

Dropping The Labels

(text in bold and italics are notes for the hypnotherapist and are not read out)

Now that... you are relaxing... I wonder if... you can go along with this unusual idea... would... you be willing... be intrigued to get in touch with... a different way of viewing yourself... a different way of perceiving you... what I mean is the real you... who you really are... rather than who you think you are... or what others, well intentioned or otherwise, have said that you are...

you see... often we accept into our subconscious minds... an idea of who we are ... through the names we use... the names we get called... in essence the labels we pin on ourselves... or... the labels given to us by well-meaning but sometimes misguided people in our lives, both past and present... and of course there are the names and labels that are used by, not so well-meaning people... then there are names and labels that we give ourselves too... but are those labels and names really us?...

labels, names and titles can bring expectations... expectations of your own and from others of how you should be... labels can bring reputations that you may believe you have to live up to... however labels are labels... just like sticky bits of paper... labels that can adhere to us... if we accept them ... even long after they have been used we may still be carrying them around... of course over time they can become less sticky and some just drop away...

so just for a few moments now... I am going to give you some space.... and just use this time to reflect on those labels... the labels or names you have accepted as being true... at least your truth... so... reflect on the labels you have given to yourself... and consider the labels others, no matter what their intentions, have given you.... think about professional labels... think about personal labels.... think about labels of position and responsibility.... think of labels that society has given you regarding status... and in relation to others in your family... just think about all those labels now....

(wait 1 minute)

Okay.... good...

so now I will remind you of a label you have told me about... and as I say each one I want you to peel that label off.... just drop that name... and be free of all that you associate with that label... just imagine being free of it all now...

(Professional/Work Labels – use from your client consultation to start off)

so let's start with your professional life... you have told me you are a *(eg. accountant, builder etc)*... so now just imagine peeling that label off ... peel it off now... and let it go... just peel that label off now and discard it... and also... let go of the professional labels such as “colleague” to your work mates.... let go of “worker” or “boss” or “employee” or “employer” or “self-employed” whatever applies to you... just peel them all off...

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let go of all the titles, labels and names you associate with your professional life... just peel them all off and let them go now... including senior, junior, trainee, experienced, manager, technician etc... that's right peel them off and let them go... let them all go...all go now... and when you have removed all the professional type labels... just peel off one more that says "all the rest" and let them all go... peel off and let go...

(Domestic Labels)

now let's look at your social life...you have told me you are a (*eg. footballer, dancer, runner etc*)... so now just imagine peeling that label off ... peel it off now... and let it go... just peel that label off now and discard it... and also... let go of social labels such as "friend" let go of other labels from your hobbies and interests such as "keen gardener or pianist etc"... just let them all go...

(Citizen Labels)

now let's look at your life as a inhabitant of this country ...you have told me you are a (*eg. home owner, tenant, lodger etc*)... so now just imagine peeling that label off ... peel it off now... and let it go... just peel that label off now and discard it... and also... let go of labels such as "voter" and "tax payer" ... that's a good one to let go of ... then there is "pedestrian – biker – driver – passenger" ... and let go of labels of nationality... and other group identities... let go of religious labels too...

(Relationship labels)

now let's look at your family life ...you have told me you are a (*eg. husband, wife, partner, widow, widower, divorcee, single person etc*)... so now just imagine peeling that label off ... peel it off now... and let it go... just peel that label off now and discard it... and also... let go of labels such as "father/mother - uncle/aunt – nephew/niece – brother/sister – grandson/granddaughter – step son etc" ... let them all go...

(Labels Given to Me)

now let's look at the names and labels others have given now or in the past ... such as "lazy/energetic – fast/slow – intelligent/dim – efficient/useless – big/small fat/thin – ugly/beautiful – stubborn/strong minded – weak/strong – tardy/punctual – dreamer/realist – successful/failure – mad/sane – funny/sad – responsible/irresponsible - needy/giving – generous/tight – considerate/thoughtless – loving/unemotional –trendy/old fashioned etc" just peel them off and drop them...

(Labels I Have Given Me)

now look at the labels you may have given your self... such as "lazy/eager – useless/capable – negative/positive – funny/depressed – shy/confident etc" and just peel them off... and let them go... and be free of them...

(Society's Personal Labels)

now look at the personal labels that society uses to identify you such as "your age - date of birth – your star sign – your address – your colouring - right handed/left handed – “ and just peel them all off and discard them... now think of the ailments and conditions you get labelled with "short/long sighted – smoker/non-smoker – vegetarian – hay fever sufferer – old/young/middle aged – disabled –

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drinker/teetotaler - “ peel them all off... and let them go... also “customer – client – buyer – seller – holiday maker – traveller “ let them all go... all go... good... now peel off any title such as “Mr – Miss – Ms – Master – Sir – Dame” from the past and present... peel them off and be free...

(Educational Labels)

well done... now discard any labels any designations associated with education... such as “BA – BA(honours) – BSc – MA - BEd – MSC – PHD – Dr – Professor “ just peel them all off and let them go – be free of them all now...

(Past Labels)

Now peel off any labels you can think of from the past from when you were a “foetus - baby – toddler - youngster – teenager – adult” drop those labels too... now peel off any other labels you accepted or were given by anyone and anything from the past... any labels from neighbours, friends, peers, school mates, work colleagues, other parents, relatives, and any and everyone you have had dealings with in the past... just peel them all off and discard them...

(Identity Labels)

Well done... now you can peel off any labels and names you have accepted as a means of identity... so peel off the label that is your surname or your family name (maiden name too) or your last name... just peel it off and discard it... good... now peel off any middle names you were given... just peel them off and let them go.... great... now peel off your first name... the name you usually get called.... just peel it off and let it go... be free of them all...

(Other Names)

now most of us have been given names, titles and labels by our friends and loved ones... these names say a bit more about how they feel about us... so release now any nick names... release any pet names that you have been called... for example your first names is (eg. **Christine / Michael**) people may have shortened it to (eg. **Chrissie / Mick-Mike etc**)... just peel off those shortened names or nick names... good... now peel off any names of affection from a friend, lover, spouse, wife/husband, partner such as “love – baby – babe – sexy – lover “ or whatever you have been called by those closest to you as a sign of affection... peel them off and be free of them now...

(All Other Labels)

Okay well done... you have done fantastically... a great job... now... now find a label that says “everything else” that’s right just find a label that says “everything else” and peel that off... just peel it off and discard it.... do it now... and be free...

(The Very Last Labels)

Okay... now there are just two labels left... just two labels left... I wonder if you know what they are.... the two labels that are left are “male/female” and “human being” ... just find those labels and peel them off now... just peel them off and let them go....

(Enjoy Being Nothing – to be read at a slower pace with longer pauses)

Good, well done... so without any labels...without any names... nothing is left... you must be nothing... so be aware of nothing... a void... just nothing.... and if you do this correctly... as you have done... in your sense of nothingness... you are limitless... there are no boundaries.... your freedom stretches as long and as wide and as high and as deep as you can imagine and beyond.... this is your chance to be beyond limitations now.... a great sense of freedom... an amazing sense of being without form invisible... shapeless... limitless.... unending or beginning... existing without rules, regulations and laws.... just free to be ... just free to come and go and be all that nothing is... nothing wanted.... nothing expected... zeroing in on nothing... not a thing..... zero.... and I wonder what if anything nothing is? ... probably like nothing on earth....

and did you know that “nothing” is a label too... and you don’t need labels as you now know... so discard that too...and be free.... really be free now... so free...

and in the vastness and limitlessness existing in space where time is of no consequence... I wonder what new insights you can enjoy and revel in... I wonder in the infinite expanse of space what... new perceptions and ideas come your way... and how... you will use this now and beyond now...

(leave for a few minutes and then provide grounding suggestions to bring your client back to their body and to this time and place)