HYPNOSIS – “Taming My Body, Soothing My Mind”

You can settle in comfortably… in a space where nothing is expected of you… nothing to prove… nothing to monitor… Just you… here.

And as your eyelids grow a little heavier… or simply calmer… you may already notice that your breath knows what it’s doing.

Inhale slowly…

And as you exhale, let go of some tension.

As if your body were sighing in relief to finally be left in peace.

There’s nothing you need to monitor now.

No heartbeat to control.

No sensation to interpret.

Your body is not a battlefield here. It’s a garden. Maybe a bit overgrown, sometimes stirred by the wind… but alive… loyal… present.

And you can imagine that garden…

Visualize the soil…

Maybe a path in the middle…

A bit of light filtering through the leaves…

And in this garden, there is a bench.

This bench is a resting place for your mind…

A place to settle…

To observe… without judging…

As if you could sit inside yourself… next to your fear… without fleeing… without blending into it either… just… be there.

…

And in this stillness, you can return to that phrase…

The one your mother told you…

The one that came from even further back…

Like an echo passed through generations…

You can hear it again.

And at the same time, feel that it’s not a dangerous phrase.

It’s a phrase born from the pain of love…

The difficulty of saying goodbye…

The dizziness of those who know that one day, they’ll have to go.

And you… you are here.

Alive.

In this moment.

In this second.

The heart beats.

The breath flows.

Life moves through you.

And you may realize that if that phrase hurt you… it’s also because it spoke of love.

Of what your mother feared to lose.

Of what you fear to lose too.

But… love isn’t lost.

The love passed down from a grandmother… from a mother… isn’t lost.

It imprints.

It stays in gestures.

In a voice.

A gaze.

A silence.

And you can hold onto that trace…

Not the fear…

But the tenderness.

…

And now, I invite you to do something new…

To imagine yourself inside your body.

Not to control it.

Not to scan it.

But to explore it…

As a safe place.

You can begin with your feet…

Feel their weight.

Then your legs…

Your hips…

And as you slowly move upward inside yourself,

you say mentally:

“I am at home in my body. And my body knows what it’s doing.”

Continue with your belly…

Welcome it as it is…

Even if it tightens… even if it rumbles sometimes.

Maybe place a hand on it.

And tell it: “I’m not watching you anymore. I’m listening in a new way.”

Your breath now.

Feel it without trying to analyze it.

Just follow it like a wave that comes and goes.

A gentle wave…

Steady…

And you can imagine a peaceful place.

A real or imagined place.

A place where you never feel threatened.

This place can become your inner refuge.

A place where your body is welcomed as it is.

Where your mind rests…

And where you no longer need to anticipate.

Because here, everything is safe.

In this place, you can lay down your fears.

One by one.

Imagine bubbles.

And with each breath, you blow a fear into a bubble…

Then watch it float away…

You send the fear of cancer into one bubble…

The fear of not being there for your children into another…

The fear of reliving what your mother went through into another…

And let them all go…

You can also let go of guilt…

The guilt of saying nothing to protect others…

But who protects you?

So here, in this space, you can say to yourself:

“I have the right to be afraid. I have the right to express it. And I have the right to be free of it.”

You can even imagine a blank notebook, placed before you.

And this notebook welcomes everything you haven’t said.

Everything you didn’t dare to express.

And for a few moments, let the words come, in your mind or in this imaginary notebook.

They settle.

And you look at them without judgment.

Because they’re just words.

Not threats.

Not curses.

Just words… that land… to lighten you.

…

You are creating a new path.

A path where your body is no longer an alarm,

but a peaceful messenger.

A path where you can live with more confidence…

And where each day, you’ll practice this new perspective:

“I am here, now. And everything is okay, now.”

And if doubt returns,

you’ll know how to return to this inner garden,

to this bench,

to this refuge,

where nothing rushes…

where all is calm.

…

You can now begin to slowly return to yourself.

At your own pace.

Maybe move your fingers slightly…

Feel the touch of your clothes, your breath…

Come back with the new sensation of having let go of a weight…

And having found a space within you…

A space of safety.

You can return to this script whenever you feel the need.

Whenever fear rises,

you’ll know there is a place within you where it can soften.

And you can open your eyes… when you’re ready…

bringing with you this simple phrase:

“I am alive. And here, now… all is well.”