



The Script Collection

a resource for therapists

Roger Elliott & Mark Tyrrell

**COVID
Recovery**

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The Script Collection

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About The Script Collection

The Script Collection is a resource for professional and trainee hypnotherapists. Scripts are useful as a source of ideas and approaches which can be adapted to suit the needs of individual clients.

We do not recommend that scripts are read verbatim.

The design of The Script Collection has been specially devised to enhance the benefits of this resource. Ample space is provided where you may write your own notes, comments and adaptations.

A number of special conventions have been adopted to make the scripts easy to use and study.

The first part of each script, in which the therapist is preparing the ground for the trance work to follow, is formatted as standard prose, and is intended to be delivered with normal tone and pace.

The trance script that follows is formatted so that line breaks mark suggested phrasing and pacing.

Silences play an important part in trance work, and pause markers indicate different lengths of pause as appropriate. Each coloured block indicates approximately 10 seconds.

Examples:

 Pause [approx 10 seconds]

 Pause [approx 30 seconds]

Words and phrases requiring special emphasis are marked in bold text with a highlighted background.

Example:

your unconscious mind takes ***care of things*** in that time

Studying the content and structure of these highlighted phrases will be particularly helpful to the therapist who wishes to develop their own skill in devising helpful suggestions.



COVID Recovery



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It's important to begin by saying that this session is not intended as a medical treatment for COVID-19. However, hypnosis has been shown to be effective at promoting a calm, focused, positive mindset; reducing stress levels; accelerating physical healing; and helping the immune system to work optimally. So, it can be an excellent form of support for all kinds of healing and recovery – mentally, physically, and emotionally. But if you're recovering from COVID-19, it's important that you have consulted a medical professional and that you are following official advice about how to best manage your condition.

Here at Uncommon Knowledge, members of our own team have been affected by coronavirus and we know from personal experience how intense the symptoms of COVID-19 can be. As my colleague Mark Tyrrell described it, there were times he physically couldn't get out of bed, couldn't have a conversation, and where even watching television felt too overwhelming. In the process of his recovery, there were days when all he could do was rest and sleep.

So, depending on what stage of your recovery you are at, it may be that you need to take any pressure off yourself and just prioritize rest and recuperation as much as you can. And the deeply relaxing, hypnotic part of this session is going to support you in that process of recuperation, so that you can experience the kind of profound relaxation and deep rest that is most conducive to healing and recovery.

Medical understanding of COVID-19 is developing all the time and it certainly seems that a small percentage of people can have longer-term symptoms, but it's also true that your body is excellent at healing. So when it comes to your mindset and attitude around getting better, it's important to give yourself time, be patient with yourself, be kind towards your body, and tap into a calm, grounded optimism within yourself that you can and will get better with time.

And that's exactly what this session is going to support you in doing.

So
as you prepare to *relax very deeply*
you can just *allow those eyes to close*
if they haven't yet
and as you *follow along comfortably to the sound of these words*
there's no need for you to make any effort
to try to *relax*
or to try not to try
because the conscious part of your mind
isn't the part of you that knows
how you drift off to sleep at night
it's not the part of you that dreams
and it's not the part of you that knows instinctively
how you can most comfortably and deeply *relax*
here and now
in your own unique way
because there have been times and places in your life
when you've experienced deep
deep relaxation
perhaps years ago
times when you didn't have a care in the world
or maybe a vacation somewhere beautiful
feeling the warmth of the sun
a gentle breeze against your face
a beautiful view
where the very experience of being there
already now
in the middle of a holiday
time away
for you
can rediscover what it's like
to feel lighter in yourself
now
a holiday or a place you visited
where maybe you found yourself smiling and laughing more freely
or experiencing a wonderful tranquillity
a sense of there being a weight off your shoulders
to realize you can just *relax*

completely

and *allow yourself to be*

immersing yourself

in a growing sense of deep relaxation

and peace

now

that can imbue the very air around you

as if the air around you is relaxing with you

deeper and deeper still...

■ ■ Pause

And you can *allow this growing sense of rest and relaxation*

to flow down through the body

like a healing

glowing

soothing light

a golden elixir

being channelled into you

now

that can permeate

down

through the crown of your head

the scalp muscles relaxing

the facial muscles smoothing out

the brain itself

quietening

calming

relaxing

more and more deeply

that's it...

■ Pause

And this relaxation can spread

down through the neck

the shoulders releasing

a golden

glowing
liquid light
relaxing down through the arms
down into the hands
and into the fingers...

■ Pause

That's it...

■ Pause

A soothing
healing
golden light
glowing
down through the core of the body
more and more
soothing and healing
wherever it goes
as you *relax deeper and deeper still...*

■ Pause

Each and every cell within
receiving this wellbeing
this health
reminding the body-mind
of your core vitality
and wellbeing
imbuing the heart and the lungs
a gentle
yet powerful
healing light
flowing through the digestive system
a wonderful sense of deep wellbeing
glowing
down through the body

now
more
and more...

■ ■ Pause

That's it
as this healing elixir
flows down through into the legs
that's it
all the way down into the feet
down into the tips of those toes...

■ Pause

As you *relax twice as deeply now...*

■ Pause

And twice as deep still...

■ ■ Pause

And you can get a sense of drifting outside of yourself
and watching the you who is listening to these words
relax even deeper still
as you get a sense of allowing yourself this time
to *deeply rest*
and to *rest deeply*
of letting it be okay
to *relax and heal now*
even more
even deeper
as you notice this glowing
soothing light
imbue body and mind
more
and more

with this healing
deeply restful elixir
permeating each and every cell...

 Pause

And this process of healing can continue
to deepen
as these words
take you into a different place
and a different space
within
where your unconscious mind
can really work for you
in a focused
purposeful
strongly positive way
as I count from ten to one
relaxing even deeper
with each and every number
that's it

ten

and ***nine***

letting ***go even deeper still***

eight

seven

a comfortable heaviness
a floating lightness
allowing the words
and the space
between and behind the words
to guide you deeper
inside

six

five

merging into this deepening relaxation
and allowing everything to ***quiet down within***
giving yourself all the time you need

giving the body
all the time it needs
allowing what needs to happen
to happen

four

with a sense of compassion
and caring
towards the body
a sense of the body doing its job

three

the immune system
the cells
all working together
working on your behalf

two

giving them space and time
to do their good work
with a sense of real gratitude and appreciation
for the brilliance of the body
for how all parts work together
as a team
working as **one**
that's it
relaxing all the way down
to **one**

now...

 Pause

And there are journeys you have been on in your life
just as there were journeys your distant ancestors made
through forests and mountains
through deserts
and beyond
across oceans
to new shores
through grassy plains
to new horizons

and your unconscious mind understands
what it means
to notice how each step
you take
your heel
makes contact with the ground
as you then step forwards
arms swinging at your sides
each step

heal

the foot
making contact with the ground
stepping forward

heal

step
forwards
feeling better
as you do now
step by step
and you can find yourself on your own journey
through the landscape
of your dreaming mind
towards full recovery

now

a full return to health
and wellbeing...

 Pause

Being curious
about those little signs of progress
along the way
like the coming of spring
new buds
appearing on the branches
green leaves
growing wellness...

 Pause

And on this journey
you can *allow yourself the time you need*
taking time to *rest*
time to *sleep*
time to gaze at the landscape around
and to sense that already
you've progressed
already
you're doing better
and you can really *notice this growing wellbeing*
flowing through you...

 Pause

And sometimes the journey might have difficult parts to it
where it might seem that you've gone back a bit
to how you were
but that's just the territory
becoming more challenging for a while
like a rocky uphill path
the terrain taking more effort
to get through
you're still progressing
and you can go slow and steady
in times like that
taking all the time you need
resting when you need to
letting it be okay to *rest*
until before you realize it
you're improving again
the path becoming easier
a spring in your step
now
on the home stretch
a sense of returning to full wellness
even more this time
getting your strength back
the mind becoming clearer

vitality flowing through you
lush
green vegetation around...

■ Pause

And you can notice a river of beautiful
crystal-clear water
is now flowing through this landscape
bringing more and more health and wellbeing
wherever it flows
imbuing the land
and the landscape ahead
with renewed health and vitality
more
and more
onwards
into the future...

■ Pause

That's it
and you can experience the reality of this now
hearing the sound of that river
bringing vitality wherever it flows
that's it
as you do
begin to feel better
in body and mind
that's it...

■ ■ Pause

And your unconscious mind
can begin to ***sense***
this future wellness
more strongly
and it might begin as a sensation within

or an image of a future you
looking and feeling so much healthier and better in yourself
where you can ***sense it in your facial expressions***
the way you look
the way you sound
wellness and vitality in your voice
a sense of coming back to yourself
feeling so much better
inside and out...

■ Pause

And you can get a real sense
of the reality of that now
as you ***merge into this future wellness***
and ***integrate this***
fully and completely
that's it
as this future wellness imbues body and mind
with a wonderful sense of vitality and wellbeing...

■ Pause

That's it
absorbing this now
integrating this now
more
and more
into the very depths of your being...

■ Pause

And you can instinctively
bring this future wellness with you
through time
into the present...

■ Pause

And you can ***be patient with yourself***
giving the body-mind the time it needs
taking it one day at a time
and being curious
about those signs of recovery
already noticing how you're feeling so much better than you were
and that can feel like a real relief
to know you're getting there
that you can ***enjoy doing more and more***
of the things you used to
that you ***feel clearer in your mind***
stronger in your body
a sense of wellbeing and cheerfulness
glowing through body and mind
like a golden elixir
imbuing every cell
with health and vitality
that's it
and that can ***feel very good...***

 Pause

And you can ***listen to this session often***
and each time that you do
you can notice how you ***relax even more deeply***
and how you're feeling better and better in yourself
through time
and for now
it's time to prepare to come all the way back
to full alertness
back to the here and now
as I count from one
to ten
so that at ten you can ***feel refreshed***
revitalized
fully back to the here and now

and one
and two
you can just notice the position of your body
and the sensation of whatever it is you're resting on
that's it
three
and four
feeling refreshed and alert
as you can begin to come all the way back now
that's it
five
six
feeling very good now
coming all the way back
seven
eight
and you might like to *have a nice stretch*
as you do so
that's it
and nine
and ten
and whenever you're ready
you can just open your eyes and welcome back!