

"GIVING THANKS"

By: Patricia V. Scott

[Begin with a relaxing, conversational induction, then proceed with the following putting special emphasis on the words in *italics* and pausing when you see When you see a question punctuated with a period, read it like a statement instead of a question.]

The other day a friend was asking me for some advice about something.....I don't quite recall what exactly....*this* advice.....was about to..... *make some kind of a positive difference*. So I offered....as we sometimes do....my *best thoughts*..... *ideas*....and *advice*....and I'm sure that....knowing the challenge being faced.... must have been important.....because my friend began to... *listen carefully*....and *take in only the best ideas and information that would be helpful for the challenge*. After *receiving* what must have been *helpful direction*.....my friend became very emotional and offered his *sincere gratitude for what was received*. And the funny thing is....that even though I don't remember what I said....or even what it was about.....I do remember how good it felt to be appreciated... and to know that I gave something from my heart and that it helped.

Thinking back on this interaction causes me to *really become aware* of the *value of giving thanks*. And I don't know about you, but I'm sure that there have been times in the past.....when someone did a small favor....or gave some helpful advice.....or offered a much needed compliment. We have all had these kinds of experiences. And I wonder if we really know....or realize....just how important it is to simply say, "Thank you". Doesn't it feel good when..... *you are appreciated*. And when someone gives you a compliment.....you actually make the other person feel good when you simply say, "Thank you". And I wonder if you ever considered *how good you can make yourself feel*...how very wonderful the *gift* is that you can

give yourself....of *appreciating*....and *complimenting*....your "self"....and then really *receiving that compliment, gift*, by simply saying "*Thank you*" to your "self".

Just imagine.....you *can* imagine.....that there's a very special place in your heart where *gratitude* is stored. And it is stored inside of your heart in a beautiful container of some kind....perhaps an elegant vase or a velvet pouch....a beautiful container fitting for something as wonderful and special as gratitude. Pay close attention and notice how your special container appears. Perhaps *you can see it very clearly*....or maybe you can simply *get a sense or feel* that your gratitude is stored in something very special and appropriate. And gratitude is very light and very flexible and your container can hold an unlimited supply of gratitude. As a matter of fact.....as *you give gratitude freely* from your special storage place in your heart, instantly more is available. And whenever *you remember to be grateful for your "self"*....and when someone else is giving thanks for you.....the supply of gratitude grows and grows even more....filling your whole being with those wonderful feelings. Allow yourself to imagine that unlimited supply of gratitude flowing from that special storage place inside of your heart....flowing out through your body....through your bloodstream....saturating every cell, muscle, bone, organ....flowing over your skin....delivering a soothing, comforting feeling that can only come from a deep sense of appreciation.

Notice that the more gratitude and appreciation that flows out from that special place in your heart....the more that place is filled with even more....replenished with new, fresh sources of gratitude....and filling your entire being with an awareness of just how much there is to be thankful

for....and how much *you deserve to be appreciated*. Now that you are aware of your unlimited supply of gratitude....and now that you remember what a wonderful gift gratitude is....that is available in abundance...to give to others.....and to give to yourself.....You notice that you are more free to let gratitude flow out from you to others.....and into you....and it is much easier now for you to accept a compliment and say "Thank you"....from others and from yourself.

So that you can begin to get used to this new awareness.....You are now going to practice with a mental rehearsal, so that this process will begin to become easier and easier....So go ahead and imagine "*yourself*" standing there in front of you....that's right....just as if you are aware that you are here....looking at "*YOU*" over there in front of you. This is the "*You*" with all of your best qualities, talents, abilities, intelligence....brilliantly shining out from you. There is nothing to interfere or cover UP your best "*self*"....this is "*You*" at your very best, free from any past limiting thoughts, beliefs, attitudes or behaviors that may have ever kept you from *being the absolute best you can be*. Now think of a compliment to give your "*self*", and the first one that comes to mind is fine....and hear yourself giving that compliment in an absolutely open, honest and direct way....as you would if it were your very special, best and closest friend. Do this now in your mind as I pause, and watch and listen as *that "You"* receives the compliment and responds.

[Pause 10-15 seconds]

Very nice....Now, I'm going to stay quiet for a few moments....and I want you to continue observing this image of "*You at your very best*" and come UP with as many things to compliment as you can think of. Things about accomplishments, personality qualities, positive behaviors or traits, physical

attributes, anything you can think of that is admirable. And allow a steady stream of compliments and gratitude to flow out from that special place in your heart, and feel it being replenished over and over as I stay quiet....NOW. *[Stay quiet for at least one minute]*

Isn't it nice to know that being grateful can be so easy and automatic....And now you find that it flows from you and back to you more easily and effortlessly with each passing hour....with each passing day....filling you with a wonderful sense of wellbeing and self appreciation.

[End with some positive suggestions and a gentle count UP]

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