

1st Practice: Inductions

Rapid Induction

(If using with the instant induction, leave out italicized paragraph)

Close your eyes. Now, take in a nice deep breath, and slowly let it out. Another deep breath in, and exhale. As I count from 5 to 1, it's as if each number doubles your mental and physical relaxation 5.....4.....3.....2.....1..... relax....

Now, take your attention to your eyelids. Notice how completely loose, limp, and relaxed they are. No tension at all. And now go deeper relaxed.

Now take that feeling of relaxation that you are allowing in your eyelids to the top of your head. Imagine or pretend that relaxation is the most beautiful color you've ever seen. ... Now gently send that feeling, that color of relaxation down across your entire body from the top of your head to the bottom of your feet like a gentle wave of relaxation ... Relaxing every cell, every fiber, every muscle.... Your body softening into the chair like a stick of butter you've left out on the counter overnight.

Now take that beautiful healing color of relaxation back to the top of your head and let it flow down your entire body. Imagine, pretend it is like a big sea sponge, soaking up all the tension, the stress, the worries of your day, any discomfort or negativity, replacing it with pure relaxation ...calm... comfort... control. Imagine yourself walking it to your kitchen sink, wringing it out, and watching all of that negativity and tension swirl down the drain, leaving you completely.... Relaxed.

Scan your body for any sign of stress or tension or discomfort. If, perhaps you find a little, send that beautiful healing color to absorb it like that sea sponge, filling that space with pure calm and comfortGood. Now take that feeling of relaxation to the top of your head Good, now this time, feel that healing color of relaxation wash over you like a soothing gentle shower, rinsing your body completely of any negative feeling as if you could go ten times deeper.... Now even deeper still ... Good. ...

2nd Practice: Testing/Convancers

Eye Catalepsy Convincer

Good, now once again take your attention to your eyelids and notice again how much more relaxed they are now. Imagine them so relaxed that they are too relaxed to open. When you have chosen to relax them so much that they don't want to open, you'll find that they won't open. When you have imagined that they are so relaxed that they won't open, go ahead and give them a try. Good. Now stop trying and go deeper relaxed.

Eye Fractionation

In a moment I am going to count from 1 to 3 and at the count of three, but not before, you'll open your eyes. I'll say the word sleep, and you'll close your eyes, and double your mental and physical relaxation. Ok. 1, 2, 3. Sleep.

Now go deeper still. Because it's the nature of human beings to get better with practice, we'll do this again a few more times. I'll count from 1 to 3 and at the count of 3, but not before, You'll open your eyes. I'll say the word sleep and you will close your eyes, allowing your mind and body to double your relaxation.

123 123 123 123 12.....3

Excellent work.

Online Arm Catalepsy Convincer

Let's call on the power of your imagination one more time. Raise your right arm in front of you and imagine it stiff and rigid like a bar of steel! Lock it straight at your elbow, lock it at your wrist and lock it at your shoulder. That's right, stiff and rigid like a bar of steel! Like nothing could move it. Perfect! SO STRONG now! (pause)

(Client), NOW it falls straight down. Down! Loose and limp, completely relaxed.

This is the power of your imagination. You and I both know that was just an arm, but because you imagined it to be like a steel bar, it was. Because you imagined it to be like a limp rag, it was. Imagine using this power to reach your goals....

Practice 3: Online Instant Induction, suggestion, emerge

Roberta's No-Touch Instant Induction:

(Explain and demonstrate what you want it to look like)

I'd like you to put your arm straight out in front of you like this...
When I say the word sleep, it will drop like a wet bag of sand into your lap like this...
And you will easily enter a relaxing state of hypnosis

Close your eyes and take a slow belly breath in... And exhale.... Another breath in...And exhale. **Sleep!** (*With hand clap*) Loose limp and relaxed. As I count from 5 to 1, it's as if each number doubles your mental and physical relaxation...5.....4.....3.....2.....1..... relax....

Add a 2 line suggestion

Emerge

In a moment, I am going to count from one to three. When I get to three, but not before, I would like you to open your eyes and emerge from hypnosis.

One... Settling back inside yourself, sound of mind and body, becoming more aware of your surroundings, your subconscious mind taking all of these suggestions in exactly the way you need them. Feeling the positive shift deep inside.

Two... Now, and over the next couple of days, longer if you like, some or all of this calm will remain. The color red, red, red, red will remind you..... Seeing the color red makes you feel more confident than ever before, because you have accepted all of these powerful hypnotic suggestions. Even though we spent a few minute doing hypnosis today, you will find that you feel wonderful and refreshed with all the energy you need for the rest of the day.

Three... Opening your eyes, feeling totally alert, refreshed, and rejuvenated. And, you do feel good, don't you?

Practice 3: No-touch First Session Protocol