CASCADE HYPNOSIS CENTER

Waterfall Crossing

A Teaching Script for Hypnotists

2026 5-PATH Symposium | with Erika Flint, BCH, MA+CPHI

Setting the Stage

You're back in school. The bell rings. You don't have your homework.

You're at the restaurant, serving or cooking – and there are dozens of tables still waiting, plates piling up, and you haven't even started.

You're finally still, lying in bed, and that's when it arrives: the dread. Not about anything specific. Just the sense that something, somewhere, was left undone.

Everyone knows this feeling. It's not about the homework or the tables. It's the mind registering, underneath thought, that a loop never closed. A door in the mind is still open.

What follows is one way to close it – a ceremony for marking something complete, physically, not just mentally.

[If reading live to a client: pause here and let them settle. If recording, this section plays before the induction begins.]

Induction

Bring your attention to where your body gently meets the surface beneath you. You pause, and begin to soften, noticing what's here. Drifting, floating down, deeper and deeper relaxed.

The deeper parts of you begin to soften, you sense a shift, deeper down, beginning to move or ask for release or understanding. A gentle knowing that you can remain here, and allow yourself to feel a sense of spaciousness, calm, and confidence. There's no rush, no race, you allow yourself to wait.

Naming the Old Way, and the New

[ASK CLIENT: What is the old way, and what is the new way? If this is a recording rather than a live session, pause here for the listener's own reflection before continuing.]

(You can guide your client here by connecting this to why they actually came in. The old way is often their presenting issue itself – over- drinking, overeating, whatever pattern brought them to you. The new way is what they've already learned or changed through the work you've done together. Naming both concretely, in their own words, is what makes this land – not an abstraction.)

In your own words, at your own pace, allow yourself to name it. You don't have to speak aloud unless you want to. Let it form in the quiet of your awareness: the old way – what it was, what it felt like, what it cost you to carry it. And then the new way – who you are now, what's true for you now, what feels alive and real when that old weight isn't present.

Old way. New way. You know both of these. Your body knows both of these.

[If appropriate for this client, a light verification can help: "Are you SURE you're done with that? Want a few more years to keep trying it different ways?" Most people laugh, and the humor surfaces their own certainty through contrast. Optional – skip if the room or client isn't ready for it.]

The Meadow Opens

You find yourself standing at the edge of a wide, open meadow – grass moving in a slow, easy breeze, the kind of place that feels immediately familiar, even if you've never stood in exactly this place before.

And as you look out across it, you notice something you hadn't seen at first: a sound, distant but growing clearer. Water. And where the meadow meets the tree line, the air begins to shimmer, and a waterfall reveals itself – magnificent, luminous, as if it had been there all along, simply waiting to be noticed.

You find yourself behind it now – a warm, dark cave, with light shining through. You take a moment to allow the sound of the rushing water to fade a bit, into the background. You notice, through the water, the pool on the other side – you can see light reflecting off the surface. You take in a deep and cleansing breath: the warm air, the fresh water, the fresh green all around.

This is the moment. Everything in your life has led up to this, right here, right now.

The Crossing

[ASK CLIENT / DECLARE, if live: have them say something out loud they'll never forget – their own words, naming the graduation. If recording, this moment plays as a quiet pause for the listener to form their own words internally.]

You notice that it is time to cross this threshold of understanding, and graduate from the old way that has been holding you back.

Now, step into the water. As you do, it washes over you – cleansing, warm, cool, sparkling. As you step through, the water washes away and cleanses you of the old way. There's a tingly feeling as the work is being done.

And now there's a warm glow starting, as you step out of the waterfall into the sunlight on the other side. The sound changes – a calmer trickle of water. The waterfall from this side doesn't look quite the same as it did from the other. Other things seem different too – a glimmer, a softness, a shimmer to everything.

You turn, and notice your spiritual guides are there – and perhaps a family member, or someone you love. You realize they'd been there all along, witnessing your graduation. They are so proud of you.

Before leaving, you consider a symbol – perhaps not a graduation cap, but a stone, a flower – something that marks this graduation, and this you place around your neck, to always remember.

And in the distance, unprompted, a new mountain top appears above the clouds – representing the next journey, not a destination that closes the door on growth. You are welcome to rest here, at the pool of graduation, as long as you'd like.

The Safety Net

It may be that in the future, you find yourself on the old path, the old way – because old paths are familiar, and familiar things call to us when we're tired, when we're scared, when life moves fast. The crossing happened. You were ready.

If that happens, here is what you say to yourself – gently, without blame: "oh, look at that, I'm on the old path again – but I caught it."

Catching it mid-pattern, without judgment, is the move. The crossing is not undone by a slip. What pulls someone backward is not the slip itself – it's the self-blame that follows.

Emergence

When I count from one to five, you return – refreshed, carrying the completion with you.

One – awareness returning to the edges of your body, fingers and toes waking gently.

Two – your breath deepening, the room becoming present around you.

Three – your mind clearing, bright and ready.

Four – energy rising, a sense of forward in your body.

Five – you're noticing you feel more yourself – the crossing made, the horizon open.

This is one example of the Waterfall Crossing ceremony. For the complete technique, facilitation notes, and full session script, visit https://cascadehypnosiscenter.com/waterfall-crossing/

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