Judgment City.]

Bob Diamond: Being from Earth, as you are, and using as little of your brain as you do [5%], your life has pretty much been devoted to dealing with fear. That's what little brains do. I'm just like you, but... I got over my fears and got smarter.

Fear is like a giant fog! It sits on your brain and blocks everything...real feelings...true happiness...real joy. But you lift it? And buddy, you're in for the ride of your life!!