**Somewhere by the Sea: A Comfort and Ease Script**

*A Solution Focused Hypnosis Script with Subtle Suggestion*

**Introduction**

Take a moment to get comfortable, in whatever way suits you best. Let your body adjust itself naturally, as it knows how to do. You may notice a slight shift in your posture, a deeper breath emerging without intention, and perhaps a subtle release of tension somewhere you were not expecting. As you settle in, allow yourself to become aware of the present moment - not as something to do or fix, but as something to rest in. With each breath, a little more stillness begins to arrive. And you may already be aware that this stillness holds far more than silence. It holds a doorway. A space through which you can begin to access those quieter parts of yourself - the ones that often speak through feelings, images, a sense of knowing. In these moments, the thinking mind may take a step back, and something deeper, more grounded, can rise. Something steady and kind. This space is entirely yours - free from expectation, open to ease. It may be that just by being here, something important has already begun shifting. No pressure, no direction. Only awareness. Only presence.

**Deepener**

Imagine now that you are standing on a quiet beach, just before the sun begins to rise. The horizon is a blend of soft blue and gold. The tide is gentle, lapping at the shore in a rhythm so familiar, so soothing, it feels like it could synchronise with your breath. And it begins to do just that - each inhale matching the pull of the tide, each exhale the retreat. The sand beneath your feet is cool and slightly damp, grounding you in a way that feels just right. You begin walking slowly along the water’s edge. There’s no need to go anywhere in particular. Just walking, being, sensing. With each step, something loosens further within you. Perhaps a thought fades, or a tightness dissolves. You may notice that your shoulders are softer now, your hands more relaxed, your jaw no longer clenched. It’s as though the sea is quietly showing you how to let go - not with force, but with patience. And the deeper you go into this awareness, the more you begin to feel yourself floating - not weightless, but unburdened.

**Story**

Further ahead, you come across a large flat rock that has been warmed by the early sun. You sit here, and as you do, you take in the view. The sea stretches endlessly before you, each wave a whisper of continuity, of return. As you watch the waves, your mind begins to wander - not in distraction, but in curiosity. You find yourself thinking not with words, but with images - a memory, perhaps, of a time you felt most like yourself. Or maybe it’s a moment that hasn’t happened yet - something your imagination brings forward as if it’s gently nudging you toward a path worth following. The air is filled with the faint scent of salt and something floral carried by the breeze. You close your eyes for a moment and feel the sunlight on your face. And in this moment, everything feels suspended - as though the usual constraints of time and expectation no longer apply. You are not here to figure anything out. You are here to remember what it feels like to simply be.

**Journey**

After a while, you stand and begin to walk again. This time heading toward a part of the beach lined with smooth stones and gentle dunes. With each step, your mind becomes more spacious, your inner world more welcoming. You come across a driftwood path leading into the dunes, where tall grasses sway and a quiet sanctuary awaits. You follow it slowly, the air now tinged with warmth, and the sound of the ocean always in the background - steady, constant, reassuring. Here, in this secluded space, you find a sheltered spot, surrounded by nature. You sit again, letting the earth beneath support you. Thoughts rise and pass. Emotions soften. And your breath continues its dance with the sea - in and out, ebb and flow. This place feels like a return - not just to a location, but to yourself. You become aware that your body has taken on the sea’s rhythm. Your breath, your heartbeat, your awareness - all flowing in harmony. The mind becomes like water - still when needed, moving when useful, never rigid, always adaptable. And in that fluidity, something becomes clear: change is not something to chase. It is something to allow.

**Metaphor**

You reach down and run your fingers through the sand, feeling its cool grains sift through your hands. And in this simple act, a metaphor unfolds. Each grain of sand, like a thought, a belief, a memory. Some slip easily through your fingers. Others linger. And you realise that you don’t have to hold onto every thought. Just as you don’t have to keep every grain of sand. You allow what is useful to stay, and the rest to fall away naturally. Nearby, a collection of sea-polished stones catch your eye. You begin to gather a few - not because you must, but because they feel significant. One reminds you of peace. Another of strength. One, oddly shaped, reminds you of adaptability. You place them beside you like tokens from this inner journey. Not souvenirs, but symbols of something remembered. Something reclaimed. You realise that these qualities have always been part of you. This place simply reminded you. The wind shifts slightly. A new scent, a new sound, a new sense. And in this moment, you feel that everything you needed to feel has found its way to you.

**Conclusion**

The sun has risen fully now. The sea sparkles with gold. And you know, in a quiet and certain way, that something has changed. It’s not dramatic. It’s not loud. But it’s meaningful. It’s real. As you prepare to leave this place, you carry with you not just the memories of this landscape, but its lessons - subtle, wordless, profound. You begin to walk back along the shore, each step feeling grounded, assured. And with every breath, you bring forward what you have found here - clarity, ease, presence. You know that these feelings will stay with you, just beneath the surface of your day. Accessible whenever needed. You don’t need to remember every detail of this experience. Your mind will keep what is needed. And the rest - the sea will hold it for you, always within reach, always ready to welcome you back.

As you remain in this moment, you might begin to notice that the thoughts you think often become the feelings you feel. And sometimes, just by becoming aware of a thought, you give it space to change. What we think… we often become. What we focus on… expands. And so, here by the sea, you choose to focus gently on calm, on ease, on your own unfolding sense of self-compassion. There is a quote by Eckhart Tolle that says, “You find peace not by rearranging the circumstances of your life, but by realising who you are at the deepest level.” And perhaps that’s what this moment is offering you - not a solution, not a plan, but a reconnection. To the quietest part of your being, the most essential, where clarity lives. Where nothing needs to be earned or proved. Only remembered. Only felt. And like the sea, that wisdom is always in motion - returning, again and again, no matter how far the tides pull away. “The sea, once it casts its spell, holds one in its net of wonder forever.” Jacques Cousteau said that. And perhaps, in this moment, the spell has gently taken hold of you too - not to trap, but to remind you… of wonder. Of softness. Of you. You sit now, not in search of answers, but in appreciation of questions. And the deeper your breath becomes, the more you sense that everything is unfolding as it needs to. That your mind is already responding to every kind word, every image of stillness, every soft breath of understanding. And from this space, your journey continues - inward, outward, onward - carried gently by the tide.

**Ending**

In a moment, I will count from one to five. And with each number, you return a little more to the present, bringing back all that is useful. One… becoming aware of the breath once again…
Two… bringing back with you that deep sense of comfort and clarity…
Three… gently moving the fingers, the toes, perhaps a small stretch…
Four… feeling present in your body, grounded and calm…
And five… when you are ready, eyes open, bringing with you the peace of the sea, the steadiness of the earth, and the softness of everything you remembered here.