

- Induction

- We'll begin by relaxing your body.
- Listen to the sound of my voice, and let your breathing fall into a pattern that centers your mind. We will use a four-count "box breath" technique, where you breathe in for a count to four, hold that breath for a count to four, exhale for a count to four, and then hold that emptiness for a count to four. This pattern breathing may come easily, or you may stumble through it at first as you get used to holding your breath as you exhale. That is ok, there is no wrong way to do this. The goal is simply to pay attention to your breath, allowing you to focus your mind. You will breathe in, filling your lungs from the bottom to the top, like a glass being filled with water, hold that pressure, release, and then hold that vacuum.
- Let's begin.
- Inhale, two three four and hold two three four, and exhale two three four and hold two three four, and again, in two three four, hold two three four, out two three four, hold two three four, in .... Hold.... Out ..... hold.... Good, now your body will take over with regular steady breathing as you turn your attention to the rest of your body. If you get distracted at any time, you can refocus by returning your attention to your breath, finding the pattern, and continuing where you left off, falling into a deep state of relaxation, simply by focusing on your breath.
- Now let's turn our awareness to the rest of our body. Extend your senses from your breath to your physical form as you sit, or lie comfortably. Let your muscles relax a bit, and make any necessary adjustments to square your hips to your spine, rolling your pelvis a bit to release the pressure on your lower vertebrae where they meet your sacrum. Likewise, tilt your head forward, pressing your chin down, releasing the pressure on the vertebrae of your neck, and centering the weight of your head on the muscles of the column of your neck.
- Feel the pull of gravity against you, pulling you towards the center of the Earth, a constant force keeping you affixed to the surface of the planet. Feel the pressure of the surface that is supporting you, holding you suspended above the Earth, keeping you from collapsing into its core. Feel yourself balanced between the forces pulling you and the forces supporting you, and breathe.
- Now let your awareness of your body condense and coalesce into a single point of consciousness that you can move around your body. Let it form above and slightly behind your eyes, and then move that point of awareness down to your toes, feeling the sensations they are communicating to you. Move it now back up to your scalp, and feel the sensations the nerves in your skin are communicating to you. Move it down along the muscles around your spine, and back down your legs to your feet, and back out to your toes. Feel all of your toes in both feet at the same time. We are going to begin to relax your body now by moving this point of awareness up along your nerve endings, turning off the inputs as we go.
- Move the awareness up your feet and past your ankles, turning off the sensations as it rises up along your body. Let it pass up through your calves, relaxing the large muscles and the small muscles near the tibia and fibula, bringing a deep

- sense of relaxation, and turning off the sensations they are communicating as we go. Let your awareness pass into your knees, relaxing the joints, and up into your thighs, relaxing the muscles along your femurs, and up into your hips. Feel the muscles of your pelvis relax as your awareness passes upwards, turning off the sensations they are communicating as we go. Continue to move your awareness upwards through your torso, past your stomach and chest, relaxing also the small muscles around your spine, and the larger muscles of your shoulders. Move your awareness to the tips of your fingers, and let the relaxation of your body continue from there, relaxing all the muscles of your fingers and your wrists, the muscles of your forearms along the radius and ulna, the biceps and the triceps, and the muscles along the joint where your arms connect to your body. As you relax these muscles, continue the process of turning off the sensations as you go. Move the point of your awareness up through your neck muscles to the facial muscles, relaxing them all along the way, and the muscles of your scalp, as the last muscles of your body are completely and totally relaxed.
- Move the point of your awareness now back to the spot behind and slightly above your eyes. Any sensations you experience through the body will only serve to relax you more deeply, so that you can only hear the sound of my voice and the things we are saying.
  - You are completely physically relaxed. As you listen to the sound of my voice, you may see yourself participating in the following imagery, or you may hear it told to you as a story that is happening to you. The details will be personal while following the theme, as my words become seeds that grow deep in the foundation of your mind, providing strength, wisdom, confidence, as you grow in power and wisdom.
  - Forest Chapel
    - Now imagine yourself moving through a forest down a familiar path. You see the trees going by, you've wandered among the trunks before, but today you are staying on the path going to your temple in the woods.
    - The temple is a small holy place for doing rituals, nestled deep in the forest. Sometimes a cavern, sometimes a shrine, other times a chapel dedicated to the gods and spirits of the mysteries at hand, the details never seem to be the same, but the function remains the same every time you are here.
    - The main floor of the temple has an entrance in front, and inside is the ritual space. At the back, there is an entrance to the basement, and the deeper areas, where there are offices, and a library, and a hallway that leads to many places no basement of a chapel in the woods could actually go.
    - You can feel a sense of anticipation as you go along, because today you are being initiated into the sphere of (PLANET). You hurry along, eager to meet the initiator at the temple in the woods.
    - Outside the temple, waiting for you, is your Initiator, a luminous being that begins to coalesce and take a comforting form as you approach, looking like the

wise and benevolent caretaker and guide that they are. As you approach, they motion for you to be silent. Taking a deep breath, you inhale, and hold it a moment, before releasing it, and letting all the anxiousness leave your body. You feel a warm sensation like a memory envelop you, and a sense that you've done this before comes over you. Ready, you nod to your initiator, who takes you to the door.

- As you pass through the door with the Initiator, you feel as if you are merging with them, your own awareness becoming silent as you prepare to perform the ritual of initiation.
- Throughout the rite that follows, although you will hear the voice of the Initiator speaking, you will also know and understand that it is you speaking the words, calling the gods, and spirits, and it is you receiving the powers of initiation as they unfold throughout the ritual, which now begins.
- Conjunction
  - Intro
    - Zeus ho kephale; Zeus ho messos; Zeus ho pantokrator.
    - One is the father of all gods and mortal men.
    - Zeus was born first, Zeus last, god of the shining bolt;
    - Zeus the head, Zeus the middle, and from Zeus are all things made.
    - On him were gestated all the immortals, blessed gods and goddesses and rivers and lovely springs
    - One power, one god, great progenitor, ruler of all, One royal body in which all things are enclosed, Fire and water and earth and ether and night and day, And Metis, first generator, and much-delighting Eros: All this lies in Zeus' great body.
    - And he himself became alone.
    - Zeus is head, Zeus is center, all things are from Zeus.
    - Zeus is the breath of all, Zeus the Moira of all.
    - Zeus the king, Zeus ruler of all, who rules with the shining bolt.
    - Source of all Light, united at the root, yet branching out into paths that become gods and spirits and people, and branching out yet again among all things manifest and experienced, lightning dancing in stars and neurons and clouds and touch, you from whom continuously spring forth all gods and human creations in determination of your Will, You who yet sit in absolute and eternal darkness, Unseen Eye watching all, experiencing and being experienced in the waxing and waning of all things within you through us, you oh sacred Lord we call, to bless and consecrate these rites.
    - *[Light a white candle.]*
    - *Trace out a circle beginning in the East, and say,*
    - I consecrate this ground for our defense.
  - *Spirits*
    - *Face the North. Say the following Words:*
    - AŌTH ABRAŌTH BASYM ISAK SABAŌTH IAŌ.

- Subject to me all daimons, so that every daimon, whether heavenly or aerial or earthly or subterranean or terrestrial or aquatic, might be obedient to me and every enchantment and scourge which is from God.
    - Thou supernatural assistant, ever present friend and guide, Make straight now the way between ourselves and the spheres of the spirits we call upon in this hour. Prepare now a feast for the Seven governors, present by their names and seals, and for the four elemental kings, for the Seven Winds, and those specific spirits we seek aid of at this time. Prepare a feast for those entities we shall call, and make straight the way between us.
  - *Bless the scrying medium:*
    - Oh thou inanimate creature of stone, be sanctified and consecrated, and blessed that you work with us to transform all things to purity, to good, and to aid in all things to this purpose, that no evil fantasy may appear in you; or, if they do, that they may be constrained to speak intelligibly, and truly, and without the least ambiguity.
  - *Bless the incense:*
    - I conjure thee, oh thou creature of fire! by the power of the forces that flow through all things, by Metis and Moira I call you, by the creation of all things both in heaven and earth, and in the sea, and in every other place whatsoever, that you cast away every phantasm from you, that no hurt whatsoever shall be done in any thing. Be thou blessed, oh creature of fire, and sanctified that you may be blessed, and that you may fill me up with the power and virtue of these odors; so neither any enemy, nor any false imagination may enter into this space.
- Orphic Hymn
  - The Orphic Hymn to Saturn
    - Ethereal father, mighty Titan, hear,
    - Great fire of Gods and men, whom all revere:
    - Endowed with various council, pure and strong,
    - To whom perfection and decrease belong.
    - Consumed by thee all forms that hourly die,
    - By thee restored, their former place supply;
    - The world immense in everlasting chains,
    - Strong and ineffable thy power contains
    - Father of vast eternity, divine,
    - O mighty Saturn, various speech is thine:
    - Blossom of earth and of the starry skies,
    - Husband of Rhea, and Prometheus wife.
    - Obstetric Nature, venerable root,
    - From which the various forms of being shoot;
    - No parts peculiar can thy power enclose,
    - Diffused thro' all, from which the world arose,
    - O, best of beings, of a subtle mind,

- Propitious hear to holy prayers inclined;
  - The sacred rites benevolent attend,
  - And grant a blameless life, a blessed end
- The Orphic Hymn to Jupiter
  - O Jove much-honoured, Jove supremely great,
  - To thee our holy rites we consecrate,
  - Our prayers and expiations, king divine,
  - For all things round thy head exalted shine.
  - The earth is thine, and mountains swelling high,
  - The sea profound, and all within the sky.
  - Saturnian king, descending from above,
  - Magnanimous, commanding, sceptred Jove;
  - All-parent, principle and end of all,
  - Whose power almighty, shakes this earthly ball;
  - Even Nature trembles at thy mighty nod,
  - Loud-sounding, armed with lightning, thundering God.
  - Source of abundance, purifying king,
  - O various-formed from whom all natures spring;
  - Propitious hear my prayer, give blameless health,
  - With peace divine, and necessary wealth.
- The Orphic Hymn to Mars
  - Magnanimous, unconquer'd, boistrous Mars,
  - In darts rejoicing, and in bloody wars
  - Fierce and untam'd, whose mighty pow'r can make
  - The strongest walls from their foundations shake:
  - Mortal destroying king, defil'd with gore,
  - Pleas'd with war's dreadful and tumultuous roar:
  - Thee, human blood, and swords, and spears delight,
  - And the dire ruin of mad savage fight.
  - Stay, furious contests, and avenging strife,
  - Whose works with woe, embitter human life;
  - To lovely Venus, and to Bacchus yield,
  - To Ceres give the weapons of the field;
  - Encourage peace, to gentle works inclin'd,
  - And give abundance, with benignant mind.
- The Orphic Hymn to the Sun
  - HEAR golden Titan, whose eternal eye
  - With broad survey, illumines all the sky.
  - Self-born, unwearied in diffusing light,
  - And to all eyes the mirror of delight:
  - Lord of the seasons, with thy fiery car
  - And leaping coursers, beaming light from far:
  - With thy right hand the source of morning light,
  - And with thy left the father of the night.

- Agile and vigorous, venerable Sun,
- Fiery and bright around the heavens you run.
- Foe to the wicked, but the good man's guide,
- O'er all his steps propitious you preside:
- With various founding, golden lyre, 'tis mine
- To fill the world with harmony divine.
- Father of ages, guide of prosperous deeds,
- The world's commander, borne by lucid steeds,
- Immortal Jove, all-searching, bearing light,
- Source of existence, pure and fiery bright
- Bearer of fruit, almighty lord of years,
- Agile and warm, whom every power reveres.
- Great eye of Nature and the starry skies,
- Doomed with immortal flames to set and rise
- Dispensing justice, lover of the stream,
- The world's great despot, and over all supreme.
- Faithful defender, and the eye of right,
- Of steeds the ruler, and of life the light:
- With founding whip four fiery steeds you guide,
- When in the car of day you glorious ride.
- Propitious on these mystic labours shine,
- And bless thy supplicants with a life divine.
- The Orphic Hymn to Venus
  - HEAVENLY, illustrious, laughter-loving queen,
  - Sea-born, night-loving, of an awful mien;
  - Crafty, from whom necessity first came,
  - Producing, nightly, all-connecting dame:
  - Tis thine the world with harmony to join,
  - For all things spring from thee, O power divine.
  - The triple Fates are ruled by thy decree,
  - And all productions yield alike to thee:
  - Whatever the heavens, encircling all contain,
  - Earth fruit-producing, and the stormy main,
  - Thy sway confesses, and obeys thy nod,
  - Awful attendant of the brumal God:
  - Goddess of marriage, charming to the sight,
  - Mother of Loves, whom banquetings delight;
  - Source of persuasion, secret, favouring queen,
  - Illustrious born, apparent and unseen:
  - Spousal, lupercal, and to men inclined,
  - Prolific, most-desired, life-giving, kind:
  - Great sceptre-bearer of the Gods, tis thine,
  - Mortals in necessary bands to join;
  - And every tribe of savage monsters dire

- In magic chains to bind, thro mad desire.
- Come, Cyprus-born, and to my prayer incline,
- Whether exalted in the heavens you shine,
- Or pleased in Syrias temple to preside,
- Or over the Egyptian plains thy car to guide,
- Fashioned of gold; and near its sacred flood,
- Fertile and famed to fix thy blest abode;
- Or if rejoicing in the azure shores,
- Near where the sea with foaming billows roars,
- The circling choirs of mortals, thy delight,
- Or beauteous nymphs, with eyes cerulean bright,
- Pleased by the dusty banks renowned of old,
- To drive thy rapid, two-yoked car of gold;
- Or if in Cyprus with thy mother fair,
- Where married females praise thee every year,
- And beauteous virgins in the chorus join,
- Adonis pure to sing and thee divine;
- Come, all-attractive to my prayer inclined,
- For thee, I call, with holy, reverent mind.
- The Orphic Hymn to Mercury
  - Hermes, draw near, and to my prayer incline,
  - Angel of Jove, and Maia's son divine;
  - Studious of contests, ruler of mankind,
  - With heart almighty, and a prudent mind.
  - Celestial messenger, of various skill,
  - Whose powerful arts could watchful Argus kill:
  - With winged feet, tis thine thro air to course,
  - O friend of man, and prophet of discourse:
  - Great life-supporter, to rejoice is thine,
  - In arts gymnastic, and in fraud divine:
  - With power endued all language to explain,
  - Of care the loosener, and the source of gain.
  - Whose hand contains of blameless peace the rod,
  - Corucian, blessed, profitable God;
  - Of various speech, whose aid in works we find,
  - And in necessities to mortals kind:
  - Dire weapon of the tongue, which men revere,
  - Be present, Hermes, and thy suppliant hear;
  - Assist my works, conclude my life with peace,
  - Give graceful speech, and me memory's increase.
- The Orphic Hymn to the Moon
  - Hear, Goddess queen, diffusing silver light,
  - Bull-horned and wandering thro the gloom of Night.
  - With stars surrounded, and with circuit wide

- Nights torch extending, thro the heavens you ride:
- Female and Male with borrowed rays you shine,
- And now full-orbed, now tending to decline.
- Mother of ages, fruit-producing Moon,
- Whose amber orb makes Nights reflected noon:
- Lover of horses, splendid, queen of Night,
- All-seeing power bedecked with starry light.
- Lover of vigilance, the foe of strife,
- In peace rejoicing, and a prudent life:
- Fair lamp of Night, its ornament and friend,
- Who gives to Natures works their destined end.
- Queen of the stars, all-wife Diana hail!
- Decked with a graceful robe and shining veil;
- Come, blessed Goddess, prudent, starry, bright,
- Come moony-lamp with chaste and splendid light,
- Shine on these sacred rites with prosperous rays,
- And pleased accept thy supplants mystic praise.
- Request for the Spirit dispatch
  - GOD NAME, I ask that you send now your Spirit SPIRIT NAME, I call them by their Seal in their Hour, that they may initiate the process of integrating your forces into my sphere.
- Charge to the spirit
  - In the name of GOD NAME, and by your name and seal, Come now from wherever you may be, and appear before me in this crystal.
  - Spirit Name, I ask you to initiate the process of integrating the forces of PLANET into my sphere of influence, that I may become skillful in manifesting these qualities according to my plans and desires. Lead me to the information I need to understand these powers intimately, grant me the opportunities to develop and utilize these powers in my life. Reveal how they are manifesting currently, that I may make corrections, bring balance, or increase their forces as I see fit. Grant me the insight to see what needs to be done, the power to do what I need to do, and the wisdom to use this power to pursue my intentions with the best possible outcomes. Break any bindings of this power in my life, release any constraints keeping me from utilizing the power of PLANET NAME. Bring gentle healing and transformation of any pain or negative aspects of this power that I might have. Show me how to use it to my benefit without sabotaging my joy. Make me more efficient, and more empowered in the ways of the sphere of PLANET NAME.
- Sit for a minute.
  - As you hear these words, see the COLORED POWER of the PLANET NAME begin to coalesce around you in the temple, see the light pulsate around you in a harmony you recognize. See within you an answering pulsation of a similar color, first responding to the beat of the rhythm, but soon beginning to dance within



you as well, point and counterpoint, shining brighter within you, from the heart of every cell of your body, resonating and vibrating in harmony with the power of the planet. Feel the power awaken within you, feel it shaking off the stagnation of a lifetime as it begins to move within you. Feel it becoming a part of your very self, from your bones to your sinews to your muscles, and of course through every nerve.

- Let it fill you to fullness, and beyond, bursting through you out into the universe at large, into every corner of every galaxy at once, flashing bright through all things, and then gone in an instant, returning to wait your call within the lightning dancing within your cells.
- Return to consciousness.
  - Remember now the temple space around you, and the Initiation ritual you have performed. Thank the spirits that have come, saying, SPIRITS NAMES, I Thank you, as you came in peace, so now go forth with me in power. Come when I call on you by name and seal, and aid me in learning your ways.
  - Let yourself leave the temple. As you pass through the threshold, you sense that you are once again fully yourself, the Initiator has returned to wherever it resides when not before you.
  - See yourself returning down the path to your waking world. Feel your body around you as your consciousness returns to your flesh. Feel your breaths. Let yourself become aware of the room around you, and the support of where you are sitting or lying.
  - When you are back in yourself, know that the powers of this rite are with you still, and as you go about your day, know that you will see the powers of this sphere manifesting throughout your life.

#### Hypnotherapy Scripts

- Pre-recorded sessions
  - Initiations into the Seven Spheres
    - Induction
      - Relax the body, beginning at the toes and working your way up through your body to the tip of your head
        - Walk them through it
      - Now imagine yourself moving through a forest down a familiar path. You see the trees going by, you've wandered among the trunks before, but today you are staying on the path. You can feel a sense of anticipation as you go along, because today you are being initiated into the sphere of (PLANET). You hurry along, eager to meet the initiator at the temple in the woods.
      - It's more of a nondenominational chapel, the details never seem to be the same, but the function remains a constant every time you are here. The main building has the ritual space, and behind the building is an entrance to the basement, where there are

offices, and a library, and a hall that leads to many places no basement of a chapel in the woods could actually go.

- Outside the chapel, waiting for you, is your Initiator, a luminous being that begins to coalesce and take a comforting form as you approach, looking like the wise and benevolent caretaker and guide that they are. As you approach, they motion for you to be silent. Taking a deep breath, you inhale, and hold it a moment, before releasing it, and letting all the anxiousness leave your body. You feel a warm sensation like a memory envelop you, and a sense that you've done this before comes over you. Ready, you nod to your initiator, who takes you to the door. As you pass through the door with the Initiator, you feel as if you are merging with them, your own awareness becoming silent as you prepare to perform the ritual of initiation. Though you will hear the voice of the Initiator speaking, you know that it is you speaking the words, calling the gods, and spirits, and receiving the powers of initiation as they unfold throughout the ritual, which now begins.

- Conjunction

- Conjunction Text

- Orphic Hymn

- Conjunction Text

- Request for the Spirit dispatch

- God name, I call upon your Spirit NAME, by their Seal in their Hour, that they may initiate the process of integrating your forces into my sphere.

- Charge to the spirit

- In the name of GOD NAME, and by your name and seal, I ask you to initiate the process of integrating the forces of PLANET into my sphere of influence, that I may become skillful in manifesting these qualities according to my plans and desires. Lead me to the information I need to understand these powers intimately, grant me the opportunities to develop and utilize these powers in my life. Reveal how they are manifesting currently, that I may make corrections, bring balance, or increase their forces as I see fit. Grant me the insight to see what needs to be done, the power to do what I need to do, and the wisdom to do use this power to pursue my intentions with the best possible outcomes. Break any bindings of this power in my life, release any constraints keeping me from utilizing the power of X. Bring gentle in the healing and transformation of any pain or negative aspects of this power that I might have. Show me how to use it to my benefit without sabotaging my joy. Make me more efficient, and more empowered in the ways of the sphere of PLANET NAME.

- Sit for a minute.
  - As you speak, see the COLORED POWER of the PLANET NAME begin to coalesce around you in the temple, see the light pulsate around you in a harmony you recognize. See within you an answering pulsation of a similar color, first responding to the beat of the rhythm, but soon beginning to dance within you as well, point and counterpoint, shining brighter within you, from the heart of every cell of your body, resonating and vibrating in harmony with the power of the planet. Feel the power awaken within you, feel it shaking off the stagnation of a lifetime as it begins to move within you. Feel it becoming a part of your very self, from your bones to your sinews to your muscles, and of course through every nerve.
  - Let it fill you to fullness, and beyond, bursting through you out into the universe at large, into every corner of every galaxy at once, flashing bright through all things, and then gone in an instant, returning to wait your call within the lightning dancing within your cells.
- Return to consciousness.
  - Remember now the temple space around you, and the Initiation ritual you have performed. Thank the spirits that have come, saying, SPIRITS NAMES, I Thank you, as you came in peace, so now go forth with me in power. Come when I call on you by name and seal, and aid me in learning your ways.
  - Let yourself leave the temple. As you pass through the threshold, you sense that you are once again fully yourself, the Initiator has returned to wherever it resides when not before you.
  - See yourself returning down the path to your waking world. Feel your body around you. Feel your breaths. Let yourself become aware of the room around you, and the support of where you are sitting or lying.
  - When you are back in yourself, know that the powers of this rite are with you still, and as you go about your day, know that you will see the powers of this sphere manifesting throughout your life.