

Safe Place

Practitioner Note: Before moving further into hypnosis work, it is important that the client has a well-established Safe Place they can access easily and confidently. The Safe Place should feel calming, secure and fully under the client's control, providing a resource they can return to at any point during the process.

As you settle comfortably, allow yourself to become aware of the simple fact that you are here, in this moment... There is nothing you need to do right now... nowhere else you need to be... Just noticing the support beneath you... the surface holding your weight... the feeling of your feet on the floor or your body resting comfortably where it is...

And as you become aware of these simple sensations... perhaps you can begin to notice the points of contact between your body and the chair... the steadiness beneath you... allowing yourself to feel grounded and supported... aware that you are here, safe in this room, while your imagination is free to explore...

And now, in whatever way feels natural for you, allow your mind to begin creating a place that feels completely safe... comfortable... and secure...

Some people immediately see a place clearly... others become aware of a feeling, a memory, a sense of atmosphere or simply a knowing that they are somewhere safe... Whatever happens for you is exactly right...

This may be a place you have visited before... somewhere from childhood... perhaps somewhere in nature... or a cosy room... or perhaps somewhere entirely imagined... a place that exists only for you...

As this place begins to form, allow yourself to become curious about it... noticing what is around you... the colours... the shapes... the quality of the light... how it feels to be in that place... how your mind and body... respond to being here...

You might become aware of sounds here too... noticing what is happening around you... or perhaps a comfortable silence that allows you to feel completely at ease...

And as you continue to experience this place, notice the sensations within it... the temperature of the air... the feeling beneath your feet or around your body... the textures around you... allowing each detail to help this place feel more real... more familiar... more welcoming...

As you spend time here, you may begin to notice a growing sense of comfort and security... a feeling that here, you can simply be yourself... Nothing is expected of you... nothing needs to be achieved... You can simply rest in the knowledge that you are safe...

And perhaps this place can provide exactly what you need today... If you need peace, there is peace here... If you need comfort, there is comfort here... If you need strength, confidence or reassurance, those qualities can exist here too... almost as though this place naturally knows how to support you...

And if there is anything that would make this place feel even safer... even more comfortable... you can allow it to appear now... perhaps adding something new... adjusting something that is already here... creating this place exactly as you would like it to be...

You may even become aware of a natural boundary around this place... something that allows you to feel protected and secure... knowing that only those things which support your wellbeing are welcome here... while anything unhelpful simply remains outside...

And as you continue to experience this safe place, notice what happens within you... Perhaps your body settles a little more... perhaps your mind becomes quieter... perhaps there is simply a growing sense of ease... of knowing that this place belongs to you...

A place you can return to whenever you wish... during this session... between sessions... or at any time in your daily life when you would like to reconnect with feelings of safety, comfort and calm...

And perhaps you can imagine creating a simple connection to this place... a word... a gesture... a symbol... or perhaps just an intention... something that reminds you that this safe place is always available to you... ready and waiting whenever you need it...

For now, simply spend a few moments enjoying this experience... becoming familiar with this place... allowing it to become established within your mind... knowing that each time you return here, it can become even more comfortable... even more supportive... and even more deeply connected to your own inner sense of safety and wellbeing.