Dave Elman Induction

Now take a long deep breath and hold it for a few seconds. As you exhale this breath, allow your eyes to close and let go of the surface tension in your body. Just let your body relax as much as possible right now.

Now, place your awareness on your eye muscles and relax the muscles around your eyes to the point they just won’t work. When you’re sure they’re so relaxed that as long as you hold on to this relaxation, they just won’t work, hold on to that relaxation and test them to make sure THEY WON’T WORK.

Now, this relaxation you have in your eyes is the same quality of relaxation that I want you to have throughout your whole body. So, just let this quality of relaxation flow through your whole body from the top of your head to the tips of your toes.

Now, we can deepen this relaxation much more. In a moment, I’m going to have you open and close your eyes. When you close your eyes, that’s your signal to let this feeling of relaxation become 10 times deeper. All you have to do is want it to happen and you can make it happen very easily. Ok, now open your eyes...now close your eyes and feel that relaxation flowing through your entire body, taking you much deeper. Use your wonderful imagination and imagine your whole body is covered and wrapped in a warm blanket of relaxation.

Now, we can deepen this relaxation much more. In a moment, I’m going to have you open and close your eyes one more time. Again, when you close your eyes, double the relaxation you now have. Make it become twice as deep. Ok, now once more, open your eyes...close your eyes and double your relaxation...good. Let every muscle in your body become so relaxed that as long as you hold on to this quality of relaxation, every muscle of your body will not work.

In a moment, I’m going to have you open and close your eyes one more time. Again, when you close your eyes, double the relaxation you now have. Make it become twice as deep. Ok, now once more open your eyes...close your eyes and double your relaxation...good. Let every muscle in your body become so relaxed that as long as you hold on to this quality of relaxation, every muscle of your body will not work.

In a moment, I’m going to lift your (right or left) hand by the wrist, just a few inches, and drop it. If you have followed my instructions up to this point, that hand will be so relaxed it will be just as loose and limp as a wet dish cloth, and will simply plop down. Now, don't try to help me, you have to remove relaxation. Let me do all the lifting so that when I release it, it just plops down and you'll allow yourself to go much deeper.

(If subject helps to lift hand) Say, "Now, no let me do all the lifting, don't help me. Let it be heavy. Don't help me. You'll feel it when you have it."

Now, that's complete physical relaxation. I want you to know that there are two ways a person can relax. You can physically relax and you can relax mentally. You already proved that you can relax physically, now let me show you how to relax mentally. In a moment, I'll ask you to begin slowly counting backwards, out loud, from 100. Now, here’s the secret to mental relaxation, with each number you say, double your mental relaxation. With each number you say, let your mind become twice as relaxed. Now, if you do this, by the time you reach the number 98, or maybe even sooner, your mind will have become so relaxed, you will actually have relaxed all the rest of the numbers that would have come after 98 right out of your mind. There just won't be any more numbers. Now, you have to do this, I can't do it for you. Those numbers will leave if you will them away. Now start with the idea that you will make that happen and you can easily dispel them from your mind.

Now, say the first number, 100 and double your mental relaxation.

Client: 100
Hypnotist: Now double that mental relaxation. Let those numbers already start to fade.
Client: 99
Hypnotist: Double your mental relaxation. Start to make those numbers leave. They'll go if you will them away
Client: 98
Hypnotist: Now, they'll be gone. Dispel them. Banish them. Make it happen, you can do it, I can't do it for you. Push them out. Make it happen! ARE THEY ALL GONE?
METHODS FOR DEEPENING

1. PERIODS OF SILENCE... Suggest, "Until I again touch you on the shoulder, you will continue to go deeper and deeper relaxed. You will pay no attention to my voice." Do not leave the subject alone longer than 15 or 20 minutes, for some subjects tend to come out of hypnosis on their own or lapse into a normal sleep.

2. EXHALING.. Suggest, "Each time you exhale, you will automatically sink deeper." I usually combine this suggestion with a period of silence.

3. COUNTING... Counting up or counting down from any number, i.e., 10-1. I prefer to count down because it lends to the feeling of sinking deeper.

4. HALLUCINATIONS. . Walking steps, riding in a car or train, sailing, going in a tunnel or down a corridor, sliding, etc. Combine counting with hallucinations adds to the effect, i.e., riding down an elevator, going down one floor with each count.

5.IDEO-MOTOR SUGGESTIONS...Eye catalepsy, arm catalepsy, etc.

6. IDEO-SENSORY SUGGESTIONS...Hot and cold sensations, and those affecting the senses, sound, touch, smell and taste.

7. PYRAMIDING.. Repeated inductions without awakening.

8. FRACTIONATION.. Hypnotizing, dehypnotizing and rehypnotizing several times.

9. INDIRECT SUGGESTIONS...While the subject is hypnotized, direct your suggestions to someone else. Explain what is happening and what is going to happen. Thus, the subject indirectly receives the suggestions.

10. FEEDBACK...Sensations which the subject feels are fed back to him.

11. PLACEBO...Pill, drink, Harmless certain procedures, which the subject believes will affect him.

12. COMPOUNDING SUGGESTIONS...Suggest that every move they make and every suggestion you give sends them deeper relaxed.

13. POST-HYPNOTIC SUGGESTIONS...To respond to a signal, to go deeper each time they are hypnotized, etc.

14. REALIZATION...Bringing it to their attention that the effect is working and that they are responding.
Emerging Technique # 1

By Gerald F. Kein

In a moment I'm going to count from one up to three. At the count of three, and not before, you will open your eyes and become fully refreshed, totally alert, feeling wonderful and marvelous in every way.

ONE! Slowly, easily and gently feel yourself coming back to your full awareness.

At the count of TWO, you're still relaxed and calm, but a wonderful feeling of new energy flows throughout your mind and body; and your eyes, under your eyelids, feel as if they are clearing, as if they are being bathed in a cool mountain stream.

On the next count, eyes open, fully alert, feeling wonderful and marvelous in every way. Get ready now. All right, number THREE, eyes open, fully alert and notice how good you feel!

How Do You Feel?

Emerging Technique # 2

By Martin Segall

In a moment I will count from 1 to 5. At the count of five, and not before, you will open your eyes and emerge from this very pleasant state of hypnosis. You notice I use the term emerge, rather than the word awaken, simply because you're not asleep. You are just in a very pleasant state of relaxation.

When you emerge, you will feel wonderfully relaxed and refreshed. You will remember everything said while you were in hypnosis. If there were any tensions from the day's activities, they will diminish and disappear. You will feel great.

1...2...3...4...5, Eyes open, wide open, fully alert and feeling wonderful.

How Do You Feel?