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Signs of Trance

Instructions to hypnotist

There are several outward signs of trance that can be observed in all subjects. These signs can not be simulated by the subject. The subject will exhibit at least one, and in many cases, multiple signs.

Body warmth

Many subjects note a distinct change in body temperature. Many subjects feel cold, and others feel warm. This is attributed to the lower pulse rate and extreme relaxation of the subject.

Fluttering eyelids (R. E. M.)

Virtually all subjects in trance exhibit a 'fluttering of eyelids'. The subject is actually in R. E. M. state. (Rapid Eye Movement)

Reddening of the eyes

All subjects will demonstrate a reddening of the eyes once they've entered trance. This phenomenon is attributed to the relaxation of the muscles in the eyes of the subject, allowing a greater flow of blood through the veins.

Increased lacrimation

Many subjects, upon entering trance, will exhibit an increased 'tearing of the eyes.' This is attributed to the relaxation of the muscles surrounding the tear ducts.

Eyes rolling back

Many subjects, upon entering trance, will experience their eyes rolling back in their head. It will appear as if the subject is looking up through the top of his head.

Exercises

Relaxation Method I

Spoken to the subject

Turn loose now, relax. Let a good, pleasant feeling come all across your body. Let every muscle and every nerve grow so loose and so limp and so relaxed. Arms limp now, just like a rag doll. That's good.

Now, send a pleasant wave of relaxation over your entire body, from the top of your head to the tips of your toes. Just let every muscle and nerve grow loose and limp and relaxed. You are feeling more relaxed with each easy breath that you take.

Droopy, drowsy and sleepy. So calm and so relaxed. You're relaxing more with each easy beat of your heart ... with each easy breath that you take ... with each sound that you hear.

Relaxation Method II

Spoken to the subject

Your arms are loose and limp, just like a rag doll. As I raise your hand, just let all of the weight hang limply in my fingers. An when I drop it, send a wave of relaxation all across your body. As you feel you hand touch your body, send that wave of relaxation from the top of your head all the way down to the very tips of your toes.

And as you do, you find that you double your previous level of relaxation.

Now, once again, with the other hand. (Repeat with other hand)

Staircase Method

Spoken to the subject

In a moment I'm going to relax you more completely. In a moment I'm going to begin counting backwards from 10 to 1.

The moment I say the number 10 you will allow your eyelids to remain closed. The moment I say the number 10, you will, in your minds eye, see yourself at the top of a small set of stairs.

The moment I say the number 9, and each additional number, you will simply move down those stairs relaxing more completely. At the base of the stairs is a large feather bed, with a comfortable feather pillow.

The moment I say the number one you will simply sink into that bed, resting your head on that feather pillow.

Number 10, eyes closed at the top of those stairs. Ten ...

Nine, relaxing and letting go. Nine ...

Eight, sinking into a more comfortable, calm, peaceful position ...

Seven

Six ... going way down ...

Five ... moving down those stairs, relaxing more completely.

Four ...

Three ... breathe in deeply ...

Two ... On the next number, number one, simply sinking into that bed, becoming more calm, more peaceful, more relaxed ...

One ... Sinking into that feather bed, let every muscle go limp and loose as you sink into a more calm, peaceful state of relaxation.

Stiff Arm Method

Spoken to the subject

Raise and stiffen you arm. Make a fist. (Help subject achieve this position, then let go) That's good. Just like a steel bar, stiff and powerful. So stiff and rigid and so powerful that the more you try to lower or bend your arm, the stiffer and tighter it becomes. Try to lower or bend your arm and find it locking stiff; stiff and rigid. The harder you try, the stiffer it becomes.

That's fine. When I touch your forehead, your arm drops limply down and you go deeper in sleep. (Tap forehead)

Inductions

Arm-Drop Method

Instructions to Hypnotist

The subject is asked to raise an arm so that the hand is slightly above the head and given suggestions. There are a number of aspects of this induction which are worthy of special notice. First, the arm is placed in such a position that fatigue will eventually bring it down. The downward movement is tied into going "down" into a "deep state of relaxation." The harder the individual keeps fighting to hold it up, the more he is committed to the proposition implied by the statement that, "You will not go into a deep state of relaxation until the arm is all the way down." This means, of course, that, "You will go into such a state when the arm comes all the way down."

Spoken to subject

(Have subject raise arm so that hand is slightly above head) Stare at one of the fingers, either the index or the middle finger. You may continue to look at it, or, if you wish, close your eyes and visualize it in your mind's eye. As you fixate your gaze on it you will notice that the other fingers tend to fade out of focus and that your entire arm begins to feel heavier and heavier. The longer you concentrate on that finger the heavier and heavier your arm becomes. But you will not go into a deep state of relaxation until the arm has come all the way down. Keep concentrating on that finger while the arm gets heavier and heavier and heavier. (When downward movement become apparent) Notice that as the arm is getting heavier it is slowly coming down, down, down. But you will not relax into a deep and profound state of relaxation until the arm is all the way down. Going down, down, down, deeper, deeper, deeper. (Continue deepening comments: The suggestions must be timed with the actual movement of the arm)

Arm Levitation Method I

Instructions to hypnotist

This induction (or deepening) technique requires that the hypnotist gauge the pace of the suggestions to the response of the subject.

Spoken to the subject

I'm going to count from one up to twenty. As I do, a light, easy, pleasant feeling moves into your right hand and into your right arm. As I continue counting, that feeling grows stronger and stronger. Soon you'll feel the first slight movement of your fingers, a twitching of the muscles. (At this point, grasp the subject's arm and demonstrate how it will move as you continue with the following suggestions). Then your hand begins to lift. Your arm begins to lift. It continues moving, lifting, and rising until it comes to rest upon your body.

Now when you feel the movement in your hand and in your arm, don't try to resist. You could resist if you chose to, that is not why you are here. Just let your subconscious mind do its perfect work. All right, now we are ready to begin.

Number One - The first light, easy sensation moves into the fingertips of your right hand.

Number Two - The feeling is spreading around beneath the fingernails.

Number Three - It is moving up to the first joint of the fingers.

Number Four - Spreading to the large knuckle across the back of the hand.

Number Five - the first slight movements begin to start taking place. Slight movements of the fingers, a twitching of the muscles.

Number Six - The light sensation spreads all across the back of your hand.

Number Seven - Spreading over and into your thumb.

Number Eight - Moving now all through the palm of your hand.

Number Nine - The light sensation spreads up and into your wrist. Think of your left hand now. You'll see by comparison, your left hand is beginning to feel very, very heavy.

While on Number Ten your right hand grows lighter and lighter with each number I count; just as light as a feather floating in the breeze and even lighter. As light as a gas-filled balloon. Just as a gas-filled balloon will rise and float towards the ceiling, in the same way, by the time I reach the count of twenty, your right hand is moving, lifting, rising and floating.

Number Eleven - The light sensation has moved beyond your wrist now, spreading into your forearm.

Number Twelve, Thirteen - Once again, think of your left hand. Your left hand has grown so heavy, it feels as though it were made of marble or stone.

Number Fourteen - That light sensation is spreading up toward your elbow.

Now on Fifteen - From the fingertips all the way up to the elbow your hand has grown light, light and free. It's beginning to lift. It's moving, lifting, rising and floating.

(At this point, if the hand is not moving, gently lift the hand to get it started)

All right, Sixteen - Now your arm is moving and lifting and rising. And as your arm is lifting, you're going deeper and deeper into hypnosis.

Seventeen - Your hand continues moving, lifting and rising now until it comes to rest over on your body.

Eighteen - Moving, lifting, rising, floating. Right on over now and when your hand comes to rest upon your body, at that time your eyelids lock tightly closed. Your eyelids lock so tightly closed at that point, the more you try to open them the tighter they're locking closed.

Nineteen - Your hand is getting ready to come down and rest upon your body.

Twenty - Now your hand has come to rest upon your body and at the same time, your eyelids are locked so tightly closed, the more you try to open your eyelids the tighter they are locking closed.

That's fine, stop trying and go deeper into trance.

Arm Levitation Method II

Spoken to the subject

As soon as you are ready to go into a deep hypnotic state, you will close your eyes and begin inhaling deeply and exhaling slowly ... (Pause and observe a moment)

Breathing deeply and slowly brings more oxygen into your system, and each time you exhale your body keeps relaxing more and more ...

Each time you inhale and exhale you can become more aware of the natural rhythms of your body and the feelings of comfort that develop ... (Pause)

As you continue sitting there, you will find yourself becoming more relaxed and comfortable ...

Can you feel even more comfortable letting your hands rest very gently on the arms of the chair? (Pause until subject's arms and hands are on the arms of the chair)

That's good ... just have your hands barely touching the arms of the chair ... notice that your hands can rest so lightly that your fingertips are barely touching the arms of the chair ...

You're doing good ... as your hands are resting and lightly touching the arms of the chair, do you notice that they tend to lift up a little bit all by themselves with each breath you take?

Does it seem like they keep feeling lighter and lighter so that they are now lifting up easily toward your face as the rest of your body continues relaxing ... (Pause, and give hands time to begin lifting)

As that continues on, does one hand or the other or maybe both continue lifting even more? (Pause)

It's really interesting the way that hand continues feeling lighter, and keeps lifting up toward your face without any conscious effort ...

As that hand keeps lifting toward your face, does the other hand want to keep lifting and catch up, or does the other hand want to rest lightly on the arm of the chair?

Does that hand keep lifting up toward your face smoothly, or does it want to lift with slight jerking movements?

It may want to lift more quickly ... or more slowly as it gets closer to your face ... and it may need to pause briefly before it finally touches your face, so you will know you are going into a really deep hypnotic trance ...

And your hand will not touch your face until your subconscious mind is really ready for you to go into a deep hypnotic trance ...

When your hand touches your face, you will take a real deep breath as you relax and experience yourself going into a much deeper, more peaceful hypnotic trance ...

(Note: continue with suggestions of that type until hand touches the face. After hand touches the face, proceed with the following suggestions:)

You may not even notice yourself going into an even deeper hypnotic trance as your hand slowly returns to the arm of the chair all by itself ...

Association Method

Spoken to the subject

You can close your eyes now ... And begin breathing deeply and slowly ... Before you let go completely, and go into a deep hypnotic state, just let yourself listen carefully to everything I say to you ...

It's going to happen automatically ... So you don't need to think about that now ... And you will have no conscious control over what happens ...

The muscles in and around your eyes will relax all by themselves as you continue breathing ... Easily and freely ...

Without thinking about it, you will soon enter a deep, peaceful, hypnotic trance, without any effort ... There is nothing important for your conscious mind to do ...

There is nothing really important except the activities of your subconscious mind ... And that can be just as automatic as dreaming ... And you know how easily you can forget your dreams when you awaken ...

You are responding very good. Without noticing it, you have already altered your rate of breathing ... You are breathing much more easily and freely ... And you are revealing signs that indicate you are beginning to drift into a hypnotic trance ...

You can really enjoy relaxing more and more, and your subconscious mind will listen to each word I say ... And it keeps becoming less important for you to consciously listen to my voice ...

Your subconscious mind can hear even if I whisper ...

You are continuing to drift into a more detached state as you examine privately in your own mind ... Secrets, feelings, sensations, and behavior you didn't know you had ... At the same time, letting go completely ... Your own mind is solving that problem ... At your own pace ... Just as rapidly as it feels you are ready ...

You continue becoming more relaxed and comfortable as you sit there with your eyes closed ...

As you experience that deepening comfort you don't have to move, or talk, or let anything bother you ...

Your own inner mind can respond automatically to everything I tell you ... and you will be pleasantly surprised with your continuous progress ...

You are getting much closer to a deep hypnotic trance ... And you are beginning to realize that you don't care whether or not you are going into a deep trance ...

Being in this peaceful state enables you to experience the comfort of the hypnotic trance ...

Being hypnotized is always a very enjoyable, very pleasant, calm, peaceful, completely relaxing experience ...

It seems natural ... to include hypnosis in your future ...

Every time I hypnotize you it keeps becoming more enjoyable, and you continue experiencing more benefits ... So you will really enjoy having me hypnotize you ...

You will always enjoy the sensations ... Of comfort ... Of peacefulness ... Of calmness ... And all the other sensations that come automatically from this wonderful experience ...

You will be really happy that you decided to have me hypnotize you ...as you continue experiencing progressive understanding on your part ...

You are learning something about yourself ... You are developing your own techniques of therapy ... Without knowing you are developing them ...You can have it as a surprise sooner or later ... a very pleasant surprise ...

Imagine yourself in a place you like very much ... By a lake, or by the ocean ... Perhaps you are floating gently on a sailboat on a peaceful lake ... On a warm, summer day ... You are continuing to relax even more now ... And you continue becoming more comfortable ...

This is your own world that you like very much ...

You are going to find that any time you want to spend a few minutes by yourself, relaxing, and feeling very comfortable and serene, you can automatically go back to this feeling you're experiencing now ...

You can put yourself into this world anytime you like ... There are times when you will want this serene feeling ... And it is yours whenever you want it ...

Continue enjoying this pleasant experience as your subconscious mind is receiving everything I tell you ... And you will be pleased the way you automatically respond to everything I say.

Confusion Method

The basic message to this induction is the conscious forgetting, and the subconscious knowing. This message is drawn out and repeated. Separate directions for the conscious

mind, and separate directions for the subconscious mind. Maintain the subconscious attention, while dismissing the conscious attention both by the suggestions and the pauses and mental fatigue.

Have the subject sit or lay in a relaxed position, with their eyes closed. Read the text slowly and rhythmically

Spoken to the subject

(Read only first time, do not repeat) Just close your eyelids and let your mind drift where it will.

You are aware of everything, and yet you are not aware. You are listening with your subconscious mind, while your conscious mind is far away, and not listening. Your conscious mind is far away, and not listening. Your subconscious mind is awake, and listening, and hearing everything while your conscious mind remains very relaxed and peaceful. You can relax peacefully because your subconscious mind is taking charge, and when this happens, you close your eyes and let your subconscious do all the listening. Your subconscious mind knows, and because your subconscious mind knows, your conscious mind does not need to know and can stay asleep, and not mind while your subconscious mind stays wide awake.

You have much potential in your subconscious mind which you don't have in your conscious mind. You can remember everything that has happened with you subconscious mind, but you cannot remember everything with your conscious mind. You can forget so easily, and with forgetting certain things you can remember other things. Remembering what you need to remember, and forgetting what you can forget. It does not matter if you forget, you need not remember. Your subconscious mind remembers everything that you need to know and you can let your subconscious mind listen and remember while your conscious mind sleeps and forgets. Keep your eyes closed, and listen with your subconscious mind, and when you're listening very, very carefully, your head can now "yes".

As you continue to listen to me, with your subconscious mind, your conscious mind sleeps deeper and deeper, and deeper, and deeper. Let your conscious mind stay deeply asleep, and let your subconscious mind listen to me.

(Repeat. Begin at paragraph two)

(Use a deepening technique and test subject)

Direct Gaze Method

This process is the Direct Gaze Induction Technique. This is the most powerful technique of all, and also the most difficult to use because you have to express perfect confidence. If you have any doubt, hesitation, or fear, it will show in your eyes; the subject will read it and it will inhibit their response.

If the subject is standing, you say to them, "All right, I want you to fix your eyes right here." Take the index finger of your right hand and bring it up under your right eye. If they're seated, or lying down on their back, say exactly the same thing.

When you're looking the subject in the eye, it is important for you not to blink. Narrow your eyes slightly, enough to keep your eyeballs from drying out. Time your counting in response to what you see happening in the subject's eyes. If you don't see any response, stretch out the suggestions. (ex. Five -- eyelids heavy, droopy, drowsy and sleepy, your eyelids feel so heavy. Four -- your heavy lids begin to feel as though they're getting ready to close. Three -- the very next time) The moment you see the subject beginning to blink, pick up the tempo and say 'And now they begin closing, closing ...'

Spoken to the subject

Now I want you to look right here. Don't take your eyes from mine. Don't move or speak or nod your head or say "uh-huh" unless I ask you to. I know that you hear and understand me just as you know it. If you follow my simple instructions, there is nothing in this world that can keep you from entering into a very deep and pleasant state of hypnosis, and doing it in just a fraction of a second. Now, take a deep breath and fill up your lungs. (Take a deep breath and take your right hand and move it in an upward motion in the air). Now exhale. (Bring hand down as they exhale) That's fine. Now a second and deeper breath. (Bring hand up) Exhale. (Bring hand down) Relax. Now a third deep breath. (Bring hand up) Exhale. (Bring hand down)

(Note: The following sections are for performing therapy)

(Raise your hand up over their head, about three feet in front of them, two feet above their head, pointing finger) And now, I'm going to count from five down to one. As I do, your eyelids grow heavy, droopy, drowsy and sleepy. By the time I reach the count of one, they close right down and you go deep in hypnotic slumber. Deeper than ever before. All right, Five (Start moving finger down) -- Eyelids heavy, droopy, drowsy and sleepy. Four (Moving finger down) -- Those heavy lids feel ready to close. Three (Moving finger down) -- The next time you blink that is hypnosis coming on you then. Two (Moving finger down) -- They begin closing, closing, closing, closing, closing, closing, closing, closing them, close them, close them.

They're closing, closing, closing, closing .. One

(Place right hand behind subjects head at base of skull. Grasp subjects left arm at elbow. With a sudden forward pulling movement of the right hand, say) Sleep now.

(Use a deepening technique and test subject)

Drop Object Method

(Good for Hypnotizing A Group)

Instructions to hypnotist

This technique can be employed using either a pen, a pencil or a coin. In many cases individuals will have coins but will not have a pen or pencil available to them. It is suggested that the subjects can use either a pen or pencil interchangeably, but if you're using coins, all the subjects should use coins.

Spoken to the subject

(Ask the subject or the group to get a pen, pencil or coin and hold it out in front of the body between the thumb and index finger. Tell them to grip it in a secure way. If hypnotizing a group, at the appropriate time, you can drop the appropriate object in order to get the process started)

Now close your eyes and think of that (pen or pencil, coin) between the thumb and index finger of your right hand ... Now breathe in deeply and exhale slowly five times ... Each time you inhale you bring more oxygen into your lungs. It passes from your lungs into your heart, and your heart pumps it into your circulatory system. It moves through your whole body, and each time you exhale you keep relaxing, becoming more calm and more peaceful.

That relaxation is moving through your whole body, and through your right shoulder, down your arm into your hand and fingers ... soon the fingers on your right hand will become so relaxed that the (pen or pencil, coin) will slip from your hand and drop to the floor.

As you hear the (pens or pencils, coins) dropping to the floor, it may seem a little humorous at first, but it will cause you to continue relaxing even more ... you'll enjoy the feelings of relaxation that are coming over your whole body.

Other sounds and noises are fading away and you are listening only to my voice ...

That relaxation is continuing to move through your whole body. You are relaxing from the top of your head to the tip of your toes ...

You are continuing to relax and feel more at ease. You are sensing, feeling and imagining peacefulness, comfort, and calmness all through your system ... You are relaxing in a way that is just right for you ...

Now take your left thumb and press it tightly against the index finger on your left hand ... You will notice the rest of your body relaxing even more now, and soon the thumb and finger on your left hand will relax and your finger and thumb will begin to move apart ... As the finger and thumb on your left hand relax, the finger and thumb holding the pen continue relaxing and the pen will soon slip from your hand and drop to the floor ...

When the (pen or pencil, coin) drops from your fingers, you will move into an even deeper hypnotic state, and you will keep your eyes closed until I ask you to open them ...

Fixation Object Method

Instructions to hypnotist

This is the traditional method of inducing hypnosis. The subject is asked to direct their gaze at the fixation object and not shift their focus. The hypnotist can intensify the induction by observing the subjects reactions and timing his suggestions very closely with them. For example, the remark, "Occasionally, they are going to blink," might be made immediately after he perceives a blink.

Spoken to subject

Stare at the shiny part of (fixation object). Fix your eyes on it. Take a few deep breaths. Just keep breathing deeply. Listen to the sound of my voice. You will find that your eyelids have a tendency to get heavy. Almost as if they had a heavy weight attached to them. And the longer you stare at this, the more your eyelids get heavy, and you blink, and they have a feeling like something is pulling them down, as if they wanted to slowly close, and get drowsier and sleepier and heavier. And you have a feeling as if they were slowly closing, slowly closing, getting drowsier and more tired, and when they finally do close, how good you'll feel. Drowsy, heavy, pulling down, down, down, slowly closing, getting harder and harder to see, and you feel good. Very, very hard to keep them open, feel that very soon they will close tightly, almost tightly closing, almost tightly closing, tightly closing. Your eyes are tightly closed; you feel good; you feel comfortable; you're relaxed all over; just let yourself drift and enjoy this comfortable relaxed state. You will find that your head will get heavier; tends to nod forward some, and you just let yourself drift in an easy, calm, relaxed state.

Forest and Stream Method

Instructions to Hypnotist

For this induction it is helpful to have background sounds of water, birds, and other forest sounds, but do not start the sounds until indicated in the induction

Spoken to the subject

To prepare yourself for this enjoyable, helpful experience, be sure you have all tight clothes loosened, and then get yourself in just as comfortable a position as you can ...

Now close your eyes and inhale deeply and hold it for three or four seconds and then exhale slowly ... (Pause as subject responds)

Again breathe in deeply and exhale slowly ... keep doing that 5 or 6 more times ...

As you inhale, you bring more oxygen into your body, and as you exhale it causes your body to keep relaxing more and more ... (Pause and observe)

Now you can continue breathing easily and freely, and can feel yourself becoming more calm and peaceful ...

You are revealing signs that indicate you are moving into a very deep, peaceful state of relaxation ... as I continue talking to you, you can keep relaxing more peacefully ... not caring how deeply you relax, just happy to continue becoming more calm, more peaceful, and more at ease ... continuing to breathe easily and freely ...

Your subconscious mind will always be aware of what I'm saying to you, so it keeps becoming less and less important for you to consciously listen to my voice ...

Your subconscious mind, and all levels of your inner mind can hear and receive everything I tell you, and your conscious mind can relax completely ...

You are continuing to experience perfect peace of mind, and can feel yourself moving into the situation I describe to you ... it's going to happen automatically, and you don't even need to think about it consciously...

(Optional: Start background tape of birds and water. Pause about 30 seconds after starting background sounds)

Now I want you to imagine yourself lying in a comfortable position near a stream of fresh, clear water, in a beautiful forest on a perfect summer day...

There is a warm, gentle breeze, and the air is fresh and clean, the sound of the peaceful stream is very relaxing...

It keeps becoming less important for you to consciously listen to my voice because your subconscious mind and all levels of your inner mind are hearing and receiving everything I say...

In your mind, you are enjoying the beauty of nature, as the sunlight shines through the trees and you listen to the gentle flow of water and the birds singing cheerfully...

You are lying there, comfortably relaxing ... it is so peaceful that you continue feeling more relaxed than ever before in your entire life...

As you continue enjoying this peaceful, pleasant experience, a soothing drowsiness is coming over your whole body, from the top of your head to the bottom of your feet...

You continue feeling calmer, more relaxed and more secure...

And now, as you lie there with your eyes closed, you are so relaxed and comfortable and happy that you continue moving into a more peaceful, more detached state...

It may seem like you are drifting into a state of sleep...

There may be times when it seems like my voice is a long distance away ... and there may be times, when I'm talking to you, that you will not be consciously aware of my voice, and that's okay, because your subconscious mind is still receiving every word I say, and is making true everything I tell you ...

From now on you will be influenced only by positive thoughts, ideas and feelings...

The following thoughts come to you ... I am calm, secure, and relaxed ... I am comfortable and at ease ... I am in control of myself at all times ... I am responsible for my body, and will always treat my body well ... my mind enables me to be relaxed and calm as I go about the activities of my daily life ...

(Note: The following paragraphs can be used for therapy)

Your subconscious mind, and all levels of your inner mind can now review and examine what has caused that problem, and can assess that information and work out a solution that is pleasing to you...

And you will be pleased to notice yourself improving more each day, and you can be sure it is permanent and lasting ...

When your inner mind understands what has caused that problem and realizes that it is okay for you to get rid of that problem, one of the fingers on your right hand will lift up towards the ceiling and will remain up until I tell it to go back down.

(Note: as the subjects mind is reviewing the information and you are waiting for finger to lift, give suggestions from an appropriate prescription pertaining to the problem)

Hand Shake Method

Instructions to hypnotist

The following hypnotic induction utilizes all three of the learning modes. The subject will be responding through hearing, seeing, and feelings. Begin with the subject sitting in a comfortable chair.

Spoken to subject

Would you like to experience the state of hypnosis? (After a yes response, have the subject extend his or her arm to you as though you were going to be shaking hands)

(Take the subjects hand with your right hand while making sure the subjects arm is straight)

I would like you to look at me for just a moment. As you focus your eyes on me, and listen to my voice, I would like you to allow things to take place.

(Slowly begin raising and lowering the subjects arm. The up and down movement of the arm should be about three inches each way)

As I raise and lower your arm, I wonder if you have noticed yet that there is a drowsy, heavy feeling beginning to occur in and around your eyes.

Each time I raise your arm upward, that heavy feeling in those eyes will keep becoming stronger.

As the eyes begin to close down, it becomes increasingly more desirable to allow them to remain closed.

They are closing down all the way now. Let it happen. Want it to happen. Feel it happening now.

(Make a special note to when the eyes begin to blink or start to close. This will be a signal to reinforce the feeling by raising the arm higher into the air. The subject will quickly associate the raising of the arm with closing of the eyes)

Hand to Face Method

Instructions to hypnotist

Tell subject to get as comfortable as possible with their arms resting on the arms of the chair. Show subject how you would like them to hold their hand in front of their face. Palm of their hand facing in towards their face, with fingers pointing upward pressed lightly together. Hand should be about eye level. Have subject close their eyes and begin with progressive relaxation and then proceed with the Hand To Face induction.

Spoken to subject

In just a moment, when I ask you to, I am going to have you bring one of your hands up in front of your face, fingers extended upwards and pressed together. I am then going to have you try to open your eyes, and pick a spot on your hand. It may seem difficult to open the eyes, and keep them open, which is only natural since you have been relaxing so far. I am going to want you to try, and open your eyes, and with a little effort you will at least be able to get them open.

Now, the one thing that you must accomplish is that I want you to remain totally relaxed, and at ease even with your eyes open, and your hand in this position.

Remaining relaxed, and at ease, move your hand up in front of your face with the fingers pointed upward, and pressed together.

Now, attempt to open your eyes, and pick one spot on your hand, and begin to concentrate on it.

As you concentrate on that one spot, and one spot only, your fingers are going to spread apart.

You do not have to make them spread, but do not try and stop them ... concentrate, and allow things to take place.

Feel them spreading apart now. Automatically separating now ... It is beginning to feel as though there was a string tied to each finger pulling them apart. Separating further, and further.

(Once the fingers have separated, proceed in the following way)

Now, please do not let it disturb you that the drowsy, heavy feeling in your eyes is becoming stronger now that your fingers have spread apart.

It is a very normal, natural sensation. As I begin to count from 5 down to 1 that heavy, drowsy feeling will continue to grow stronger.

(Continue with deepening technique)

Hands Closing Together

Spoken to the subject

Extend both of your arms out in front of you like this. Stiffen your arms, lock your elbows; palms of your hands facing each other. Your thumbs up, your fingers held together. Now in a moment, I am going to bring my fingers in between your two hands. Until I do, I want you to look right here into my eyes. (move index finger to right eye) Keep looking at me. Just as soon as I bring my index finger in between your two hands, take your eyes from mine and fix them on my fingertips. Then I will move my finger; when I do, do not move your eyes. Keep looking straight ahead between your hands. (Move hand with extended index finger to between their hands) All right, now bring your eyes down here to my fingertips. Now I am going to move my finger, and when I do, do not move your eyes. Keep looking straight ahead between your hands. Then as I count from three down to one close your eyelids down. Now, the very moment that your eyelids close down (Grasp their hands and slowly push them together), your two hands begin drawing together. Just imagine there is a magnet on the palm of each hand which is drawing them in closer, closer, closing and moving in until your two hands touch. The moment your fingers touch you will allow them to interlock and you'll clasp your hands down tightly together. (Interlock their fingers and push hands together, wait three seconds) Now separate your hands. (Separate their hands) All right, when I count from three to one, close your eyelids down. (Position each of your hands under each of their hands with your index finger pointing outward)

(Begin sweeping your fingers in towards the center so that the last thing they see visually are your hands moving in toward each other) All right, three, two, one, close your eyelids down. Now they're closing, closing, closing, closing, closing, closing, closing, closing and almost touching, closing and almost touching.

Picture the magnet in the palm of each hand. They are closing and moving in, closing and moving in. The moment your two hands touch, your hands lock down, sealed shut, fingers tightly interlocked together. They are closing, closing, closing, closing, closing and moving, moving in and closing, closing, closing and moving in, moving in and

closing, until your two hands touch. The moment your two hands touch, your hands lock down, sealed shut, fingers tightly together. They're closing and almost touching. Picture the magnets in the palm of each hand as they are closing, closing and moving in.

(If the hands get very close but do not touch, simply take your hands and push their hands together) The moment your two hands touch, your hands lock down and seal shut, fingers tightly together. All right, now they are closing, closing almost touching, closing, closing, closing and almost touching, closing and almost touching, closing and almost touching, now they are touching. Your hands are locking down, sealing shut, clasping down tighter and tighter together.

(Do not start this section until the fingers are interlocked) In a moment I'm going to count backwards from three to one. When I say the number one you will try to unclasp your hands. The moment that I do, you will find that the harder you try, the more your hands lock down, seal shut and clasp down tighter and tighter together. Number three, your hands are locking down, sealing shut, clasping tighter and tighter together. Number two, it feels as if your hands are carved from a single block of wood. On the next number, number one you'll try to unclasp your hands, the more you try the more secure they become. Number one. Try to unclasp your hands, the more you try, the more secure they become, tighter and tighter together. (Wait three seconds) Stop trying to unclasp your hands, allow your hands to remain straight out in front of you.

In a moment I'm going to touch your hands, the moment I touch your hands they will easily and readily unlock. The moment I touch your hands you will relax every muscle in your body and become limp and loose as if you were made from a hand full of loose rubber bands. When I touch your hands relax and let go.

Additional instructions

Pull their hands down into their lap and say, "Let your head come forward on your chest and continue going easily, pleasantly, fully into a wonderfully pleasant state of hypnotic relaxation."

Should you encounter resistance, you may chose to add the following statements: "Just as a magnet get stronger, the closer your hands get, the stronger the pull" or "In a moment, I'm going to tap you on the forehead, the moment I do, the magnets become 10 time stronger, pulling you hands together" (Tap subject on the forehead)

(Use a deepening technique and test subject)

Hands Pressing Down Method

Spoken to subject

Put your hand on mine. When I count to four, press down as hard as you can.

One, look at me.

Two, pressing down harder. Press it down harder.

Three, eyelids heavy, droopy, drowsy and sleepy.

Four, close them and sleep (Pull hand away now)

(Use a deepening technique)

Instantaneous Method

Spoken to the subject

Stand facing me. That's right. Now step forward. (Place right hand on subjects head, supporting the base of the skull. Grasp subjects right arm at elbow with left hand)

Bring your feet closer together. Closer. That's right. Breathe in deeply. (With a sudden forward pulling movement of the hands, lightly jerk the subject towards you) Sleep now.

(If the subject's legs begin to buckle) Just as a horse can stand and sleep without losing its balance, so too your legs are strong beneath you. You can stand and sleep.

(Alternate to horse description) Your legs are stiff and rigid beneath you, supporting your body as you stand straight and erect.

Misdirection Method

This technique is used when the subject is too tense or subconsciously doesn't wish to be hypnotized. The idea is to get the subject to take his/her mind off of hypnosis all together and then perform a rapid induction. The misdirection stems from fact that it is physically impossible to open one's eyes when the eyeballs are rolled back in the head.

To sell this technique you may choose to describe this testing as a requirement for a relaxation exercise that will help the subject to be hypnotized in the future. Describe the mythical exercise as one that requires several weeks of daily practice and a good imagination. Describe the following induction as a "imagination test".

Spoken to the subject

Just sit and relax. (Have subject sit and relax, hands on knees, body relaxed and passive) Do you have a good imagination? (If subject responds "Yes", continue, If the subject responds "No", simply state that they are too hard on themselves and continue) In other words, can you close your eyes and imagine a scene, visualize a scene and see it in front of your eyes? (Once again, continue on "Yes", deal with "No") Good. Let's test your imagination in a few ways. I'll describe what I want you to visualize and then after you close your eyes and you visualize it, I'll ask you a few questions about what you see.

(The following is a sample scene and questions. If the subject doesn't drive, use something that the subject is familiar with) Do you drive a car? (if "Yes", continue, else find another topic) Alright, close your eyelids down and imagine you're standing in front of your car. Now when you see it very clearly, just nod your head (Wait for nod) Fine, now your looking at your car, what color is it? (Wait for response) Good. Open the door of the car and get in behind the wheel. Now look straight ahead. Is the speedometer in the center or to your right or to your left? (Wait for response) Is the speedometer circular, semi-circular, horizontal or vertical? (Wait for response) Alright, what color is the needle that indicates the speed on the speedometer? (Wait for response)

Alright, fine. Open your eyes. Could you see all that clearly? (Wait for response) Now lets test your imagination in another way. We learned a couple of things about your imagination right then. This time when you close your eyelids right down, imagine your at a swimming place, a beach, a pool, a lake or at the ocean. Close your eyelids down.

Now I want you to imagine that you're at a swimming place. When you see the scene clearly in your minds eye, nod your head (Wait for head to nod) Alright, fine. Now look around you at this place and tell me what you see (Wait for description) Do you see any people there? (If "Yes", say the following "Pick out one of the persons and describe them to me", if "No", have subject describe some item that he saw at scene)

(This section is the actual misdirection) That's very good, open your eyes. Could you see all that clearly as a mental picture? That showed that you have a good imagination to create, because in that instance I asked you something where you had to create the scenes in the picture. Now we'll go to the other extreme and find out how well you can imagine a simple, single object. This time when you close your eyelids down, imagine that you're looking at a full moon.

Close your eyelids down. Now then I want you to imagine that you are either seated outside or in a car, or at the beach, or maybe looking out your bedroom window. Its night time and you're looking up at a full moon. To help you to see the full moon, I want you to

now to roll your eyeballs back up, with your eyelids remaining closed down. Roll your eyeballs back up in your head as if you could see the full moon right up here (Touch subject's forehead lightly) back up in the center of your forehead.

(Pick up the pace slightly and read this section as one flowing sentence) Roll your eyeballs way back up in your head and as you do your eyelids lock tightly closed the more you try to open them the tighter they are locking closed try now to open your eyelids they're locking tighter and tighter, now stop trying, just relax and sleep. Let a good and pleasant feeling now come all over your body. Let every muscle and nerve in your body go limp and loose. Breathe easily and deeply and send a way of deep relaxation from the top of your head to the top of your toes.

Mountain Trip Method

Spoken to the subject

Before you go into a hypnotic state, be sure that you have your clothes loosened in any areas where they may be tight, and then get yourself into a very comfortable position, close your eyes and begin inhaling deeply and exhaling slowly ...

Continue inhaling deeply and exhaling slowly about five or six times ... each time you exhale your whole body keeps relaxing more, you continue feeling more calm, more peaceful and more at ease ...

As you continue relaxing, I want you to use your imagination. Imagine yourself lying on the grass in a soft, green meadow, the sun is shining gently, and there is an easy breeze blowing over your body ... you continue feeling more comfortable and at ease ...

Beautiful flowers are blooming all around you ... you can see the flowers moving gently in the breeze ... notice the wonderful fragrance of the flowers ...

Now, in your mind I want you to stand up ... look to the north and see the beautiful mountain at the end of this meadow ... let's take a trip up that mountain ... you look around and notice an easy flowing stream to the right of you ... you are walking over to the stream, and you bend over and put your hand in the water. You notice the water is pure, clean, cool and refreshing. Listen to the gentle flow of the rapids ...

Since the stream seems to come from the mountains, let's follow the stream up into the mountains ... as we walk along, following the stream, we come to a pond at the head of the stream ... you bend over and put your hand into the water and you notice it is nice and warm ... since at this level of your mind you are an excellent swimmer, we decide to get in the water and swim for a brief time ... you can feel the warm water surrounding your

body as you quietly move through the water ... it feels so refreshing and so enjoyable, but it's time to get out now and continue moving up the mountain ... as we climb, you can hear the birds chirping ... you smell the pine trees ... once in awhile you can still see the meadow in small openings between the trees ... we're halfway up the mountain now ... we notice a fallen tree over on the left and we decide to stop and rest ... the meadow below is in full view from here ... the scene is really beautiful ... now it's time to continue on up the mountain ... you can imagine how beautiful it will be to be at the top to be able to look down into the meadow below ...

The breeze is blowing gently, and you can notice the smell of small cedar trees as we are nearing the top of the mountain ... just a few more steps and we will be at the top ... we finally made it ... you can see the deep canyon on the other side ... and from this side you can see the meadow below ...

Just ahead, you notice a sign there on top of the mountain ... you walk over to it and you notice that it says, "Speak the questions you want answered most into the canyon below, and you will see the answer written in the sky above" ...

You are deciding the most important question that you want to speak into the canyon below ... as soon as you make that decision, you ask the question and then look to the sky above for your answer ... (Pause for a minute or two for subject to receive answer)

Now it's time to go back down the mountain and return to the meadow ... you can notice the sun beginning to set on the hills on the left ... we still have plenty of time to get down before it gets dark, but we need to be on our way down ...

As we're going down, we notice a few deer off in the forest ... we're halfway down now ... we pause for a few minutes and sit on the fallen tree again ... we can see the beautiful sunset as it is forming ... now we continue moving on down ... you can hear the birds chirping ... now we come to the pond, and we can see the reflection of the sunset on the surface of the water ... we continue on, following the beautiful, refreshing stream ... now we're back in the meadow, and you lie down in the comfortable grass again ... you can smell the fragrance of the flowers ... and now you are ready to receive some additional suggestions I will be giving you before you awaken from the hypnotic state.

Non-verbal Method I

Instructions to hypnotist

The subject is seated in a chair and instructed to hold both arms out in front of him and upward so that the hands are above eye level. They should be parallel, the hands being about two feet apart. The hypnotist now moves back and forth in front of the subject from

one side to the other, making a small postural change in the subject's right arm first, then over to the other side to make a similar change in the left arm.

First the right arm is bent at the elbow so that the hand comes a bit inward and downward (the right elbow simultaneously extending more outward). The hypnotist then moves over to the left side and repeats the movement of the subject's left arm in the same way. After each movement he pauses a few seconds and observes the posture. This permits him both to observe the subject's reaction and to allow time for adjustment to the new change in posture.

Once again he moves to the subject's right side and adjusts the right arm again slightly downward. This is then matched in a few seconds with a similar adjustment in the left hand. The postural adjustments of the arms and hands are constantly transmitting the message of "inward and downward," inward into one's self, and downward toward a more unconscious level of awareness.

Finally, when the hands are almost together and are barely above the lap the hypnotist grasps both of them firmly by the wrist and forcibly lowers them rapidly all the way down. At this point the subject's eyes will usually close and his head slump forward on his chest. If this does not happen the hypnotist can pull the eyelids down, and by a push on the back of the head, administer this final forceful suggestion which implies, "Go inward and downward, close your eyes and enter a deep relaxed, hypnotic state!"

No words have been spoken, but the induction has been accomplished by the series of progressively spaced changes in posture. To remove the hypnotic state which has been so achieved the hypnotist simply reverses the movements. First, he lifts up the head. Then he lifts up both arms to the position they held just prior to the forcible lowering of them. Next, one arm and hand at a time the movements are reversed. The movements are now outward and upward, "Come up out of yourself and back into the conscious state," is the message. Finally, the arms are back in their original position; the patient's eyes are fully open, the head is up.

Non-verbal Method II

Instructions to hypnotist

A non verbal induction may be accomplished with any individual that is ready to experience hypnosis. One of the keys to the induction of hypnosis is correct use of pre-hypnotic suggestions. The following is an example of pre-induction suggestions.

Hypnotist: Would you like to experience hypnosis?

Subject: Yes

Hypnotist: I would like you to simply allow things to take place. Do not try to make anything happen, but do not try to stop things from taking place. Is this agreeable to you?

Subject: That would be fine..

Take the subject's hand as if you were going to be shaking hands. Have the subject's arm stretched straight out.

With the subject looking directly in your eyes, begin slowly raising, and lowering the arm about three to four inches each way. Keep your eyes fixed on the clients eyes.

As the subject begins to blink their eyes, interrupt your up, and down movement of the arm, and begin pushing the arm down slightly.

Return to the up, and down movements of the arm until the client blinks again. Once again, when the subject blinks their eyes push the arm down slightly.

You will discover that with in a few movements the eyes will close completely. Drop their arm to their side.

Rapid Method

Instructions to hypnotist

Begin by having the subject hold their arms stretched out directly in front of them, so that the palms of the hands are facing each other. Have the hands about 6 inches apart.

Spoken to the subject

You may now lower your hands back to your side. In just a moment I am going to have you bring your hands back to this position, and you will find it very easy to go into a deep pleasant level of hypnosis in just a matter of seconds. Would this be alright with you? (You must have the subjects consent before proceeding any further)

Now close your eyes, and take in a couple of deep easy breaths. Hold each breath for a moment and then exhale slowly.

In just a moment I am going to have you extend your arms in front of you, just as you had them a moment ago. When I ask you to move your hands to this position I am then going to have you open your eyes, and follow my simple instructions.

Remaining relaxed, and at ease, I want you to extend your arms out in front of you just as you had them earlier.

(After subject extends their arms adjust the distance between the hands to about six inches. Hold your index finger at eye level, and instruct subject to follow the movement of your finger. Slowly move your index finger between their hands)

Now I want you to concentrate on my finger. In just a moment I am going to move my finger away, and I want you to begin to concentrate on the spot where my finger was.

(Quickly move your finger in a downward motion)

You are doing good. Keep concentrating on the spot where my finger used to be.

I am going to begin to count from 3 down to 1. On the count of one allow your eyes to close.

Three, your eyes are feeling heavy, and tired.

Two, they are beginning to water, and tear slightly.

One, so heavy just allow them to close, and relax.

Even with your eyes closed you can still imagine that spot between your hands.

I am now gently touching your hands, and as I do notice that your hands are beginning to move together.

In just a moment your hands will touch. As they touch your entire body will feel loose, and limp. You will be going into a very deep hypnotic state. The hands are moving closer, and closer. The moment that they touch the whole body becomes loose and limp. You will be going into a very special kind of sleep. Almost there get ready to let go. The moment that they touch you go into a very deep special type of sleep.

(As the hands move together, have your hands in a position that will allow you to lightly slap the outside of the subjects hands, and thus pushing them together. You must be ready the moment that the subjects hands touch. At the exact moment when the subjects hands touch, rapidly, and firmly slap the two hands together while giving the command to sleep. At the same moment lightly apply a downward motion to the subjects hands. This will cause the subject to bend at the waist. Allow the arms to dangle at the subjects side)

Rapid Method

(Permissive I)

Instructions to hypnotist

Begin with subjects sitting in a straight back chair.

Spoken to the subject

Are you ready to go into a hypnotic sleep ? (Subject just respond with 'Yes')

Close your eyes and take in a few deep breaths and relax with each breath that you take. I am now picking up your right hand. (Pick up subjects hand as if you were going to shake hands)

In just a moment I am going to have you open your eyes and look at me. I will then count from three down to one. On the count of one your eyes will close again and your whole body will feel loose and limp. You will quickly enter a hypnotic sleep. Do you understand? (Wait for a nod or a yes signal)

Now, I want you to open your eyes and try to keep them open until I reach the number one.

Three, your eyes are feeling heavy, try to hold them open.

Two, almost there, on the count of one they may close and feel wonderful.

One, eyes closing and sleep.

(At the moment that the eyes close, firmly pull the right arm in a downward movement, while delivering the command of sleep)

Rapid Method

(Permissive II)

Instructions to hypnotist

It is important to realize that the ability to go into the hypnotic state is the subjects ability, and not related to the hypnotist.

After accepting the fact that the ability to enter hypnosis the subjects ability, and not the hypnotists, we see that the time spent on induction should be related to the subjects willingness to enter hypnosis quickly.

Spoken to the subject

I would like you now, to take in three deep, easy breaths. As you exhale each time, I would like you to relax the muscles in, and around your eyes.

By the third breath you will have relaxed the muscles in, and around the eyes to the point that the eyes no longer want to open.

Now, take in three deep, easy breaths, and relax the eye muscles totally as you exhale. (Allow the subject to take in three breaths, and proceed)

Good, you have now relaxed the eyes to the point that they no longer want to open. I would like you now to relax the eyes to the point that they will not open. Once you have relaxed them, make sure that they will not open. (Allow a test)

Eye Catalepsy

Spoken to the subject

(Optionally, place your right thumb on the bridge of the subjects nose and apply slight pressure) I'm going to count from five down to one. As I do, you're eyelids lock so tightly closed that the more you try to open them, the tighter they're locking closed.

Five, your eyes are pressing down tightly.

Four, pressing down and sealing shut.

Three, sealing as if they were glued.

Two, they're locked shut. The more you try to open them, the tighter they're locking closed.

Okay, try to open your eyelids now and find them locking tighter and tighter. That's fine. You can stop trying now. Just relaxed and go deeper.

Spinning Hands

Spoken to the subject

This time I'm going behind you to raise your hands ... and start moving them around each other. (Start spinning their hands around each other) Now, as I release your hands, continue the motion of your own accord. (Release their hands)

Moving, spinning, turning.

Moving, spinning, turning. Even faster now.

Moving, spinning, turning. That's good.

As your hands are turning, I want you to think about your heart. Your heart beats automatically in response to the needs of your body. In the same way, your hands are turning automatically so that the more you try to stop the motion, the faster they're turning.

I'm going to touch your forehead. The instant I do, your hands spin in the opposite direction. (Touch forehead) Back the other way, moving, spinning, and turning. And as they're turning, you're going much deeper in sleep.

This time I touch your forehead, your left arm drops limply down to your side; Your right arm continues the movement. (Touch forehead) Left arm drops; right arm continues, and as it's moving you're going deeper and deeper into hypnosis.

This time I touch your forehead; right arm drops limply down; you go much deeper. (Touch forehead) Drop it down and go deeper. That's fine.

Creating Mental Nothingness/Amnesia

Instructions to hypnotist

This technique can be used for both mind clearing or amnesia. The "Room of Nothingness" can become the "Room of Forgetfulness." The suggestion is given that any

suggestions given in the "Room of Forgetfulness" will not be remembered by the conscious mind, but the subject will act upon them none the less. The suggestion is also given that the more the subject tries to remember the suggestions, the suggestions will be forgotten.

Spoken to the subject

I want you now to imagine that you are standing in front of a house. This is an unusual house. It's twelve feet high, twelve feet wide, thirty-six feet long. There are three rooms, one behind the other. And this structure stands over a basement. There are three steps that lead up to the house.

I want you to walk up and open the front door. As you do, you step into the first room. It's a very unusual room because there is only one piece of furniture in the room, a reclining chair.

The carpeting, the walls, the ceiling, and the upholstery on the chair are all a beautiful sunny yellow. This is the Yellow Room.

The chair looks so inviting that you walk over to it, sit down in it, and push it back into a reclining position.

You feel so relaxed, and as you do, you let your mind drift to a pleasant experience of the past thirty days. A pleasant experience of the past thirty days. [Fifteen second pause]

And now that memory causes you to feel even more relaxed. But it's time to get up from the chair and move on to the second doorway and step inside.

This room is almost identical to the first, except the color is gold. This is the Gold room, and there is that reclining chair in the center of the room.

Since your experience was so good the first time, you walk to that reclining chair again, sit down in it, and now you just lean back. As you do, you bring into your mind the memory of a very pleasant experience of the past twelve months - the past year. [Fifteen second pause]

Alright, it's time to get up from that chair, and you move into the third room.

This is the Blue room. It's exactly like the first two, except for the color.

You walk to that chair, you sit down in it, and you lean back. But as you lean back, there's something very interesting occurring. What's occurring is that the chair now is on a hydraulic hoist, and it begins to slowly move down. It's going down into that lower level, passing right down through the floor. As you're going right down, deeper, sitting in a very relaxed, comfortable position. Now it stops, and you're down into the basement.

Now as you stand up from the chair, there's one door ahead with a sign that says, "The Room of Nothingness." You walk to the door, turn the knob, and step inside.

As you do, your eyes narrow down and you hesitate, because it's very dim in this room and the door closes behind you. There a strange feeling beneath your feet, because you're standing on a foam rubber pad which is three inches thick.

Now the door is closed and your eyes slowly become accustomed to the gloom. There is a kind of a rosy glow in the room. You take a few more steps in and you decide to just sit down. Now you sit down and you feel this soft foam, three inches thick, cradling you so comfortably that you just decide to lay back.

Now all the light is gone and the room is filled with nothingness. As you like there, that nothingness moves across your mind. You mind is filled with nothingness. [Five second pause]

Reinduction

Spoken to the subject

I am going to give you a signal so you can enter into hypnosis more easily.

I am going to count from one to three. At the count of three, you will open your eyes, remaining deeply relaxed. When I say "Sleep now" and snap my fingers, that will be the signal for your eyelids to close down and you will go deeper into hypnosis.

All right. One. Two. Three. Open your eyes. (Snap finger)

Sleep Now! Close them down and go deeper asleep. (Repeat both several times)

Termination

Spoken to the subject

(Based on the type of session, you may care to skip this paragraph) Each time that you use this method for easy relaxation, you relax more easily, more quickly, and more deeply. Relaxation is a skill that you are easily developing with trance.

Now, I'm going to count from one to five, and then I'll say, "Fully aware." At the count of five, your eyes are open, and you are then fully aware, feeling calm, rested, refreshed, relaxed.

All right. One: slowly, calmly, easily you're returning to your full awareness once again.

Two: each muscle and nerve in your body is loose and limp and relaxed, and you feel wonderfully good.

Three: from head to toe, you are feeling perfect in every way. Physically perfect, mentally perfect, emotionally calm and serene.

On the number four, your eyes begin to feel sparkling clear. On the next number I count, eyelids open, fully aware, feeling calm, rested, refreshed, relaxed, invigorated, full of energy.

Number five: You're fully aware now. Eyelids open. Take a good, deep breath, fill up your lungs, and stretch.

Deepeners

Time Capsule

You can use this as a deepener, though it actually carries suggestions for decision making and enlightenment. Use after any 'standard' preparation. It'll work particularly well for imaginative individuals.

Spoken to the subject

And now I want you to imagine a shimmering, transparent capsule... a shimmering, transparent capsule suspended by a silvery thread somewhere in a timeless place... it's been suspended there since before time began... in this secret place where nobody ever goes... where nobody has ever yet been... and it's a strange thing that nobody knows who put it there... and even stranger that nobody knows from where or whence it came... and as you gaze upon this mystery, it begins to seem somehow familiar to you for some reason you don't quite understand... as if you've seen it before somewhere... sometime... and then it gradually dawns on you that you know what it's for... even though you don't

know how you know... you just somehow realize that you can use the power of your mind to move inside it... simply by using the power of your thoughts... to glide effortlessly into this place of total safety... where nothing can harm you... where you are protected from everything... even protected from time itself...

While you are inside this magical capsule, nothing ever changes... because time simply stands still... so you can actually move through time... moving back, back through the years as though there were no such thing as time... moving back to times past... maybe even back to times before your own lifetime even began... or perhaps moving forward through time... to a time yet to come, yet to be... simply by using the power of your mind... simply thinking where you want to be... and you can see without being seen, hear without being heard... and you can feel what you choose to feel when you observe these things... and all the time you are absolutely safe in this magical capsule... a silvery capsule where you are protected from the world... and I can only wonder if you're going to find yourself moving back to a time past, perhaps to make sense of something that that you didn't quite understand the first time around... or if you're going to move forward to sense how your life might be in a little while... if you don't make a change... or perhaps if you do make a change of some sort... maybe a specific change that you have perhaps already been thinking about... just allowing your subconscious, that powerful subconscious of yours, to sense the outcome... and of course, it's nobody's business but yours what you decide to do... where you decide to go... and maybe you'll decide to stay just where you are and enjoy the feeling of relaxation and calmness... or perhaps allow yourself to journey to some imaginary place... a place created by the creativity of your imagination... where there might be castles and kings... or ancient walled cities high on a mountain, that nobody has seen for centuries... perhaps mythical gilded palaces in some oriental land... gently sloping hillsides which lead to tranquil lakes or gently flowing rivers... where there is just the merest whisper of a breeze... or deep and mysterious canyons, with waterfalls thundering and roaring between glittering, multi-colored walls of quartz and crystal... waterfalls that create miniature rainbows that arch through the mist and spray, in the warm rays of a setting sun... waterfalls that you can perhaps move behind to discover mystery worlds in the caves beyond... maybe a world where everything is exactly as you want it to be to make it absolutely perfect... or perhaps you will find a world which is so different from the one we live that it's almost too difficult to understand... and perhaps, too, there will be people there... kind people who will help you to easily achieve your every goal, your every wish... or perhaps instead this world is a benign place, where you can discover how to realize your own goals... a place that actually works with you to allow your confidence to grow, day by day... a place where you feel you might almost move mountains if you needed to do so... a place where you can easily learn skills, discover strengths and resources you were not previously aware of... strengths and resources that can persist and remain and stay with you wherever you might find yourself... but of course you might decide that you don't wish to travel anywhere in this magical capsule... deciding instead to search for a truth... or an answer to a problem, perhaps... maybe searching deep, deep, inside yourself in this wonderful relaxed state that we call hypnosis... searching inside yourself and becoming aware of resources that you already have... strengths you already possess... and this could be an even more magical journey as you go deeper and deeper now... allowing yourself to

become aware of problems that you have solved successfully in the past... or maybe problems for which there was no solution then... and you could realize that your subconscious mind, which simply does not understand time... could still be trying to solve some of these problems from the past... realizing in almost the very same instant that it can simply cease to do so... because these things are from the past and can stay in the past... because they are out of date now... and it's safe to simply leave them back there where they belong... and it may be that you become aware that you need to forgive yourself... or somebody else perhaps... for things that happened back there, back then... and you'll find that so easy to do, now... so that you can just consciously let go of those things... so that they no longer absorb energies... now that your subconscious can accept that there is no longer any need to solve these problems... no longer any need to be concerned with these difficulties... so that those energies are now going to be available to you in your everyday life... and it could be that... while you're cocooned in the safety of this magical capsule... that you'll find your mind drifting to a conflict with some other person at some time in your life... maybe when you were just small.. or perhaps when you were not so small... but a conflict that looks so different now... so much less important... now that you can observe it in safety and from a distance of time... and I can only wonder where your mind has been drifting while I've been talking... or even if it has not drifted anywhere at all, but simply considered the possibilities presented to you... and whatever has happened, or is happening now... is absolutely the right thing for you... absolutely the right thing for your mind to do... and now I'd like you to become aware of your presence inside that magical capsule... suspended in total safety in some secret place by a silvery thread... become aware of new resources within you... and realize that at this very moment... you are in more in touch with that all-knowing subconscious mind of yours than you have ever been before...

Space

Spoken to the subject

In a moment I'm going to ask you to imagine certain things... but it doesn't matter if you can't imagine all the things I'm asking you to.... you might even find your mind wandering quite a bit, so that my voice just fades into the background... but that doesn't matter, either... the sound of my voice is going to continue to relax you and very soon now, you're going to find yourself to be more relaxed than you can ever remember... Now I want you to imagine yourself getting into a large airy elevator... a truly luxurious elevator with ten floors to go down... it's warm and comforting inside here and softly lit... with a beautiful carpet on the floor and a really comfortable chair for you to sit in... and as the doors glide silently closed, you just lower yourself into this wonderful chair and gaze idly at the indicator as the elevator starts to move very gently downwards... and as each number changes, so you allow yourself to be twice as relaxed as you were on the floor above... as relaxed as you are now, just allowing yourself to be twice as relaxed as you were before as each number changes... so that when it shows floor nine, you're twice

as relaxed as when you first got into the elevator... floor eight now, and even more relaxed... moving down into an ever-increasing sense of laziness... seven, more and more relaxed... floor six now... deeper and deeper, settling further into that comfortable chair... five, half way down now... four, more and more relaxed... just... let go... three, deeper now, and still deeper... two, calmer and quieter... one, almost all the way down now, just one more floor to go down to... zero... and as the doors of the elevator glide silently open, you just rise lazily from the chair and stroll outside... and as you do so, the doors close again with a gentle swish and you hear the elevator start to ascend again...

And now you find yourself in a long corridor, sweeping away in front of you in a long gentle curve so that you can't actually see the end of it... but you somehow know that there's nobody here but you, and you begin to feel even more lazy, even more relaxed, as you move further into the inviting depths... the a soft, gentle light and a comforting warmth that relaxes you still further with every step you take... and as you just continue to move lazily and effortlessly along this corridor, you realize that it's turning into a sort of tunnel... you notice something else, too... you notice that you're getting just a bit too warm for comfort now and discover that for some daft reason, you're wearing a really heavy winter coat... a really heavy, thick winter coat that seems to hang on you like a ton weight, and you decide to take it off... but the buttons are tight and you have to struggle with them for a moment or two before you can undo them... then suddenly... you're free!

And you just slip the coat off and drop it on the floor as if it was the most natural thing to do... feeling mightily relieved that you've done so and a lot more comfortable now as you continue on your way... the tunnel becomes gradually darker, and you can see a small spot of light at the far end of it... a small spot of light that doesn't actually seem to be getting any closer, even though you know you're moving towards it... just following one lazy, easy step with another... and marveling at how you can hardly feel your feet touching the ground... after a while... the floor of the tunnels starts to slope gently downwards... you can feel yourself moving down and down and down... like walking down a gentle hill... and you realize that you must be in a huge underground cavern, because the small dot of light is above your eye level now... but you can still see it... you can still see it... like a small star in the darkness of a night sky, as you move on down and down... and you begin to find yourself feeling cooler now, the further down you go... cooler and cooler... until you're actually very cold and wishing you'd still got that winter coat that you so casually discarded... and by the time the path starts to move up again, you're actually shivering with colds and feeling a distinct draught from somewhere in front of you....

It's not long before the upward path levels out again and you notice that the small dot of white light is actually getting closer now... becoming larger and larger, and brighter and brighter as you get closer and closer to the end of the tunnel... larger and larger and brighter and brighter until you're almost able to reach out and put your hand to it... and then, quite suddenly, you feel the welcoming warmth of the sun on your head and shoulders and you realize that you've left the tunnel and you're in a vast sunlit valley... a huge expanse of green and light... you look around you, and to your surprise, the tunnel has completely disappeared... there's absolutely nothing that even remotely resembles

anything that could be a tunnel... and you're in the middle of this lush green valley that stretches beautifully in all directions as far as they eye can see... there're misty hills in the distance wherever you look and it dawns on you that this valley is actually a huge natural bowl... there are trees and rock formations... a small forest... and just a little way down the hill you're standing on, a gently trickling stream, glittering in the sunlight, with a narrow pathway running alongside it...

You begin to move down the hill towards the stream, noticing the firm springiness of the grass beneath your feet... marveling at the sense of deep calmness and tranquility that seems to fill every pore of your entire body... a tranquility that seems to be all around and within you as you move on down this hillside towards the gently trickling stream... your tread becomes steadily lighter until you see hardly to feel the ground beneath your feet... and you soon find your whole body becoming lighter... lighter and lighter... until you just float upwards... up and up and up... supported by the softest of warm breezes... and it all seems totally normal to you... absolutely natural... as you gaze down at the countryside beneath you... you realize too, that not only are you becoming lighter, you're becoming smaller as well... and the smaller you become, the faster you travel upwards... smaller and smaller, traveling faster and faster... until you're moving at an absolutely tremendous speed... accelerating upwards and actually beginning to leave the earth behind you... accelerating into space with a feeling of jubilation and excitement... traveling so fast now, you're moving almost as fast as the speed of light... becoming smaller and smaller until your body is no larger than a tiny speck of dust...

And all around you is a soft velvet darkness like a midnight sky... with the earth hanging motionless like a great blue and white globe... and you feel yourself slowing down... slower and slower... until you've stopped moving altogether... just hanging motionless amongst the stars... feeling a part of all creation, a part of all knowledge... part of the limitless space that is the very universe itself... after a while, you realize that you're beginning to drift slowly downwards... moving closer to earth... drifting down a stream of light that might be a ray of sunlight... closer and closer... almost dazzled by brilliant colors and light... softly, gently, sinking down and down and down... until you find yourself enveloped in a beautiful golden warmth... with this wonderful relaxed feeling... a feeling of being a part of everything... that everything is a part of you... enveloped in a beautiful, golden light and warmth that seems to be somehow all around and within you... and you realize that at this moment, you are in touch with all knowledge....

And now your mind is prepared and receptive to everything I'm going to say to you, because during this state of special relaxation, your subconscious mind can come to the fore so that can accept ideas and concepts that are beneficial to you. It accepts and acts upon these ideas, helping you, guiding you... guiding you towards your hopes and desires, helping you to achieve your aims and goals... and the influence of these suggestions, where they are for your benefit, will have a steadily increasing effect upon the way you think, the way you act, and the way you behave... over the coming days and weeks and months.