

Peaceful Place Meditation

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After appropriate induction.

In your imagination, you have total power to do anything you wish, and total freedom to be anywhere you wish to be! Now just imagine you are in an ideal, peaceful place. Imagine pleasant sights, sounds, and sensations that make it easier and easier for you to imagine being in a place that is so peaceful, so tranquil, so serene, that it seems as though you are becoming a part of the peace that you imagine. Just imagine MORE VIVIDLY such total tranquility that you begin to feel an INNER PEACE, physically, mentally, and emotionally... and as you do so, just take one deep breath and think the word RELAX as you exhale...

Now, touch your thumb to a finger that you choose as your PEACEFUL PLACE finger, and take another deep breath and RELAX even deeper... deeper and deeper... and allow yourself to use either the deep breath or the peaceful place finger to become an automatic reminder of your place of inner peace... so that ANY time that anyone pushes your buttons, you have the ability to use either your peaceful place finger OR the one deep breath to send a signal to your inner mind, so that you may connect to your place of inner peace. Your peaceful place trigger allows you to think with a clear mind, and use your best wisdom, knowledge, understanding, training and experience to simply remain calm and make a good decision, or simply be the very best you can be.

And whenever you wish to relax during one of those days, you may simply find a few moments alone – either seated, reclined, or lying down – and close your eyes. Just take three deep breaths with your thumb touching your ‘peaceful place’ finger, and you can immediately return to your place of inner peace in your imagination, where you have total power and total freedom to do anything you wish... And every time you practice these techniques, they work better and better, reminding you that you have the power of choice... and as a muscle that’s used becomes stronger, your power of choice is stronger with use. You have the power to MAKE IT SO... and so it is.

Author's Note: *Some therapists ask the client to choose and describe a peaceful place before ever starting the hypnosis, in order to use programmed imagery to describe that safe place in detail. This is optional. I normally use open screen imagery to allow the client to create his/her place during trance, as some clients change their minds after entering hypnosis. However, there are always exceptions. Be flexible to your clients' needs and wishes. Also be aware that if you choose programmed imagery, you MUST know whether your client is primarily visual, auditory and/or kinesthetic... so that you give proper imagery suggestions.*

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