• Remove Emotional Clutter
• Letting Go Of The Past

by Tom Nicoli
Remove Emotional Clutter
by Tom Nicoli, BCH, CI, CPC
(Post induction - Includes deepener)
A script for removing emotional clutter and limitations

And now that you are more relaxed… and continue to become more relaxed with every relaxing breath… in a moment I will count from 10 to 1 as you experience the deepest relaxation, peace, comfort and security. But as you feel this warmth and security around you… I want you to recall that phrase you’ve heard in the past “Charity starts at home”… but home is where you live and you live where you think and you think behind your eyes. And you have forgotten about your home. We all spend time routinely or annually cleaning out the stored and unnecessary articles we accumulate. And you realize that there has been an accumulation over time in your home… accumulated thoughts, feelings and behaviors that have served their purpose and are no longer necessary … to now be removed from that vault… deep within your home… like the vault in a bank where all secrets and treasures are stored. Even the child we were knows there is no need to drink from baby bottles, wear diapers or sit in grade school any longer. That time is over and done.

Now I also know that like any good friend… you would be kind and compassionate… understanding and forgiving… loving and supportive… but… you forgot about self and now begin to treat yourself like the good friend you are… to be kind and compassionate… understanding and forgiving… loving and supportive to yourself. We all do the best we can with what we have and you did the best you could at that time… but that time is over now. All experiences in life are a learning experience and you have learned better ways to be… now.

Now as I count down from 10 – 1… begin to drift to the deeper level of your home. And you will find that storage area of boxes and boxes of clutter… like old tax records or medical records… expired and now needing to be discarded and disposed of. And in these boxes there are feelings, thoughts, behaviors and the clinging feeling to the past that you will be free from. To move on in life as you always expected for even as a child we all want to grow to be better… to make clear and healthy decisions and to be all we can with the resources within us.
Now as I count… numbers fade…10… as you begin to drift deeper…
deeper past the numbers as they rise out of sight… 9… feeling that
calming… warm… secure feeling… 8… that’s right… deeper still…
feeling more peaceful and secure… relaxed and free… and 7… 7… that’s
right… deeper and deeper still… 6… as you drift down past the number 6
you are getting closer to that place where all changes happen for you…
5… 5… all the way down… deeper… relaxed… and 4… while every
relaxing breath fills your body with comfort… 3… you become more aware
at a deeper level of comfort and peace… and 2… now entering that storage
area… to clear the clutter of boxes and debris… and 1… all the way down
past numbers… and you know numbers continue below zero but numbers
fade from your mind now.

Now notice the boxes and boxes that have been stored and forgotten…
creating the clutter that clouded your view and decision making to be
healthier… happier and better as better is for you. And notice that there is a
black hole… a deep bottomless pit where you discard and dispose of the
boxes and debris. And how quickly the mind works as the clutter is quickly
sent into that black hole… into the bottomless pit. And as this happens… feel
the relief… the feeling of letting go of old unnecessary behaviors…
unwanted negative thoughts and feelings… allowing the healthy and
positive thought and feelings to come to you now and always as you desire.
And you also allow any excuses and reasons to be discarded for there is truth
and honesty at this level. All bad habits, behaviors, thoughts and feelings
now removed and let go. And as you take a moment to clear away the
clutter… you can indicate to me with a movement of your index finger on
your right hand when it’s cleared away. To indicate that you have removed
what has been blocking and preventing the easy steps to move forward.

(Wait for the finger to move. If it doesn’t happen within a minute, say :)”

Now has all the clutter been disposed of… discarded and released into the
bottomless pit? You can nod your head for me.

(Yes… good, move on. No, then ask what and why and then move on)

Well that’s great. And as you continue to remove clutter in your home in the
future… you will continue to feel free… lighter and healthier… more
positive and confident. But… we also carry a heavy weight of emotion.
Like a backpack of emotional rocks and bricks pulling us down… holding us back.

Now imagine letting go of that heavy feeling that has been heavy on your shoulders… back…. chest and neck… the backpack of emotional weight. And as you take a deep healthy breath… let the backpack fall from your shoulders… down your arms… past your elbows… and wrists… off your fingertips and into that pit. And feel how much lighter you feel… how deeply you can breathe… feeling free from the past for the past is over and gone. And now with each passing moment you drift deeper into peace… comfort and relaxation.

(Follow with suggestions for any issue or give a post hypnotic suggestion and emerge)
Letting Go of the Past
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(Post induction & deepener script to remove emotional attachment to the past)

“And as you continue to become more relaxed with each relaxing breath… your desires allow change… and your desires are stronger than ever before. Change is constant and continual… with every passing moment… there is change. Change in the length of your hair… the cells in your body… blood and tissue… muscle and thoughts. Change is good! Change is welcomed because… change means progress. If you do what you have always done… you will get what you always got…. but you are now making the changes… at a deep level of understanding and acceptance… in order to become healthier in all ways… as you let go of the past in any way that is needed for your progress.

You have learned and know that the greatest things are those we cannot see… all the wonders of life… and life itself… feelings… thoughts… imagination… all of life… and all of this is energy. It is unseen energy that beats your heart… creates your most wonderful thoughts and is the love and happiness you feel. There have been lingering energies that you can now let go of… because even at a younger age… we let go of those things we don’t need… unwanted… letting go of energy that has served it’s purpose but is over now. Like the energy in your thoughts and behaviors once used to wear diapers… now gone… but the memory and all memory remain… without the emotional attachment or need for the old behavior… like leaving behind now and always… the behavior of excessive eating… or any unwanted bad habit… or negative thoughts, feelings and emotions… it’s all old… over and done now.

Imagine a large gong… a big gong… supported by a stand… with the center painted black… the area the mallet strikes. And like that gong… anytime there is an impact of energy… it is at the strike… the time something happened. But… imagine now… the mallet striking the gong… the loud sound from the impact of the strike… at the center… the actual time of the event of the strike. As you watch the gong… and hear the sound fade as the energy of the strike reaches the outer edges… you are very aware of how energy works. The only real impact is when the event happens… the striking of the center. The event is over but the energy from the strike continues on… toward the outer edge of the gong… BUT…
(Letting go of the past cont.)

…as the energy moves on… as time passes… the energy gets weaker and weaker… until it fades. How easily and simply we can stop the impact of the strike as time passes. We could gently squeeze the gong with a hand and stop the energy… ending the sound… the result of the strike. As time has passed… the energy of any negative feeling, thought or behavior from your past has become weak… easy to stop… fading away now. Imagine how any time or event that was unpleasant and created an unwanted… illogical and irrational response… like any behavior…harmful or negative in any way… you now let end… fade and stop… because time has passed and that energy… slow and weak has no effect on you any longer… as you now strongly desire this to be.

You have seen the same response of energy even as a child… when tossing a pebble into a calm pond or lake… watching the ripples of the impact of the pebble breaking the surface… fading and becoming smaller and weaker… as time passed and the ripples ended…that’s right… fading and ending. As the water’s surface became calm again… easily and naturally… time allowed the impact of the event to pass. You now remain like calm water as all past negative energy… thoughts… feelings… actions and behaviors now change… the ripples fading and ending… to be more positive… calm… confident and supportive for you and your goal to be healthy in mind… body and spirit… now… and always.