CCT FOR STRESS HAIR LOSS

Just make yourself comfortable with your hands and feet not quite touching. I want you to roll up your eyes as if you're trying to look into your own eyebrows. Just fix your eyes on a real or imagined spot over head and, just for a few seconds, keep your eyes glued to that real or imagined spot. Just breathe in and breathe out. Your eyelids are becoming heavy, droopy and drowsy. Keeping your eyeballs up, again just breathe in and breathe out. Each time you blink that is hypnosis coming upon you. One more time - breathe in. Keeping your eyeballs up, just close your eyelids right down. That fluttering sensation is the first sign that you are responding wonderfully and perfectly. Your eyes are sealed shut, closed tight. And you can just forget all about your eyes and allow a drifting, floating feeling to develop in your body. You don't need to do anything. Now, I want you to simply imagine that you're looking down ten steps. You can drop your chin just a fraction so you get that same, looking down feeling that you might get as you look over a balcony or down a flight of stairs.

You are looking down ten steps and as I count you will move onto each step and you will see and feel and hear your feet taking each step. You are moving on to step ten as each muscle, every nerve turns loose, lets loose and you go deeper. You're taking step nine as you go deeper. Taking step eight and you can see your feet, hear you feet, feel your feet treading each step. As you move down, drift down, travel down to an even deeper level. Taking step seven. You are going deeper into an awareness of yourself. You are taking step six, drifting way down deep. You're taking step five, going even deeper. You're taking step four. As each muscle, every nerve turns loose, let's loose and you go deeper. You're taking step three. Every sound around you is carrying you deeper into hypnosis. Taking step two as you gently, calmly, easily move on over to an even deeper level. You're taking step one. Just sleep deeply. When I say sleep deeply, this is a sleep of the nervous system. You are not actually going to sleep.

As I click my fingers, you will go deeper, drift deeper, and float deeper. Deeper just means going deeper into an awareness of yourself. (This is a good time to click your fingers as you say: Go deeper Drift deeper Sink deeper)

Being in hypnosis does not mean being asleep, but being in a strong state of suggestion. And now I want to show you how extraordinarily suggestible you are.

So I just want you to place your attention on the tips of your fingers, and think only of your fingertips, concentrate on your fingertips. And you are starting to feel a tingling sensation. You do not have to do anything just think of the tips of your fingers and this tingling increases by itself and expands to all the fingers, it expands to the hand all by itself And now you just shift your attention to the tip of your tongue, and as you concentrate on the tip of your tongue you feel the same tingling feeling is activated right on your tongue. And as you’re thinking of your tongue, putting your attention there, this tingling increases and expands. And all this to show you how suggestible you are and that you are responding very well to hypnosis.

And now let this floating sensation spread to your whole head and as this feeling expands you let yourself go deeper and deeper into hypnosis.

And as this energy expands throughout your head, throughout your skin, you can feel the difference in your scalp between the areas where hair grows and those where it doesn’t.

Feel how it feels so energizing, revitalizing and full of life where the hair grows, and how it feels heavier, dull and itchy where the hair does not grow.

Now using the extraordinary power of inner eye, imagine that you are looking at your head from above and you can see these energies around your head you can see the colors of the energy surrounding each area of your scalp.

See vibrant colors and energies where hair grows while everything is darker where it doesn't grow.

And now using the extraordinary power of inner eye, I want you to go under your skin under your scalp to look at the hair bulbs, the roots of the hairs.

Start to see the healthy ones: you see them big bright beautiful healthy with big roots well anchored just like the roots of millenarian trees, perfect.

And now I want you to look at the bulbs in the other areas, they are small, dull, fragile, stressed, sick.

And now I want you to shift your attention on the adrenal glands, right above the kidneys, they are mostly of a triangular shape and a yellowish brown colour, 5 cm wide and 2.5 cm high.

How do you see them? How do you feel them?

You know that understanding is power and the understanding on hypnosis is the most liberating and transforming power. And you understand that the adrenal glands produce hormones as Cortisol and aldosterone (DHEA) to cope with stress.

The normal response that our body gives to a stressful situation is the increase in the production of these two hormones.

Without these two hormones and adrenaline, we could not overcome the stressful situations that life presents us every day in our relationships, studies, exams, problems at work, in the family.

Normally the secretion of these hormones goes back to normal when the stress situation is over. However, if stress persists for a long period of time the adrenal glands continue to produce these hormones to cope with the physical and mental situation, and the consequence of this hormonal imbalance is hair loss.

And now I just want it to simply let go of this image, and as you let this image go from your mind you go deeper and deeper into hypnosis.

As you go deeper, you are listening and responding easily, effortlessly, perfectly with your subconscious mind. And while you're listening to your subconscious, your conscious mind is drifting away and you can remember everything, and you are remembering that you have a strong desire and a powerful motivation and ability to regrow you hair and feel younger, to become younger and to have younger hair, and a younger healthy complexion. You are ready and able to motivate your hairs cells to act as younger hair cells do. You have the power to influence your cells, to communicate with any part of your body, and to have that part respond to your instructions. You are now using the power of your mind directing and commanding your hair cells to act and behave like younger hair cells. Because your body is controlled by a network of intelligence that is influenced by your mind, you are able to relax deeply enough to influence your own mind and to change patterns of the body and to slow down the ageing process. You are able to accept only positive ideas about your hair cells and to imprint them into your physical body. You are communicating with the intelligence of your hair cells directing each cell to function as it did when it was young and perfect now and always. And as you go deeper and deeper you are listening and responding perfectly, as you go deeper you understand that there is a network of intelligence that influences you, your mind influences your body, you influence your mind, your body is run by a network of intelligence that is completely influenced by your own mind and every cell in your body is connected to this network of intelligence which your mind influences. And as you hear my voice you are able to drift back, to go back, to travel back, to go to a deep level where you can communicate with your own DNA. You are going to a deep level where you can tap into the network of your body, you can make it perfect, you can make it extraordinary, you can make it healthy, you can make it younger, you can make it well Imagine and know that you can influence hair cell renewal so that it speeds up and becomes more efficient, as a result of this ageing slows down and rejuvenation starts. Your ability and willingness to talk to your hair cells is slowing down ageing right now and starting the process of rejuvenation. When you were younger your hair cells repaired and renewed themselves with top efficiency, you had perfect hair cells and your hair cells have an excellent memory of this. You are able to activate this memory and to set off changes in your hair cells just by thinking about it. Think of your hair cells becoming younger now, imagine your hair cells doing their perfect work at the top of their performance. Imagine and feel your hairs cells performing more effectively so the hairs on your head are strong healthier just like young hairs and will continue to do so. Every time you think these thoughts each hair cell is renewing itself, replacing itself with a younger healthier and stronger hair cell. You are responding wonderfully to direct mental commands and enabling each hair cell to replace itself with a younger healthier hair cell, activating the rejuvenation process, by communicating with your hair cells and increasing hair cell renewal and regeneration. Your thoughts are commanding your hairs to perform at the top of their efficiency as they did in your youth. Even now your mind can remember exactly what is was like when your body was perfect and as your mind remembers it, it is about to reactivate, to remanifest, to regenerate that memory and to begin healing you back to being healthier. Your mind can remember what it was like when everything worked perfectly and as your mind remembers this it is absolutely able to recreate it, to regenerate it to remanifest it all of it so as you go deeper you are about to communicate with the intelligence of your own body. You are going to communicate with the energy of every single cell in your body and you are going to command your cells to work perfectly, your muscles, your skin, your scalp everything is going to be perfect. So just allow yourself to go deeper, just allow yourself to drift deeper, every time I click my fingers you are going to go deeper and deeper, just drop deeper, drift deeper, sink deeper, go deeper and deeper.

And of course, even if you know you're going deeper, you also understand that the depth of the trance is not related to the results, **whether** you're in an extraordinarily deep state or in a very light trance, you'll get phenomenal results. So, go deeper and as you go deeper, I would like you to go back to the initial image of your head and scalp, the one you saw with your inner eye and the colors and the energies. I want you to come back to your adrenal glands. I want you to think about the areas where you want to regrow your hair and as you go deeper into an absolutely relaxed state, see how you're normalizing the hormone production of your adrenal glands, see You are constantly producing healthy strong hair cells as you see new bulbs growing faster I'm commanding, directing and instructing every cell to go back, you are drifting back, traveling back, going way back, you are going back in time. It is like you are in a time tunnel, being pulled back, drawn back, you are going further and further back, you are going right back, your body is going back to its original imprint and coding. And as you drift back, travel back, drawn back, you are moving back to your original imprint and coding, and you are instructing, directing your body to heal alopecia. You are now directing, commanding and instructing your body to heal your hair, the hair shaft, the bulbs, the follicles and the adrenal glands. You are choosing to heal and to repair all your hair shaft, the bulbs, the follicles that need to be repaired.

And every time I use the word command, every time I say I command you, I direct you, you will sink deeper, go deeper. So right now I am commanding, I am instructing, I am directing every cell, every hair cell to go back, back, back, way back to its original coding, back to its perfect template back so that you function perfectly, exactly as Nature intended you to. I am commanding, instructing, directing every cell, every cell of the adrenal glands to go back, move back, travel back, back so that they are able to function perfectly, exactly as Nature wanted you to. You are going back to your perfect template and your body is already working better, healing faster, becoming stronger exactly as Nature wants it to.

Every time I repeat these commanding words and use this commanding voice you just go deeper, you drift deeper, sink deeper, you are going back. I am commanding you, instructing you, directing you, directing your mind, directing your body, directing your psyche to go back to your original coding and to function more perfectly, to be well, to be strong, to be healthy and to be happy feeling lovable, feeling enough and feeling relieved.

Your mind is influencing your body and you are influencing your mind in the most perfect way. You are developing a clear mental image visualizing your hair and hair cells as young and healthy knowing that the more you imagine it the more rapidly it will occur. Your ability to think these thoughts, to see these things and to accept these suggestions about your hair about the adrenal glands is having a powerful effect on your hair cells right now. You are able to stimulate your mind and body into action, remember you don’t need to see it specifically just thinking of it is causing your inner mind to picture it and manifest it perfectly.

So now with your inner mind you go back to the image of your head of your scalp and because your imagination has no limits you can see and feel your hairs bold and strong and now, together, you and I, we are commanding, directing, instructing, programming your hair cells to go back, back, back, back to their original coding to function perfectly and properly, exactly as Nature intended it to. And as you go deeper now your inner mind, the most driving, the most powerful, the most compelling, the most motivating part of you is programming you, conditioning you, compelling you, it is motivating you right now to function better, to become more perfect, to become younger, your inner mind, the most driving, the most powerful, the most extraordinary, the most compelling part of you is programming you, conditioning you, enabling you to function perfectly. your energy is better, your self-esteem is higher, your sense of self-worth and self-value and self- image are going up and up and up. And you just feel amazing, your inner mind is motivating you, conditioning you, programming you to function perfectly and my voice is going with you, staying with you, staying deeply embedded in you having a powerful, permanent, all pervasive deep extraordinary healing impact on you. And this ability to heal yourself, this extraordinary powerful rapid ability to command every hair cell to heal itself is having a consistent, a constant, an ever present impact on you now and always. So much so, this ability to heal yourself is overriding any old issues, it is overriding any old negativity in filling you up with positivity. You have a desire, an ability, a drive, you have the motivation, you have the commitment you have a certainty, an unshakable unwavering certainty that you are healing your hairs right now. And this healing is powerful, this healing is permanent, this healing is all pervasive, this healing is coming from you.

You remember I said the placebo, it means the physician that lives in you that can heal anything that needs to be healed. Right now you are healing yourself.

This power to heal yourself in the most extraordinary way is toكبح suppress, erase old issues, any physical element that must be removed, any emotional problem that must be removed, is removed, every old negative emotion is overridden by the positive ones. Since you have the extraordinary power to heal yourself, you have the extraordinary power to heal yourself, anything physical, anything mental, anything emotional, you're healing your heart, you're healing your emotions and healing your feelings, you You are exploiting تستغلyour own extraordinary power, you are using this power, know that you have a phenomenal ability to heal yourself in the most wonderful way, in the most perfect way and all you have to do is think about these thoughts, Listen to these words, see these images , accept these suggestions and, of course, as you see these images now of your healed heart, your alopecia is healed, your emotions are healed, your self-esteem, your sense of self-worth and self-value and self-image increasing, as you see these images, you know immediately just seeing it is causing your brilliant subconscious mind to picture it and then to manifest it perfectly you see. As you see these words, even more important as you hear them, as you hear my words your brilliant mind is right now going to work, it is manifesting, creating everything that you are seeing, everything that I am describing is causing your mind to go into action, to manifest it.

So you see how your hairs grow strong, big, healthy, thick, shiny, lush like a grassy lawn in the early morning where the grass rises in the sun strong healthy lush and thicker with every day that passes, so your hair grows thicker and stronger every day. So as you hear these words, as you see these images you respond to these direct mental commands perfectly, you hear these words and your inner mind immediately pictures, manifests, creates everything you are seeing and that I am describing, you are changing your thinking and that means that everything is changing. You are changing your belief, so that means your very biochemistry الكيمياء الحيوية, your very biology is changing, it is changing for the better, so go deeper, drift deeper, sink deeper and as you go deeper and deeper and deeper just one more time you are commanding, instructing, directing your body to function perfectly, exactly the way Nature intended it to.

So I want you to take a minute and go back to the initial image of your head and the parts where you want to re-grow your hair and together, we command every cell, every hair cell to work perfectly. We command, direct, instruct your hair cells to function perfectly, your hairs to grow faster thicker and stronger. We are commanding your body to work perfectly. As you focus on achieving younger hair with confidence in your ability to make it happen, you can and will achieve it.

This image of you with younger lusher hairs is becoming more and more real, more attainable and more clear each time you hear this recording. Your inner mind the most powerful part of you is locking on to these words hearing them over and over again they are becoming a powerful part of your memory. So for one last time, I want you to imagine looking at yourself in the mirror, and you can see how your hairs grow lush, thick and healthy, and you see those areas that were dull and barren before now full of healthy strong hairs, you admire your thick, beautiful, strong hairs as you run your fingers through them, And you love looking at yourself and you feel wonderfully proud of yourself, you feel confident about yourself, and your ability to face the opportunities that life offers you. So just let yourself go deeper and of course you will listen to this recording many times and each time you listen to it you will go to a deeper level and you will increase your healing more and more. You remember that change, it's instantaneous فوري , accumulative تراكمي or retroactive تاثير رجعي , you are changing. And knowing it, feeling it, believing it, continuing with this wonderful work, you can now slowly, quietly, easily, effortlessly return to your full awareness, feeling incredible, feeling wonderful, feeling amazing or if you are listening to this recording before sleeping, you can drift into a deep sleep, you can dream the most healing, releasing dreams and you can do that any time at all including right now.