

## Cleansing Luxury Bathroom Visualisation - Example Script



*"Just imagine taking that younger you to the most beautiful luxury bathroom you can possibly imagine.*

*There is a big, luxury bath filled with the most amazing, luxury bubbles.*

*Allow that younger you to soak in that bath ... and to realise that the water and bubbles are cleansing not only the outside of his/her body, but inside as well, including every single cell, tissue, organ, muscle.*

*Cleansing ... healing ... repairing ... restoring ... renewing ...*

*"... the water just soaking it all away.*

*Just washing it away, soaking it all away.*

*So that when that younger you is ready, he/she can just drain all that water away, taking with it everything associated with what happened ...*

*... leaving him/her to feel clean, healed, fresh, new ... as if he/she can start again ...*



*And somewhere in that luxury bathroom ...*

*"You'll find the biggest, warmer, fluffiest towels you can imagine ...*

*So just wrap that younger you in those towels and help them to feel clean, safe and warm.*

*... and also you will notice some lovely new clothes ...*

*Allow that younger you to choose the lovely new clothes he or she wants, so that he/she feels cosy, comfortable, good, "new" ...*

*... and just imagine you and that younger you, stepping out of that bathroom and looking out onto the world, together ...*

*Maybe hand in hand if that feels ok ...*

*... and notice how different it feels now ...*



At this point I would probably ask client for feedback - if good then reinforce as positive suggestions. If there is any resistance, I would check out what it is and address it.

E.g. One client said,

*“ ... this doesn't mean I have to forget yet, does it? I don't want to forget yet ...”.*

*Me: “In what way, don't want to forget yet?”*

Client: “I'm worried that if I forget, he will have got away with it and I don't want that. I want to remember for a while longer.”

Me: “No, of course not. You can still remember ... but walk away feeling different now. Is that Ok?”

Client (relieved): “Yes, that's great, thank you. That feels better”