

Instant Inner Peace

with Self-Hypnosis and the Poff Method

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Researchers: The Poff Method may be studied only for observation of before-and-after effects and in strict accordance with given scripts and suggestions. Derivations and additional applications of the Poff Method to other scenarios and/or purposes are not permitted.

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Disclaimer

I hold a Doctor of Philosophy degree in a social science. *Instant Inner Peace* is a work of philosophy with an aim to healing human wounds. Results are not guaranteed and will vary.

I personally have made this discovery of the human mechanism to heal emotional wounds quickly, easily, completely, and discreetly. Its potential is massive: This technique shows that, we each have the capacity to end our own suffering, and we've had it the whole time. We just didn't know how to activate this mechanism. We were put here to thrive! Not to suffer. This technique brings us each a lot closer to fully thriving.

The information in this book will likely bring you tremendous strides toward inner peace. However, the items presented here are not the only wounds we humans carry. There is still more work to do for full healing. Other books in this series cover additional kinds of wounds such as those affecting money, love, and general wellbeing.

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Introduction

We humans get our feelings hurt very easily. When someone doesn't do what we hope they do, we get hurt. You're in town and your people don't make time for you? Ouch! You go out of your way to make something special for someone and they toss it aside? Ouch! Someone gives you a facial expression or tone of voice you find hurtful? That can ruin your whole day! We all experience plenty of little hurts that make us feel bad throughout a normal day. And that is not to mention the actual traumas we all experience periodically in the course of living our lives.

We get hurt easily, but we don't know how to shake off the hurt feelings. They stick with us like a dark cloud, drawing us down toward depression and irritation, influencing our mood and communications. We talk ourselves through it: "She didn't mean it," "He's busy with work", "It wasn't your fault," and slowly, we overcome the hurt. But the wound doesn't completely heal just because we talk ourselves past it. This is especially true with the bigger wounds: witnessing or experiencing something awful, attacks of all kinds, betrayal, neglect. We get very upset, very hurt, and those wounds never really heal unless we spend a few years dedicating ourselves to that healing. Even then, it's rare that the wounds from truly painful experiences become 100% healed. An awful few seconds can bring a lifetime of unbearable pain and suffering.

Over time, we accumulate more and more wounds, but we still don't know how to release them. Anxiety is our normal. And it grows.

Emotions are hard to talk about because they're intangible. They're just energy that we can't see or measure. It's non-physical. So we can't see how badly we are hurt or have hurt someone else. When it comes to other people, we only know the extent of their wounds by their expressions. But we can't see our own or others' emotions or emotional wounds at all, which makes it hard to talk about our emotional worlds.

For a more tangible illustration, let us draw comparison with the physical body, which you can see and can be physically assessed by others. So you fall down and skin your knee. You patch it up. The next day you fall again and skin the same knee again. The wound is worse, right? The day after that, you fall again and skin the knee a third time. By now, the wound is becoming quite uncomfortable. You're probably pretty cranky. Your knee is throbbing all the time. It's bruised as well as skinned, and the wound is getting deeper. It's bloody and sticks to whatever you put on it. It hurts with every step and you're beginning to alter your behavior to minimize the pain, so you walk with a slight limp. The next day, you fall again, and skin the same knee again. In fact, you continue to fall, consistently refreshing and worsening the wound. How do you feel? How do you alter your behavior? How do you treat other people?

Now let's say that it's not only your knee that suffers this kind of repetitive wound. It's also a bruise on your upper arm that you continue to re-hit. And you stub the same toe over and over, and that pain is affecting your limp. There are also wounds on your hip, ankle, thigh, back, torso, and wrist. All of these wounds are re-wounded before they can heal.

How do you feel? How do you behave? How do you treat others?

Now let's say that everyone has the same experience with their own wounds. They have similar wounds more or less in the same places. They feel like you do underneath all of your wounds. How do you think they behave? How do you think they will treat you?

This is the world we all live in, folks. This is the human experience as we know it. Of course, the physical-body illustration is intended to substitute for the real wounds of our emotional worlds. We all carry a tremendous collection of emotional wounds. And because we don't know how to heal them, we keep getting hurt in the same ways again and again, and those wounds keep getting bigger. As the wounds get bigger, we become more uncomfortable. Each individual wound feeds a general anxiety, which grows. We alter our behavior to try to avoid getting hurt in that way again – sometimes making us defensive and aggressive. We don't feel too great underneath, so it's hard to be nice to others and take their feelings into account when ours are so stomped on. We do what we can to minimize the anxiety we feel. This comes out in how we spend our money and our personal energy. It's really hard to take truly good care of ourselves because powerful internal forces are pushing us to just try to alleviate the pain. It's hard to find the joy.

Firstly, I am so sorry that this is the experience of us all. It is a bit tragic, isn't it?

Secondly, I have the most excellent news for you!

We humans actually have a built-in mechanism to heal these emotional wounds, but we're not using it because we don't know how. Until now. That's what this book is about. With this technique that relies on self-hypnosis, you can alleviate those emotional wounds. In an hour. Just read the given script aloud. That's it! And enjoy an all-new, more-relaxed you. The more you read the script, the more it helps. The method is fast, easy, simple, discreet, free, and you can do it anywhere.

Isn't it time to feel better?

The book is set up around the given healing script and healing method. First I explain what this is all about, then I take you through the one-hour script. Please – don't delay. Try it for yourself. You will be amazed. That, I promise.

I believe this information is something every human should have. It didn't feel right to offer it in upscale exclusive seminars to just the few who could afford high access fees. Of course the info here is easily worth thousands of dollars – how much would you pay to have inner peace? That's worth a lot more than ten bucks, I'm sure. But this information should be accessible to literally every human in the whole wide world. It's a human mechanism, and everyone should know how it works. That's why I'm offering this

information as a short and cheap book. Let me help you improve your life in all of the best of ways instantly – for the price of one of those fancy coffee drinks.

You're welcome 😊

Self-Hypnosis

This work is based on the concept of self-hypnosis. Hypnosis is ancient, with roots traced back to 3000 BCE and coinciding with the onset of sorcery, magic, and medicine. Hypnosis has been used to support all three.

Hypnosis is a very odd phenomenon: You completely relax and say you're hypnotized, and that opens a door to speak directly to the subconscious. Then you can rewire the subconscious in ways you want. People have used it for party tricks over time, making people squawk like a chicken upon receiving a certain prompt. This works because the subconscious is in control of us, always, and the neural pathway to squawk when prompted was carved directly into the subconscious. Hypnosis allows for change at the subconscious level. As anyone who has ever tried to make changes at the subconscious level can tell you, that is really hard to do. Hypnosis makes it easy.

I've recently discovered that we humans can clear emotional debris through a certain technique while under hypnosis. We can neutralize all of our emotional wounds with this technique. This alleviates deep anxiety and frees us to live happier, healthier lives. We can now easily thrive!

Interestingly, for the last 5,000 years, no one has figured out that the real reason we have this hypnosis capability is to heal our emotional wounds. Or at least no one's gone public with that information. I only know that first of all, suffering sucks, and second of all, there's a way out. Here it is.

This Book

This book offers a technique for clearing emotional debris. It takes you through targeting emotions at a couple of levels. First, we clear the emotional wounds that everyone experiences. Then, we take a deeper dive and I help you identify your own personal wounds, then give you a technique for clearing them. That's right, you can completely eliminate the energy of your own personal emotional wounds. You can be forever free from that dark cloud of hurt emotion – in a few minutes!

I promise that before you do this work, you cannot imagine what it feels like to have the underlying turbulence in your psyche stop. The peace that you will have is phenomenal. You're much nicer, more easy-going, and better to be around. The ego isn't so fragile and you don't get so upset so easily. Your life experience becomes downright serene! Your vices diminish notably. You spend less, eat better, and take better care of yourself all around. Naturally, without trying. Because you feel better!

In about an hour, you can have a completely new life.

Running through the provided script even one time will change your life. You will remove a lot of the wounded energy that's dragging you down and you'll have a new sense of tremendous inner peace. Maybe that's enough for you and if so, that's awesome! Some wounds are more stubborn and will benefit from coming back to the hypnosis in repeated sessions. We'll talk about that in a bit.

I cannot promise that all of your problems will vanish overnight, but a lot of your underlying anxieties actually will. In this book, I give you the tools to help neutralize the wounded energies that you've been packing around for who knows how long. Each and every one of us humans carries the same essential wounds, then we each carry some specific ones related to our own experiences. The techniques of this book are designed to help you neutralize them all while at the same time, installing energies of peace, ease, and whatever else you want to bring into your life. Other books in this collection delve more deeply into the phenomenon of healing wounded emotional energy, most notably those surrounding the influx of money and love, so if you want to keep digging and expanding your own healing, definitely check those out as well.

When you neutralize the anxious energies, you will feel a heck of a lot better! You will have much more inner peace. Your mind may not know what to do with itself without those wounded energies pressuring your thoughts, words, and actions. The inner struggle quiets. You will be amazed! Your decisions are all yours, without anyone else's voice in your head telling you what to do and causing an internal battle when you don't want to do that. You will enjoy your life so much more, free from the burdens of those dark and heavy energies. You will find yourself simply kinder. More tolerant and patient. More compassionate, as you can see the wounds of others much more easily now. Less angry and aggressive – much much less. You can let others be right without feeling threatened. You have more self-confidence and self-esteem, naturally. Your boundaries are more natural, and you assert them firmly yet gently. Your perspective about life itself is different. You can just be, and be okay with that. You will feel much more peaceful inside. Because we're not addressing symptoms. We're tackling the roots of the problems. And actually transmuting the turbulent energy you're carrying into peace, contentment, and love. We do this all by just talking to ourselves about what to release and what to embody while we have a door to the subconscious open through self-hypnosis. It's very simple and very easy, and very fast.

You ready?

Hypnosis as we know it has been used for entertainment purposes and in mental health sessions as hypnotherapy. In the clinic, people have used it to counter addictions of all kinds and for improved enjoyment in life.

People have not used it to heal underlying root problems of their symptoms: wounded emotional energy.

If you'd like to know more about self-hypnosis, I direct you to *Instant Self-Hypnosis* (Blair, 2004). Blair was a professional hypnotherapist at the time of writing and provides plenty of information in that book as well as 35 scripts for specific life change. The work of *Instant Inner Peace* would not be possible

without *Instant Self-Hypnosis*. Rather than repeat what he's said, I'll direct you to his work if you want to know more about self-hypnosis.

It is important to understand that you can hypnotize others as easily as you can hypnotize yourself. Follow the same script and switch out "I" with "you" as appropriate. It's that simple. It's also not exactly recommended for this particular work, unless you're working with your children. It's better if you clean and clear your own emotional wounds. Only you know what is happening inside of you. Your intuition can help guide you to how long you should focus on each area to clear the wound for yourself, and for phrases to say.

How This Works

This system works because it replaces your low-level energies with high vibrational frequencies. It pulls you out of your drudgery – that you didn't even know you were packing – instantly. Immediately following reading through the script, you'll see what I'm talking about.

Go to a quiet, private space where you won't be disturbed for at least an hour. Read aloud. Begin with the induction. Then read through the provided emotional healing script. It's best to do this work first thing in the morning, second-best to do it last thing at night. On your lunch hour in your office is less ideal, and your results will not be quite as profound, but it will still work astonishingly well.

While reading through the healing script, you may feel a surge of energy in your body when you say certain things. That is most excellent! You are breaking up a large piece of energy surrounding that thing. Continue to talk through the healing using the Poff Method, provided later in the book. Continue to use the kinds of statements provided in the Poff Method until your words no longer trigger a response at all. Most people will come to feel a sense of profound calm, like they hold the exhale and don't even want to breathe, so relaxed, so blissful. You feel utter peace and a sort of sense of transcendence, perhaps, like you're not really in this world right now. That's it! Wonderful! That energy is cleared or absorbed, depending on what you're doing. That's what we're aiming for, with each and every trait we address.

Move on to the next one. Even if you don't feel anything, it's still working. Just be sure to move through the statements slowly and meaningfully, feeling the words you're saying. Recite the simple Wakeup Script when you've had enough.

Some people will feel energy moving as the wounds clear and heal. Don't be alarmed. Many people will at least belch. You might also: sneeze, cough, have a sinus flush, twitch, shake, convulse, cry (with or without tears), shriek, wail, scream, yell, growl, howl, break a sweat, flatulate, need the bathroom, or more. These symptoms occur during the treatment session (mostly). The energy is still moving for one-to-two weeks afterward, so do not be alarmed if you experience any of these symptoms randomly in that time. You can contain the outbursts if you need to, don't worry, but if you can let the energy come out as it wants to, it's better. I tend to prefer to do my yelling and screaming into a pillow so I don't alert the neighbors, but as you like, of course.

You may feel random pain during the healing. This is excellent, even if uncomfortable. You are removing ancient wounds when you feel sudden strange pain. When you have pain, you can use specific stones or literal dirt clods on the area of your body where you feel the pain. Place the earth items directly on the skin. The earth will absorb the wounded energy. My favorite stones are black kyanite coupled with white selenite. I like the black kyanite because it is a powerful absorber of energy, but it doesn't hold onto it. I like to use about three-to-five pieces to really cover the affected area. The white selenite purifies energy, and also does not hold onto energy. A single wand of white selenite mixed in with the black kyanite is enough. In this work, we are removing wounded energy, so the black kyanite is helpful. And we are replacing it with healthy energy, so the white selenite helps with that. Stones are cleaner and easier to work with than dirt clods, but bare Mother Earth works just as well. You can place the items on your heart and solar plexus during this work, then move them to specific areas of random pain as they arise. By the way – you may find that you have pain in your most vulnerable areas, such as spots where you may have had cancer or other internal issues. Be sure to place the stones or earth on these hubs of dark, wounded energy. Continue to repeat the phrase that triggered your pain and use the Poff Method to work with the concept until the pain subsides. It may take more than one session. That's okay.

One mistake that hypnotherapists have made up until this point is to try to instill desired behaviors without first removing the energetic debris. You cannot stop smoking if your anxiety remains high and your energetic wounds remain intact. You have to clear the gunk out before bringing in the good stuff so that the good stuff has space to take hold. Otherwise it's like putting on perfume because you stink and you're trying to smell good. How well does that work? So, eliminate first, then embody what you want.

It's okay to move around a tiny bit while hypnotized. Stay calm and relaxed. You might say, "I remain hypnotized as I use the pendulum to assess this healing." It's fine to go to the bathroom or get a drink of water; just try to keep the hypnotic headspace.

You can work with as many items in a session as you're comfortable with, just one or everything in the script. You'll know when you've had enough, and it's important to stop then. Don't overload. Learn the technique, and use it to instantly transform your energy when faced with uncomfortable emotions especially at inopportune times. For example, you'd rather not bring the energy of a recent betrayal into an important client meeting. Use this method to quickly transmute the pesky energy so you can move forward with your life without obstructions from things that happen to you.

You may feel exhausted during this time period – and rightly so! Your general energy may be very low during this time. That's appropriate. Stick closely to your intuition for diet, rest, activity, and socializing. All of those areas will change during this process. Don't be alarmed. Don't push yourself. If you want to sleep, sleep. If you want to watch movies all day, pick comedies and other light stories. Stay away from shows with violence and the horrible things people do to one another – the exact wounds you're healing from. Your appetite will be weird and you will crave different foods, probably fresh fruits and root vegetables, or not want to eat at all. It's possible you'll crave more sugar, as you have a lot of energy moving and sugar slows down the energy. Go with the changes. Drink plenty of fluids. A massage is an excellent

idea, particularly myofascial release – emotions are stored in the fascia. You might experience some nausea or dizziness. Energy is moving! Eventually you'll come out the other side and feel more vibrant and alive than ever!

Once you've done this work, now is the time to make those changes you've been wanting to. Now is the time to look at your habits and truly consider whether this is something you wish to bring into your future. Now, you have a choice. You have removed the energy that was dragging you down and driving you to certain energy outlets and certain behaviors. The driving force is gone but, your habits remain, and they are entrenched. If you want to change your habits, you now have that power. But you have to do it. Old ways of doing things are "tried and true" for you, right? They will be your natural responses. Give your responses a beat. Make more-conscious choices. You now have much more power to choose differently.

Multiple Sessions

Much emotional debris will clear in a single session. Hooray! I'm sure you're ready to feel better instantly. Some of the deeper stuff will require deeper dives and multiple sessions, unsurprisingly. You decide how much clearing you want to do. You'll feel instantly better, and later sessions do more fine-tuning work. If you want ALL of this crud out of you, you'll have to come back more than once.

After the hypnosis script, I'll show you how to determine whether you still need to work on a certain emotional area or whether it's cleared for you.

The more you come back to this self-hypnosis, the thinner the line between your subconscious and your conscious mind becomes. It's easier to consciously identify certain subconscious problem areas. Also, perhaps the physical responses of release become more strongly felt as you clear your energy channels.

As you do these sessions more frequently, you become more in tune with your inner world. You can understand what drives you, remove what you don't want and doesn't serve you, and instill all of the beautiful things you do want in this life at this time.

If you want to do a power session, coming in and out of hypnosis and working on different things for a few hours, that's fine. It's not recommended to read the full script morning and night though, as the work becomes easily quite exhausting.

Parents and Children

I absolutely recommend that parents use these techniques with their children of any age. Either you can read it to your child, your child can read it independently under your supervision, or you can read the induction using "you" pronouns in place of "I", then get the child to repeat the language, but that method takes literally twice as long. Go through the entire script except the marked areas, even the parts that don't seem to make a lot of sense for such a young person. You can skip the part about removing the

mother's energy, but definitely still do the work of removing the energies of others. Children need their mothers' voices in their heads to help them with decisions, so we want that there for the little ones. As adults, we need the option to draw on our parents' voices at will rather than feeling pressure toward a certain option that may not be our own first choice. Since our mother literally made us with her energy, her energy remains with us for our entire lives unless we clear it, continuing to be a strong voice in our heads. However, that said, if you're raising a child who is not your biological child, you'll want to go ahead and remove the biological mother's energy. This frees the kid from carrying that weight of her energy when she's no longer around.

The hypnosis script has an entry for healthy diet for your self and an entry for your kids. I recommend that you read the part about healthy diet for your kids only if you have kids at home you're feeding. This part of the script will make it a lot easier to make smart choices for your children's best health.

There's a section at the end of the script for kids. This book may be about inner peace, but that's hard to achieve if you have screaming kids running around not doing as they're asked, so I've got a short section for them to read as well which should help with performance and behavioral stuff. It's also important for them to have inner peace, and working with this script will help them a lot.

Sadly, we live in a world where advertisers market to kids, tapping into their underdeveloped brains and pushing them to badger their parents into buying the thing advertised. It's an insidiously predatory practice, advertising to children. This script helps counter the effects of those kinds of advertisements, neutralizing their impact on your kids. Have your children read this section themselves if reasonable. If not, feel free to read it to them.

The given hypnosis script is quite long, and yet, I still recommend you run through it all with your kids at least once, except the marked areas. The work will help them feel a lot better as well, you'll see. You don't have to do it all in one sitting. After the general healing script there is direction for pendulum work. Do this with your kids as well so that you can identify the specific energies they battle against and help them alleviate those energies with the method provided in that section.

Aids

You're exploring your subconscious in this work, looking for wounds you can heal. It takes courage and strength. But you have what it takes. Here are some tools you can use to help you.

The scripts provided here will help a lot of people, but they may not hit your personal wounds directly enough to fully heal them. We're all different. This journey into your subconscious is your own, and no one is going there but you. So you are steering the ship. You can choose to read through the provided script just a couple of times and let that be the end of it if you want, or you can dig more deeply into these areas to get yourself all cleaned out. For the latter, you will need to explore a bit to locate the precise areas that need your attention. The more specifically you can identify and talk about a wound, the

more thoroughly you can heal that part of you. The aids suggested in this section will help you with your exploration.

The aids presented below help you in the discovery and healing phases. They help open you and relax you so you can more easily discover where your wounds are, and they help you reach deeper depths into your subconscious to conduct the healing at deeper levels so that your efforts are more effective.

Stones

The stones discussed previously help draw the wounded energy from your energy field and replace it with purified energy. They help with extraction and purification.

I love using black kyanite and white selenite. I am quite sensitive to energy. I've also used black tourmaline and quartz crystal, but did not find that they absorb (black) or purify (white) as well as the black kyanite and white selenite.

Also, I've found that more is better here. The more stones you can get around the area, the more they are going to absorb the debris you're trying to eliminate.

Intuition

Your largest aid in this work is your intuition. Your intuition is partly your subconscious trying to reach you. Listen to it and allow it to guide you through the phrases. Your emotional wounds live in your subconscious mind. There are very few techniques for accessing the subconscious mind directly, but hypnosis is one of them. You need to rely on your intuition to understand what surfaces for you, what you sense inside of you, so that you can better understand the specific wounds you have to remove. We all have the same essential wounds, and yet, we have them differently. The more precisely you can identify your own wounds, the more effectively you can remove them. It's not important that you understand why you have the wounds. You only need to know what they are so you can offer statements to heal and transmute them. As you do this work, you'll sense different things coming up for you. That's the magic right there. Because that's what you work on. No one else can do this for you. Only you can pull out what's inside of you. Keep an open mind. If you feel like you need to stay longer in a certain area, definitely do so. If an emotion comes to mind that's not on the list, definitely work to clear it using the Poff Method, discussed after the scripts.

Plant Medicines

For this work, you want strong intuition, and a wide-open door to the subconscious so you can make changes directly in your hard wiring, in your subconscious. Alcohol and caffeine dull the senses, so it's not recommended to do this work after either of those. But plant medicines enhance the senses. Plant medicines help you access deeper brain states, such as alpha and even deeper, and they help you better

hear your intuition. They help transport you from the hard, clear reality of daily life into the milieu of the amorphous mind. Microdosing plant medicines can help open your energy field, making the work easier and more effective. It can also help strengthen your intuition, making it easier to hear and trust.

So, microdosing plant medicines is recommended for this work. You don't want to take so much that you lose focus and your mind wanders endlessly, but just enough to help open the doors in your mind. Cannabis, mushrooms – and any other plant medicine will help open your mind, help information from the subconscious emerge to conscious awareness, and therefore bolster this work. I'm not recommending anything illegal, and yet, everything is legal somewhere. The more deeply you can achieve hypnosis, and the more you can get in touch with the energies inside of you, the more effectively you can neutralize the culprits and the better you will feel, faster. These plants can help open those internal doors more widely.

Notice I said *microdosing*. We're just looking for a little help opening the door, not a full-blown trip. We want full control of our faculties.

That said, however, a deeper exploration can help you surface some deeper stuff that you may be having a hard time getting a handle on. If your intuition is pulling you toward a full dose, by all means, follow.

Music

If you want to listen to music, it can help transport you. Choose a meditation-type music with a slow beat.

Scent

Scent is a powerful aid as well. Choose something pleasant and cleansing. Burning original or incense of palo santo, frankincense, sage, dragon's blood, or similar are good options. Rosemary opens the blood vessels in the brain and can be an unexpected booster.

Tapping

Tapping, also known as emotional freedom technique, helps remove emotional wounds by gently striking certain pressure points in the body. For this work, I recommend using just four tapping points: top of the head, collarbone area, sides at mid-chest level, and mid-side of palm like a karate chop. Strike the area firmly several times. Follow your intuition to understand whether you should employ tapping for a particular area you're clearing and which tapping points on the body. Sometimes I am drawn to only the karate chop, for example. Tapping can help with the release.

The Hypnosis Process

You always begin hypnosis with an induction script. It basically relaxes you and says “you’re hypnotized when I say so”. Then comes the treatment, the desired work. Here, that is the healing script. The Wakeup Script is your exit whenever you’ve had enough. You’ll be fully conscious throughout the process, don’t worry, and you’ll know when you’ve had enough for the time being. Do not feel pressured to read through the entire script in one sitting. This one takes about an hour with occasional pauses. Do what feels comfortable for you.

You will know you’re hypnotized because your speech becomes slightly different. You trip over words, mispronounce, mix things up, slur, and find articulation more difficult. These changes are very subtle. But you can notice your tongue feeling not so agile as you try to make words with your mouth. The more of this word muddiness you experience, the deeper your hypnosis. Don’t worry at all about mispronouncing words – just continue reading without aiming for perfection.

During the hypnosis sessions, allow your voice to soften and relax. It may deepen unnaturally. When this happens, you’re talking to and through your subconscious. It’s a win! It’s an indication that you’re in a deeply effective state for the subconscious rewiring work that is our goal. If your voice doesn’t lower, don’t sweat it. But if it does, it’s because you’re communicating directly with your subconscious.

You can read through this script as often as you like. I do not recommend more than once per day though. This is serious work, although it feels very light, and it can be exhausting. Then again, you may want to pull out just the triggers for multiple daily sessions. Each time you read it, you’re giving yourself a heavy dose of healing, clearing, and reinforcement. Every time you read through this script, you heal a little more. Your vibrational frequency elevates notably. You can actually move from the lowest vibrational frequencies to among the highest in just a couple of months if you want. This is phenomenal! It took me several years of serious focus to elevate my vibe by 80 Hertz, and now I’m elevating it by at least 50 Hertz each time I read the hypnosis script. Let that sink in. You can elevate your vibe so fast and feel so much better immediately with this technique. And, the dark energy is gone for good! It doesn’t come back. So that also means that if you do a few rounds of the script and let it sit for a bit, you can always come back to it and pick up where you left off energetically. Your default vibe doesn’t change much in the course of daily life so you shouldn’t backslide much. It should take about three read-throughs on three consecutive days to get the bulk of this to begin to stick. Read it daily for seven days, as long as your intuition agrees, and you’re really getting going. The internal triggers you set (explained shortly) will start to take hold after about 7-8 sessions. If you want to fully clear all of these dark energies and absorb the good ones targeted in this script, you’ll need about 35-40 sessions in all. They do not have to be on consecutive days – and probably shouldn’t be. Also, sometimes stuff surfaces in layers. You think you’ve got it all, and that day you do, and then, it turns out there was more in there. It’s a lot! Just read through the script. It’s all designed to clear energies and anxieties that interfere with your inner peace, and instill calm empowerment along with peace and ease.

There are a couple of passages that train your body to give you physical alerts of danger from common sources: evil people who intend harm, evil organizations who cause harm, liars, and eating or drinking something your body perceives as harmful. I've offered some suggestions for these triggers. I've suggested flashes that carry the warning message. Some options for detecting evil in people and organizations include "Pop! Goes the weasel", "Psycho Killer", or that famous music from the film *Psycho*. For detecting liars, maybe song lyrics from "Lyn' Eyes" or "Tell Me Lies". If you prefer different indications in your body, feel free to use your own. Maybe you form a fist with your left hand, or break into opera singing, or you involuntarily squawk like a chicken, or something else. I've got "a bunch of clucking chickens pops into my head" in the script, but feel free to use whatever works for you. Obviously, what you select as your warning alarm should not be your favorite song or something that is already often in your head. The passages are marked in the script and suggestions are offered, but feel free to use your own. It's your alarm system! How do you want to set it? We have a lot of anxiety about choosing well in a world filled with attractive choices each beckoning us to choose them, and we cannot easily discern between good and evil, help and harm. The predators are unmarked. These physical indicators will act as signals in your body, alleviating the pressure of making the right decision – and suffering when you make the wrong one. The more you read through these types of passages, the stronger these indications will be in your body. You may want to revisit particularly these passages periodically to reactivate your body's internal alarm system. I'm telling you, this alarm mechanism right here is some very cool stuff. Your subconscious knows everything and wants to keep you safe. These triggers are very cool. Just set them, reinforce them, then watch for them to appear. If you want to change your trigger, give it another seven days of hypnosis. I wouldn't do that too often though.

Some energetic debris will require multiple passes on different days while other elements clear easily with a one-and-done treatment. Only you know what you feel, what is happening inside of you. When you feel an arousal of energy, your work is to lean into that concept. You've found a chunk of debris! The greater the energy arousal, the bigger the energy concentration and the more important it is that you clear it. Now work through it patiently and carefully. Speak slowly, pause and breathe, repeat phrases, come up with new phrases, etc. The energies are yours, and you can sense which words or statements cause the greatest upheaval of energy within you, which is what you want, so repeat them slowly and meaningfully. Focus on those areas. Patiently. Repeat phrases, and repeat them with different words. Some areas need you to stay with them for a while, with patience, creativity, and intuitive guidance. Keep your phrasing simple. The more you keep talking with the four kinds of statements provided, the more you're cleaning the wound. If you have stubborn wounds, give them more healing words as indicated in the Poff Method, explained after the healing script. Each session will be different as you move through this healing. You're working on some of the same areas on different days, but eventually you're using different phrasing and vocabulary. Your statements evolve as you move through the healing work and your intuition becomes easier for you to hear. You may also discover traits not in this list. The script can easily become a loose guide but you choose some of your own words per area.

As indicated in the script, you're going to go through each point, one at a time, and address that energy. Then move on to the next one. If you give enough focus and time, many points of energy should clear with a single session. If you're struggling to clear something and it doesn't seem to be moving much, it's either because there's an underlying issue that you have to identify and clear, you haven't hit the wound just right, you haven't given it enough words, it's simply too big and needs more hypnosis days, or your hypnosis isn't deep enough. You need to apply the medicine directly on the wound, not just nearby, and sometimes the wound is very difficult to find. If you're struggling to find something, ask your subconscious to help you understand it before you go to sleep at night, then pay attention to your dreams and your first thoughts upon awakening the next morning. Sometimes the difference between clearing a wound partially or completely is the amount of healing words you offer it. Use the Poff Method, explained in a bit, to decide what to say. Then, keep talking. Some wounds are just very big and need to be chipped away at: it takes time to incorporate new worldviews and to get to the bottom of deep-seated issues, and we need to feel safe, so those old energies reduce just a little at a time. Another key element to clearing an item partially or completely is the depth of your hypnosis. The more deeply you can go, the more effective the clearing. Use more of the aids. Weed and some light shrooms help quite a lot.

The fear energy will take a while to clear. That one is multi-layered and to really dig it out, you have to identify exactly what or who it is that you're afraid of and zero in on that specific energy. That's beyond the scope of our work with *Instant Inner Peace* because you can have inner peace without fully digging out all of the fear debris. However, the debris of fear obstructs the energies of things you want to bring into your life, such as love and money, so we talk about how to more deeply dig out fear in those books. For now, if you can shave off a few layers of general fear, that's definitely a win, and that's enough. You will feel so much better. It's not a mistake that fear comes up twice in the script.

You also need to clear the energy of other people from your energy field. Our oppressors leave their energy with us and it continues to cause interference in our energy field, affecting our decisions and our energy in general. Do you ever hear the voice of your mother or someone else in your head pressuring you to behave or decide a certain way? Maybe making it difficult to do what you want or what is actually good and right for you? That's the energy that needs to be cleared. Mom's voice is strong for all of us – and it needs to go once we reach adulthood. This does not remove your mother from your life, don't worry. This simply removes her energy from your field so you can be free to decide for yourself. It doesn't affect how much you love her. If you were lucky enough to have multiple mothers or mother figures, do a round of clearing for each one and name each specifically throughout her respective clearing: "my birth mother Janet Jones", "my ____ mother Frieda Raye" etc. Whatever your situation, always clear your birth mother, since you literally became a human within her energy field, and any other prominent maternal figures. Additionally, people who were mean to you along the way, like exes perhaps – other oppressors – may also be in your field. If you've been on the receiving end of bullying, domestic violence, and/or stalking, you will definitely need to remove that person's energy from your field. Do a round of clearing for each one, and name each one with first and last name if possible throughout that respective clearing.

Most of us also have energies we aren't aware of interfering with our energy fields. Perhaps as many as 70% of us have unwanted energies clinging to us, causing this interference. Those energies interfere with your well-being in unbelievable ways, actually making it exceedingly difficult for you to get ahead. They've got to go! There's a section in this script to help eliminate all of those energies of others. Please do not skip this section. We all believe we don't have any of these kinds of energies clinging to us, but most of us have them, and more than one. Please use the removal language provided. You may need to spend more time in this area than the script suggests, repeating the script for the area a few times and branching out with your phrasing as your intuition suggests. This is the only area where the pendulum is of little use. If you sense an arousal of energy when you hit on those phrases, there's something there that doesn't want to go. Get it! Keep talking. Use very forceful language such as "I command" and "I banish". Keep talking until you feel quiet. Test again the following session.

At this stage, you should resist the need to understand with your conscious mind why you are packing around the energies you have. You don't have to make sense of it. Let it be enough that you're releasing those noisy energies. For now. That said, you can use your pendulum, discussed shortly, to delve more deeply; just keep an open mind.

The script is designed to address impeding energies that I believe we all carry. Each of the points in the script aims to neutralize the target energies that get in the way of our inner peace. Anything that we find upsetting or stress-inducing is a disturbance to our inner peace, so we're going to get rid of as many of those disturbances as we can, one at a time. Once you can neutralize all of these energies plus your personal pesky energies, explained after the scripts below, you will definitely feel a heck of a lot better!!

There are also some activities that we participate in on a grand scale, as a society, and when we do, it harms our own personal inner peace whether we realize it or not. If we truly want our own inner peace, we need to live in harmony with those around us. We need a peaceful existence. And we need for everyone around us to have a peaceful existence so that they can allow us to be peaceful. This is civility, don't you think? And for that to happen, we need to eliminate harmful societal influences. The ones included are those that you know, deep down, are problematic to the individual and society, even if you don't want to admit it. Many of them make life convenient. But they are causing deep harm to the self and society in many ways. The provided scripts in these areas explain to your subconscious why these are harmful to help your mind settle on the side of health all around rather than continuing to participate in these harmful practices.

We're also going to specifically bring in energies we want to experience, like success and healthy civility, among many more. You are going to be amazed.

For this to work, all you need to do is read through this script out loud. If you can keep your mind focused on what you're saying, it will work better. If you read it while your mind wanders, you'll probably get about 70% out of it as opposed to the full 100% you get if you pay attention as you read. The sections

are short so they keep moving, but it still takes about an hour to read through. At the end of that hour, you will have an entirely different life! From that point forward, forever and ever.

It's extremely fast in terms of healing work, but it's still a lot for one sitting. Again, feel free to stop when it feels right. Just skip forward to the Wake-up Script any time. Come back and pick up where you left off, no problem. Just do it as opposed to not doing it 😊

Self-Hypnosis Scripts

Get in a comfortable, quiet, private space where you won't be disturbed for at least an hour. Give yourself time to move through this slowly. Turn on your music if you like, light your scent, be ready with the microdose if you're using it and have your stones or dirt if using them. Lie comfortably. Read aloud the following except the words in brackets, which you should read silently. It is important that this be read aloud. Read slowly and meaningfully. Repeat when you lose focus. Feel free to go off script if it feels right, and give some areas more focus than provided here if you need to. Remember that the deeper your hypnosis, the greater your results.

Let's go! See you on the other side!