



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

This script can be used in a few different ways and it does a few different things!

- You can use it as a full session!
 - Clients LOVE it!
- You can use part of it as just a deepener.

This script works with association, anchoring & triggering.

Just like a smell or a song can take you back to a memory or a specific time, so to can other things. A touch, a word, the look someone gives you. We can be anchored & triggered by just about anything and when we get the trigger it sends our mind in a direction. This script utilizes that principal with color. Each color is associated with different positive benefits. When a person's subconscious encounters the color it triggers. Since everywhere we go we are encountering colors it helps these benefits to be continually active.

I have also found that this script works well with positive affirmations and cleans, clears & realigns the chakras too! Added bonus right!?



A Rainbow of Benefits

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Full Session Script

Start with the induction of your choice or just go right into script. It acts as it's own induction/deepener for most clients.

I want you to imagine that you're at the top of grey stone steps. Perhaps these grey stone steps are like the kind of grey stone steps you would find at a beautiful castle. These grey stone steps are safe and sturdy and you can go down them easily and we will do so in a moment.

Now with each and every step you go down you will bring yourself deeper into relaxation. More relaxed with each progressive step you go down.

By the time you get to the last step you will be in a very profound state of relaxation & hypnotic sleep that is so comfortable and peaceful.

Just allow your unconscious mind to open more and more and accept all of the positive suggestions that I will give that are for your benefit.

Take the first step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up a rich scarlet red!

Feel the warm loving energy move through the bottoms of your feet, feel the energy travel up your body, for a moment feel a gentle loving tingle at the base of your spine as it passes your root. Feel that loving red energy move all the way through you and out the top of your head.



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

This energy nurtures you and gives you a sense of understanding. It helps you to love yourself and release any anger or upset that you might have felt.

This red energy releases any sense of greed, over-indulgence, self-centeredness that you might have been the victim of or have personally experienced.

From now on when you see Red it reminds you of love. Think of all the love you have for the people in your life, Think of their love for you. Red reminds you that you have love to give and love to receive. Red reminds you that love is your divine true nature and that you experience it openly and freely.

Feel the energy of love move in you, on you and through you. See the color red in your mind's eye and know that every time from this day forward that you see the color red you will feel loved and cherished and it will remind you that love is a true part of your life and you are experiencing it in many ways.

As the red loving energy moves through you and you relax 50 times deeper, feel a sense of alignment, of being grounded, of being balanced.

Breathe down into where the weight of your body rests, below the base of your spine -- to your root -- This is your Chakra of Belonging. Breathe into your Root. Let it soften, relax and gently expand on your breath, Taking in nourishment, life force energy and love.

Allow your root to connect down, down to the ground below, deep into the earth. Let the Red colored energy grow bright and strong within you. Feel yourself becoming more empowered, and centered in the "here and now" and then "seat of love's pure light.



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

Say these phrases out loud or in your mind as I say them to you now: “I am here” “I have a right to be here, as I am” “I am supported and loved” “I experience love daily in many different ways.” “Every day I promise to love myself more and experience my own self love.”

Good, relax deeper.

Take the second step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up vibrant tangerine orange!

Feel the stable and secure energy move through the bottoms of your feet, feel the energy travel up your body, feel the surge of energy moving up your spine, tingling strong in your lower abdomen. Feel that safe, balanced, knowing orange energy moving all the way through you and out the top of your head.

This energy soothes you and you can feel your doubts and past imagined hurts evaporate as your body receives the empowering healing knowledge from the orange energy.

The orange energy renews your confidence and creative energies, it bolsters up your courage.

From now on when you see Orange it reminds you that you are safe, secure & supported. Orange reminds you that everything is in divine order and that all is well. Everything is happening exactly as it is supposed to, with hidden blessings you will soon understand. You are being taken care of.

Feel the energy of this security and strength move in you, on you and through you. See the color orange in your minds eye and know that



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

every time from this day forward that you see the color orange you will feel safe, secure & supported and it will remind you that all is well, there is no other way it can be and that all is working out for your good, even if you can't see it yet, you will.

As the orange energy moves through you and you relax deeper, feel & know that you have courage and support to do anything you chose to do.

When you are ready, allow your awareness to move up to your belly, just below your navel -- to your Sacral Chakra -- Your chakra of emotional intelligence, choice, creativity, movement and pleasure.

Breath into your orange Sacral Chakra. Let it soften and expand on your breath, taking in nourishment and life force energy. Let the Orange colored energy, the color of the setting sun, grow bright and strong within you. Feel yourself becoming balanced, empowered and motivated.

Say these phrases out loud or in your mind as I say them to you now: "I honour my needs" "I allow myself to be nourished" "I know that everything is working out for me" "I understand that I am safe, secure and supported and all is well".

Good, relax deeper.

Take the third step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up vibrant canary yellow!

Feel the tingly, bubbly, joyful energy move through the bottoms of your feet, feel the energy travel up your body, for a moment feel the happy, joy filled, positive energy tickle at your navel and below your



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

breast bone as it passes your Solar Plexus and it washes away any feelings of being over sensitive or inferior. Feel that positive yellow energy move all the way through you and out the top of your head.

This energy nurtures you and increases your sense of personal power, anchoring your newfound trust, totally in your gut feeling and balancing you with joy.

From now on when you see Yellow it reminds you of joy, fun and happiness. Think of all the good times you've had in your life, remember people in your life who make you smile, laugh and who just light up your life!

Yellow reminds you that life is meant to be fun and enjoyed. Life is too short and you are to experience it to the fullest. Let yellow fill your heart and mind with funny thoughts and laughter. There is so much that is positive in this world and every day in every way you are looking for it and seeking it out. There is something good in everyone and everything, including you and you are realizing that more and more.

Feel the energy of positivity, joy and happiness move in you, on you and through you. See the color yellow in your mind's eye and know that every time from this day forward that you see the color yellow you will feel happy, you will feel great and positive, looking forward towards what is good and possible. Yellow will remind you that happiness is a true part of your life and you are experiencing joy in many ways.

As the yellow positive energy moves through you and you relax deeper, you feel a sense of personal power and contentment.



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

When you are ready move your awareness and breath up to the soft area at your navel and below your breastbone to your Solar Plexus Chakra -- This is your chakra of personal power and joy.

Breathe into here, allowing your solar plexus to soften and expand on your breath. Invite the Yellow energy light, the color of sunshine. Bathe yourself with sunshine, replenishing, restoring, nurturing.

Say these phrases out loud or in your mind as I say them to you now: "I am enough" "I am worth my weight in gold" "I can be happy and I choose to be happy now" "I seek joy and I look for and turn towards the positive"

Good, relax deeper.

Take the fourth step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up green, a bright rich green, like beautiful healthy leaves on a sturdy tree!

Feel the healing energy move through the bottoms of your feet, feel the energy travel up your body, for a moment feel a healthy and whole energy tingle and fill your heart. Feel that loving and healing green energy move all the way through you and out the top of your head.

This energy nurtures you and gives you a sense of understanding which opens you up to seeing yourself as happy, healthy and whole. Open to a love of life, as you promise to allow yourself to be loved by yourself and others. To hold your health and wellness in pure positive possibility.

All the walls that are around your heart that block your healing and love are dissolving and you feel a deeper, more loving, healthy feeling flowing into your heart area. Feel that healthy loving energy tingle up



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

and down your spine and settle in your heart and mind. Knowing you are a complete being.

This green energy releases your natural ability to heal yourself. Your unconscious mind knows what to do to heal you, allow it to do so in it's perfect time and way. Hold your healing in perfect possibility and see yourself only as happy, healthy and whole.

From now on when you see green it reminds you that your health and wellness is of highest priority. Green reminds you that you can heal, transform and release any hurt or heartache.

Green also reminds you of gratitude, it reminds you to count your blessings. For the more you are grateful the more you will have to be grateful for. See all the blessings in your life and be thankful for them. Feel the energy of health and love move in you, on you and through you. See the color green in your mind's eye and know that every time from this day forward that you see the color green you will see yourself as happy, healthy and whole and you will be grateful for all you have and are capable of.

As the green healing energy moves through you and you relax deeper, feel a sense of wellness and wholeness more complete and full than you've ever felt and know that you are already well.

Bring your breath and awareness up to the center of your chest, to your heart. This is the chakra of self-development and unconditional wellness and love.

Gently breathe into your Heart center, letting it soften and expand on your breath. Invite the green energy, the color of new beginnings and springtime, flowering with pink flower buds of life. Nourish yourself and heart with renewal, healing and let your heart feel the wholeness.



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

Say these phrases out loud or in your mind as I say them to you now: “I am greatly loved” “I allow myself to give and receive freely” “I am nourished by the power of healing love” “I see myself only as happy, healthy and whole”.

Good, relax deeper.

Take the fifth step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up the most beautiful electric blue!

Feel the encouraging energy move through the bottoms of your feet, feel the energy surge with tingles up and down your body, feel this energy move into the back of your neck, through and around the throat, in and out of your ears, across your eyes and across your nose. Feel it move all the way through you and out the top of your head.

Feel that electric blue energy clear, wash away and dissolve all deceptions, all manipulations that you might have known, untruths that have been perpetuated on you.

Let this blue energy connect you to inner true feelings, higher thoughts, and a new found sense of expression.

There, within you, is an inner-knowing, guiding your words, and your thoughts and from now on you can speak your truth openly and honestly to yourself and others.

From now on when you see the color blue it reminds you that you can and will communicate to yourself and others openly, honestly and effectively. Your thoughts and feelings will be honored and you



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

respect yourself to express yourself in positive healthy ways. You set healthy boundaries and are the gatekeeper of your life.

Blue reminds you that you are a creative soul who has the ability to clearly, intend, manifest and create your life the way that is pleasing.

Blue also reminds you of water. Whenever you see water, hear water or touch water either inside of you or outside of you it allows you to feel calm, peaceful and go with the flow and let go.

Feel the energy of clear self expression and creation move in you, on you and through you. See the color blue in your mind's eye and know that every time from this day forward that you see the color blue you will know that you are capable of creating and doing anything and know that you will be able to be open, honest and effective within your life.

As the electric blue clearing energy moves through you and you relax deeper, feel yourself open to honoring your feelings and thoughts and being able to create your amazing life now!

Breath into your throat chakra, the chakra of self-expression and personal will.

Allow your throat center to soften, expand and breathe . . . Invite the electric blue energy, the color of the sky. Breathe the sky into your throat center, clearing, opening, softening the need for control, freeing self-expression and creativity.

Say these phrases out loud or in your mind as I say them to you now:

“I hear and speak my truth” “I express myself freely” “I allow myself to go with the flow of life, I am flowing and rejuvenating like water”



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

Good, relax deeper.

Take the sixth step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up a radiant royal purple!

Feel the soft pulsating energy move through the bottoms of your feet, feel the energy travel up your body, the purple energy brightens at your brow above and between your eyes. Feel that energy move all the way through you and out the top of your head.

This energy gently and effortlessly opens you to your inner-beauty and shows itself to you, opening like a flower with glorifying feelings and a connection to the outer world and beyond.

This purple energy grants you the knowledge and understanding that you are a being of light and love and those that you meet, will see you as a warm, gentle and loving person. Every day in every way you are becoming more and more the being you were born to be.

The gentle purple pulsating glow washes away all deep hidden fears, all doubts about what could or would happen to you in your future life. It cleans and clears worries that rob you of the beauty of the now moment and your beautiful future.

From now on when you see Purple it reminds you that you are beautiful. You are a beautiful person inside and out. Every day you are noticing more and more things about yourself that you like and love. You are noticing that about others too.

Everyone and everything and every situation has beauty about it. You are looking for that glorious beauty in life and you are finding it more



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

and more. You are appreciated more and gaining the attractive lesions that are always there for you within everything.

See the color purple in your mind's eye and know that every time from this day forward that you see the color purple you will feel beautiful from the inside out. It will enhance within you a knowing, a deep understanding, that you have a divine purpose. You will also know that no person or event can block you or keep you from achieving anything you set your mind to.

As the beautiful purple energy moves through you and you relax deeper, feel the light of love, belief, and understanding instill itself in your very core and being. It elevates you to and reminds you that you are a divine person with a destiny special and individual only to you.

Turn your focus up to your forehead - between your eyebrows - to your third eye chakra, the chakra of wisdom and intuition and beauty and balance, gently allowing it to soften, expand, and breathe.

Invite the radiant purple energy - the velvety color of the night sky. Bathe yourself with this energetic light, soothing, balancing, bringing clarity, insight and understanding.

Say these phrases out loud or in your mind as I say them to you now: "Everything is unfolding as it should" "I am a beautiful soul" "There is beauty all around me and I'm recognizing it everywhere"

Good, relax deeper.

Take the seventh step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up with all the colors glowing together in a rainbow of light!



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

Sparkling, shimmering, powerful, effervescing!! Watch as the colors merge and become one, a golden white, glorifying radiating light!

Feel the energizing, youthful, happy & clear energy move through the bottoms of your feet, feel the energy travel up your body, Feel that loving golden white energy move all the way through you and out the top of your head and settle a few inches above the top of your head.

Feel that beautiful healing light on the top of your head, like warm sunshine washing over you, healing you, loving you and bringing you balance and peace.

From now on when you see the colors of Gold or White it reminds you that you are loved and cherished as a beloved child of God. It reminds you that you are held in the embrace of the universe. It instills in you the truth that you are positively perfect and were created to be you. Specifically you.

It will remind you that out of this incomprehensible vastness of time and space of the great universe there is only one you. You are special, known by name and you do matter. You matter, always have and always will. You have a divine right to be here and you have a purpose that is special only to you. You are unconditionally and eternally loved. There is nothing that you could do or say that would separate you from that love or your destiny and you are destined for greatness. Your future is bright, good, prosperous and abundant in all areas.

Every time you see Gold or white it reminds you to always look forward and move forward with radical action into the future you desire and choose. See the colors Gold and white in your minds eye and know that every time from this day forward that you see these colors you will feel this eternal love and motivation to move forward into your amazing life now!



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

Seeing the colors of Gold and White reminds you that you truly are a miracle and a wonder! Wonderful, wonderful, fortunate you, This is the year that your dreams come true! This is the year that your ship come in; This is the year you find wisdom (god) within. This is the year you are glad to live; This is the year you have much to give. This is the year when you know the Truth; This is the year when you find new youth. This is the year that brings happiness; This is the year you will live to bless. Wonderful, wonderful, fortunate you, This is the year that your dreams come true! (poem by Russell Kemp)

This is my prayer for you; Let this be your own vision of you and your life this coming year and every day and for the rest of your life!

As the golden white energy moves through you and you relax deeper, feel a sense of alignment, of being grounded, of being balanced and loved, feel yourself opening up to become the being you were born to be. Be Empowered! Be Empowered Now!

Breath in this beautiful light, allow it to brighten and get stronger-- this is your Crown -- This is your Chakra of higher self, divinity, “oneness” and empowerment. Let it soften, relax and gently expand on your breath, Taking in nourishment, life force energy and love.

Focus on that beautiful light of healing golden white energy. Gently invite in the light letting it softly baith your crown, balancing, restoring, harmonising. Watch the light strengthen and grow as it glows bright.

Say these phrases out loud or in your mind as I say them to you now:

“I am one with the Universe” “I am eternally and unconditionally loved and cherished” “I am a living, breathing miracle” “I am one with the whole” “I am wonderful and fortunate and I am moving forward with motivation and love” “I am perfect just as I am” “everyday in every way my life is getting better and better”.



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

Allow the energy of the words to bathe your body, mind, emotions, spirit.

Good, relax deeper.

In your own time, become aware of the air on the surface of your body. The sounds around you, near and in the distance.

Close your chakra energy centers down a little - just having the intention is enough. Become aware of the support beneath you. Notice how you feel. Hold yourself with loving kindness, for the beautiful, unique being that you are.

Your journey down the rainbow steps have given you energy, balance and wonderful benefits of great value. From now on whenever you see any of these colors around you it will remind you of the positive benefits and feelings gained here today.

Every day these positive gifts will become better and better for you and you will consciously notice their positive impact on your life now.

In a moment we will return to the present. Turn around, notice that you are at the bottom of the staircase. Look up the rainbow steps -- see the colors, Golden white, purple, blue, green, yellow, orange and red at the top.

At the top of the staircase is a state of alertness, awareness and calm where you will feel so amazing and empowered! Begin now to feel an energy begin to move through the bottoms of your feet and as we go up the steps you will feel yourself becoming more physically present in your body.



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

As we go up the steps you will walk away and let go of what isn't serving you and you will integrate all your new positive learnings, lessons, teachings and positive benefits and values gained here now.

As we go up the steps you will orientate back to your environment. When we reach the top step you will be fully awake, alert, aware, oriented, calm and feeling better and better. You will be ready to complete your usual daily activities and maintain a feeling of motivated calm.

Proceed up the staircase, moving higher up the first step. . . becoming more physically present in your body . . . moving higher and away from what doesn't serve you one step at a time . . . Move a step higher, orienting more quickly . . . Reaching the middle of the staircase, becoming more and more alert . . . Stepping up higher integrating all the positive learnings lessons and teachings . . . Remembering that whenever you see any of these colors around you it will remind you of the positive benefits and feelings gained here today . . . Another step up, and another, nearing the top . . . A few more steps, take the last few steps up to the top of the staircase, reaching the top . . . Take a deep breath . . . Open your eyes . . . and exhale . . . feeling awake, alert, oriented and calm.

Abridged Version Used As A Quick Deepener

After you use the induction of your choice you can use this as a deepener. Many of us use the counting down of the steps to deepen a client. While that is good and I like it, I like using this as it does deepen them, but for me it's not as boring and it adds in a bit more for the client.



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

I want you to imagine that you're at the top of grey stone steps. Perhaps these grey stone steps are like the kind of grey stone steps you would find at a beautiful castle. These grey stone steps are safe and sturdy and you can go down them easily and we will do so in a moment.

Now with each and every step you go down you will bring yourself deeper into relaxation. More relaxed with each progressive step you go down.

By the time you get to the last step you will be in a very profound state of relaxation & hypnotic sleep that is so comfortable and peaceful.

Just allow your unconscious mind to open more and more and accept all of the positive suggestions that I will give that are for your benefit.

Take the first step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up a rich scarlet red!

From now on when you see Red it reminds you of love. Think of all the love you have for the people in your life, Think of their love for you. Red reminds you that you have love to give and love to receive. Red reminds you that love is your divine true nature and that you experience it openly and freely. From this day forward, when you see the color red you will feel loved and cherished and it will remind you that love is a true part of your life and you are experiencing it in many ways.

Good, relax deeper.



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

Take the second step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up vibrant tangerine orange!

From now on when you see Orange it reminds you that you are safe, secure & supported. Orange reminds you that everything is in divine order and that all is well. Everything is happening exactly as it is supposed to, with hidden blessings you will soon understand. You are being taken care of. From this day forward, when you see the color orange you will feel safe, secure & supported and it will remind you that all is well, there is no other way it can be and that all is working out for your good, even if you can't see it yet, you will.

Good, relax deeper.

Take the third step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up vibrant canary yellow!

Feel the tingly, bubbly, joyful energy move through the bottoms of your feet, feel the energy travel up your body, for a moment feel the happy, joy filled, positive energy tickle at your navel and below your breast bone as it passes your Solar Plexus and it washes away any feelings of being over sensitive or inferior. Feel that positive yellow energy move all the way through you and out the top of your head. From now on when you see Yellow it reminds you of joy, fun and happiness. Think of all the good times you've had in your life, remember people in your life who make you smile, laugh and who just light up your life!

Good, relax deeper.

Take the fourth step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up green, a bright rich green, like beautiful healthy leaves on a sturdy tree!



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

Feel the healing energy move through the bottoms of your feet, feel the energy travel up your body, for a moment feel a healthy and whole energy tingle and fill your heart. Feel that loving and healing green energy move all the way through you and out the top of your head. From now on when you see green it reminds you that your health and wellness is of highest priority. Green reminds you that you can heal, transform and release any hurt or heartache. Green reminds you to count your blessings. From this day forward, when you see the color green you will see yourself as happy, healthy and whole and you will be grateful for all you have and are capable of.

Good, relax deeper.

Take the fifth step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up the most beautiful electric blue!

Feel the encouraging energy move through the bottoms of your feet, feel the energy surge with tingles up and down your body, feel this energy move into the back of your neck, through and around the throat, in and out of your ears, across your eyes and across your nose. Feel it move all the way through you and out the top of your head. Blue it reminds you that you can and will communicate to yourself and others openly, honestly and effectively. Your thoughts and feelings will be honored and you respect yourself to express yourself in positive healthy ways. You set healthy boundaries and are the gatekeeper of your life.

Blue reminds you that you are a creative soul who has the ability to clearly, intend, manifest and create your life the way that is pleasing. Blue also reminds you of water. Whenever you see water, hear water or touch water either inside of you or outside of you it allows you to feel calm, peaceful and go with the flow and let go. From this day forward, when you see the color blue you will know that you are



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

capable of creating and doing anything and know that you will be able to be open, honest and effective within your life.

Good, relax deeper.

Take the sixth step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up a radiant royal purple!

Feel the soft pulsating energy move through the bottoms of your feet, feel the energy travel up your body, the purple energy brightens at your brow above and between your eyes. Feel that energy move all the way through you and out the top of your head. You are a beautiful person inside and out. Every day you are noticing more and more things about yourself that you like and love. You are noticing that about others too. Everyone and everything and every situation has beauty about it. From this day forward, when you see the color purple you will feel beautiful from the inside out. It will enhance within you a knowing, a deep understanding, that you have a divine purpose. You will also know that no person or event can block you or keep you from achieving anything you set your mind to.

Good, relax deeper.

Take the seventh step down and allow yourself to relax deeper. Notice that as your foot touches the grey stone step it lights up with all the colors glowing together in a rainbow of light!

Sparkling, shimmering, powerful, effervescing!! Watch as the colors merge and become one, a golden white, glorifying radiating light! From now on when you see the colors of Gold or White it reminds you that you are loved and cherished as a beloved child of God. It reminds you that you are held in the embrace of the universe. It instills in you the truth that you are positively perfect and were created to be you.



A Rainbow of Benefits

Mark D. Lakowske CTC® CMHT®

Specifically you. You are special, known by name and you do matter. You matter, always have and always will. Look forward and move forward with radical action into the future you desire and choose. See the colors Gold and white in your minds eye and know that every time from this day forward that you see these colors you will feel this eternal love and motivation to move forward into your amazing life now!

Good, relax deeper as you go deeper and deeper and deeper still.

That's right.