

The Skyscraper of the Mind: Hypnosis for Abundance

By Lori Hammond (inspired by the work of William Hewitt)

This script equips people to release limiting beliefs about money and wealth so they can embrace their worthiness to live an abundant life.

NOTES:

- I created this script for my Trancy Tuesdays Hypnosis membership. [Click here if you'd like to discover](#) how to become a member.
- There is no formal induction because the client closes their eyes and imagines they are in a trance. Their trance will naturally deepen as the script progresses.
- Feel free to use this script exactly as it is or adjust it as you see fit.
- Capitalized phrases are meant to be spoken with the gentle authority of an embedded command.
- Words in parentheses are just for you, the hypnotist

SCRIPT

Just close your eyes and imagine that you're standing outside the front door of a massive skyscraper. Something about this skyscraper seems very peaceful. And as you look up you realize this building is so tall that it reaches to the clouds and the top floor is beyond the clouds and hidden from view.

This is an unusual skyscraper because it's in the perfect setting for you. Perhaps it's in the center of a bustling downtown area in a big city. Or perhaps it's a stand-alone structure in a beautiful, peaceful setting in the middle of the country... or in a forest... or by a lake or oceanfront.

You can just ALLOW YOUR IMAGINATION to place this magnificent, peace-filled skyscraper in the perfect place for you... NOW.

And find yourself standing directly in front of the entry to this beautiful building. Your name is transcribed on the door, followed by the words "Unconscious Mind." You have a sense of anticipation and expectancy because you know that inside is access

to all the resources that will let you EXPERIENCE ABUNDANCE from this moment forward.

You place your hand on the door and push it open and as you do, you are greeted by the most beautiful aroma. The lobby is comfortable and welcoming. It feels safe and... maybe even a little enchanted... in the best possible way.

As you look around this lavish, soothing lobby, you notice a fireplace on the side of the room and you're intrigued by the flames. There's something magical about the flames and you know that anything you throw in the fire will disappear forever and ever.

There's a stack of old envelopes on the fireplace mantle. As you walk near the fireplace, you look more closely at the envelopes. They are yellowed from time. Old and outdated. You open an envelope and the paper inside says, "It's hard to get money". Here in this safe environment, you realize how ridiculous it is to have let yourself be brainwashed into believing that preposterous statement. You have a sense of how old you were when you picked that belief up and you realize it was never your belief at all. Someone else tried to put that limiting belief on you. You look at the fireplace mantle and realize every single limiting belief anyone ever tried to place on you about money or wealth is inside those envelopes.

You intuitively know what to do. You can see your hands reaching up and holding the envelopes. It's as if they weigh a thousand pounds and you are so grateful to be getting rid of them once and for all. Watch your hands throw the envelopes in the fire.

Enveloped by the flames.

Hear the crackling sounds of burning paper.

See the sparks fly.

Each idea disintegrates in the magical flames.

Deep down you know you are free of those old, obsolete ideas forever.

FEEL that freedom

Notice where, in your body, you feel freedom the most.

Allow the feeling of freedom - like a force for good - to spread through your body. Expanding into every cell, nerve, neuron and atom.

I ask your body and unconscious mind to MEMORIZE FREEDOM NOW.

MEMORIZE ABUNDANCE.

YOU ARE ABUNDANT. YOU ARE WORTHY OF EVERY GOOD THING.

NOW IS YOUR TIME TO STEP INTO ABUNDANCE... NOW AND FROM NOW ON.

As your beautiful, wise unconscious even now begins to generate images and ideas and sensations that let you know you have opened the floodgates of wealth in your life.

You look into the fire and realize it's peaceful once more as every envelope, along with its contents, have been consumed by the fire... never to be seen again.

You turn from the fireplace and observe the lobby once more.

Notice the pleasing aroma...

Notice the way the soothing light plays on the beautiful floor and furniture in this space.

Something draws you closer to a beautiful painting on the wall and you notice that it's a painting of you... happy and peaceful... surrounded by people you love, people who love you. You realize, with deep gratitude that you are worthy of financial abundance even as your most precious relationships are enriched in the most beautiful ways that allow you to EXPERIENCE AND ABUNDANCE OF LOVE AND CONNECTION.

As you observe the painting, your unconscious discovers how to automatically guide you toward rich relationships and a rich life. You express the words "Thank you" as an acknowledgment that life truly can be and is even now becoming this good.

You look around and notice an elevator door. It's a beautiful, safe door and you sense that it will take you exactly where you need to go to accept your true identity of abundance.

As you step inside the elevator, you feel very safe because you trust your unconscious. There is just one button marked "Movie Theater."

You excitedly press the button. The doors close, and you are gently transported to the perfect floor for you.

The elevator doors open to the most beautiful theater you've ever seen. The lighting is perfect. The seating is luxurious. There's a rich, heavy velvet curtain hanging over the movie screen. You know you are destined to BE. HERE. NOW.

YOU ARE READY TO STEP INTO ABUNDANCE. It is time to experience an abundant life.

Financially as well as abundance in relationships with yourself and others. In fact, you will now experience abundance in all the ways that enrich your life the most.

You sit down in the best seat in the house, acknowledging your worthiness to luxuriate in decadence. You look at the curtain draping the movie screen in curious anticipation of the joy-filled scene you're about to witness.

You notice an internal "Thank you" welling up from the depths of your being.

The curtain slowly rises and reveals a movie of you walking in abundance. Look at yourself in the movie and notice the joy in your eyes. The joy that comes from releasing those old beliefs and choosing - that's right, simply choosing - to accept that ABUNDANCE IS YOURS.

Notice all the people you've been able to help from this place of abundance. Observe joy and gratitude on their faces.

See the way your example of worthiness and abundance offered them transformation and brought them to abundance. See the people they were able to touch because they accepted their worthiness.

As you realize the ripple effect of joy and abundance, you notice everyone on the movie screen outstretching their arms, upturning their faces in gratitude as they SIMPLY ACCEPT THIS GIFT. You might even choose to open your hands and turn them towards the sky as you think to yourself, "I ACCEPT ABUNDANCE"

"I AM WORTHY OF ABUNDANCE"

"I AM WORTHY OF MAKING A DIFFERENCE IN THE WORLD"

"I ACCEPT THAT MONEY EQUIPS AND ENABLES ME TO MAKE A BIGGER DIFFERENCE"

And notice this feeling of abundance in your heart.

As you observe abundant you on the movie screen, your unconscious can now MEMORIZE ABUNDANCE and plug abundance into all the places where those limiting beliefs used to be, as those spaces are now filled to overflowing with joyful thoughts of your worthiness and an awareness that abundance flows to you easily.

This feeling of abundance wells to the surface every time you look at or think about your bank balance.

As you realize to your very core, "IT IS SAFE AND APPROPRIATE TO FEEL PEACE ABOUT MONEY AND FINANCES"

And you DO feel peaceful, don't you?

And the very fact that you can EXPERIENCE PEACE NOW proves that you can experience this peace on an ongoing basis.

Peace is the compass that lets YOUR UNCONSCIOUS guide you to the abundance you now realize is yours.

Think of all the times you'll ALLOW YOURSELF TO FEEL ABUNDANT today.

Think of all the times you'll EXPERIENCE ABUNDANCE in the coming weeks, months, years and decades.

As your unconscious sends forth abundance into all future thoughts and situations because you now truly understand that your abundance creates abundance for others and you love others so much that you are now willing to step into the worthiness, creativity and joy that allows money to flow to you easily.

What if? YOU ARE A MONEY MAGNET.

And now that those old limiting beliefs are disintegrated in the fire, money is already flowing to you freely in unexpected and expected ways as you simply think,

"THANK YOU"

With upturned hands and a grateful heart.

So now, as you sit in this luxurious movie theater, you realize someone precious is sitting next to you. Their presence fills you with comfort because it's someone you trust. Someone with whom you feel safe and at ease.

You look in their eyes and become aware of the love, safety, guidance, and protection they have been giving you all along. Your heart fills with gratitude at the understanding that YOU ARE CARED FOR. YOU ARE PROTECTED. YOU ARE WORTHY OF ABUNDANCE.

And this person speaks the words you need to hear the most. The words that create your readiness to EXPERIENCE ABUNDANCE NOW.

(Pause for them to listen)

And you realize that you will REMEMBER THIS TRUTH FROM NOW ON so that anytime those old limiting beliefs come around, you REPLACE THEM WITH AND REMEMBER THIS TRUTH INSTEAD.

In a moment, I'll be quiet as you discover and learn and remember everything that allows you to EXPERIENCE ABUNDANCE FROM NOW ON.

So go ahead and discover the beauty available to you, NOW. (Be quiet for a few moments.)

And as you stand up from the theater and walk to the elevator door, you realize that something has shifted. Your mind is filled with thoughts of abundance and you know you can easily draw from these thoughts anytime.

The elevator takes you back to the lobby. You look at the fireplace and express gratitude to the flames that disintegrated those useless ideas.

You walk through the lobby toward the front door. The door to your new life of abundance of love, health, wealth, and peace.

In a moment, I'll count from 1 to 5. As you open the door to your abundant life, when I say the number 5, your eyes will open your eyes to your worthiness and you'll realize that abundance is moving toward you and is yours even now.

Because ONE can always come back TWO this magical moment

Feeling THREE times better than beFOUR

With eyes wide open on FIVE

Welcome back!

NOTE TO THE READER

Thank you for using this script. It makes me happy to know they're being utilized. Please feel free to use it however you wish.

If you'd like access to my entire script library, as well as access to my weekly group hypnosis sessions, you can learn more here.

<https://www.trancypants.com/TrancyTuesdays>

Love,
Lori