

Advanced Alpha Sequence Patter

By Erika Flint, based on patter from John Overdurf and Anna Wise, for examples and expertise, visit thealphasequence.com

General instruction:

For an optimal experience, we recommend reading this hypnosis script aloud as instructed below. This approach is effective across various scenarios, including self-hypnosis, working with another person (hereto-hypnosis), or during group sessions. Utilizing your voice actively involves more of your physical self, notably your mouth and lips, accelerating skill development and deepening the experiences you encounter.

Each sentence should seamlessly transition to the next, except when a pause is indicated by three dots ... or specific instructions. This creates a continuous, fluid narrative, aiding the listener (or client) in effortlessly following your words, minimizing any mental resistance.

This is the artistic part of hypnosis, so do it as it feels harmonious and good to YOU. No matter what anyone else says, more than anything else YOU - the hypnotist, want to experience it as you feel is best for you. This means you will go into hypnosis as you deliver it, which is exactly right.

Practice this daily. You will gain skill quickly. Visit thealphasequence.com for examples and to join our live and advanced trainings. This will change your life, if you allow it. Because it's YOU - the deeper, eternal you that you reconnect with. And stabilizing that connection, is the intention of practicing

the Alpha Sequence, so it becomes a natural homecoming that you look forward too. Eventually remaining in that state, in your heart center, forever.

The intention of the Alpha Sequence is to return you to the Still Point :

A calm and focused mind,

An open and receptive heart, and

A tranquil and serene body.

Thank you for being here.

Hypnosis Patter : plain font, read this part.

Instruction : italics and underlined.

Hypnosis Patter

Step 1 : Close your eyes

When you're ready, find a spot on the wall above your natural eye gaze.

Really eagle-eye that spot,

We want to engage the sympathetic nervous system at first.

Good.

Now when you're ready, take in a nice and deep breath...

And as you exhale, look *through* that spot, with a relaxed gaze.

You might notice the corners of the room,

And experience a cascading sense of calm in your body...

Good, now take another nice and deep breath in,

And this time as you exhale, close your eyes

Step 2 : Relax your jaw

Bringing your attention to your physical body now.

Dropping your shoulders, and relaxing your jaw.

And as you do, it naturally opens and drops slightly.

This engages the vagus nerve,

Which right now,
Is sending messages to your entire body
That now is the time to relax,
Good.
You are in exactly the right place, at exactly the right time.
Again.
Good Job...

Step 3 : Gradually slow down your breathing

Now, gradually slow down your breathing.
Get into that comfortable, slow rhythm of breathing with a long exhalation.
You get better and better at this step,
Naturally slowing down your breathing to six breaths a minute.
You're gaining skill every time you practice.
Six breaths a minute, where your mind slows down enough to NOTICE
Your continual and eternal connection to all things.
And this naturally invites your body to relax even further
Which then allows your mind to drift peacefully...

Step 4 : Relax the back of your tongue

Now, relax the back of your tongue.
An interesting suggestion that
Liberates your tongue from the part of your mind preparing to speak.

See how relaxed you can allow this part of your body to become.
Perhaps soft and flat, or resting peacefully at the roof of your mouth.
And as you continue focusing there,
The thinking mind is FREED to experience new and expansive thoughts...
Or perhaps no thoughts at all - pure silence, or stillness...

Step 5 : Drop into the heart

Now, let's drop into the heart, bridging and strengthening the heart-mind connection.
Take in that nice deep breath,
And as you exhale,
Imagine dropping your consciousness
Into the loving grace,
Of the eternal heart.

Where it is tender, warm, and familiar...
You feel at home here, comfortable safe, and expansive..
This is your heart space, your heart center.
This is a homecoming, a returning to yourself.

Spaciousness

Good.

And Now, bring your attention to a sense of spaciousness all around you.

And the more you notice this sense of space,
The more comfortable you feel...
And you begin dropping into an even deeper levels of calm...

Now you notice how your body is settling
And you easily slow down your breathing even further,
So that it is gentle, soft, and complete.

You may start feeling like you're floating and drifting,
So comfortable, so relaxed and free,
You may feel as if you don't know where your body ends,
And the rest of the world begins....

You begin feeling so at peace, so connected,
It's as if you are blending in with the surrounding environment...
Becoming one with everything...
Good. You are connected, light, and free...

The Still Point

Congratulations,
You have reached the still point...
The still point,
A calm and focused mind...

An open and receptive heart...

And a tranquil and serene body...

Good...

Pause... or add other patter for deeper work, Inner Sanctuary, Deep Reset, Higher Self Hangout

In a moment, I'm going to count from one to three.

When I get to three I'd like you to open your eyes and emerge from the Alpha Sequence,

Feeling connected, light, and free.

Emerging

One... you are emerging from the Alpha Sequence,
Filled with a sense of deep connection to all of existence.

Two... preparing to open your eyes,

And Three... opening your eyes, feeling connected, light and free.

Bravo, thank you for reconnecting with yourself today.