

## Essence of You

*(Can be used as an induction following eye closure or a powerful deepener. It can also be used as a great primer for healing. If you feel you need any help with how to incorporate healing, just ask.*

***Read the entire script through before use to ensure client compatibility)***

Now I just want you to think about an idea... just think about a concept that I am about to relate to you... and see what you think about it... I wonder what your thoughts will be about this idea... as it unfolds...

now you exist... I exist... and the world as I know it exists...

now I wonder if you are able to... go with this idea... this concept...

I know you have used many forms of transport before... everyone... sooner or later has ridden on a train... has travelled in a motor car... or on a bus or coach... many people have flown on airplanes too... some have had... the sense of freedom of a hot air balloon ride... most people from an early age have ridden a bike or even a horse... I wonder what you might remember about that now....

As you know ... these are all forms of transport... they all transport us, our bodies, physically from one place to another... they are just a means of movement... a means of travelling from one space to another...

Now, I wonder if you can add the idea of another form of transport... that I have yet to mention... into all those you have thought about so far... now apart from a space ship, or a boat of some kind... apart from a specific animal or new mode of transport that I haven't mentioned... there is maybe one form of transport, that I haven't touched on yet... can you guess what it is?... it's the one form of transport we use the most... and probably rarely think about... you may.... know what I mean already...

It's simply your body... that's right... it is.. your body... the physical frame and being that you occupy... the bones... the muscles...

tendons, ligaments, organs, blood, arteries and all the other bits of your physical self...

You see if you separate for a moment... the essence of you from your physical body... then you could view your body as being just another means of transport... no different from a car, boat or plane... your body could be viewed as just another means of transport for carrying around... the essence of you... you know... who you really are...

I wonder what it will be like to... think of the essence of you... without having to think about a physical body....

So in viewing your physical body as just a means of transport.... I wonder what it will be like for you... what it will feel like ... what it will seem like... if for just a short while you... just floated ... just your essence just detached... leaving behind for a short while... the physical body... leaving behind any aches, pains, itches and irritations... and just enjoyed a few moments maybe slightly detached...

you may find yourself as an observer of your physical body... maybe curious of how your body looks from here... I wonder what you notice.... of course you can always maintain a small but strong thread that keeps you attached to you body if you choose to do so... it's up to you.... another time you may want to do some exploring further a field... for the moment though stay close by...

stay in close proximity and just be aware of the experience of just being ... your essence being free of physical attachment... free of a physical casing.. just being curious... almost like a spectator noticing ... observing...

it can be interesting to... notice new ways of being ... and maybe notice a new way of experiencing... maybe a new way of feeling... and perceiving too...

**(WAIT 1 TO 5 MINUTES)**

And in a moment... I want the essence of you to float back into your physical body now... so just get ready.... and here we go... and now just gently and respectfully... return to your physical

body.... just give yourself a few moments to settle back again right now...

when you are settled back... fully and completely now... just give me a nod of your head... a nod of your head will indicate to me and you that you are fully back in your body right now... so just nod your head when you are back in your body now...

**(WAIT FOR NOD OF HEAD)**

Thank you... well done... and while you have been away... your body has been busy... maintaining your physical existence... curing and healing ... all while you were gone... it's a bit like having a team of home improvement experts that have visited while you were on holiday... and repaired and replaced many things that weren't functioning as they could do... all those odd jobs have been done for you... even the cleaning has been done...

So you have returned to a place that is still yours... your home now... yet you can enjoy now a sense of renewal... feeling refreshed... re-energised.... recharged.... and you may just notice one thing that you want to adjust... or scratch... or just take a nice deep breath in... just to stamp your personality... your essence on your body... it is of course all yours ...