



The Menopause Reset

5 Guided Visualisations for Empowerment, Balance & Inner Renewal

This powerful, done-for-you resource helps you support clients through the emotional, physical, and energetic shifts of perimenopause, menopause, and post-menopause.

Whether you're a hypnotherapist, coach, or wellness practitioner, *The Menopause Reset* gives you five beautifully written, professionally structured visualisation scripts that blend hypnotic language, NLP principles, and deep mind-body healing.

Each script follows a 5-part hypnotic framework (Induction, Deepening, Core Visualisation, Integration, Awakening) with **400+ words per section**, giving you rich, ready-to-record content for sessions, recordings, courses or client bonuses.

1 The Inner Flame: Cooling the Storm Within (*Perimenopause*)

🔥 *Support for hot flashes, night sweats, and emotional heat*

A deeply calming visualisation that helps regulate the nervous system, ease temperature fluctuations, and soothe the body from within.

2 Mood Alchemy: Turning Irritability Into Inner Ease (*Perimenopause*)

💧 *Emotional overwhelm, mood swings, anxiety*

This script gently guides clients to transmute emotional volatility into inner calm, building a new sense of emotional spaciousness and trust in their changing rhythms.

3 Sacred Sleep: Restoring the Rhythm of Rest (*Peri to Post*)

🌙 *Sleeplessness, hormonal insomnia, night waking*

This peaceful journey helps restore natural sleep cycles, reduce cortisol, and support restfulness—perfect for all phases where sleep becomes disrupted.

4 The Wise Body: Reconnecting with Your Changing Self (*Transitional/Body Image*)

💖 *Self-acceptance, body confidence, releasing shame*

Women are guided to honour the changes in their body, shift their inner narrative, and rebuild a nurturing, compassionate relationship with their physical self.

5 The Queen's Return: Embracing Post-Menopausal Power (*Post-Menopause*)

👑 *Empowerment, purpose, reclaiming feminine wisdom*

This visionary script helps women step into their next chapter with reverence, strength, and soul-aligned clarity. They become the guide, not just the seeker.

🌐 **Bonus Script: The Hormone Harmony Chamber** (*Can be used at any stage*)

A symbolic healing space to support hormonal balance, endocrine reset, and cellular peace.

Bonus Script: The Hormone Harmony Chamber

Theme: Hormonal balance, nervous system regulation, cellular recalibration

Tone: Restorative, deeply symbolic, healing

1. The Opening Induction – Relaxation & Focus

Find a space where you can let go—fully and safely.

Allow your body to settle into stillness, feeling supported by whatever surface cradles you. This is a moment for your nervous system to soften, for your breath to lengthen, and for your awareness to gently shift inward.

Take a slow, gentle inhale through your nose...

Hold it softly for a moment...

And then exhale fully, as if you're sighing out the entire day.

Let your shoulders drop.

Let your jaw unclench.

Let your belly expand naturally with the next breath in.

You're not here to fix anything.

You're not here to force balance.

You're here to return to your **natural rhythm**.

With every breath, begin to sense your body's innate intelligence awakening.

There are processes running within you—hormonal cycles, chemical messengers, cellular dialogues—that occur without your conscious input. They are always working for your healing, even when they feel out of rhythm.

Now, imagine that your breath is communicating directly with your body's **endocrine system**—the quiet network that governs hormones, stress response, temperature, sleep, cycles, and more.

Each inhale sends a wave of ease into that system.

Each exhale releases any tension or confusion it may have been holding.

And you might begin to notice...

That the act of simply slowing down is already beginning to change your inner chemistry.

Let's now gently scan your body—no judgment, just loving observation.

Start at the crown of your head.

Release any tension in your scalp, forehead, and temples.

Soften the muscles around your eyes.

Let your tongue fall from the roof of your mouth.

Breathe into your throat—the home of your thyroid, your voice, your truth.

Exhale through your heart—releasing pressure, making space.

Let your belly relax—no holding, no guarding, just breath.

Allow your hips to soften, your thighs to melt into support.

Down through your knees, your calves, and into your feet.

With each breath, the idea of “balance” becomes less of a concept, and more of a *sensation*.

You may even begin to wonder...

What would it feel like to stand in harmony with every system in my body—without needing to control it?

That question doesn't need an answer yet.

Let it linger, gently, as we now prepare to go deeper—into the chamber where harmony lives.

2. The Deepening – Engaging the Subconscious Mind

As your body continues to soften and your breath flows in a quiet rhythm, begin to imagine a **pathway forming beneath your feet**.

This isn't a forest trail or a beach walk. This is something more symbolic, more sacred.

The path is made of smooth, luminous stone, gently illuminated from within.

It curves slightly downward—not into darkness, but into depth.

You begin to walk slowly, step by step, with the feeling that something important awaits you below.

With each step, the outside world fades further.
Thoughts that once circled your mind begin to quiet.
The “what-ifs” and “should-haves” dissolve.
And all that remains... is *presence*.

Up ahead, the path opens into a great round chamber.
This is the **Hormone Harmony Chamber**—a sacred space built into the core of your subconscious.

As you enter, the first thing you notice is the *energy* here.
It’s not loud or dramatic. It’s still. Steady. Regulated.

The space is circular, symmetrical, and filled with soft light.
Perhaps it glows in hues of silver, rose, or golden amber—colours that feel both calming and vital.

In the center of the chamber is a large circular **crystal pool**, its surface undisturbed.

This pool is symbolic—it reflects your current hormonal state.
And without judgment, you observe it.

Perhaps the water is still. Perhaps it ripples slightly.
Perhaps it feels murky, fast-moving, or out of sync.

There is no wrong here.
Only *honesty*.

You kneel beside the pool.
And as you breathe, the water begins to mirror the rhythm of your breath.
Slowing.
Settling.
Synchronising.

Now, bring your awareness to **key areas** of your hormonal system.

- › Your hypothalamus—the master regulator
- › Your pituitary gland—the communicator
- › Your thyroid and adrenals—managers of energy, metabolism, and stress
- › Your ovaries, or their energetic memory—keepers of cycles and feminine chemistry

Feel these centres beginning to “tune in” to the frequency of this chamber.

No words needed.

Just presence.

Just breath.

Let yourself imagine that this space—this chamber—is upgrading your internal communication.

The messengers become clearer.

The signals stronger.

The receptors more open.

Confusion lifts.

Clarity flows in.

You're not *forcing* harmony.

You're **inviting** it.

And your body... is saying yes.

3. The Core Visualisation – Transformation & Experience

Now that you are grounded within the Hormone Harmony Chamber, and your energy has begun to synchronise with the stillness of the pool, it's time to activate your inner recalibration process.

Take a deep, steady breath, and as you exhale, imagine that a **soft sphere of light** begins to form above the pool.

This is no ordinary light.

It's a living intelligence—pure coherence, balance, and cellular memory.

It holds the original blueprint of your body's optimal hormonal flow.

Not perfection... but balance.

You watch as the light begins to lower—slowly—until it hovers just above your head.

And now, you invite it in.

As the sphere gently enters your crown, you feel it bringing with it a **frequency of harmony**.

A vibrational reminder of how good it feels to be regulated, rested, and clear.

This light moves down into your **hypothalamus**, the master regulator. You may feel a shift—like fog lifting, or signals becoming more precise. This is where balance begins.

From there, it flows into the **pituitary gland**, the bridge between brain and body.

It begins to smooth the messages, untangle confusion, and restore trust between your systems.

Now the light moves downward, gently dividing into two paths.

One flows to the **thyroid**—cooling any inflammation, waking any sluggishness, and inviting steadiness.

The other flows to your **adrenal glands**, those ever-alert guardians of stress.

The light tells them: *You don't have to be on high alert anymore.*

And they soften.

They release.

They rest.

You may feel a sensation of warmth or coolness as this happens.

Or just a wave of relief.

Finally, the light moves to your **ovaries**, or the energetic memory of them.

Whether they are still present physically or not, their wisdom remains.

And in this moment, they too receive the signal:

🌸 “You are not broken.”

🌸 “You are transitioning.”

🌸 “And you are deeply supported.”

You now picture all of these centres lighting up—softly, in perfect rhythm.

They're no longer out of sync.

They are **communicating**, effortlessly and fluidly.

This is your inner orchestra re-learning how to play together.

Not from force.

But from memory.

You don't need to understand every hormone.
You don't need to track every fluctuation.
You only need to know: your body knows the way.

Now imagine the crystal pool before you is beginning to reflect this shift.
The water becomes clearer.
Still.
Peaceful.

You have returned coherence to your system.
And your body... is grateful.

Let's now move into **integration**, so this balance becomes not just a visualisation—but your new internal reality.

4. The Integration – Reinforcing Change

The recalibration is complete.
Your endocrine system has been soothed, aligned, and reminded of its natural rhythm.

Now we seal this shift.
Not just in your mind... but in your body, your energy, your everyday experience.

Let your breath continue in a slow, steady rhythm.
It no longer needs to be controlled—it flows on its own, in harmony with the new internal signals now echoing through your system.

Let's reinforce this harmony through **anchoring**.

Begin by placing your hands—real or imagined—on your **lower belly**.
This is the seat of your inner wisdom, the base of your hormonal temple.

Now say quietly to yourself:

- 🌿 “My body knows what to do.”
- 🌿 “Balance is returning.”
- 🌿 “I honour the messages within.”

Feel these words travel down into your endocrine system like gentle instructions, layered with care.

Now shift your hands to your **chest**, over your heart space.
Here, you anchor the emotional truth:

🌀 “I am allowed to rest.”

🌀 “I am not behind.”

🌀 “This phase of life brings me into deeper alignment.”

Now bring awareness to the **back of your neck**—the gateway between thought and feeling, intuition and expression.

Let the energy you've summoned today circle through your system again—this time in a smooth, complete loop.

From brain to body.

From stress to softness.

From chaos to calm.

This is **integration**.

Picture this loop flowing in the shape of the infinity symbol—unending, balanced, free.

Now visualise yourself rising from the chamber—not hurried, not dazed—but with deep **presence**.

You move through life now with an updated internal program—your hormones are no longer resisting the changes... they are responding to your leadership.

Future moments may still bring waves—fatigue, tension, fog—but something in you will remember this moment.

This peace.

This *clarity*.

You now trust your body to find balance.

And your body trusts *you* to listen.

Let this partnership settle into your subconscious mind.

Your breath, your posture, your thoughts... all begin to align with this new way of being.

From here, we gently prepare to return—bringing this harmony with us, and locking in the transformation.

5. The Awakening – Returning with Lasting Change

Now, as you prepare to return from the Hormone Harmony Chamber, know this:

You are leaving the chamber...
but the **chamber remains within you.**

It is now a part of your subconscious landscape—available to return to at any moment.

Whenever you feel overwhelmed... out of rhythm... disconnected from your body's intelligence—

This place will call you back.

Begin to bring soft awareness to the edges of your physical body.

Feel the breath deepening naturally.

The energy within is no longer scattered.

It's steady.

It's serene.

It's **sovereign.**

Let your awareness rest on a few final affirmations—anchors for your waking life:

🌸 "I trust my body to find its rhythm."

🌸 "My hormones are responding to safety and presence."

🌸 "I lead with compassion, not control."

Now imagine yourself stepping back onto the luminous path that led you here.

Only now, you walk differently.

There is a fluidity in your step.

A calm in your mind.

A quiet confidence in your heart.

Your systems are not perfect.

They are *alive*.

And they are listening to the leadership you just provided.

You begin to walk upward now, back toward the light of waking life—still carrying the essence of this chamber within.

And in a moment, I will count from **1 to 5** to bring you back fully, gently, with clarity and ease.

- 1** – Awareness returning to your breath and body
- 2** – Feeling supported and steady
- 3** – Bringing this new balance into your everyday life
- 4** – A deep breath in... and a long, peaceful exhale
- 5** – Eyes open or gently blinking, awake, aligned, and hormonally empowered

You have returned.

Your body has heard you.

✦ And balance... is on its way.