

Beach Deepener and Somnambulism Test.

Make sure you first ask your client if they are okay with going to the beach before using this technique. If not use one of the other visualization or make up your own see section 2

Hypnotist: “I would like you to imagine yourself at your favorite beach - the only thing I ask is that you make sure there is some sand at the edge of the water and that the tide is gently coming in.

Let me know when you're there. Just use your this finger_ (*touch index finger on the hand you are going to use for the ideomotor responses-this usually conditions them to use that finger for yes—most of the time*) to let me know. (*Wait for their answer. When they lift the finger*). Great!

I would like you to write your name in the sand at the edge of the water and as the tide comes in it ebbs and flows. As it comes in it brings in calm and as it recedes it takes out tension..... In... brings calm..... out... less tension.....more calm ...less tension....more calm less tension..... you go deeper and deeper with each breath.

As the tide comes in, it gently moves up the beach and soon covers your name ... let me know when it is gone by moving that finger again. The water continues to come in and out and gently moves up the beach. In and out, in and out, bringing in more calm, letting out more tension. In and out. In and out. Let me know when it is covered and gone. *If finger hasn't come up yet say_* I will be quiet for a moment as the tide continues to come in....let that finger come up when your name is gone.”

Always say Thank you.

Thank you! And with each breath drift deeper.

Once the name in the sand has disappeared, you have established and verified that the client is in Somnambulism again. Now you can move on since Somnambulism has been attained.

A - B - C Deepener

Hypnotist: “I would like to you to allow yourself to go even deeper now so we are going to go from level A, where you are now, to level B. To get to level B your mind doubles your state of hypnosis. It is just as if the letter B pops into your mind somehow, or you just sense or feel or know somehow. Move that finger (*touch index finger*) when you are there.

Ok then, all the way down (*press gently on the client's shoulder*) the letter pops up or....you feel, sense or just know somehow that you are you are there...move that finger when you are there.

When you get the confirmation say, we are going to do the same again and go down another level from B to C. let that finger come up again..... when you are there. *Press gently on shoulder again and say*, All the way down now and let me know when you are there.”