

## Induction (Dave Elman Inductions as Revised by Ines Simpson )

Choose Options A or B.

### Induction A Using Fractionation

*Note - words in bold italics are directions for the hypnotist and are not meant to be said out loud.*

When you are ready please allow your eyes to close

Take a deep breath - just letting go of any external tension ...that's it

Now focus on your eyelids ... and allow the muscles in your eyelids to go completely LOOSE... LIMP... AND LAZY...

And when **YOU** know that your eyelids are so, so loose... so limp... so lazy..... so relaxed... keep that relaxation... and allow them to no longer work....

Now give your eyelids a good test, allow your eyebrows to move so I know you're testing.....

***(watch for the client trying to lift their eyelids - then say:)***

Good, stop testing

***(Do this Quickly so conscious mind doesn't have time to interfere)***

... and... let the mind send that same quality of relaxation from the top of your head to the very tips of your toes. Imagine a blanket of relaxation just wrapping you in complete comfort... GREAT!"

We are now going to deepen the state of relaxation you are enjoying. As the body relaxes so the mind relaxes.

IN A MOMENT... I am going to ask you to open your eyes... and this is how we will do it...

***Remember to use your hand to pass up and down in their line of vision, throughout. So they do not turn their head to look for you***

I'm going to count to three.

On the count of three please open your eyes, then I'll gently snap my fingers

***(If you choose leave snap out and just move your hand up and down)***

as an indication to close your eyes and double the relaxation.

1... 2... 3... open (***gentle snap***) and down. Double that relaxation. 1... 2... 3... open (***gentle snap***) and down. Twice as deep now, and again. 1... 2... 3... open (***gentle snap***) and down. Deeper and deeper down.”

***(If you like, use fractionation test while counting – see Section 2)***

“IN A MOMENT... I'm going to pick up your hand by the thumb.”  
***(Or by the wrist, the sweater, whatever suits the situation.)***

I'd like you to allow me to do this all by myself so you can keep that wonderful relaxation you have created. When I pick up your arm I'd like it to be absolutely limp, just like a rag doll.

***(Test for limpness, make sure you have it before you go on.)***

GREAT! Now we have all the physical relaxation we need... Your mind can continue to relax you much more as it so chooses. “You're doing wonderfully!

Now I'm going to show you how to attain mental relaxation, allowing your mind to become totally aware and clear.

“IN A MOMENT... I'm going to ask you to slowly count backwards from 100... allowing the state to double. I will show you first –then you do it when I ask.

(Model with lots of indirect suggestion - see section 2)

100...

99....

98.....

and by the time you've said a few numbers you choose just to allow them to relax right out of your mind.

Start with the idea of wanting it to happen and just let it happen.

Start counting please, out loud, backwards now.

**Client:**           **100**

Hypnotist - double the relaxation.”

**Client:**           **99**

Hypnotist - start letting them fade.”

**Client:**           **98**

Hypnotist: - “letting them fade.”

**Client:**           **97**

Hypnotist           - let them be gone.”

**(remember don't let them get past 96 – see Section 2  
for more)**

Hypnotist           “All Gone? ...

**(DO NOT ASK – ARE THE NUMBERS GONE?)**

Hypnotist:           “Great now go deeper.”

**TRANSITION SMOOTHLY INTO THE BEACH DEEPENER OR EQUIVALENT.**

## Induction Option B Using Kinesthetic Visual and Auditory Deepening

***Note - words in bold italics are directions for the hypnotist and are not meant to be said out loud.***

When you are ready please allow your eyes to close

Take a deep breath - just letting go of any external tension ...that's it

Now focus on your eyelids ... and allow the muscles in your eyelids to go completely LOOSE... LIMP... AND LAZY...

And when **YOU** know that your eyelids are so, so loose... so limp... so lazy..... so relaxed... keep that relaxation... and allow them to no longer work....

Now give your eyelids a good test, allow your eyebrows to move so I know you're testing.....

***(watch for the client trying to lift their eyelids - then say:)***

Good, stop testing

***(Do this Quickly so conscious mind doesn't have time to interfere)***

... and... let the mind send that same quality of relaxation from the top of your head to the very tips of your toes. Imagine a blanket of relaxation just wrapping you in complete comfort... GREAT!"

In a moment..... I am going to touch you on the shoulder lightly.... and I am going to count from 10 down to 1. I would like you to imagine.... or pretend that you're going downward..... using something comfortable for you. Some people use stairs.... a path to the beach or... maybe even a waterslide. Pick something comfortable for you in your mind's eye now... just intend it..... your mind will use it for you. Here we go.

***Press gently on the client's shoulder on exhalation and number count-***

10, your mind just doubles the relaxation with each breath. That's it.

9, deeper down.

8...

7...

6 ...

5, your mind just does it for you ... deeper with each breath.

4 ...

3 ...

2 ... all the way down now.

AND

1

In a moment..... I am going to pick up your hand by the thumb..... and... I ask you to allow the arm to stay loose and limp. .... See if you can allow me to pick it up all by myself..... I can easily lift your arm a couple of inches all by myself and you can keep the relaxation you created in your arm....

***Lift the arm making sure that your client allows it to be loose limp and lazy. If they are still helping you, tell them to stop helping and just let it go as if they were dropping the arm to their lap.***

Wonderful! As I gently drop it allow yourself to go deeper.

In a moment... I will show how to get your mind.... calm and totally aware. I am going to ask you to count backwards from 100 out loud like this:

(give indirect suggestion by inhaling and exhaling deeply between numbers)

99 ...

98 ... Your mind will double the depth between each number. Just want it, and it will happen for you. After a few numbers, your mind will just let the numbers fade. Please count out loud backwards from 100

**Client:**                   **100**

Hypnotist - double the relaxation.”

**Client:**                   **99**

Hypnotist - start letting them fade.”

**Client:**                   **98**

Hypnotist: - “starting to fade.”

**Client:**                   **97**

Hypnotist                   - let them be gone.”

(remember don't let them get past 96 – see Section 2 for more)

Hypnotist “All Gone? ...

**(DO NOT ASK – ARE THE NUMBERS GONE?)**

Hypnotist: “Great now go deeper.”

**TRANSITION SMOOTHLY INTO THE BEACH DEEPENER OR OTHER DEEPENER**