

Silly Little Songs Hypno Script

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Can you remember a time when you felt really happy and started to sing? Little ones often make noises and sing their baby songs as they go about their day, even if they don't notice! Singing a little song about whatever they're doing, or maybe singing about nothing at all! It's just a cute thing little ones often do. They just can't help themselves... and neither can you! Includes a trigger to help you enter trance quickly and easily when you hear me say "Let's take you down into trance"

Let's take you down into trance...

Very good... and from now on whenever you hear me say 'let's take you down into trance' and provided it is safe to do so, you can go into a nice, relaxing trance right away... feeling so good as you listen to my words and follow along...

And today, I'd like to tell you about something that silly little ones do... You may have noticed... you may even do this yourself... but I'll bet you didn't know just how common it is...

The truth is... little toddlers often make noises and sing their baby songs... yes... little toddlers often make silly little noises and sing their baby songs!

Little ones often like to sing, so everybody knows when they're happy and awake. Do you sing a theme song for whatever activity you're doing at that moment?

Can you remember a time when you felt... really happy... really silly... or really giggly and started to sing?

Sometimes when we are feeling little... or sometimes... just at random times throughout the day... we feel really good and really happy... and sometimes... we just have to sing... That's right... sometimes... we just have to sing! Because we're feeling so silly and giggly... that we can't help ourselves...

I'll bet you sing sometimes when you're happy... singing silly little made up songs as you go about your day... singing about what you are doing... or thinking... or singing about nothing at all...

Yes, even if you don't remember, I'll bet you often end up singing silly little songs... even if you don't realize it!

And for the rest of the day... you might just notice how often you find yourself singing silly little songs, like a happy, silly little!

Have fun, little singer!