

Pretalk and introducing the technique

So the hypnosis we are going to do today is called the Infinity Room. This idea came from a famous hypnotist named Richard Bandler. He is one of the co-inventors of Neuro-Linguistic Programming or NLP. Bandler came up with a really interesting idea, which was “what if you could erase your life up to the present point and write in an ideal life for yourself instead?”

That's what you're going to be doing while you are in hypnosis today! So I want you to be thinking about what your ideal life would be. It would probably be a life that is free from _____, where you are successful at _____, where you feel really good about _____, where you are now able to _____, where you can really feel _____ all the time.

Now I want you to be realistic about this new life. Don't just think “Oh, I will win the lottery and live happily ever after. Your subconscious has no control over the lottery, but it does have a lot of control over your life. Why not write a life that is great even if you never won the lottery?”

Great. Are you ready for a really great experience. Good!

Induction and deepener

Okay I want you to imagine that you are in a very, very large circular room.

This room is very, very large--it might be about 200 yards across. It's very nice, with lots of marble and polished wood and it's well lit. And on the interior curving walls are white boards from floor to ceiling filled with writing in whiteboard marker. I want you to walk over to one of the white boards and go ahead and read the writing on it.

When you do, that's when you make the realization that your whole life is written on these white boards. Everything is there: everything you've ever done. Every person you've ever met. Everything you've ever seen or heard. Everything you've ever experienced. It really truly is all there.

I want you to walk to the left a pretty good way, and notice that as you get younger

on the white boards your writing becomes more and more childlike and if you go far enough you may even see some pictures you drew when you are little boy/girl.

Now as you walk towards the right and notice as you get older that the handwriting becomes more mature and begins to deal with more adult themes. So it really truly is all there: your entire life written on the walls of this room.

I want you to look all the way to the opposite side of the room, and in the distance you see a beautifully carved wooden door set into the wall between two of the white boards. This door leads to another room and we're going to be passing through it in a few moments, but first we have a task to do.

I want you to walk to the center of the room and there you will find a low marble pedestal, and on the pedestal is a clipboard with unlimited paper and a pen with unlimited ink.

I want you to pick up the clipboard and the pen and what you're going to do is you are going to transcribe everything in this room that you want and need to take into the next room. All your experiences, happy memories, people you know, work skills, language skills, etc. What I do **not** want you to transcribe is negative people, negative experiences, negative imprints, negative habits and that sort of thing. Leave those up on the white boards and do not transcribe them.

You are going to be able to write like Superman or the Flash (female: Supergirl or a female version of the Flash). You'll be able to transcribe hundreds of boards every few seconds at lightning speed. So transcribing everything you need and want in this room is only going to take a minute or so of real time.

Go ahead and start transcribing now, and when you are done transcribing everything you want and need to take forward, just say, "I'm done."

(Give them time to transcribe)

Good. Now I want you to take your clipboard and I want you to walk over to that beautifully carved doorway. I want you to go ahead and pass through that doorway into the next room. Now that you're in that room you notice that it's very similar to the previous room except this room is really **vast**--this room might actually be a half-mile across. It is **gigantic**. It too is filled with white boards on the curving interior walls with one big difference: these white boards are all blank.

I want you to look to the left at the very first whiteboard next to the door. Up at the top you see words appearing in white board marker almost magically. (**Say this next sentence very slowly**) Those...are...the...words...I'm...speaking...right...now.

That is when you make the realization: the room you just left is the room of your past. This is the room of your present and future. I want you to close the door to the room of your past. And reach in your pocket or purse and pull out a beautiful, heavy in your hand, extremely well made silver skeleton key. This key fits in the lock on that door. I want you to go ahead and lock the door.

Now, you will always have that key and you can always unlock that door. Maybe you forgot something in the room of your past and you need to go get it--that can easily be done.

However, as long as that door is closed and locked nothing negative from the past can affect your present and future. No negative people, no negative experiences, no negative imprints or negative habits. They can't affect your present and future now. Go ahead and put that key back in your purse or pocket where it will always be there if you need it .

We're almost ready for a fresh start. First we need to go ahead and do another transcription. You will find a white board marker with unlimited ink in the tray of the very first whiteboard at your left. Now I want you to transcribe everything you brought into this room from the previous room that is there on your clipboard. I want you to transcribe it up onto the first huge set of white boards. However many whiteboards you need to fill is fine because there are thousands upon thousands—maybe tens of thousands of whiteboards in this room.

So go ahead and start transcribing. Once again you will be writing at lightning speed...filling hundreds of white boards every few seconds. So you can transcribe everything from your clipboard a up onto the first huge set of white boards in just a matter of a minute or so of real time. Go ahead and start to transcribe now and when you are done just say, “I'm done.”

(Give them time to transcribe)

Good.

Now, go ahead and put the clipboard down on the floor at your feet. Now comes the good part. I want you to use your whiteboard marker with unlimited ink and I want you to fill up the next huge number white boards with the **life you want, the kind of life you deserve, the kind of life you can have.**

I want you to be realistic, so don't write a life where you win the lottery and live a life of luxury for the rest of your life, because the lottery is completely out of your control and the odds of winning it are astronomically low.

So be realistic, but optimistic, too. Write down a life that is free from _____, where you are successful at _____, where you feel really good about _____, where you are now able to _____, where you can really feel _____ all the time.

(Give them specific examples in the blanks above based on their presenting issues....you are making suggestions based on what they've told you they need and they can write those things in for the life they want.)

Again you will be writing like Superman or the Flash (female Supergirl or a female version of the Flash): hundreds of whiteboards every few seconds and so you should be able to write everything you need for this part in just the space of a minute or so of real time. Go ahead and begin to write down the life you want, the life you deserve, the life you can have. Fill up as many whiteboards as you need to to do that and begin the transcription process now. When you are done, just say, "I'm done."

(Give them time to write this out.)

Great. Now your mind has a fantastic road map, a fantastic plan on how to create this brand-new, awesome life for you. And it will! Great job!

While you're here, and since we have a lot of white boards left, let's go ahead and write down some goals since we have lots more white boards we can work with.

So go ahead and write down some goals: these could be personal development goals, work goals, relationship goals, anything that you think would help you achieve this new life for yourself. Write some short-term goals, some mid-term goals and some long-term goals. Take as many boards as you need to to do this. You will still be writing at lightning speed so you should be done in a minute or so

of real time. Go ahead and start writing now and when you are done just say I'm done.

(Give them time to write this out.)

Good. Now I want you to take a look around and see all those blank white boards that remain. There are thousands of them, maybe even tens of thousands. So now those whiteboards will begin to record your new life, the one you just created here. And the best thing of all is that your subconscious is now going to be working day and night, 365 days a year, to make this life a reality for you.

In fact, I'm going to ask you, (client name)'s powerful subconscious, to begin the work of creating this wonderful, productive, awesome new life for (client name). When you have begun that work and intend to keep working on it and make it happen, show me that that is the case by letting this index finger (lightly touch it) rise up in an honest unconscious motion so I will know that it's happening.

(Watch for ideomotor signal from index finger.)

Great. Thank you so much for helping (client name) achieve this new life!

Now, (client name), with one last look at this glorious room and feeling so incredibly good about living the life you want, the life you deserve, the life you can have, go ahead and let this room fade from your mind.

Emerge.

Final patter (immediately upon eyes opening): Are you feeling okay? You did great. Now your subconscious is already starting the process of creating this new life for you. It will continue to do that in the coming days, weeks and months. You are on your way!