

## DEEPENERS

This deepener is very simple, yet amazingly effective.

(It also allows for covert testing of the subject. When I tap the subject's hand or knee or shoulder or whatever, I can observe if there are any visible 'drops' in his physiology. The more profound/pronounced the 'drop', the better this subject is likely to respond to instructions etc.)

"Here is the interesting thing... when I tap the back of your hand (your knee, your shoulder, etc.)... you will instantly find yourself even deeper... ten times deeper... just like... that..."

[Tap the hand / knee / shoulder / whatever you mentioned... Look for a reaction, however slight. Whether you get a reaction or not, continue...]

"...And it does feel good, doesn't it... that's right... Lets do that again and go..."

[Tap]

"...even deeper... 10 times deeper... and that feels even better..."

[Wait for just a second or two.]

"...and one more time..."

[Tap]

"10 times deeper... that's right... that's a great place... that's a wonderful place..."

## Passing thru zero

“Now, in just a moment... not now... but in a moment... I’m going to count down... from five to zero... I want you to imagine that zero way, way off out there in the distance... so far out that, so far away its barely there imagine the zero way out there in the distance...”

“When I begin counting down from five to zero... you will begin moving toward that zero... so that the closer I get to zero... the closer you get to zero... and when I get to the zero... you get to the zero... and pass right through the center of it... in to the most amazing... profound... and wonderful clarity of mind e you could ever imagine. A most profound and amazing focus and clarity of mind. And an amazing and wonderful state ..”

“OK... Five... begin moving toward the zero now... getting closer and closer... closer and closer... closer and closer...”

[One or two second pause.]

“Four... getting closer... closer... closer... and the anticipation is building... you really want to go through that zero... you know that what is through that zero is an absolutely amazing experience, and you really, really want it.”

[One or two second pause.]

“Three... getting closer and closer... closer and closer...”

[One or two second pause.]

“Two... getting closer and closer... the anticipation is building... you have a greater, stronger sense of what’s through the center of that zero now... you can sense it more and more... and you really want it now... even more than ever before... you really want to go through that zero.”

[One or two second pause.]

“One... almost there... So close... so close... almost there...”

[Pause for a few seconds and look for anticipation on the subject’s face.]

“ZERO! ...pass through the zero now and just enjoy that amazing, profound experience... let it wash over you and through you and fill your mind... and your body... let it flow all around you... let it fill you... and wash over you... and just enjoy that experience... right now...”

*[At this point you should have noticed a shift in the subject’s physiology. Often he is smiling, or rocking gently (or you can place your hand on his shoulder and begin to rock him gently - this has an amazing effect), and generally ‘settling’ all over.]*

## AUTO DEEPENER

Use after any other basic deepeners

“Now you know... that there is a place... even deeper than this... a state... a place... more profound than this one... What I want you to do now... is to go there... Find that state... that place... that is even deeper... even more profound... and when you get there... nod your head and say okay...”

*[Wait for the nod and ‘okay’.]*

“OK... Excellent... and now once again... I want you to go to the state... to the place... that’s even deeper than this one... You know its there... go there now... and when you get there... nod your head and say okay...”

*[Wait for the nod and ‘okay’. It will probably be harder this time, and each time hereafter.]*

“OK... excellent... now what I want you to do is to keep doing that... I want you to keep finding the place that is even deeper... go to that place... and when you get there... nod your head and say okay... and then go to the next one that is even deeper... and do it again and again until I tell you to stop...”

“Nod your head if you understand...”

*[Wait for the nod.]*

“Begin... now.”

*[Wait for the nod and ‘okay’.]*

“Okay... good...”

*[Wait for the next nod and ‘okay’. Let the subject continue 4 to 5 times, but don’t say ‘okay’ again for the next few times. Then when you believe he is sufficiently deep (as evidenced by barely being able to nod and/or barely able to say ‘okay’), say...]*

“Good... now stop there and just notice how amazing this feels... and you can feel that amazing /wonderful / profound state of hypnosis in your MIND... and in your body... and it feels wonderful... it feels absolutely wonderful...”