

*Specialty Hypnosis Training*  
PELLEN & PALMER



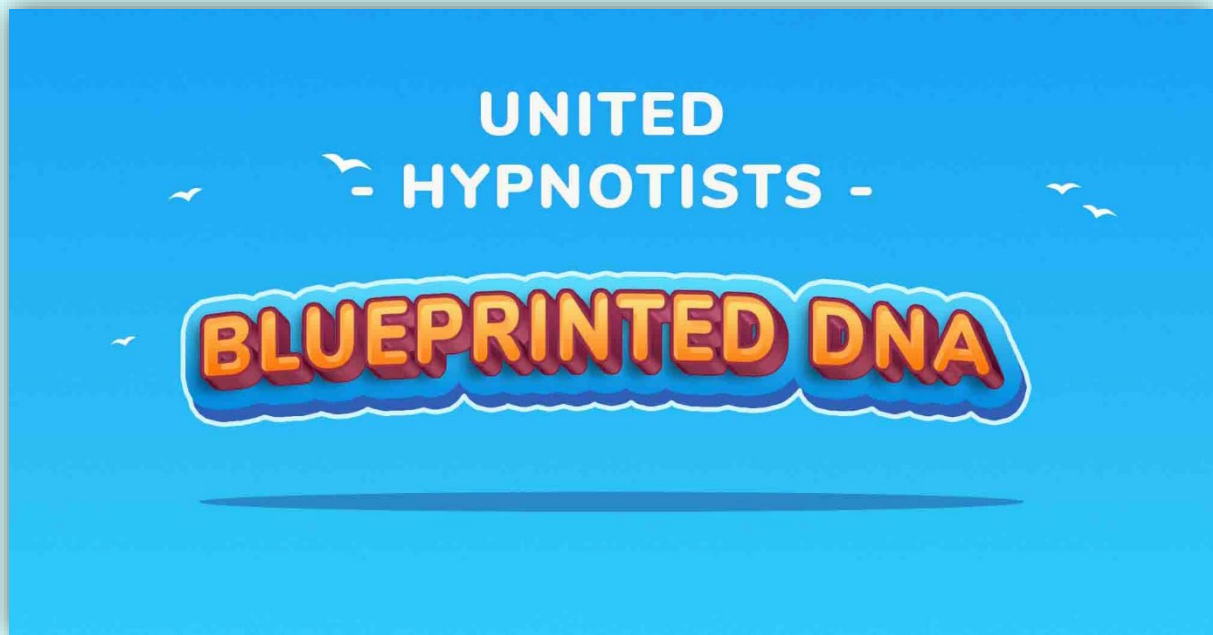
# Blue Printed DNA

## Cellular change

NLP and hypnosis techniques  
that change the world and  
open the mind

[www.PellenandPalmer.com](http://www.PellenandPalmer.com)





Blueprinted DNA.

How is it different to blueprinted self?

Blueprinted self is about bringing in your energies and grounding. Helping the mind to have processing and time out.

Blueprinted DNA is a parts therapy session that helps the client to heal not only the internal layers of ourselves but also the external layers where we may have picked up things that don't belong to us.

The same as each day we go about our lives we pick up dust on our body from the external world. We also tend to gather the thoughts of others, energies of others and sometimes even the damage of others.

Blueprinted DNA is all about clearing out the internal and external to keep ourselves in a trusting state that our body will serve us well. In order to do this, we must have authority over the emotions that change (and sometimes control) the physical state.

Step 1 (optional but highly recommended) – Proceed with blueprinted self

Step 2 - Move into blueprinted DNA session

Step 3 – Encourage client to continue with blueprinted self, activity outside of the session.

*(TIME TO BEGIN THE HYPNOTIC SESSION ...)*

NOTES TO PRACTITIONER: -

- *This process contains several parts: Ego-strengthening, communicating with the Ego and the removal of blocks.*
- *The orange parts are instructions and not to be read to the client.*
- *The green part is possible client answers and not to be read to the client.*
- *This is an intuitive script that will require you to be creative.*

*SCRIPT: - (insert a light trance relaxation induction – keep it simple – I usually do deep breathing and calm the mind)*

Now that your eyes are closed, I would like you to continue listening to the sound of my voice. Just continue to relax. As you go into hypnosis you will still hear my voice.

You are still able to think thoughts ... thoughts can be thought, but you do not have to think them ... just listen to the sound of my voice.

You are safe and secure here, safe to relax completely, and no matter how deeply you go into hypnosis, my voice will go with you ... in order for you to be completely safe and secure begin to surround yourself with a bubble of protection or an energy ... in the same way you would wear a jacket or coat to protect you from the weather ... no negative energies can penetrate this protection ... it will keep you safe and secure ... you will notice how well the protection will protect and take care of your wellbeing ... this protection has multiple layers ... it protects and shields your physical layer ... your mental layer ... and your spiritual layer ... relax deeper and deeper in those layers protection ... deeper and deeper ... and even deeper ... you have done such a great job so far ... I will share a secret that will make positive changes for you ... it will change how you perceive things in a very helpful way ... so as you rest comfortably ... I will share this with you ... *(slower the pace of your voice)* I am now talking to the wonderful part of you called your unconscious ... this is the part of you that communicates to your body ... it cares for you the best it can ... and we greatly appreciate it ... that part of you that is in control of the beating of your heart and the circulation of your

blood ... that part of you that gives you, life giving oxygen ... that part of you that stores memories in your organs and body ... this important information will be part of the unconscious from now on ... it will work perfectly ... just for you ... open you mind and listen to my words ... did you know that ALL mistakes are learning opportunities ... you know ... that means that EVERY learning opportunity is an experience that gives you knowledge in one way or the other ... if you made a mistake you can learn that's not the way to do it ... you can find another way can't you? Yes, you can! ... With EVERY new experience you gain some knowledge, right? Yes, that is the truth ... with knowledge you gain wisdom ... and wisdom is really a strength ... good judgement comes from experience, experience comes from bad judgements and learning from them ... this secret is valuable to know and will be part of you now ... be part of your unconscious mind ... it will work in a perfect way ... just for you ... calmly and feeling good ... this is a tool just to help you ... every experience ... no matter if it is working out perfectly or not, makes you wiser ... every situation makes you wiser ... how wonderful is that?! ... all experiences in life are actually strengthening knowledge as you now know ... look at it from a new angle of learning ... learning that helps you gain strength ... learning that this is what you don't want in your life ... learning that standards must be flexible ... all the years you have lived ... you have already gathered so many experiences ... some good and perhaps some not so good ... but it did in fact teach you something ... giving you wisdom and strengths ... inner strengths ... imagine ... picture ... pretend your new response ... relaxed ... but curious ... taking a step outside of yourself and the current situation ... "Okay, what can I learn from this?" ... almost like a quiz ... a puzzle to solve ... always from a good learning standpoint ... even old situations you can now quiz yourself about the good learning point ... taking on the lessons of improvement ... with a new look at it from your new perspective ... it's very helpful ... this information will go deep inside of you and stay forever ... just to help you ... everything is just opportunities to learn and develop strength and wisdom ... a strength to gain ... or just simply to enjoy life ... give inner peace ... with this new understanding ... fear has no place when learning and gaining knowledge ... in a respectful, loving way ... you can now appreciate yourself easier ... I would like to talk to the ego of *(client's name)* please ... can I please talk to the ego as I have some information that I

would like to share ... a satisfying process for healing the parts that needs to be healed ... I will only do it with your agreement ... and if you feel some are in need to get healing first that's fine ... we can appreciate the teamwork from all involved for *(client's name)* higher good in mind ... can the unconscious kindly let the ego come forward ... please let me know you are present by simply nodding your head *(wait for nod)* thankyou ... it is lovely to meet you ... I would like to explain the healing method for you to feel comfortable with ... my purpose is to heal all emotions attached to *(client's name)* situation ... this method is to let the emotions that are feeling unvalued to find their inner peace ... the light ... to touch the light and heal themselves ... it is safe ... Would this be okay with you? *(allow client to answer it may be a nod, a word or a finger movement ... be patient)*

**If uncertainty is present read this section and then move on to the yes ... If the answer is still "no" then the session is ended, and more blueprinted self-practice as the client may still be analysing the process to much:**

What would you say about letting us heal a part, that you already feel to be safe, so that you can feel the method is correct? ... I ask the ego to give me information regarding this first block ... what age is this block in? *(await client answer)* ... what emotion is this block is in charge of? *(await client answer ... it may be more than one)* ... are there any more emotion attached to this emotion? *(await client answer)* ... is there anything we need to learn from this? *(await client answer)* ... can we heal it all at once? *(await client answer)*

**YES:** I would like to talk to the *(age)* part of *(client's name)* feeling this *(insert emotion/s)* directly ... I ask all emotions involved carrying this feeling to come forward so that I can share something wonderful ... if there are any more emotions that would like to join in please come present now ... *(client's name)* is there any other feelings attached to this emotion? *(If yes, thank each one for being there)* Nod your head to acknowledge you can you all hear me? I am here to help you *(wait for nod)* ... I am here to show you a way to feel better, a way to heal ... I understand some of you may be reluctant and will wonder ... and it's a good thing to wonder ... I know a very easy way to make you feel better. Would you like to have a look at it? *(wait for nod)* Let's see if

all of you here can look inside yourself ... deep into the core of yourself ... wander inside to your core and you will find a beautiful orb of light ... It's not cold or hot ... it's simply mesmerising ... full of information, knowledge, help and healing powers ... you can easily access them if you want it ... you put it there long, long ago ... its sole purpose is to heal you ... just like each and every day it heals your skin ... renews your blood and detoxifies your body ... it can never do harm ... it belongs to you ... this ability to heal.. I will give you some time to find the orb ... look for it ... feel its healing energy ... it calls for you ... When you have found it simply let me know by nodding yes ... take your time *(wait for nod)* Have you found it? *(wait for nod)* ... and its beautiful, isn't it? *(wait for nod)* ... it belongs to you ... you created it ... to get access to the help, simply touch it and it will open up its knowledge ... you will get all the healing you would like *(wait 5 seconds)* ... remember it's in there ... you cannot exist without it ... you will notice how much it cares for you ... I'm going to go quiet whilst you heal ... simply say "I'm healed" when you have received all the healing you needed ... take your time *(wait as long as the client needs ... after 2 minutes check in with the client and ask "did you find all the healing you needed?" if yes move on ... if no say "I'll go quiet whilst you continue, I'll be back soon" wait another 2 minutes then check in... keep checking in till the answer is yes! Be creative)* ... Did you find all healing you needed?

YES:

Are there any more emotions that belonged to this part that need to be helped? *(sometimes there is frustration with anxiety or hate with fear etc ... Make sure to take care of any emotions that were attached to this, as you don't want to let the client to leave feeling down)*

I thank you so much for your work and team effort. Are you satisfied with the healing?

YES (if no bring in other emotions that need healing and ask those emotions to connect with the core ... be creative here): May I talk to the ego again please. Are you satisfied with this method to healing? YES (I have never come across a no here) Let's help another ego part that is suitable and follow the same method to healing? ★

(repeat from ★ to ★ until all blocks are removed ... replacing the word ego with the emotion that came forward)



I would like to talk to the higher self of *(client's name)* the higher self or wiser part that knows everything and IS PART of *(client's name)* Can the unconscious thoughtfully let this wiser part come forward?

YES.

Thank you for being here today. We do need help to remove some blocks and energy flows. I would like to ask the higher self of *(client's name)* to scan the body and all energy fields for blocks. Blocks that are ready to fade away, that do not help in any particular way. There might be some blocks and energies that are no longer beneficial, like old instruction manuals to appliances we no longer own. Where no information needs to be shared, that can be removed by you right now. Would you be kind and scan the body and energy fields and remove these blocks. Once complete simply say out loud "thankyou" *(Wait for a minute or 2 ... if no response after 2 minutes check in that the blocks are being removed then go quiet again)* Thank you *(say this is a very relieved tone)* I now ask the higher self to perform the same method but this time scan for external energy and blocks that do not belong or are no longer beneficial. Higher self, please scan the body and all places necessary for external energies and blocks that do not belong. These blocks were given to us to carry and they no longer need to be carried. Let me know how many there are by sending *(client's name)* the information whilst in the relaxed wonderful state. *(client's name)* a number is going to pop into your head as quickly as you can tell me what number that is *(snap fingers lightly)* Please bring forward all of them so they can hear me now *(pause for 5 seconds)* Do you all know that you are in the incorrect place? And do not belong to *(client's name await answer ... doesn't matter if it is yes or no)* Well, there is something you probably don't know about. It's an amazing thing available to you that contains information, knowledge and even healing powers. The funny thing is, it is hidden in a very clever way. Once you access this information and knowledge it will give you all the answers, you don't have to do anything, and nobody wants anything ... you can use it if you want. Are you interested in finding it? *(client will say yes)* The thing is, sometimes we walk into other rooms and forget why we went there, this is the same, YOU yourself hid it there, and then you forgot. Perhaps you have heard that all answers lie within yourself? Well, as it turns out, it does. So, let's go find it. I want all *(insert number of blocks)* of you now to look inside, into the very core and middle of

yourself. There is an amazing ability within you to heal and grow. It might look like a crystal ball, an energy of some sort ... and it is very beautiful ... always aiming to protect and heal. I will go quiet whilst all of you find it, let me know when it is found by saying out loud. Found *(go quiet for a few minutes till client responds)* To ensure that all healing is received just confirming, is there anyone that has not found the energy? *(yes or no it doesn't matter as it's a meta question)* Gather around now, all you have to do is touch the energy. It's a very easy thing to do, you just touch it. Because it is yours. It can only be accessed for knowledge and healing by you. You can ask it any questions about anything. Enjoy feeling the energy and healing flowing through you and washing away the blocks. *(go quiet for 20seconds)* Now I am talking to all of you. The ones that have a living body today, you need to go back your body, with the new knowledge and healing ... make sure you do not leave any of your energies with *(client's name)* The ones that do not have a living body, I ask your higher self to help these to where they belong. Everything has a place and there is a place for everything. Find your place of good now. Let go and relax. I am now talking to the unconscious and the body. Today we have healed energy and emotional blocks. I need you to make sure that ALL parts involved are informed and adapt to this wonderful free new self. Please make sure to inform the part in charge that the war is over and now is the time to regrow and nurture the land. They need to know that this is healed, and new routines are to be set. Unconscious, please inform the body and all its systems that it can now feel good. Thank you all for being so kind and nurturing.

*Count out.*

*Give blueprinted self as "homework"*