

Eliminating Pain – Arm, Wrist or Leg (*Balloon Sleeve Method*)

By Rene Bastarache, CI,

NOTE: At one o'clock in the morning extreme pain flared up from a scale of four to a level of 10+. Raluca had been suffering from a sprained wrist which occurred two days earlier. She was in excruciating pain and nothing seemed to be working for relief. This is a script that I created on the spot to help her which had spectacular results. Necessity is the mother of invention. (A combination of Hypnotic Imagery and Reiki Suggestion.)

SCRIPT STARTS HERE:

I'd like you to imagine a latex sleeve covering your arm right now... This is the same kind of latex that balloons are made of... Imagine the sleeve extending from your fingertips, covering the pain you're experiencing and extending just a few inches beyond it...

Imagine that the pain you're experiencing is leaving your wrist and expanding the balloon... As the pain leaves your wrist you can feel the heat from it expand the balloon and getting bigger and bigger... expanding larger and larger until it begins to slide from your arm... sliding past your hand... sliding completely off your body... sealing itself and the pain inside, as it leaves you... and it floats up and away into the air...

Imagine watching it go further and further... Further and further away... Getting smaller and smaller... until it eventually goes out of sight completely...

You notice how much better you feel...

And now you imagine another sleeve of latex covering your arm again... exactly like the first one... You notice this one also beginning to expand... being filled with any remaining pain that you may still be experiencing...

You can feel the warmth of the pain leaving your wrist... expanding the balloon more and more... The pain continually leaves you as it expands the balloon more and more... making you feel better and better... so relieved...

And once again this balloon slides right off your arm... seals itself and floats away in the air... as you watch the pain leave you and go further and further out of sight...

(At this point you can ask the client how they feel. If they are still experiencing more pain, you can repeat the process as many times as they like.)

DISCLAIMER: Pain is a warning signal and must be seen by a medical practitioner before using this technique / script. No content on this page should ever be used as a substitute for direct medical advice from your doctor or other qualified clinician. We are not medical or mental health practitioners. We are hypnotherapists sharing the knowledge, research and experience of our years of being in this business. Before treating anyone for pain or clinical services you must have the client check with their medical professional for approval.