

## Theater Dream

### "Regression"

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Hypnotherapist:

"Close your eyes and begin to relax. Take a deep breath, and let

it out slowly. Concentrate on your breathing. With each breath

you become more relaxed. Imagine a brilliant white light above

you, focusing on this light as it flows through your body. Allow

yourself to drift off as you fall deeper and deeper into a more

relaxed state of mind. Now as I count backward from ten to one,

you will feel more peaceful, and calm. Ten. Nine. Eight. Seven.

Six. You will enter a safe place where nothing can harm you.

Five. Four. Three. Two. If at any time you need to come back, all

you must do is open your eyes. One."

Nicholas:

Safe in the light that surrounds me

Free of the fear and the pain

My subconscious mind

Starts spinning through time

To rejoin the past once again

Nothing seems real

I'm starting to feel

Lost in the haze of a dream

And as I draw near

The scene becomes clear

Like watching my life on a screen

Hello Victoria so glad to see you

My friend

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