

## Fear of Dental Treatment

Begin with your favorite induction and deepener from Hypnotic World.

As you relax deeper into hypnosis now you will find that my words will penetrate deep into your subconscious mind and have a profound effect on your life. Because we're going to talk about something very important and your inner mind is receptive and eager to find solutions to the problem you've been having.

You've been feeling uneasy about having dental treatment for a long time now but you've also realized that it's time to do something about that old fear - time to take control and let go of unwanted, outdated ways of feeling and thinking. As a child, many of us were fearful of going to the dentists - I remember one lady who could only remember a black gas mask coming towards her and the memory of that incident triggered off a fear that lasted many years and prevented her from seeking much needed treatment. Until gradually all her teeth began to rot and decay - the smell of her breath was unbearable and when she opened her mouth she looked such a sight - that one day she made up her mind to overcome that silly fear and do something about her teeth.

Of course, nowadays people enjoy going to the dentists - children especially are eager to go and sit in that chair and recline and let an expert take over making the teeth perfect again - and this lady is no exception now - she has a beautiful smile that dazzles everyone she meets.

Adults enjoy visiting the dentist too, because life is often so hectic in today's fast paced world that it gives them a wonderful excuse to just sit back, close their eyes and take the mind off to some pleasant and peaceful place.

And you can go anywhere in the world in your mind. Your favorite place - where is it? Perhaps a beautiful tropical island with palm trees and gentles waves splashing lazily up to the shore. Maybe soft white sand on which to lie and relax and let go of any worries or cares. The softest most gentlest breeze caressing your skin and your hair and that wonderful warm sun shining down on your body.

Or you may prefer an old country garden with foxgloves and honeysuckle and colorful butterflies dancing in the air - maybe you're lying in a hammock between two strong trees and you're swaying gently from side to side - back and forth - back and forth - imagine it now - feel it - experience the gentle rocking that reminds you of a baby held snug and safe in its mother's arms. There may be a

## Fear of Dental Treatment.txt

gurgling waterfall in your garden and the sound of the birds singing sweetly - the smell of freshly mown grass and again - that lovely warm sun.

It really doesn't matter where you go in your mind - as long as it's a place that is special to you - and you can be there right now - and as you recline in your dental chair with your mouth open and your eyes closed - perhaps the little splashes of water or air in your mouth from time to time can remind you of how nice it is to be here. And the little hum of the dental equipment lulls you deeper into hypnosis - that wonderful place where you can relax and let go.

So just let go now - let yourself go deeper and deeper into gentle hypnotic rest. Relax. Relax. Relax. And if you're lucky, after your treatment is done - your dentist might polish your teeth and you can almost taste the minty flavor now and know that your teeth are becoming smooth and clean, free of plaque, healthy and strong as they are meant to be.

Sometimes your gums may need to be numbed, depending upon the treatment you're having. And you really trust your dentist because nowadays even the injection is a pleasant experience because your gums will have something rubbed onto them before the injection is even given - which means that you feel only the very slightest little pressure as the needle goes in - and your gums become anesthetized prior to treatment.

And when you go into hypnosis you find that you can lose all perception of time - you can project your mind into the future and imagine yourself back in your own home - or an hour can seem like five minutes and a simple 20 minute treatment session seem to last just a few seconds- before you're aroused and given a glass of water to rinse out your mouth - and you do. After visiting your dentist you can't wait to look into the mirror and admire all the work that's been carried out. And you're really pleased because your teeth are so much healthier and cleaner and as a result of this you find yourself smiling more and more to show your teeth off.

Now when your dentist arouses you to say that your treatment is over, you may find that you're so comfortable there in hypnosis that you just want to snuggle down deeper into that lovely relaxing feeling, but you can immediately bring yourself out by counting the numbers from one to five. And I'm going to count the numbers one to five now and when I do you'll be wide, wide, wide awake, with beautiful feelings flowing through your body, calm and peaceful thoughts flowing through your mind.

One, two, three, four, five.