

## Sex Enhancement Script

**This script is offered for enhancing sexual experiences. It is not intended as an alternative to professional therapy.**

Roll your eyes up, all the way up as if you're looking at your hairline through your forehead. Take a big deep breath and hold it . Slowly close just your eyelids. . . Now exhale, relax, and float down.

Take another deep breath and as you exhale, allow your relaxation to flow down and throughout your body.

As you continue breathing, comfortably, allow yourself to relax more and more each time you exhale.

### Start Music

### Induction

*(Include instructions to let any noises fade into the background as necessary.)*

Allow this time that we spend together now to be a gift of relaxation to yourself. Any thoughts or things you need to do can be just set aside for these few moments. They will be there for you when we're finished.

So just relax. Just for a moment, imagine all the muscle groups in your body relaxing and letting go . . . as all the sensory receptors in your body begin to open and revitalize.

Each time that you breathe from this time forward, imagine your breath flowing out through your rib cage and spreading sensual relaxation throughout your body . . . So feel that relaxation as I talk to you now.

Lets start by relaxing all the muscle groups around your face for a moment . . . Relax your scalp . . . relax your forehead . . . relax your eyebrows . . . relax your eyelids . . . relax your cheeks . . . relax your nose . . . and relax your mouth. Especially those muscles around your mouth and lips. Become especially aware of your sense of feeling around your mouth and lips.

Make sure your teeth are not clenched together . . . Just relax your chin and jaw . . . And allow all those muscles in your face to just relax and let go . . . And now relax your neck . . . relax the front part of your neck, and the back part of your neck. Right down through to your shoulders . . . Feel your shoulders relaxing completely as you let go of any tension that might be lingering in your shoulder area . . . You'll find it feels so good to do that.

Allow your arms to relax now . . . Relax your upper arms . . . relax your elbows . . . relax your forearms, relax your wrists . . . your hands. Even your fingers relax and let go . . . as they become more pleasantly sensitive to every touch and feeling . . . Just imagine your arms becoming very heavy, loose, and limp. Heavy . . . loose . . . and comfortable.

Allow yourself to breathe comfortably now . . . and notice how smooth and even your breathing has become compared to just a few moments ago when we started. Feel your breathing . . . Feel the nice sensual rhythm of your breathing . . . Notice the contraction and expansion of your diaphragm and your chest as you allow your chest muscles to relax completely . . . Right down through to your stomach. Feel your stomach muscles just relaxing as you let go of any stress or tension that might be lingering in that area . . .

Now allow your back muscles to relax . . . The large muscles in the upper part of your back, right down your spinal column and into your lower back . . . Just letting go . . . Letting go completely. And allow those smaller muscle groups in the lower part of your back to relax as well. Now your hips relax . . . and allow an increased stimulating flow of blood to enter your lower abdomen and thigh area. . . relax your thighs . . . relax your knees . . . relax your calves . . . relax your ankles . . . relax your feet, and even relax your toes . . . Just allow those muscle groups to relax completely as you begin to drift, to drift into a very deep, relaxed state. Letting yourself go . . . Letting your mind and body become one . . . Feeling good . . . Feeling so much better than before . . . .

Some people relaxing there as you are experience certain stimulating feelings in their body. Some people experience a tingling feeling in their arms, legs, and inner thighs (such as tiny, painless pins and needles). Some people experience a warmth in their body yet others experience energy . . . If you're experiencing warmth or sensual energy, go with that feeling. Relax and allow those feelings to flow throughout your body.

The important thing that this level of relaxation represents, is that if you're experiencing any of these sensations, it's an indication of your willingness and readiness to go into hypnosis and allow any unwanted inhibitions to simply float away . . . float away . . . Going into hypnosis can be very gradual and in a moment I'm going to count from twenty to one. On each count you can allow yourself to drift . . .to drift into hypnosis at your own pace.

But before I begin counting, just imagine a custom cloud snuggling up to your body in the shape of a chair . . . And imagine this chair has arms on it. It is a very warm and comfortable cloud . . . It's your personal cloud . . . Feel how it snuggles up to your body

Allow this cloud to take you to a very, very beautiful, sensual, and romantic place . . . A special place in your life . . . Maybe a place in your memory . . . Maybe a place you imagine as being ideal. A very comfortable place . . . A place where you're happy. A place where you're in perfect shape and health . . . A place where you look good . . . So allow this custom cloud now to just snuggle up to your body and to take you to your special place . . . where you're happy, relaxed, and feeling very sensual. Just allow yourself to be there for a moment and soon I'll begin to count and you can take yourself

deeper and deeper into hypnosis and the awareness that your sense of taste, touch, and smell has been keenly awakened.

20, . . . Just letting go now . . . 19, . . . all the way down deep . . . 18, . . . feeling better than before . . . 17, . . . tired and drowsy . . . 16, . . . peaceful and serene . . . 15, . . . awakening your sexual being . . . 14, . . . arousing all your senses . . . 13, . . . arousing every fiber, . . . 12, . . . arousing every cell . . . 11, deeper and deeper . . . 10, . . . happy and letting go now . . . 9, . . . confident and secure . . . 8, 7 . . . enjoying the relaxation . . . 6, 5 . . . just letting go now . . . 4, 3 . . . deeper and deeper . . . 2, . . . And finally, 1 . . . deep, deep, deep hypnosis.

Your mind is now very relaxed and open to receive the helpful and beneficial suggestions I'm about to give you.

(Add your additional suggestions that are appropriate to your client's goals here.)

In a moment I'll count to the number five and you'll awaken refreshed, alert and feeling wonderful in every way. You'll be amazed at the wonderful difference that this brief session of hypnosis has created for you.

1. Bringing your awareness back into this room now.
2. Allowing the energy to begin rising in your body, starting at your feet and moving up your legs.
3. Wonderful energy moving up throughout your torso now.
4. Bring that energy up through your neck and shoulders now.
5. And now that wonderful energy moves up into your head making your mind fresh, clear, alert. Open your eyes now, wide awake, alert, and feeling great.