

## EXPLANATION OF INDUCTION

“In a moment I’m going to hypnotize you; but first, let me explain what you will experience . . .

You will at no time be asleep, unconscious, or under my control.

You will, however, feel a pleasant heaviness throughout your body and a feeling of peace and tranquility in your mind, kind of like the twilight that you experience just before you go to sleep at night.

Here’s what you are going to do.

I’m going to have you focus your attention on \_\_\_\_\_.

As you concentrate on \_\_\_\_\_, I’m going to count you 5,4, 3, down to 1, into a state of hypnosis.

As I’m counting, I will give you suggestions that your eyelids are growing heavy, drowsy, and sleepy.

You can think, “My eyes will not get heavy,” but they will - It’s the power of suggestion.

If I were to sit before you and suck on a sour, juicy lemon your mouth would water and pucker. You tense up when your dentist starts to give you a shot. That’s the power of suggestion.

So, will your eyelids get heavy? Of course they will !!! You can resist, but that’s not why we’re here.

As your eyelids close down I will say the words, “Sleep Deeply.”

You know when you hear those words you are not supposed to go to sleep or be asleep.

No - Sleep Deeply here means “relax and let go.” You know now you aren’t giving up control so it’s O.K. to let go.

(Add this explanation only if you are going to touch your client. If you’re going to snap your fingers, it isn’t necessary to tell them.)

When I say, “Sleep”, I’m going to touch your shoulder. That’s your signal to let go and give in to that wonderful feeling.

Let yourself respond instantly to my suggestions and you will enjoy a wonderful state of hypnosis.

*Give subject directions so they will get used to following your suggestions... “feet side by side, hands on the arms of the chair, listening only to the sound of my voice, focus all of your attention on \_\_\_\_\_.”*

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