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Introduction

“You use hypnosis not as a cure but as a means of establishing a favorable climate in which to learn.”

Milton Erickson

What is hypnosis?

Hypnosis is defined simply as a heightened state of mental awareness. When a person is hypnotized, a large percentage of his/her mental resources are focused on the subject or object that triggered the hypnosis in the first place. There are two general ways for a person to experience hypnosis. The first one is “self-induced hypnosis” which occurs when a person focuses intently on something for a period of time.

This form of hypnosis can be observed in people who are engrossed in different activities such as watching television, reading a good novel or conversing with a good friend. It must be noted that all forms of hypnosis are categorically self-hypnosis because this mental state cannot occur without the person’s content. Therefore it’s impossible for a hypnotist to “force” a person to do things that are contrary to his/her values and beliefs.

The second type of hypnosis is hypnosis through an external agent. Street hypnotists, stage hypnotists and clinical hypnotherapists are all examples of external agents who are capable of inducing hypnosis in people. When an external agent performs hypnosis on another person, he/she does so with a particular purpose in mind. For example, a hypnotist may induce hypnosis to help his/her friend process negative emotions that have been causing life issues at the present time.
Does awareness of hypnosis reduce its effectiveness?

This interesting question gets asked a lot in the circles of hypnosis. Many people (including some hypnotists) believe that when a hypnotic subject is aware of the concept of hypnosis, he/she would somehow counter or resist it.

The truth is actually the opposite: the more a person understands and accepts hypnosis for what it is, the more effective hypnosis becomes. The reason for this is quite simple: if a person fully believes in the power of hypnosis, he/she won’t consciously resist it. This is the plain logic behind the clinical hypnotherapist’s uptake interview and the general Q & A that takes place before hypnotherapy sessions. When a hypnotic subject knows exactly what’s going to happen, he/she becomes more compliant and cooperative with the hypnotist.

There’s a big difference between a fully aware and compliant individual and a resistant one. A person can be fully aware of what’s happening during hypnosis and still get good results. A resistant individual on the other hand, may know a little or a lot about hypnosis but still consciously deny the process that causes hypnosis to take place naturally.

Hypnotic Susceptibility

What makes a person a good hypnotic subject?

If you’re planning to perform hypnosis on other people, be aware that not all hypnotic subjects are equal and there will be situations where you will have a more interesting time trying to put someone “under” a hypnotic trance. Here are some additional factors to consider:
1. Three Categories of Subjects – It has been estimated that fifty percent of the entire population can be hypnotized (these are your average hypnotic subjects), while the remaining fifty percent is split into two groups: 25% are highly susceptible to the workings of a hypnotist while the remaining 25% cannot easily be hypnotized (these people are termed “un-hypnotizable.”)

There’s no way for you to know if a person is hypnotizable or not unless you perform a hypnotic induction on him/her. You will be able to see for yourself the degree of a person’s susceptibility if he/she is very responsive to the induction, deepening, etc.

2. Subject Motivation – There are two other factors that affect the effectiveness of hypnosis in general. The first one is the relationship of the hypnotic subject with the external agent.

When a subject completely trusts a hypnotist’s capability and skills, he/she is already “halfway there” meaning the subject is already hypnotized by virtue of his/her belief in hypnosis.

When the hypnotist steps in and performs an induction, the induction will put the subject in a deep state of trance in a short period of time. This brings us to the second big factor, which is how much the subject wants to be hypnotized in the first place.

If your subject wants to be hypnotized because he/she is trying to resolve an issue or problem in his/her life, you can expect the rest of the hypnotic process to proceed flawlessly.

On the flipside, a subject who isn’t aware that he/she is about to be hypnotized may show signs of resistance, especially if you are attempting to influence the other person’s behavior through hypnotic language patterns.
3. **Direct Cooperation** – If your subject believes that he/she can be hypnotized and you have the ability to induce this state with your words and actions, you still need your subject’s full cooperation to make the hypnosis “work as intended.”

Getting someone to cooperate with you requires knowledge of tools such as hypnotic language patterns. The goal of the hypnotist is to disable the subject’s conscious filters to allow hypnotic suggestions to take root in the subconscious mind.

**The Hypnotized Mind**

If this is your first time to perform hypnosis on another person, you may be wondering: *what are the limits of hypnosis? What will a hypnotic subject be willing to do when in trance?*

The following observations from actual hypnotic experiments will give you an idea as to what can be realistically achieved when you put someone under a hypnotic trance:

1. **Avoidance of Pain** – Suggesting actions that will cause physical pain will be refused. Subject may move out of the hypnotic trance state if the hypnotist continues to insist. If the subject stays in trance, no amount of persuasion will convince the subject to engage in actions that will ultimately lead to physical pain (whether real or not).

2. **Suspension of Pain** – Under deep trance and suggestion, a person can think that he/she feels no physical pain, even with a stimulus such as a heat source (e.g. candle).

3. **Extension of Reality** – The subject’s perception of reality can be greatly extended or expanded. The subject may believe that an object is not what it seems and his/her reaction or interaction with the said object may also change. For example, if a hypnotist describes a chair
as having insects on it, the subject may react as if this were happening in objective reality and not in his/her mind.

4. **Minor Adjustments** – While a subject may claim that he/she is doing something that was instructed by the hypnotist, in reality the subject may only partially comply with the hypnotist as was the case with the test subject who was instructed to place her hand on the table, which was described as very hot.

Instead of fully complying with the instructions of the hypnotist, the hypnotized subject hovered her hand over the table an inch or two (remember that the table was described as very hot) and stated that she has performed the action (i.e. “My hand is on the table.”)

5. **Amplification of Beliefs and Values** – It appears that contrary to common belief, a person’s values and beliefs (the most important ones, at least) are not suspended during hypnosis. If you ask your subject to partake of food or beverage that is prohibited by his/her religion, it is unlikely that he/she will comply.

**Paradoxically,** people who aren’t under a hypnotic trance are more likely to engage in behavior that opposes their values and beliefs, if there is sufficient conscious motivation. The most common example of this would be individuals who drink heavily on a work night, knowing that they would regret the decision later on.

6. **Selective Compliance** – In some cases, hypnotic subjects also exhibited selective compliance to the main suggestions of the hypnotist, complying only when the hypnotist is in the subject’s presence. This type of incomplete compliance is normal and should be deemed as a natural part of the subject’s hypnotic evolution through time.

Eventually, the main suggestion/s will take root in the subconscious mind and will be made the “natural choice” by the subject’s own
unconscious. In the beginning, expect such type of compliance to occur especially if you’re trying to help the subject overcome a negative belief, value or attitude.

External agents of hypnosis such as hypnotherapists and stage hypnotists have become very aware over the decades of how the human mind reacts to external stimuli, even if the stimuli comes after the induction of a hypnotic trance.

You can’t force someone to commit criminal acts while in trance, though he/she can be made to believe that he/she committed fictional acts of wrongdoing in the past. However, transplanted memories can be difficult to consciously recall, which may be attributed to the partial/complete amnesia that occurs after hypnosis.

The subject’s trust in the person performing the hypnosis is of paramount importance.

When the subject trusts the hypnotist, he/she believes in the process (the hypnosis itself) and that good things can be accomplished with the help of the external agent. These are the core factors that allow a hypnotist to change the subject’s perception of reality as the hypnotist begins transplanting vital hypnotic messages into the subject’s subconscious mind.

Does the subject’s conscious mind “go to sleep” during hypnosis?

It’s possible to wind down the activity of the conscious mind to the point that it no longer interferes with the transplantation of the hypnotic messages. However, it cannot be completely “switched off” the way we turn off the TV or a light bulb.

The main job of the conscious mind is to protect the subconscious mind from potentially harmful input. The former performs its duties
in varying degrees (i.e. the performance of the task fluctuates depending on the situation and the person’s general condition).

However, even when a person has been induced into a very deep and relaxing trance state, the conscious mind can still awaken if it receives conflicting input such as the suggestion to do something illegal or potentially dangerous.

The Hypnotic Induction

No other step in the hypnotic process is as important as hypnotic induction, which sets the tone for the rest of the interaction.

Bear in mind that professional hypnotherapy was first crystallized in the medical setting (as applied by the likes of Milton Erickson) and hypnosis as psychotherapy should still be the logical foundation of your education as a hypnotist.

To ensure that your sojourn into hypnotic inductions is well rounded, let’s explore the traits and guidelines that apply to inductions performed in psychotherapeutic hypnotherapy and inductions designed for non-conventional hypnosis like stage hypnosis, instant hypnosis, street hypnosis, etc.

Classic Hypnotic Induction

The classic method of inducing a hypnotic trance in a patient/client involves the following steps:

1. **INTERVIEW** - Before the induction is carried out, there is usually an uptake interview followed by one or several more interviews so the clinical hypnotherapist would have an excellent grasp of the subject’s central problems and his/her attitude toward hypnotherapy or hypnosis in general.
2. **RAPPORT-BUILDING** - The hypnotherapist attempts to build trust by answering the subject’s questions about the method. The hypnotherapist may have a ready ‘script’ that he/she will use to explain the basics of hypnosis as well as how it can be used to help the subject overcome his/her problems.

If the subject has any more questions, the hypnotherapist will continue to answer them diligently as long as the questions are associated with the activity. Hypnotherapists also gauge the readiness of the subject to be hypnotized by watching for small signs of being “in trance” while listening to explanations about hypnosis.

The hypnotic trance state can occur at any time and experienced hypnotherapists can condition their patients/clients in such a way that they only need a few minutes to induce a very deep trance state during the actual hypnosis session.

3. **DEEP RELAXATION & LIGHT SLEEP** – Deep relaxation is the most common induction method used in classical hypnotherapy because it allows the hypnotherapist to work with the client for long stretches of time. The actual duration of the hypnotic induction depends on the hypnotic susceptibility of the subject.

If the subject ranks high in the susceptibility scale, the hypnotic induction will likely last for only a few minutes before the subject begins progressively relaxing. More resistant individuals may require longer inductions; it’s up to the hypnotherapist to devise ways to overcome the resistance so that subsequent hypnotherapy sessions will be speedier to complete and more productive for both the hypnotherapist and the subject.

**Non-Conventional Hypnotic Induction**

Non-conventional hypnotic inductions often involve visualizations and “instant inductions” that may work immediately (or not)
depending on the hypnotic susceptibility of subject. We will be covering both classical and non-conventional techniques in the next part of the book.

A good example of a non-conventional method of inducing a hypnotic trance would be the “microphone tap” technique used by stage hypnotists in “hypnosis shows.” What stage hypnotists do is they ask for volunteers from the audience and these volunteers will climb up the stage to be hypnotized.

The hypnotist then puts on a “show” by being very mystical or serious all of a sudden. The hypnotist then holds his/her microphone while looking intensely at all of the potential subjects. In the beginning, the hypnotist will stare deeply into each person’s eyes from the start of the line up to the end. Then the hypnotist will begin changing his/her tack by randomly selecting people in the line.

This builds anticipation and excitement, to the point that the volunteers are hallucinating that they would be picked. When the excitement reaches fever pitch, the hypnotist swiftly turns to a subject (which he/she has probably chosen from the start) and lightly taps the person on the forehead while intoning with a deep and authoritative voice: SLEEP!

The suddenness of the occurrence, coupled with the unbearable excitement of having no idea as to who is going to be picked, causes the chosen volunteer to enter an instant trance state and the volunteer falls asleep on the spot. Some people literally crumple when the instant induction is performed and stage help are ready to catch anyone who becomes too engrossed in the impromptu hypnosis session.
What makes this a non-classical approach to induction?

The only reason that this type of induction is “non-classical” is that it cannot be effectively used in a hypnotherapist’s office, for obvious reasons.

There should be no mistake: both clinical hypnotherapists and regular hypnotists can use different techniques to arrive at their target outcomes. There are no limitations when it comes to picking and using induction techniques. As long as you have a strategy in mind and you’ve practiced your chosen induction technique, there should be no problem.

To ensure your success as a hypnotist, you definitely have to consider the following factors when choosing an induction technique:

1. Location of the hypnosis session.
2. How much time you have with the subject.
3. Hypnotic susceptibility of the subject.
4. Your familiarity with the technique.
5. The actual situation where you plan to use hypnosis.

Hypnotic Language & Perception

The most useful definition of hypnosis (as an activity) is “a method of clearing the path for communication so that learning and understanding can take place.” If we can agree that hypnosis allows people to learn more quickly with minimal distortion, then we can also agree that before this type of learning can take place, hypnotists have to collectively find a way around the defenses of the conscious mind.
Fortunately, this conundrum has been solved with the creation of a linguistic system called hypnotic language. The history of hypnotic language is complex and the medium itself intersects many other disciplines such as psychology and sociology. Essential hypnotic language deals with representational systems or how people understand the world through different sensory systems.

The theory behind representational systems is that every person on the planet is bound not only by the culture of his/her country but by his/her representational systems. Representational systems are intrinsically connected with the various sensory systems, as represented by the acronym VAKOG:

V – Visual (Seeing)
A – Auditory (Hearing)
K – Kinesthetic (Feeling)
O – Olfactory (Smelling)
G – Gustatory (Tasting)

What’s the point of using techniques such as the VAKOG system?

Since hypnotists are literally in the “communications business”, they have to find a way to understand their subjects better. To become effective in hypnotizing your subjects, you need to develop an ‘ear’ that will help you determine the primary representational system used by your subject.

Every person has a dominant representational system that he/she values over all the rest.

The only way that you’re going to learn about this dominant system when hypnotizing someone is by listening to your subject’s verbal pattern/s. Some people switch between two or more representational systems depending on what is being discussed. Continue eliciting
feedback from your subject until it becomes clear what representational system/s he/she prefers using.

It is generally agreed that the olfactory and gustatory representational systems are almost never used to describe significant ideas in conversations, probably due to the inherent limitations of using words that are associated with smelling and tasting.

Nonetheless, if your subject keeps using words and concepts related to olfactory and gustatory systems, be sure to make appropriate responses to tap into the subconscious communication preference of your subject.

Below are sample statements from each of the major representational systems:

**Visual**

“Do you see the problem now?”
“Picture this: a new car and a new house.”
“What’s not clear?”
“That is a visual spectacle!”
“The imagery is very nice”

**Auditory**

“Say no more.”
“I don’t like your tone.”
“I need to hear more feedback.”
“It’s time that you guys sang to my tune.”
“That sounds good to me!”

**Kinesthetic**
“I can handle the truth.”
“You need to be firm in disciplining your children.”
“Don’t force the door open.”
“Start building a new tomorrow.”
“That might come in handy one day.”

Why Rapport Matters

If this is your first time to try hypnosis “in the field”, you may have already read about establishing rapport. We all know that it’s needed for effective hypnosis, but what is it exactly?

Rapport, simply defined, is harmony between two or more people. In the context of hypnosis, harmony exists when conflict doesn’t and this is an essential juncture because you cannot be an effective hypnotist if your subject doesn’t like or trust you at all.

How can you establish rapport with another person?

Two schools of thought emerge when this question is asked and both answers are actually important to your education as a hypnotist. The classic answer to this question is “through matching and mirroring.” Matching and mirroring refers to conscious act of creating similarities between yourself and the other person by observing the other person’s:

1. Breathing rate
2. Breathing rhythm
3. Speech style
4. Speech rate
5. Body language (e.g. hand gestures and feet movement)

The main problem encountered by beginning hypnotists is that they often find themselves mechanically copying the other person’s speech peculiarities and gestures. Mechanical copying is not the goal
of matching and mirroring. The goal is to subtly show your similarities with your subject so that your subject will accept and trust you even more.

This is where the second school of thought comes to the rescue. The second school of thought states that while matching & mirroring is technically correct, it does not teach hypnotists how to accomplish the task in an effective manner. This can result in unintended consequences. For example, your subject may end up thinking that you are mimicking or mocking him/her because your actions and speech style is somehow out of place.

The solution to this problem, according to the second school of thought, is to imagine that your subject is a close friend. If you treat your subject as if he/she were a close friend and you actually care for this person, your body language will change automatically and you will begin to adapt more naturally to how your subject communicates with you.

You can still use your prior knowledge of matching and mirror but your approach should come from the second school of thought, which essentially says that you should drop everything and visualize that your subject is someone you care about.

**On Becoming a Natural Leader**

After establishing rapport with your subject, your next task is to project yourself as an authority figure or the subject’s natural leader. The reason for this is that an individual is more likely to comply with another person if he/she sees the other person as a natural leader. This is a solid, established fact and is backed by countless studies in psychology and sociology.

You can project yourself as a natural leader by:
1. Being warm and welcoming when you first make contact with your subject.

2. Answering your subject’s questions about hypnosis completely and satisfactorily.

3. Having the confidence to perform inductions and all the other phases of hypnosis without showing uncertainty or anxiety.

4. Projecting an aura of a leader when speaking to your subject and others about hypnosis.

5. Mastering your material and applying your techniques flawlessly.

The fifth guideline is the toughest to achieve because flawless execution requires many hours of practice. Don’t let this discourage you: you can practice your hypnosis scripts at home, even if you don’t have people to practice on. Read your hypnosis scripts and visualize that you have a subject. Imagine what people would actually say or do when you are performing hypnosis on them.
Part 1: Hypnotic Inductions for Beginners
On Creativity & Confidence As a Hypnotist

Practitioners of hypnosis know for a fact that while you can have the best the education that a hypnotist can ever have, you still have to be very creative and adaptive when you’re finally “in the field.”

Ultimately, the goal of this book is to provide you with all the essential tools for hypnotic inductions so you can apply techniques creatively and adaptively. While premade scripts will be featured later in the book, it would be best to adapt the material to your specific needs so you can get the best results. So we’re going to tackle different induction techniques but I want you to focus on the idea of appropriating these induction techniques so you can make them your own.

I encourage everyone to be creative with hypnosis because one should never forget that this whole process is just a way for you to communicate better with your subject. The “format” of hypnosis is slightly different from what a person would do regularly in the real world. These distinctions often confuse beginners because it seems that a hypnotist is practicing “mind magic” while in reality, a hypnotist is simply diverting the subject’s attention and refocusing him/her in a way that’s unique and effective.

As a “warm up”, we’re going to discuss beginner level inductions in this part of the book. Beginner level inductions are “short and explosive” because they can be done virtually anywhere, with or without an audience.

# 1: Slide & Sleep
Ask your subject to stand up straight with arms at the side. Position yourself beside your subject so that you can reach up and touch the ridge of the eyebrows. Touch the ridge of the eyebrow which is at the center of the forehead and allow your subject to relax.

Ask your subject continue relaxing as he/she goes deeper and deeper into the trance. Observe your subject’s body language and responses to what you’re doing or saying. As you continue your relaxation script begin counting backwards from 5 and each time you count backward, your finger goes up slightly on your subject’s forehead.

This will encourage the subject to fall backward and sleep. When your subject’s breathing changes and he/she shows sign of hypnotic trance, end the countdown and place your finger on the topmost part of your subject’s forehead.

When your finger reaches this spot, simply say “sleep!” and allow the subject to fall backward. Be sure that you can catch your subject if he/she does fall backward. Have a couch or chair ready, too. Continue giving your subject instructions so as not to break the hypnotic trance state.

# 2: Gravity Induction

This is a very simple induction that takes advantage of the tendency of the human body to lean forward continuously. Begin the induction by asking your subject to sit comfortably on a chair or couch. Place your hand on the subject’s back and begin your relaxation script.

Be sure to make your subject deeply relaxed before engaging him/her in the active phase of the induction. You can also ask your subject to close his/her eyes as he/she listens to your relaxation script. You are free to use any relaxation script as long as it utilizes basic hypnotic devices such as “going deeper and deeper” and “try to feel yourself slowly falling forward.” As long as the suggestions
sound natural and are aligned with the rest of the hypnotic script, it should work.

Remember to practice your relaxation script several times before trying it on a subject. Now, when your subject has become deeply relaxed, the next step is to begin counting backwards. Depending on your subject’s hypnotic susceptibility, you may begin counting from 5 or 7, depending on your estimate as to how long your subject will reach the lowest point as he/she falls forward.

As you are counting backward, change your voice so that it becomes slightly louder, deeper and more authoritative. With each count, slightly press on your subject’s back so that he/she is encouraged to fall forward. Upon the last count, simply say “sleep” and your subject should be in-trance by then.

# 3: The Floating Hand

This induction makes use of a person’s perception of space and movement. When this technique is used, the subject becomes dissociated with the immediate physical environment and all his/her cognitive resources become focused on the physical sensation without being able to see the actual movement. The disappearance of the visual component of the induction deepens the relaxation and quickens the initiation of the trance state.

Begin this induction by asking your subject to be seated comfortably. Perform your relaxation script on your subject and ask him/her to close his/her eyes and listen closely to your voice. Begin detailing the following to your subject:

1. There’s a balloon tied to your middle finger.

2. Your arm is becoming lighter and lighter.
3. The balloon is floating, carrying the arm upward.

4. You feel very relaxed as this is happening.

5. Your arm floats upward slightly as I begin my count from 5 (or any other number that you think is a good starting point, depending on the subject’s degree of hypnotic susceptibility).

6. When your hand floats to “face level”, the finger which is tied to the balloon will touch your nose and the balloon will pop.

7. When the balloon pops, your hand will fall back to your lap.

When the subject completes the seventh phase of the active induction, command him/her to go to sleep.

You may also prolong the floating sensation if you see that your subject is thoroughly immersed in the induction. Just be sure to complete the transition from floating arm to sleep before the effect wears off and your subject becomes accustomed to the ‘floating’ position of his/her arm. When your subject becomes familiar with what’s happening, the hypnotic effect of the induction may be reduced.

# 4: No Blinking Induction

One of the most powerful concepts that a hypnotist can use when inducing a hypnotic trance is misdirection. Why? Because the human mind works extremely hard to make sense of reality and anything that disturbs this will get plenty of attention (which is exactly what we’re after during a hypnotic induction!)

Each person has unwritten code, a manual that corresponds to the various realities of life. When one of the rules in this code is broken, the person’s current trance state is dissolved and his/her
consciousness turns to what caused one of the rules to break apart. Since this doesn’t happen regularly, such an occurrence can easily cause a person to hallucinate and enter a deep trance state.

The **no blinking induction** is a prime example of attention deflection through a simple “physical trick.” This induction method is one of the fastest ways to induce a trance state *however*, you still need to perform a good deepening to maintain the strength of the hypnotic trance. Otherwise, the subject may wake up quickly from the induce state.

Perform the induction by placing your index finger lightly on your subject’s forehead. Ask your subject to visualize that he/she can see the exact point where your finger is rested. Have him/her imagine that his/her eyes can roll up and peer through the darkness so he/she can see your finger.

When you see your subject performing the “impossible task” of looking at the tip of your finger, which is placed on your subject’s forehead, ask him/her to try to open his/her eyes. Since the subject is straining to “see” the tip of your finger, the eyelids will remain shut.

Ask the subject to open his/her eyes a few more times before using a deepening script. Your subject at this point in time is in-trance and ready for the next phase of hypnosis.

**# 5: Hypnotic Paralysis**

This induction technique will thoroughly test your vocal technique and timing when providing hypnotic suggestions to your subject. Begin this technique by asking your subject to remain still in either a seated or standing position.

When your subject becomes relaxed in the target position, begin the relaxation script that you’ve chosen for the session. Ideally, your
relaxation script should not be very long but packed with sufficient trigger words to put your subject at ease more quickly. One complete round with your relaxation script is sufficient.

Follow the relaxation phase with the following details:

1. Keep your eyes closed as you are feeling more and more relaxed.

2. Your eyes are now paralyzed and no matter how hard you try, they will not open.

3. Your arms and hands cannot be lifted. Struggle as you may, they will not move.

4. Your feet feel like they are lead blocks – heavy and unmoving.

5. Your entire body cannot move and as you think of this you fall deeper and deeper into a state of complete relaxation.

Don’t perform the steps successively without taking note of your subject’s actual response to the induction. Hypnosis is a feedback-based activity and the hypnotist is never the star of a hypnosis session.

Focus on your subject and what he/she is saying and doing and adjust your tack depending on what you see. Hypnotists who carry on with their scripts and methods without checking the direct effects on their subjects are the ones who become frustrated because they can’t seem to find the right set of techniques to use. If you learn to focus on your subject’s feedback, it will only be a matter of time before you understand which techniques are the best and which ones are more difficult to carry out.
# 6: Deep Breathing

People nowadays don’t breathe normally through their bellies. Watch how a baby breathes and you’ll see how we’re supposed to be breathing. Sadly, desk jobs and very sedentary lifestyles have changed people’s bodies drastically, even changing how people physically breathe. So what happens when you ask a person who is used to shallow, chest breathing to perform rhythmic, deep breathing? Apart from the novel physical sensations, a person would probably experience a trance state because it will require conscious effort to breathe deeply from the belly.

This is the basis of the current induction method, which I simply call “deep breathing.”

Ask your subject to close his/her eyes and perform deep breathing while simultaneously employing your regular relaxation script. The focus of this method is the sensation of breathing – keep your subject’s focus on that. When your subject is thoroughly engrossed in the physical sensations associated with deep breathing, suggest that the subject’s head is getting heavy and that is leaning forward gently.

Continue suggesting that the subject’s head is leaning forward as you begin a countdown from 5. Use triggering devices such as “try to feel yourself leaning forward more and more” without directly implying that you want the subject to lean forward. The moment the subject’s head is at its lowest point (don’t let the subject fall over), feel free to proceed with the deepening phase of the session.

# 7: Swept Into Sleep

This technique is an excellent choice for hypnotists who wish to practice their physical coordination and timing while performing a hypnotic induction. Like other induction methods mentioned before
the “Swept Into Sleep” induction is based on misdirection and “shocking” the subject so that he/she immediately enters a trance state after the final step of the induction.

Begin the “Swept Into Sleep” induction by having your subject sit on a chair. Preferably your chair shouldn’t have a backrest because you will need access to the subject’s shoulder and back. When your subject has seated himself/herself with his/her hands on his/her lap, proceed with your relaxation script while simultaneously massaging him/her on the shoulders. Allow your subject to relax and slightly deepen your voice to increase the impact of the relaxation.

When you feel that your subject has relaxed enough, begin priming him/her for the final phase of the induction by adding mentioning relaxation and sleep. So your subject is going to be very relaxed and because of he/she is very relaxed, he/she is feeling sleepy.

Next is the countdown. The countdown consciously prepares the subject for the trance state. Begin your countdown from 10 and count slowly while continuing the end-parts of your relaxation script. The moment you reach 1, press forward on the subject’s back so that he too flops forward.

Two actions have to be performed simultaneously: when you press down on the subject’s back, swiftly bring your arms under your subject’s arms so that the hands are off the lap in an instant. With the supports gone, the subject’s head will likely hang close to his lap. If the subject remains in this position for a few seconds, the induction is complete and the subject is successfully in a trance.

# 8: Immobility Induction

The Immobility induction method is based on the “Instant Paralysis” method that was covered earlier. The Immobility induction technique
is highly recommended for hypnotists who are unable to apply relaxation scripts during hypnosis sessions.

This is a “burst type” induction that works best if you can build strength and force from the very beginning of the induction so your subject is effectively shocked into a trance state.

However, let me clarify that “shocking” someone into a trance state does not mean that you have to shout at someone. Shock is attained with consistency of technique and speed of application. Have the confidence to unwaveringly apply the technique that you have chosen so you start off strong and you remain strong throughout the entire hypnotic process.

To begin the induction process, face your subject and hold his/her hands together. Clasp them together tightly while maintaining steady eye contact. When you have your subject’s full attention, slowly let go of his/her hands.

Inform your subject that he/she won’t be able to pull his/her hands apart. Repeat this statement and intensify the subject’s effort by saying something like “the harder you try, the more glued together your hands will be.”

It’s important that you create a chain of trigger statements that will deepen the subject’s hypnotic trance even before you use a deepening script. This is the purpose of the induction: to clear the way for deepening and full hypnotic activation.

As your subject continues to struggle with his/her own hands, immediately place your hand on the side of your subject’s head and swiftly bring his forehead (do this gently, mind you) to your shoulder area while instructing the subject in a loud and deep voice “now simply go to sleep now.” Your timing has to be impeccable so your words would have maximum impact on your subject.
What’s the purpose of pulling the subject’s head toward you?

Inductions are essentially mental distractions meant to refocus the subject’s awareness of the environment. The first part of the induction quieted the subject’s mind, making him/her more susceptible to hypnotic devices. The “shock” part was pulling your subject forward quickly but gently. The disorientation that results from these two phases instantaneously causes a hypnotic trance.

# 9: Three Yeses Induction

The “Three Yeses” induction is based on the classical persuasion device called “yes sets.” A yes set is simply a series of seemingly simple and inconsequential questions that secretly breaks down the subject’s resistance while building _commitment_. The yes set is used widely in various fields and disciplines such as neurolinguistic programming, influence/persuasion and marketing.

Now, we’re going to apply the yes set in hypnosis so we can induce a deep and instantaneous trance on your subject. Here’s what you’re going to do:

1. Ask your subject three simple questions that can easily be answered by yes or no. For example: “Do you want to feel very relaxed right now?” Make sure that these questions will logically lead to “going to sleep” which is the trigger device for the hypnotic trance.

2. Ask your questions slowly while maintaining eye contact with your subject. Observe for signs of trance such as widening of the pupils, involuntary swallowing, etc.

3. When your subject answers your 3 questions with 3 yeses, bring your hand up and wave it across your subject’s face as if you were
going to wipe it with a cloth. As you do, say in a deep voice: “now you are relaxed, go to sleep.”

The second phase of the induction will only be effective if you built up the anticipation well in the first, so practice the first phase (the questions) a few times before trying them on your subject. The questions must be given with confidence and conviction that what you’re doing will work. Hypnotists must always exude an aura of gentle authority when they are performing hypnosis on other people.

# 10: Repeat Trigger Inductions

The more a person believes in your skills in hypnosis, the easier it would be for you to hypnotize that same person again and again.

In the event that you do have to hypnotize someone a second or third time, you can experiment with skipping the relaxation phase and going straight to the “shock” phase of the induction. A good example of a repeat trigger induction is the “handshake” method:

1. Project your hypnotist’s persona as you approach your subject.
2. Maintain eye contact and smile – smiling is contagious and if your subject reciprocates, he/she is likely in trance already.
3. Suddenly reach for your subject’s hand and shake it firmly as you command your subject to relax and sleep.

# 11: Trance Out of Nowhere

If you would like to experiment with developing your hypnotic persona, you may want to try induction methods such as “Trance Out of Nowhere” to gauge how people perceive you as a hypnotist.
The Hypnotist’s persona is a combination of natural confidence and leadership rolled into one. If you’ve been practicing hypnotic scripts, induction scripts and deepeners, you may have already developed your unique hypnotic persona based on your current knowledge and experiences.

Can you induce a hypnotic trance in less than five minutes? Try this induction technique to find out!
This technique can be used with a small group of people or with a single hypnotic subject. Essentially all you have to do is to communicate with your subject that you don’t intend to do anything vaguely related to hypnosis, all the while hinting through your body language that you will.

It’s important that you introduce vagueness and excitement into the equation so your subject will be primed when you perform the hypnotic swerve/pivot that clinches the induction and causes the subject to hallucinate.

The simplest approach would be to converse with your subject so that he/she is lulled into thinking that you’ve forgotten all about the hypnosis. When your subject becomes mentally relaxed, it’s time for you to trigger the trance. Maintain eye contact with your subject and say something to the effect of “You know, I haven’t all day and I’m really busy. Relax and go to sleep now.”

The final phrases have to be spoken in such a way that they are completely out of context of the current interaction. The wide refocusing of the subject’s center of awareness will cause the hypnotic trance to emerge.

# 12: Distract, Divert & Trigger

“Distract, Divert & Trigger” has three parts:
1. First, you’re going to perform a relaxation technique or any other induction initial distraction to refocus the subject’s mind. Build anticipation in what’s about to take place. However, at the very last minute, stop the induction and proceed to the second phase, which is diversion.

2. In the diversion phase, say or do something that is completely unrelated to what you were doing or saying a minute ago. Yes, your subject will probably think that you are a little crazy and that’s alright.

That’s why this part of the induction is called a diversion. We are going to divert the subject’s attention for the second time so that he/she will think that the first phase has stopped for good. When your subject has become mentally relaxed, proceed to the third step.

3. In step three, I want you to instruct your subject to relax and go to sleep with a firm voice and strong eye contact. Instruct your subject in a way that completely disorients him/her because of the sudden shift that you performed yet again.

# 13: Rock-a-bye Baby

The “Rock-a-bye Baby” induction works exactly as it sounds: you’re going to send your subject to sleep by gently rocking him/her. Begin this technique by asking your subject to stand up straight, with feet together and arms at his/her sides.

Next, stand behind your subject and place your hands on both shoulders. Instruct your subject to breathe rhythmically and deeply. Observe your subject’s breathing rhythm and gently rock your subject backward and forward, making sure that you move him/her backward when he/she is exhaling.
When you have observed that your subject has become thoroughly relaxed and therefore, in-trance, give him/her a few more rocks before clapping your hands gently near one ear while saying “now go to sleep.” You can also suggest that the subject is getting sleepier and sleepier, etc. Use the common formula for linking together like elements in your hypnotic script so the subject’s enters the trance state easily.

The sudden sound of your clap will trigger the hypnosis and your subject will comply. Be sure to have a chair or couch nearby so you can gently seat your subject before proceeding to the deepening phase of the hypnosis.

# 14: Near & Far

The “Near & Far” induction technique is perfect for situations where time-consuming inductions cannot be performed. Begin this induction by asking your subject to sit on a chair that is directly opposite you.

Sit a few feet from your subject but not so distant that he/she won’t be able to see your eyes properly. Ask your subject to focus on your eyes when you say “near” and look at the wall behind you when you say the word “far.”

This is the tricky part of the induction. You have to time your “near” and “far” prompts in such a way that your subject will focus on one object for a few second before being asked to shift his field of vision once again. This constant shifting of the subject’s focus will eventually tire his/her eyes, causing the subject to keep his/her eyes closed.

In the beginning, you may gently remind the subject to reopen his/her eyes so you can continue with the ‘exercise’ of looking near and far. When your subject closes his/her eyes once again, instruct
the subject to go to sleep. Note that this induction technique may not be suitable for resistant subjects. Use this on individuals that have average and high susceptibility to hypnosis.

# 15: Strained Focus

This is another induction method that makes use of natural eye strain to quicken the transition of the subject from one trance state to the other. You will need an overhead light source for this technique or at the very least, an item that is high up the wall that your subject needs to strain his/her eyes a little to be able to see it.

Begin this induction by asking your subject to look at the light source or object. Your subject should be seated comfortably as he/she performs the task. While your subject continues to look at the target object, apply your relaxation technique or script.

When the other person is showing signs of eye strain, allow him/her to close his/her eyes and go to sleep. In the beginning, you can also encourage your subject to keep his/her eyes open. The law of reversed effort will come into play and your subject will find it doubly hard to keep his/her eyes open during the induction.

# 16: Mixed Counting

The “Mixed Counting” induction method challenges the conscious mind’s limited ability to hold multiple bits of information at one time. This is an induction method that requires no special tools but you will need a little more time before your subject falls into a deep trance state.

Begin the induction by asking your subject to count backward with you. Start with a big number like 1,000. Let your subject count backward until you feel that he/she is becoming tired. At the “first stop”, inform your subject that he/she can continue counting
backward in his/her mind. Stop counting and allow your subject to count mentally. After a few minutes, tell your subject to count backward using a different number. Wait a few minutes again before changing the number the second time. Soon enough you will begin to see signs of exhaustion and the subject can now be instructed to go to sleep. Make sure that you instruct your subject with an authoritative voice so he/she is jolted out of the reverie created by the counting exercise.

# 17: End to End Counting Method

The End to End Counting Method combines anticipation with the hypnotic power of regularity, which lulls the subject’s conscious mind into complete relaxation. Begin this technique by asking your subject to close his/her eyes and listen closely to your voice alone. Inform your subject that you will be counting from 1 to help him/her relax. Begin your count and during the intervals (1,2,3….4,5,6…) apply your chosen relaxation script.

Your counting will serve as the continuous beat that will help the subject relax. In this technique, the counting will also be used to as a platform for the “shock” or trigger command.

Setting the stage for the final instruction or trigger is vital to your success as a hypnotist. Inductions without strong triggers may take longer to work because the subconscious mind keeps waiting for the final door to close so that the hypnotic circuit can be closed.

When your subject begins showing signs of fatigue and being in trance, increase the pace of your count and inform your subject that by a certain count, he/she will fall asleep. As you approach the target number, slightly increase the volume of your voice and deepen it in preparation for the final trigger. Speak the last number clearly and give your instruction: you are now relaxed, go to sleep.
# 18: The Showstopper

If you wish to try your hand in “stage hypnosis” or hypnosis performed in front of an audience with the intention to impress and entertain, you may try this induction technique. The “Showstopper” induction method follows the same route as all the other induction techniques. The only difference is instead of asking your subject to relax, you’re going to shock him/her twice to trigger the hypnosis.

This induction technique is all about projecting personal power and confidence as a hypnotist. Assuming that your subject is already seated, be sure that you have enough space so you can walk toward your subject. As you walk toward your subject, make eye contact and don’t break the eye contact even if your subject gets a little frightened of it. It’s important to remain “in character” for the duration of the induction.

When you’re almost upon your subject, make a sudden 360 degree turn in front of him/her and as you turn to face your subject again, bring your hand out and lightly touch his/her forehead while saying in a deep and loud voice: “by my power, sleep!”

You can use any other trigger phrase – as long as it instructs the subject to sleep, you’re free to use it.

# 19: The Split Body

The “Split Body” induction operates on the principles of mental confusion and information overloading. Essentially, you’re going to overload the subject’s conscious mind (essentially short-circuiting for a few minutes) before introducing your relaxation script.

This type of hypnotic induction works best for resistant subjects who want to comply with the hypnotist but do not believe that they can be hypnotized. These individuals exert extra effort in countering the
mesmerizing after-effect of susceptibility tests and hypnotic inductions.

Detail the following items to your subject:

1. Your body is now divided into two halves.
2. Your left side is different from the right side.
3. Your right hand is boulder-heavy while your left hand is as light as a feather.
4. Your left leg feels very hot while your right leg feels very cold.
5. Your right foot is planted to the ground while the left one feels like jelly.

These are just some of the ways that you can play with the idea of the halved body. After introducing the concept of the halved body, begin applying your relaxation script while maintaining the theme of the induction. Feel free to expand the number of confusing statements especially if your subject is still resistant to your induction technique.

# 20: Unsteady Hands & Legs

This induction technique works very well for individuals who have been gauged as having high hypnotic susceptibility. If you’re unsure, perform a hypnotic susceptibility test on your subject by ‘locking together’ his/her hands and suggesting that they cannot be separated. If the subject responds easily to basic hypnotic patter, then basic “fast inductions” such as “Unsteady Hands & Legs” can be used in later hypnosis sessions.

Begin the induction by asking your subject to seat himself/herself comfortably on a chair, with feet apart and hands on his/her lap. Next, apply a basic relaxation script while maintaining eye contact. When your subject is showing signs of “going under”, ask your subject to stare at his/her hands, at which point, they will begin “shaking” after you detail the following:
1. As you continue staring at your hands, you will discover that they are beginning to shake… After a few moments they will shake even more.

2. As you feel your hands shaking, you will also discover that your legs have become jelly and you cannot stand up properly.

3. As your hands and legs begin to shake, you can now sleep.

# 21: Hand-Circling Induction

The Hand-Circling induction is an excellent option for complete beginners of hypnosis as there aren’t many steps and the duration of the induction is relatively short. Begin this induction by asking your subject to be seated on a chair or couch.

Instruct your subject to close his/her eyes and perform your relaxation routine so that your subject begins sinking into trance.

Your subject’s hands should be lightly interlaced so they’re linked together but easy to pull apart. Gently hold your subject by the elbows and begin making circling motions. Be sure that the rhythm of the circling coincides with the hypnotic beat of your relaxation script.

It would also be a good idea to time the circling movement so that it harmonizes with your subject’s breathing rhythm. The cadence of the movement will pull the subject into a trance state easily.

When you no longer feel any resistance in your subject’s arms, it’s time for the final phase of the induction. With one swift (but gentle) movement, sweep your subject’s arms apart so that he/she gently falls forward toward his/her lap. Do this while giving your subject one last instruction: now go to sleep.
# 22: The Swinging Pendulum

The pendulum is one of the most recognizable tools of the hypnotist and is probably the reason why many people are a little afraid of hypnotists in general.

At first glance, it may appear that the pendulum being used by a hypnotist possesses some form of magical power because it seems to hypnotize people almost immediately. What people don’t realize is that it’s not the pendulum per se that induces the hypnotic trance – it’s actually the swinging motion.

How can you use a pendulum to hypnotize someone?

While a gold pocket watch or a medallion with ancient insignias are definitely impressive, you don’t need them to induce a hypnotic trance in a person.

As long as you have a weight tied to the end of a long piece of string, you can get the same effect as the “hypnotist’s pocket watch.” Obviously, a pen cap and a piece of yarn doesn’t look as impressive onscreen so hypnotists are often portrayed as owners of magical stop watches. Again, you can buy/use pocket watches with chains, but they’re not an absolute necessity.

Are you ready to try the pendulum swing technique?

Begin the induction by asking your subject to sit comfortably on a chair. Sit in front of your subject and hold up your pendulum. Ask your subject to observe the swinging pendulum and pay close attention to the sound of your voice. Encourage him/her to simply relax and go deeper and deeper into sleep.

After a while, you will notice that the constant movement of the pendulum will strain your subject’s eyes, causing his eyelids to close.
At this point in time, you can begin suggesting that your subject’s eyes are becoming heavier and heavier. Repeat this phrase until your subject’s eyes close completely. When they do, complete the induction by instructing your subject to go into a deep sleep.

# 23: Hand Clasp Method

Physical contact is a powerful tool in hypnosis because it instantly helps build rapport between the hypnotist and subject. The power of touch is highlighted clearly in the “Hand Clasp Method” of hypnotic induction.

To begin this induction technique, have your subject sit on a comfortable chair. Sit opposite your subject and hold his/her hand while looking at his/her eyes. It’s important that you look deep into your subject’s eyes without faltering. You can blink, but the gaze has to be maintained and intensified every few seconds.

This induction method is certainly disconcerting to many hypnotic subjects, but don’t worry – you’re not going to do anything strange anyway.

The purpose of looking straight into your subject’s eyes is to create eyestrain, which facilitates hypnotic induction. The added element of ‘strangeness’ of prolonged eye contact adds to the confusion, which also helps establish hypnotic trance in your subject.

As you continue looking at your subject’s eyes, feel free to begin your relaxation routine/script. When you begin your relaxation script, be sure to keep those hypnotic suggestions coming in at a fast pace to create further confusion in the subject’s mind. Mental confusion is the
hypnotist’s friend because the “shock” element is twice as effective when the subject is relaxed and mentally confused at the same time.

# 24: Closing the Curtain

The “Closing the Curtain” technique of hypnotic can be quite impressive because it can put a person in-trance quickly if the method is done properly. Like the other techniques we’ve been exploring, this method utilizes the tendency of the eyes to close as it tracks an object or point that is moving downward.

Begin this technique by asking your subject to take a seat. Position yourself in front of your subject and detail the following:

1. Take deep breaths. Slowly inhale and exhale and feel yourself sinking into the chair.

2. Be as relaxed as possible and while you’re relaxing, I’m going to raise my hand above your head.

3. Look at the tip of my pinky finger and focus on it as you are focusing on my voice.

4. Follow the tip of my finger and stay focused on it.

The moment your subject becomes very relaxed and focused on your pinky finger, it’s time for the final step. While saying “you will now go to sleep” slowly lower your hand so that your subject’s eyes will continue following your pinky. If all is performed as outlined, your subject’s eyelids will droop and the fast induction is complete.

# 25: The Steel Arm

The “Steel Arm” induction technique is based on the classical methods of hypnosis where hypnotic subjects can be rendered almost
catatonic by skilled hypnotists. Now’s your chance to recreate one of these classic inductions.

Start the induction by seating your subject on a comfortable chair or couch and asking him/her to begin relaxing. You may perform a relaxation routine on your subject prior to the “Steel Arm” induction method. When you’re subject is comfortable and ready for the induction, ask him/her to close his/her eyes and simply listen to the sound of your voice.

Gently lift your subject’s arm (left or right, it’s up to you) and detail the following to him/her:

1. You are becoming very relaxed.

2. Feel your arm becoming as solid as steel.

3. (Instruct your subject to clench his/her fist) Feel your hands becoming as solid and hard as steel.

4. The more you try to lower your arm and open your hand, the harder they will become.

Repeat the final hypnotic suggestion a few more times until you see your subject responding.

You will notice that your subject’s muscles will become tense and rigid (this is called the law of reversed effort). The moment you see this happening, instruct your subject to relax and let his/her arm fall to his/her lap. The arm will become instantly limp and it will fall to your subject’s lap immediately.

# 26: Alcohol & Anesthesia
“Alcohol & Anesthesia” is an interesting hypnotic induction because it showcases the temporary expansion/extension of a person’s perception through hypnotic suggestion and the alteration of physical sensations.

For this induction, you will need a bottle of rubbing alcohol and a chair. Ask your subject to sit on the chair and perform your usual relaxation routine. Instruct your subject to close his/her eyes and hold out his/her hand toward you.

Detail the following to your subject:

1. You are feeling very relaxed at the moment.

2. (Apply a dab of alcohol on top of the subject’s hand) You feel the sudden coolness. Try to feel your hand becoming numb.

3. Your hand is now numb.

When your subject acknowledges that his hand has become numb, rub alcohol on the same part of hand and perform a reverse instruction: your hand is now feeling pleasantly cool and you can move your fingers again.

The anesthetic effect will wear off. Now say “I will count backward from 3 and when I reach 1, I’m going to let go of your arm and you will fall asleep… 3… 2… 1… (gently let go of the hand and let it drop to the subject’s lap) go to sleep.”

# 27: The Hanging Bucket

The Hanging Bucket is a prime example of a hypnotic induction achieved through imagined physical sensations. To begin this technique, ask your subject to relax on a chair and raise his/her hand
above his/her head. If the subject says that his/her arm is heavy, simply allow him/her to experience the sensation of heaviness.

Detail the following to your subject:

1. Your arm is naturally heavy and it’s alright because it’s over your head.

2. Now visualize that I’m hanging a small plastic bucket on top of your hand. It’s the kind of bucket that children use in playgrounds and on the beach.

3. Right now the bucket is very light, almost feather-light and you have no problem carrying it on your hand.

4. I’m adding a little sand right now. You feel the weight of the little sand on your hand.

The fourth detail is the most important of all. You have to make your subject perceive the weight of the sand that you are adding to the bucket. With sufficient practice and the proper intonation, this shouldn’t be a problem as your subject has begun entering a trance state the moment he/she focused on the elevated hand.

Assuming that your subject is responsive to the fourth detail (adding sand to the bucket) continue suggesting that you are adding more and more sand and the bucket is getting heavier and heavier. The sensation of heaviness is actually caused by the prolonged elevation of the arm. However, the imaginary sand and bucket is taking center stage in the subject’s consciousness and this greatly deepens the hypnotic trance.

When the subject’s hand is at its lowest point because you have already added plenty of sand to the imaginary bucket, instruct the subject to completely relax and sleep. Induction is complete.
# 28: Bricks & Balloons

If you liked the previous induction, you’re going to love the Bricks & Balloons method. This is an advanced modification of the Hanging Bucket technique and is designed for more resistant hypnotic subjects. Begin the induction technique by asking your subject to relax on the couch or chair. Ask your subject to raise his/her left hand overhead. The other hand should stay on the subject’s lap.

Essentially we will be playing with the sensation of lightness and heaviness by having your subject visualize balloons on the right hand and bricks on the left hand. In the beginning, you’re going to put just “1 brick” on top of the elevated left hand. The same goes for the right hand – you’re going to tie just “1 balloon” on the subject’s right hand.

Repeat the phrases until the subject visualizes that he/she has a lot of bricks on his/her left hand and a large number of balloons on the right. The left hand will eventually sink because of the “weight” of the bricks while the right hand will slowly “float” to the top.

When the subject has reached the pinnacle of the hypnotic induction, feel free to ‘collapse’ the elevated hand by suggesting that the balloons have all popped. The moment your subject’s right hand falls to his/her lap, he/she is in-trance and you are free to proceed with the deepening phase of the hypnosis.

# 29: Word Play & Sensations

This next induction makes use of mental confusion through wordplay and imagined physical sensations. Begin this induction by asking your subject to relax and simply listen to the sound of your voice.
Ideally, your subject’s eyes should be closed so that he/she will only be able to pay attention to your suggestions. When you begin the induction, be creative with the use of common word pairs such as “up & down” and “left & right.”

Here’s an example:

“Raise your left hand now if you think that is right or if you feel otherwise, raise your right hand, since the left is not right and the right hand is all that is left.”

These confusing statements should be used in conjunction with a progressive relaxation routine. When your subject begins focusing intently on your words and complies 100% with all your suggestions, feel free to place the final trigger phrase in the equation such as “and now, you are ready to sleep – and so sleep.”

# 30: Pulled into Sleep

The Pulled into Sleep induction method can be fast and effective if your subject has been gauged as having high hypnotic susceptibility. This can be performed seated or standing up, it’s up to you.

Begin this technique by looking deep into your subject’s eyes. Perform a short relaxation routine and when he/she begins to relax, gently hold the subject’s left hand with your right while firmly holding his/her elbow, too.

When the time is right, lock the subject’s elbow (make sure the subject feels the firmness of the elbow) before saying “Sleep!” As you say the trigger word, pull the subject’s hand toward you.

The forward movement of the hand and elbow will naturally cause the person to move slightly backward, giving him/her the
impression that he/she is indeed falling asleep. Be prepared to catch your subject if he/she decides to crumple to the floor completely.

# 31: Two-Handed Induction

Assuming that your subject believes in hypnosis and has no problem with you performing the induction, use the Two-Handed induction method to get fast results.

Before proceed to the actual induction, talk to your subject about what you’re planning to do and answer any questions that he/she may have about hypnosis in general. Answer your subject’s questions well because the Q&A part of the session also has an impact on your subject’s response to the hypnotic induction.

If you provide convincing information and arguments about hypnosis and your subject is satisfied with your answers, he/she is halfway in trance already and the induction simply crystallizes the trance state.

Begin this trance state by asking your subject to sit comfortably on a chair. Let your subject relax and when your subject’s muscles are loose, you’re ready to proceed.

Place your left hand behind your subject’s head as if to catch it (palm is in a horizontal position). Make sure that you don’t touch the back of the head.

Next, place your other hand on the subject’s forehead and with one swift (but gentle) motion, press down on the subject’s forehead and say “sleep.”

Your subject’s head should drop slightly backward and your hand should be there to catch it. The sudden sensation of falling backward
and having your head supported will add a slight shock factor, which is important in making inductions work.

# 32: Pushing Down Induction

The “Pushing Down” induction is similar to all the other fast inductions discussed in this book because it doesn’t require a lot of time to complete and has a relatively high success rate. Begin this method by having your subject sit down on a comfortable chair or couch.

Perform a basic relaxation routine. When the subject has become very relaxed, put out your hand and ask your subject to place his/her wrist on top of it. It’s important that your subject use his/her wrist and not the palm so that it takes double the effort to oppose the upward force of your hand.

Next, instruct your subject to press down on your hand without standing up from the chair. From the subject’s position, it is exhausting to press down using the wrist and not the palm. State this fact to your subject and allow him/her to feel a little tired.

When your subject has become tired from pressing down on your hand, detail the following:

1. You are becoming tired from pressing down.

2. As you press down harder on my hand, the harder the effort becomes.

If you think your subject has exerted sufficient effort, immediately withdraw your hand so that the subject’s arm falls into his/her lap. Good timing is needed for the trigger word: say “sleep” as you pull your hand away from the subject’s wrist.
# 33: The Hypnotic Button

The Hypnotic Button induction can be used when the hypnotist has achieved a relatively high level of trust and rapport with his/her subject. Repeat subjects will likely be easier to hypnotize than first time subjects, unless the first time subject has experienced hypnotherapy or hypnosis sessions before.

Ask your subject to sit comfortably on a chair and stand beside him/her. Use a short relaxation script on your subject to get him to relax before proceeding to the main part of the induction. Tell your subject that there is a hypnotic button or vessel located near the center of his/her forehead. Inform him/her that in a short while, you are going to count backward from 3 and when you reach 1, you’re going to tap the hypnotic button and he/she will fall right asleep. It’s important that your subject has been thoroughly relaxed beforehand so that this technique will work well.

Say “In a few moments, you are going to feel very sleepy and you will fall asleep. 3… 2… 1… Sleep.” Press down on the subject’s forehead firmly so that his/her neck sways backward gently. If all goes well, your subject’s eyes will drop the induction is successful.

# 34: Lying Down Induction

The Lying Down induction can be used if you plan to conduct a longer hypnosis session with your subject. To facilitate longer hypnosis sessions, it is suggested that you allow subjects to lie down on a reclined couch.

Many hypnotherapists also converse with their clients lying down on a small cot. As long as the subject does not fall asleep completely, there should be no problem.
This is a very simple induction that only requires optimal timing and deftness of movement.

Assuming that you have already applied a relaxation script on your subject for a few minutes, inform him/her that he/she is about to fall asleep. Be sure that your subject is seated somewhere he/she can lie down comfortably and safely.

Place your left hand underneath your subject’s head, but don’t touch it. Next, place your hand gently on your subject’s forehead.

When you’re ready, instruct your subject to sleep and as you press down, catch the subject’s head quickly with your other hand and lay him down a little faster on the pillow or cushion.

The speed at which you lie down your subject is essential to your success. Since this is a simple hypnotic induction, there has to be a shock element toward the end. The shock element is the speed of the descent and the suggestion is further clarified by the verbal instruction, which is “sleep!”

# 35: Head to the Side Induction

If you’re becoming accustomed to the idea of using movement and confusion to induce hypnotic trance states, the Head to the Side induction is a good option. Begin this induction by having your subject sit on a comfortable chair.

After asking him/her to relax, position yourself behind the chair and place your hands on either side of the head. Continue with your relaxation script as if nothing will happen. When the moment is right, quickly (but gently) move your subject’s head to the right and instruct him to sleep.
# 36: Sit & Flop Induction

For this induction method you will need good timing and physical coordination as you will be depending purely on the disorientation of the subject through surprise movement. Begin this induction with your subject in a standing position, feet together and with his/her arms at his/her sides.

There should be a chair positioned directly behind your subject. Position yourself in front of your subject and begin the relaxation script that you have prepared. Ask your subject to close his/her eyes when you’re ready to perform the Sit & Flop maneuver. Instruct your subject to sit down on the chair and when he/she is halfway down, firmly hold your subject’s shoulder and press down to accelerate the downward movement.

As you press down, quickly move to the side of your subject so you will have access to his/her back. The moment the subject’s rear touches the chair, gently but quickly press down on his back so that he flops toward his/her lap.

Two elements of surprise are contained in this induction: the sudden acceleration of the downward movement as the subject was sitting down and the postural change that occurs when you press down on your subject’s back.

# 37: Phantom Arm

This is a slightly advanced method of induction that will help you prepare for lengthier and more complex hypnotic induction techniques. This method requires a bit of imagery but at its core is the physical sensation of numbness and eventually, full-limb anesthesia.
Begin the induction with your subject seated comfortably. Sit in front of your subject and perform a relaxation routine so he/she becomes more relaxed and ready for the induction.

Instruct your subject to close his/her eyes and focus intently on the sound of your voice. Ask your subject to raise his/her arm and relate the following details in quick succession:

1. There was a man/woman who once lived in a big, beautiful house.
2. The man/woman had everything that he/she could possibly need.
3. One day, the person realized that he/she had a robotic arm, and the robotic arm can move but had no feeling.

Now circle back to the subject and refocus him/her on his/her arm by saying “now pay attention to your robotic arm, which has become as heavy a rock, it is becoming heavier and heavier as the seconds go by.”

Repeat the phrase until the subject’s arm drops to the level of his/her lap. Continue with the patter: “Now try to feel your robotic arm. The more you try to feel how it’s attached to your shoulder, the more you cannot find it. Just try locating your shoulder and then you arm.”

By virtue of the law of reversed effort, your subject will not be able to feel his/her arm.

This is aptly called the anesthetic effect in hypnosis and it can actually be applied to any part of the body, not just the arms or hands. You can vary this technique by changing the hypnotic patter so your subject will end up with a “robotic face”, “robotic foot” or even a “robotic leg.”

# 38: The Healing Induction
In some situations, the hypnotist has to make it clear that the session is all about recovery and healing. To set the theme of the session, the trigger phrase can be changed to “now, you heal” instead of “now, sleep.”

The psychological impact of the final trigger words cannot be underemphasized in hypnosis. Every word that you say is partly or wholly seeded into your subject’s mind.

Even after instructing your subject to trigger instantaneous amnesia after a session, your subject will still be familiar with how you speak and instruct him/her. Though this information may not be immediately available to the subject’s conscious mind, the subject still has a small degree of subconscious awareness of your hypnotic techniques.

Begin the induction by asking your subject to sit on a chair or recliner. Make sure that your subject is upright and not relaxing on the chair or recliner’s backrest.

After performing a relaxation routine and your subject’s eyes have become heavy, say “you will now feel very relaxed and in a moment, I want you to feel completely healed.”

Before saying the word “healed”, hold the subject’s shoulders and gently push him/her so that he/she reclines onto the backrest of the chair or recliner. If you’re able to do this easily, the subject is in-trance and is ready for the next part of the hypnosis session.

# 39: Sensory Blocking

This is an intermediate technique that can bring forth a very deep trance state that will be hard to “shake off.”
Begin the induction by asking your subject to lie down on a cot or you can also ask your subject to recline on his/her chair if you don’t have a cot. You can also use any flat, comfortable surface such as a foam or carpet for this induction technique.

When your subject becomes relaxed with his/her position, proceed with the following hypnotic patter:

1. You are in the here and now and yet your True Self is far away from here.

2. Your subconscious mind is listening to all the positive messages coming from my voice. Focus on my voice and let it guide you.

3. There is now darkness and for now, your sense of sight will go to sleep. Your eyes will be your ears and your ears will listen and see for you.

4. Your sense of hearing has become powerful enough to pick up the smallest of sounds. You can now “see” through your ears.

5. Your conscious mind is no longer listening to me, for it has decided to go away for a while. Your subconscious mind is still listening.

At this point, the subject is likely confused. Hold the subject’s hand and begin counting down from 3: “3... 2... 1... Sleep!” When you say sleep, let your subject’s hand fall to his/her side.

# 40: Two Drops

The Two Drops method uses auto-triggered relaxation to induce a hypnotic trance in the subject.

You can begin this induction technique without a relaxation patter but you have to make sure that the subject is focused on the activity
because his/her mind will likely have an active trance state that you will have to displace during the induction.

Ask your subject to hold out his/her hands in front of you. Hold the subject’s thumb and instruct your subject to be as relaxed as possible so that the arms are not tense. Now say: “I’m holding your thumbs right now and as I’m holding them you are becoming more and more relaxed. When I let go of one thumb, you will feel a sudden rush of relaxation throughout your body. When I let go of the other thumb, the same will happen.”

It’s important that you observe your subject’s reactions when you drop either of the thumbs. Ideally, each drop should send your subject deeper into the hypnotic trance. Now right before you drop the second thumb, I want you to give one final trigger: “Sleep!”

# 41: The Staring Contest

This is a variation of an earlier induction method that we discussed. The purpose of this variation is to help you practice consistency in applying a particular technique, regardless of any difficulties that you may encounter while applying it.

This induction requires no special tools apart from a chair. We’re also going to use the eyestrain technique along with hypnotic patter. You’re free to change the structure of the hypnotic patter as long as spirit of the message is preserved.

Begin the induction with your subject seated comfortably on a chair. Look straight in your subject’s eyes and lightly squint so that you won’t have to blink at all while performing the pattern. Now say the following to the subject:
“I’m going to begin counting from 10… As I count backwards from 10, you will feel multiple waves of relaxation overtaking you, like powerful waves of the ocean… Try to feel these waves as you focus on my voice and my voice alone shall make you even more relaxed… 9… Your eyes are becoming heavier and heavier… 8… You feel ever more relaxed and sleepy… 7… Your eyes are so heavy that you can’t help but close them… 6… You’re pleasantly sleepy and happy that you are relaxed… 5… You’re close to a breakthrough and you feel good things are taking place… 4… Focus on the sound of my voice as we go deeply into sleep… 3… Your eyes are closed and your arms and legs are heavy and pleasantly relaxed… 2… Your stress has melted away completely… 1… Now sleep!”

Be sure to increase the volume of your voice when you express the final trigger words.

# 42: The Dropped Pen

If there’s one thing we can be certain of in hypnosis, it’s that people want evidence of effectiveness especially during the induction phase. Luckily, we hypnotists don’t have to provide a lot of proof or evidence that a subject is indeed entering a pleasant, dream-like state called the hypnotic trance.

This next induction technique centers of the concept of providing proof of hypnosis.

Here’s how it works: ask your subject to sit down comfortably on a chair and hold out his/her hand. Now place a pen (or a coin, if a pen is not available) and instruct your subject to hold it for you. The raised arm should be kept as straight as possible throughout the induction.

Detail the following to your subject:
1. You are holding a pen in your hand.

2. You are becoming more and more relaxed as you feel the relaxation flowing from your hand toward your body.

3. Try to feel the wave of relaxation reaching your head, your chest, your belly and all the way down to your toes.

Simply repeat this hypnotic patter until the subject accidentally drops the pen. At which point you can instruct the subject to go to sleep and he/she will be instantly in-trance.

# 43: Fanned Fingers

The Fanned Fingers technique also makes use eyestrain to induce a trance in your subject. The best part about this technique is that you can make it appear that your subject was completely in control of what was happening and this will help strengthen the hypnotic process as a whole.

Begin this technique by asking your subject to sit down comfortably on a chair. Next, instruct him/her to bring his right hand near his face. Proceed with the following hypnotic patter:

“I want you to focus on your hand right now and pick your favorite spot that you’d like to study. It could be any old spot so feel free to look at your palm and fingers so you can find that spot. I’m going to wait until you find it. (Subject gives a sign that he/she has found the spot) You’ve found your favorite spot now. Something special is happening at the moment… As you continue looking at your favorite spot on your hand, you will notice that your fingers are opening like the petals of flowers… Don’t try to open them all at once… Just let them open on their own and you will feel even more relaxed… I’m going to count backward from 5… 4… 3… 2… 1… Now sleep.”
When you say “sleep” it’s imperative that you give your subject’s elbow a little tug so that his/her hand falls on his/her lap. The subject is now in-trance.

# 44: Point & Close Induction

The Point & Close induction method combines eyestrain and seemingly automatic movement to trigger a hypnotic response from the subject. This type of induction method is heavily dependent on proper intonation, adequate repetition of suggestions and timing.

Your voice has to be deep, clear and loud enough to drown out any distracting thoughts in your subject’s mind. As such, this is an excellent practice technique so you can develop your verbal and vocal skills as a hypnotist.

Have your subject sit on a chair directly in front of you. Next, have your subject hold out both his/her hands as if he/she were about to clap at something. Place your index finger in the middle space between the two outstretched hands. Begin the hypnotic patter:

“As of this moment you are become very relaxed and comfortable. I want you to focus on the sound of my voice… Feel the waves of relaxation unknitting every stressful joint in your body… Your mind is becoming lighter and lighter but you can still see clearly… You see the tip of my finger as it is steady… Steady… In between your hands. Focus on my finger and I will move it a little… Continue focusing on it and don’t blink… Your eyes are becoming heavier and heavier and you feel your hands moving together… When I move my finger again, I want you to close your eyes and try to ‘catch’ it… 3… 2… 1… Sleep!”

Your subject should clap when you pull back your finger, causing a slight shock that will trigger the hypnosis. You may notice that your subject’s eyes have become a little glazed over – this is one of the
major signs of a hypnotic trance. As long as your instructions are clear, the induction will be successful.

# 45: Magnetic Hands

This technique is a variation of the Point & Close induction and it highlights the potential of hypnotic patter that does not require touch or any other sensory stimuli, apart from hypnotic patter itself. This type of induction is centered on subconscious imagery coupled with progressive relaxation.

Begin the induction by asking your subject to stand up straight, with feet slightly apart and hands at waist level, as if your subject is about to clap. Approach the subject ask him/her to relax and listen to the sound of your voice. Proceed with the following patter:

"Imagine that you are now holding two large magnets and with each passing moment, the magnets are being attracted to each other... Your hands are becoming lighter as the magnets pull your two hands together... As I count from five, your hands will slowly come together until the two magnets finally touch. 5... 4... 3... 2... 1... Now! Sleep!"

When the two "magnets" finally come together, your subject will enter a state of trance and you’re free to proceed with additional instructions.

# 46: Stand & Sleep

This is a combination of two classic "fast induction" techniques that is worth a try. The Stand & Sleep induction is also a good test of your authority and persuasiveness as a hypnotist. With natural leadership, your hypnotic subjects should have no trouble following your instructions and feeling the full impact of your hypnotic patter.
Begin this induction with your subject standing up straight, facing you. Ask your subject to close his/her eyes.

When your subject has become relaxed, gently hold the subject’s at the back of the head (at the point where the neck meets the skull) and support it. Your other hand should hold the person’s elbow. Be gentle and do not press either the elbow or the back of the head. Your hands should simply be supports at this point.

Now say:

“You have become very relaxed now and as you stand there, you begin to feel your legs become very strong and sturdy… Now come forward and sleep!”

As you say “now come forward…”, gently pull your subject toward you and intone “sleep” loudly and deeply. Let go of the subject’s neck and elbow and he/she will be asleep even if he/she is in a standing position.

# 47: Observable Hallucination

The idea of “hallucinating” something does not have a negative connotation in hypnosis. This concept simply pertains to the mind’s natural ability to visualize and project things unto reality if given the right triggers or stimuli. This induction features the unique ability of the mind to conjure believable imagery that helps facilitate a person’s entry into a hypnotic trance.

Begin the induction by asking your subject to lie down on a cot or recliner. Ask your subject to relax and find a “favorite spot” on the ceiling that he/she would like to observe. Use the following hypnotic patter afterward:
“As you are looking at your favorite spot, notice that you’re becoming more relaxed and comfortable in your position... Try to see if the spot is now changing... Changing color right before your eyes... Do you see the change now? (Wait for the subject to respond) The spot is gaining size, it is expanding and is now full of countless colors... Look at the wonderful colors now and feel your eyelids becoming heavier and heavier... The colors are bright like the sun and your eyes are becoming heavier and heavier... Now sleep.”

If your subject’s eyes do not close immediately, repeat the patter and this time, pay close attention to how your subject is responding to what you’re saying. It’s possible that your subject is not highly susceptible to hypnosis and this may be root of your difficulties.
Congratulations! You’ve reached the second level of *The Hypnotic Inductions Handbook*. This part of the book will deal with longer and more complex hypnotic inductions for intermediate and advanced practitioners alike.

The difference between the inductions in the previous chapter and the ones here is complexity. The inductions featured here may take longer to complete but they generally produce much deeper trance states than fast or instant inductions.
Part 1 was designed to gently bring the reader into the world of hypnotic inductions. You may have noticed that the structure of the inductions is very simple and there are general patterns that recur from time to time.

The inductions here are accompanied by hypnotic patter or scripts that you can use as is or you can modify them to suit your particular needs. I highly recommend that you “seesaw” between Part 1 and Part 2 so you can build mastery of basic instant inductions and advanced inductions designed for longer hypnosis sessions.

**Preparation for Induction**

The inductions in this part of the book should be performed with the subject lying down, eyes closed and relaxed, unless otherwise stated. Separate relaxation patter is recommended, though it is not an absolute necessity as the induction scripts will naturally cause the subject to become relaxed and drowsy.

In rare situations where the subject remains fully alert and energetic despite prior instructions to be still and relaxed, it would be best to end the session and “reboot” it after speaking with the subject. Perhaps the subject is apprehensive or anxious about something – these common issues have to be ironed out before you start the hypnosis sessions again. Otherwise, you will end up repeating the induction phase without much change in the subject’s behavior.

Behavioral management of the subject begins before the actual hypnosis session. Remember – you have to become the subject’s natural leader before the hypnosis can occur. If the subject doesn’t trust hypnosis or your capacity to utilize it, you’re going to have a more difficult time completing the various phases of hypnosis from induction to amnesia.
# 48: The Time Traveler

“It’s time for relaxation… It’s time for you to simply sink into the softness of the cushion and feel the stress ebbing away. The stresses of the day are no longer bothering you – they have gone away, far, far away where they cannot be seen or heard by you. Now imagine yourself entering a time machine in the form of a silver elevator.

The time machine will carry you to the best times of your life and it’s going to do it for you today. Now enter the time machine and see the different buttons on the wall of the craft. Notice how the buttons look remarkably like the buttons on an elevator. There are columns upon columns of numbers.

Some of them are already lit while others remain dark. The dark buttons represent the years of your life that have yet to pass. Today we’re going to see what the time machine wants to show you. The time machine wants you to be very happy and it wants the stress to ebb away from you. You are becoming very relaxed… Relaxed and free of stress…

Now press the first button near the top and feel the elevator accelerating upwards. The silver door opens and you see a pleasant event that took place a few weeks ago. You see yourself very happy and content. There are also people in the image – people who matter to you.

They too are happy that you are happy. The silver door closes once again and you press another button, this time further down the first column of lit buttons. The elevator accelerates downward and you feel weightless for a few seconds… The door opens once again.

Turn your attention to a happy event from last year. Appreciate the happiness and satisfaction that you felt when this event came to pass. You are becoming more and more confident of your ability to travel back in time.

The silver door closes again and you press the last button in the lit column. This button looks special because it’s bigger and has a much brighter light than all the rest. The elevator begins to zoom upward, much to your surprise.
and it goes up longer than before. The silver door opens and you find yourself in the present time, achieving your desires and gaining happiness in life.”

# 49: The Forest of Childhood

“Feel yourself becoming ever more relaxed as you focus on my voice. Let my voice be your guide as you close your eyes to rest and become ever more relaxed than before. Feel your muscles becoming soft and pliant, like the stems of new plants after rainfall.

Feel all your physical pains evaporating from your body as your mind readies itself to visit the Forest of Childhood. Imagine yourself in an old forest, filled with giant trees and wonderful flowers that cover the forest floor like a carpet. Hear the crunch of dried twigs and the old earth crunch underneath your feet as you walk across the old Forest of Childhood.

Not too far in the distance you see a sparkling stream and some giant, mossy stones beside it. You take a seat on the mossy stones and look around, feeling ever more relaxed that you are in this wonderful, loving place.

As you look into the deep blue waters of the magical stream, you find yourself remembering all the great times you had when you were a child. The memories that you have almost forgotten are coming out because you are very relaxed and free of any stress. Focus your mind on these childhood memories and drop your guard… There is no one here to tell you otherwise. You are in full control of your life here in the Forest of Childhood. Remember the best times of your childhood and find happiness and enjoyment in them.”

# 50: A Visit to the Ocean

“Everyone loves the ocean because of the peace that it brings. The ocean is the face of Nature, in all her majesty and beauty. Now close your eyes and feel yourself being instantly transported to a beautiful beach in the Caribbean.
You are now sitting on a beach, with white sand tickling the soles of your feet and the spaces in between your toes. You feel the warmth of the sun as it streams down on the beach, welcoming you to this ocean-bound paradise. Now stand up and walk a straight path across the beach. Absorb the cool blue horizon and the small birds that dot it at the distance. Feel your feet walking across the fine sand... Right... Left... Right... Left... Right... Right...

Now feel your arms swinging as you walk relaxed, very relaxed... Right... Left.... Right.... Right...

Now move inward, to the beatings of your heart... 1... 2... 3... 4... 5...

You have been able to slow your heart rate without knowing it and through this experience you have become ever more relaxed and free of worries. Now turn your attention to the water of the ocean as it gently laps at the beach....

The rolling waves are inviting as you put your feet into the cool water and you feel the warmth of the sand as it absorbs the Sun’s bountiful energy. You feel energized and warm and relaxed and as you lie down on the sand, you sleep.”

# 51: My Good Friend

Note: This induction technique is used on resistant subjects who are undergoing hypnosis for the first time. Essentially what you have to do is tell your subject a story about the ideal hypnotic subject. We are going to refer to this “friend” of yours as John.

You can use any other name that you think is fitting for the situation. However, you must not use the subject’s actual name as this would likely cause the person to become defensive. Apply relaxation pattern beforehand to make sure that the subject will be able to focus on the small, important details of the script.

“I have a good friend named John – he’s actually one of my best friends in the world. John is a little peculiar because he likes wearing the same type of
clothes every day, regardless of the weather. One time, John came to me and said “I want to relax.”

I love making people relax and so I said “sure John, I will help you relax.” John came to our house and laid down on the foam you’re using now. I asked John to close his eyes so he can begin to relax. Deeper and deeper he went into relaxation.

At one point, John’s eyelids became heavier and heavier and he began feeling sleepy. I told John that it was perfectly alright to feel sleepy because that is what hypnosis is all about. If you feel sleepy, let your instinct take over because that’s what your mind and body wants you to do. Deeper and deeper John went and he also felt that his arms and legs were beginning to feel like jelly because he was so relaxed… And now, John’s eyes were closed and he is asleep.”

# 52: Staring at the Sun

“Have you ever stared at the sun? Now imagine being able to look at the sun with superhuman eyes. Imagine that you are standing on a platform in space and that you are seeing the sun up close for the very first time. You don’t feel the heat of the sun, just a pleasant, warmth that you find very comforting.

You stare at the center of the ball of gas and you see swirling reds, yellows and oranges. Like lava these colors mix and separate… Mix and separate… Swirl and split… Swirl and split… Until the colors become whole again…. As you continue staring at the bright and powerful colors your eyes become tired and heavy… You try to keep them open but you feel the power of the sun’s light to be too much for you sink into comfortable darkness once again. You choose to leave the sun this time, because your eyes have seen all the yellows, reds and oranges that it has to offer… You jump from the platform and feel yourself floating upward… Up… Up… Up…

Until you are miles away from the sun. Space feels cool to your skin as you continue floating into the black abyss. You feel nothing but relaxation and
happiness… You are weightless and happy… You are relaxed, very relaxed… Continue floating until you are asleep.”

# 53: The Keyboard Player

Note: For this induction, ask your subject to be seated and don’t ask him/her to close his/her eyes. This is a sensorial induction but it has the same impact as inductions that require the subject to have his/her eyes closed.

“Imagine yourself walking into a brightly lit room with a piano and chair in the middle. This is a magic piano because it will play whatever song you want to play regardless of how you play it. Now sit on the player’s chair and start playing your favorite song.

Think of your favorite song for a second and feel the smooth, ivory keys on your fingers. Test the springiness of the keys as each crisp and loud note is played. You find yourself looking at sheet music and you’re reading it, the notes coming alive as you continue playing the piano. I don’t know if there are people in the room but as you are playing, feel free to look around to see if anyone is listening to your music.

Do you see anyone you know? Wave at them and be happy and relaxed that they are listening to your beautiful music. You feel very happy now and relaxed and you feel proud that you’re able to play your favorite music on the piano. Continue playing the song until you feel that you have to relax some more, because you’ve played to your heart’s content already.”

# 54: The Crystal Orb

Note: This is an advanced induction technique that will truly test your skills as a hypnotist. Ask your subject to remain seated and awake for the duration of the induction. The subject has to interact with you directly, too.
Speak to your subject plainly but a strategic junctions in the script,
you may change the tone of your voice to increase the impact of the
induction. The following script has many cues for the hypnotist so
pay attention to descriptions of movement as they are meant to guide
the person performing the induction.

“Today is a wonderful and happy day because I’m going to show you a
special gift I received from a friend of mind a few days ago. I am now holding
in front of you a mystical crystal orb. Let me bring this up near your face, so
you can see it properly. Do you see what I am holding up?

No? Don’t worry, there’s nothing wrong with your eyes. You see, the
crystal orb I’m holding is magical and you have to see it with your mind
first before it can show itself physically. I am physically holding the crystal
orb so you can see it.

Focus on my fingers and see the crystal orb. Do you see the heart-shaped orb
I’m holding right now? If not, just keep focusing on the tips of my fingers.
When you finally see the crystal orb, I want you to gaze into its depth.

In the beginning you’re also not going to see anything inside the crystal orb.
But there is something inside and you can definitely see it right now. Can
you tell me about it? Continue gazing at the crystal orb, as it is shifting its
powers and is trying to show you something else. What do you see now?”

# 55: Body Anesthesia

“I want you to feel comfortable where you are right now, so take deep
breaths and allow yourself to be as relaxed as possible while focusing on my
voice. Listen to the sound of my voice and as you do, I want you to notice
that your legs and feet seem to be far away, somewhere warm and safe…
But they are no longer part of your body because they’ve gone away. Now forget about that for a moment and turn your attention to your arms and hands… One moment they’re here and the next…. 3….2….1…. They are resting in some other point in space and time, which isn’t important because you are focused on my voice alone and I am telling you, you are becoming very relaxed and comfortable.

Are you comfortable at the moment? Your legs and arms are fine, but they are dissociated from you at the moment, because they’re somewhere else and this will help you become less stressed and less distracted from what we’re going to do in this hypnosis session. Now slowly open your eyes and try to feel your legs. Can you tell me where your legs and feet are?

They’re around here somewhere… You can move them but they’re somewhere else completely – like a faint whisper, you can only hint at their location but not quite point where they are exactly. Now move your attention once again to your arms and hands… Where are they? They’re not here at the moment, but don’t worry about that because right now you’re relaxing to melt the negativity and stress away.”

# 56: The Mimic Induction

If you’ve ever wanted to hypnotize someone without uttering a single word, the Mimic induction will be a most pleasant treat. The core principle behind this technique is “matching and mirroring” taken to the highest level of application. Begin this technique by smiling and shaking the hand of the person who wishes to be hypnotized. You are not going to say anything at this person but make sure that you are able to establish a firm connection before proceeding with the actual induction.

The fastest way to establish rapport with someone is through body language. Body language will also be the sole communication channel that we will be using for this induction.
Your goal is to encourage your subject to mimic what you are doing because you’re not saying anything. The resulting confusion from lack of verbal communication will trigger an instinctual response in your subject to observe you very closely so he/she can figure out what you are trying to do/say.

When you’re certain that you have established a fair amount of rapport with your subject, proceed with the following actions and perform them chronologically. Be sure to watch your subject’s reaction/s to each one.

1. Focus on an important memory so your face will register a natural trance state.

2. Begin blinking slowly and with a regular cadence.

3. Reduce the pace of your blinking.

4. Make your eyes feel heavy and drowsy. This will change how you open and close your eyes.

5. Continue with the “heavy eyes” demonstration until your subject can no longer resist closing his/her eyes.

# 57: Savor the Flavor

“Imagine yourself walking into a restaurant where you are the VIP. You are handed a menu and you see all your favorite food listed. Everything is on the house and you are excited that you can order anything that you want. You order your favorite food and some wine.”
The waiter serves everything that you ordered but you begin with some cool, sparkling water. Drink the water from the glass and let its coolness soothe and relax you. The cool water clears your palette and readies you for the meal.

Take the first plate and begin eating. Savor the flavor of the food as you feel the texture and juices exploding your mouth. You appreciate the colors of the wonderful food. You take a sip of the wine and it tastes amazing. You begin feeling warm and happy and as you continue eating, you become very relaxed and sleepy. You feel sleepy, ever so sleepy as you finish your meal and sleep.”

# 58: Problem Solving Induction

“As you begin to sink deeply into relaxation, you begin to realize great things... Great possibilities of what could be in the very near future. Focus on the sound of my voice and let it guide you to the great possibilities that life has in store for you... I’m going to count from 5 and when I reach 1 you are going to be ever more relaxed and ready to listen to my voice. 5... Becoming ever more relaxed... 4... You feel more comfortable and happy... 3.... You are becoming more prepared to listen to the sound of my voice... 2... You are ready to listen.... 1.... You are now completely relaxed.

In the past you may have felt that you can no longer solve your problems because of their magnitude... I want you to realize that problems are paired with solutions and the solutions that you seek are within you... Look inside yourself and you will realize that you’ve always had the resources to solve your problems... You thought you were helpless but in truth, you were strong and powerful over your problems. I want you to know right now that you can begin using your problem solving skills to learn fast and find solutions.

Think of your biggest problem at the moment and focus on it... Focus and take it apart, like a child taking apart wooden blocks... Now put it back together in a way that pleases you. Your problems are nothing but wooden blocks that need to be rearranged for them to look desirable. You are no
longer unhappy… Listen to the sound of my voice and let it guide you deeper into your mind… We are now entering the tunnel into your subconscious mind and in it you will find the answer to the question that has been bothering you for some time now.

At this point in time, you awaken, you feel good, you feel relaxed, you feel happy. You are beginning to enjoy your new role. Your new role as a problem solver. You will always be the one in charge of your problems and not the other way around. What’s left is right and what you think is right for your problems probably is.”

# 59: Cosmic Flight

“Listen very closely to what I’m going to say because right now, we are going to prepare for your first cosmic flight. Before we can start, you have to become very relaxed and comfortable because that is the only way that you can take flight.

Listen to the sound of my voice and let it be your guide past the darkness, to the place where light is plentiful and the wonders of the Universe await… 5… You are beginning to feel strangely light, as you begin floating off your chair… 4… The ceiling of this room is dissolving and you see the sky…. 3… You are floating, flying toward the sky… 2… We are now past the atmosphere and into the cool breeze of the cosmos… 1…

You have finally taken flight. Look around you as you begin to see the wonders of space, the planets and millions of stars dotting the inky blackness of the cosmos… You see a yellow planet, with the color of warm cheese… You fly toward it and find that it is a new planet, one that we have never seen before.

You study the colors of the planet… There are countless swirls of brown and yellow and everything seems to be moving inside the planet. Continue your cosmic flight until you begin to see the Earth again… When you’re near the Earth, you feel weightless again and you’re floating, floating, gently floating back to your chair to sleep.”
# 60: Meet the Subconscious

“There is a part of you that you’ve never explored, one that you must explore if you truly want to understand yourself better. At the moment all you need to do is relax and be as comfortable as possible in your position… Think of peace and all the stress you’ve been experiencing today will be no more.

Now focus on my words as I will be telling you a story and as I tell you my story, you will feel ever more relaxed as we go on a trip that will take us into the depths of your mind…. Hold my hand now as we are entering a place where your thoughts and emotions are passing on a daily basis… The passageway is wide as it is long and we are on a platform that is speeding effortlessly through the darkness…

In the distance you will see a speck of light and we are hurtling easily toward it, the wind blowing in your hair and you feel light and happy that you’re on this journey… You feel that you are about to meet a very good friend and you’re absolutely correct, an old friend is about to welcome you.

The speck of light grows bigger and bigger as we approach… The platform begins to slow down and you find yourself in a large entrance to a place that looks like a gigantic library. Shelves of leather-bound volumes line the walls and they are as high as the tallest trees… You walk toward the biggest table at the center and you find yourself face to face with an older and wiser you, smiling and welcoming you.

Now that you are face to face with your subconscious mind, you have your first chance to ask your subconscious mind a question – that question that has been bothering you for the longest time. Speak your question now and your subconscious mind will give you the best answer. Your subconscious mind is now ready to give you an answer… Lean closely and your subconscious will whisper the answer clearly into your ears.”
# 61: Healing Induction

“You are currently facing problems with your health and because of this, you feel that you are no longer as strong and effective as before. I want you to know that this isn’t so and as you continue listening to the sound of my voice, you will find that your thoughts are becoming clearer and clearer.

The stresses of your health problems are being cleared away and you are beginning to feel happier and stronger than before… Let me begin counting… 3… 2… 1… A heavy burden has been lifted from your shoulders and a wave of pure relaxation streams from your head down to your shoulders, your chest, arms and down to your legs and feet. You are blissfully comfortable now and there’s nothing in this world that could disturb your happiness.

Your health problems may seem unconquerable at the moment, but you are much bigger than all of your problems combined. Think for a moment, of a time in your life when you thought you couldn’t survive but you overcame all the obstacles that life wanted to throw your way.

Think clearly of how you managed that time of your life. Keep that information at the center of your mind and imagine putting them all in your hand so you always have the knowledge with you, no matter how difficult things get. Now close your hand around that knowledge and remember that you have them at your side when things get rough.”

# 62: Playing Catch

“Our lives often become very stressful because of our responsibilities and obligations. Do you feel stressed at the moment? Are you thinking of things that you should be doing at the moment? I want you to follow the sound of my voice and as you do, all the things that are causing you to be stressed will begin to fade, until they finally dissolve into nothingness.
A cool wind blows from the west and removes the dust of the things that have been causing stress in your life. When the dust is blown away, you will find yourself in a beautiful grassy field with a light blue sky stretched across the horizon.

This isn’t just any grassy field… Here you can play catch with anyone you like and defy the laws of physics. Now think of a person that you’d like to see again or be with. Keep thinking of this person and soon enough, this person will be with you in the special grassy field. Try to see the person approaching you from the opposite side of the field. The person that you’ve been thinking of is now here.

In your hand you will find a ball and when you throw it, you realize that it can go as far and high as you want it to go. You also realize that you can jump and fly when you catch a ball that is being thrown to you. Now play catch with the person you’ve been thinking of. I will give you enough time to enjoy yourself in this special grassy field with the person that you want to spend time with.”

# 63: Catching Dreams

“As you lie there, being more comfortable and relaxed by the second, allow yourself to be guided by my voice as we take a stroll down memory lane. Find yourself walking a beaten path in an old forest, surrounded by beautiful canyons and waterfalls.

You are walking with a purpose, surrounded by all this natural, majestic beauty. Imagine a large mirror in the middle of the clearing, a gigantic mirror of your dreams and memories.

Now visualize yourself standing in front of the mirror because there has been something in your mind that you can’t quite understand, something that you think was lost when you began to fulfill your responsibilities in life.

You look at the mirror, with a surface shining like pure silver and you reach inside. You find in your hand something that was lost and now was found.
Look at the object, what did you find? Why does this object matter to you? What does it remind you of?

Allow me to guide you once again… As I count from 3, you should reach in once again and find something that you truly wanted in life, but were too afraid to admit it. 3… 2… 1… You hold in your hand a part of the life that you truly wanted. Look at it carefully and remember it. It is a reminder that you should always pursue what you want in life, as you already possess the resources you need to achieve your desires.”

# 64: The Magnetic Hand

“Your body has a powerful magnetizing field that you can use to attract objects to you. Think of this for a moment as you continue to sink into the softness of relaxation. Keep your eyes open and imagine that there is an orange ball a few meters from you.

Now hold out your hand and try to attract the orange ball toward you. Concentrate on the shape of the ball, its deep orange color and make a connection to it. Let the magnetizing energy flow out from your fingertips, connecting yourself with the orange ball. Slowly, slowly, gently begin drawing the ball toward you.

At first the ball may not move as much, but this is normal and you shouldn’t worry about it. Just keep trying and focus on making the ball float toward your hand. The moment the ball touches your hand, you are going to feel happier and ever more relaxed. And as I count from 5, you will go to sleep. 5… Eyes are heavier, heavier… 4… Arms and hands are softer and more relaxed… 3… Approaching complete relaxation… 2… Legs and feet are more relaxed than before… and 1… Sleep now.”
# 65: The Special TV

“Visualize yourself sitting in a large room with a big TV in the middle. The sun is streaming in, the weather is great and all you feel like doing is relaxing because you want to be free of any stresses and negativity that you may have had before coming here.

You hold in your hand the remote control of the TV and you push the green button to turn it on. You are now watching your favorite TV show or movie. Continue watching your favorite show and as you watch it, you’re going to feel even more comfortable with your position. When you’ve had enough time watching your favorite show, it’s time to switch channels.

I want you to press the remote control just once. The TV switches to a channel and you see… Yourself, doing your day to day activities. Now look very closely at yourself and how you do things: your routines, how you talk to your family, friends and colleagues. You will notice that the version of yourself that you are watching is very happy and content.

You begin to see the wisdom that you have gained from making certain changes to how you do things in life. I’m going to give you enough time to watch this special TV show and as you hear my voice, you will feel more focused and relaxed.

As you breathe in deeply the image on the special television becomes ever clearer and the message of what you’re watching becomes clearer, too. Continue breathing deeply as you continue watching and when I count backwards from 5, you will go into a deep, wonderful sleep that will rejuvenate your body and mind. 5… 4… 3… 2… 1…. Sleep.”
# 66: Long Count Induction

“As you are seated there listening to the sound of my voice, you realize that you are becoming sleepier and more relaxed with each passing moment.

I’d like to take this opportunity to know you a little better, but before that, I want you to know that the stresses of life that you’ve been dreading so far will no longer be a problem, because as of this moment, they are all being swept away.

We’re going to count from 20 and as we do, you’re going to feel ever more relaxed and content with your life… 20… You are no longer worried over the small problems of life and you will now simply allow them to exist without them every touching your thoughts and emotions…. 19-18-17…

The answers that you have been looking for will begin coming to you after this session. For now, we will only be focusing on becoming more relaxed and comfortable. 16… Your heartbeat is becoming slower… 15…… The tension in your muscles are slowly draining away… 14….

You are beginning to feel very sleepy, as if someone had put weights over your eyes… 13… Your eyes are getting heavier and heavier and they’re beginning to close… 12-11-10-9… You are plunging into relaxation and sleep with every passing moment… 8-7-6-5… The moment we reach 1, you’re going to be completely relaxed and asleep…. 4-3-2-1…. Sleep.”

# 67: Whole Body Relaxation

“Everyone needs to relax once in a while because you if you don’t the stresses and fatigue of life will begin catching up with you. Work is important and so are your responsibilities at home, but you need to relax too.

Today you’re going to learn to relax in a most unique way, because no spot in your body will remain stressed or tense after we’re done. Now I want you to imagine your body right now. Do you feel any points that hurt or are sore?
Focus on these points and allow the pain in this points to dissipate. The pain no longer has an effect on you and your body is becoming ever more relaxed because the pain is now gone. Now what I want you to do is to focus on the muscles on your face. Next, I want you to squeeze in your eyebrows as hard you can and don’t let go just yet... When my count reaches 1, you can let go. 3… 2… 1… Relax.

Your cheeks have strong muscles, muscles that allow you to smile and speak. Squeeze the muscles in, do that now. 3… 2… 1… Relax your cheeks again. Do you feel your facial muscles becoming more relaxed than before? Right now you’re going to focus on the muscles on your chest. If you have a desk job, your chest muscles probably feel stiff and frozen at times.

Don’t worry about that, because we’re going to fix that right now. Focus on the muscles on your chest and squeeze as hard you can. 3… 2… 1… Release. Feel your body becoming lighter and ever more relaxed as we continue with this exercise.

Next, feel your arms and hands and squeeze them as hard as you can to make the tension go away. 3… 2… 1… And let go. Let’s do the same with your thighs and calves. Squeeze them in... 3… 2… 1… Release. Now the tension in your body has all drained away and you feel wonderful. Since the stress is no longer a problem you can now go to sleep.”

# 68: Scanning Induction

“Did you know that you possess the power to heal and relax your body without having to take any pills? The body has a natural power of its own and today, you’re going to witness this power firsthand.

As you lie there, I want you to imagine a strong beam of green light hovering overhead. This powerful beam of light is your healing ability, manifesting so you can begin healing your body. Now the beam of light is beginning its slow descent from the top of your head. Feel the warmth of the beam of light as it begins to turn off painful areas in this part of your body.
Now the beam of light is passing through your face and down to your neck. You can now feel the relaxation flowing through your muscles and any knotted muscles that you may have will no longer be a problem. The beam of light is gathering power as it begins to scan your chest and stomach.

These two are the centers of stress and emotions and any pain and negativity that are still in these areas will now dissipate and eventually go away. As the beam finishes its full scan of your body, you feel the last remnants of pain and stress going down your feet and through your toes. You are most relaxed now and with this, you can finally sleep.”

# 69: Counting & Deep Breathing

“Learning how to breathe properly can bring numerous physical and mental benefits to you. Physical and mental stresses can leave a mark on your mind and body, which is why we should do something about them today. You feel warm and relaxed at the moment but give me a few more minutes and I’ll show you how you can be even more relaxed.

What I want you to do is center your focus on the way you breathe. Right now you are becoming more aware of every breath and how your chest rises and falls whenever you inhale and exhale.

You’re starting to feel great because by simply paying attention to how you breathe, you are already improving your breathing. Imagine every breath filling your lungs with life-giving oxygen. 1… Breathe in deeply…. 2…. Exhale…. 3…. Breathe in…. 4…. Breathe out. Focus on your breath and how good it feels to take deep, rhythmic breaths. Your muscles are becoming more relaxed as the life-giving oxygen fills your lungs and your whole body radiates with health and vitality…

Pay attention to how you breathe but don’t make any conscious effort to breathe in and out. Your body already does an amazing job at that, you just have to let it breathe for you. Too often we try to take control of things that don’t need our conscious effort. Some things, like breathing are best left to
their own devices. Trust that your body knows what it needs to do in order to make your cells and tissues as healthy as possible.

Even as you dream at night, your body continues with its own beautiful and natural rhythm. The little things in life such as breathing richly and properly can make all the difference. Now remember: your conscious mind should be busy creating great solutions to your problems. Let your subconscious mind take care of your memories, dreams and the “silent planning” needed to make your plans come to life.

As you are breathing deeply and savoring the gift of life, you are feeling very grateful that you have the opportunity to enjoy the wonders of being on this planet. Your problems are becoming smaller by the minute and as you breathe out, you make a powerful realization: that you are in charge of your life, the same way that your subconscious mind knows what to do to keep your body healthy.

With this knowledge, you can now feel even more relaxed with every breath and by the sound of my voice you know all of this to be true. By the truth of your own wondrous, natural capabilities you feel more comfortable now in your own skin.

Part of that feeling is because you have made contact with your subconscious mind and your subconscious mind is just as happy as you. Think of the many ways that your subconscious mind has helped you through the years. Hold those memories close to the center of your consciousness as you sink deeper and deeper into sleep.”

# 70: Warm Mist

“There are many ways to experience the power of your subconscious mind, but this one is by far my favorite. As of this moment your body and mind are in a state of immense relaxation.

If you turn your attention to the part of the ceiling in front of you, you will realize that something is forming… Cloudy patches of mist are starting to
come down from the ceiling. Watch these cloudy patches... You then realize that the smoky mist smells fragrant, like a mix of vanilla and roses.

You begin to appreciate the qualities of the fog as it begins to cover the room gently. Eventually you begin to breathe in the smoky mist and it makes everything feel heavier... As it touches your head, your head feels heavy and sleepy.

The same happens when the smoky patches touch your eyes. Your eyes don't feel stung but they do feel rather heavy. The smoky mist seems to be pulling down your eyelids, as if inviting you to take a warm and comfortable nap.

The moment the mist settles on your arms and legs, you begin to feel very relaxed as if someone was massaging your sore muscles. Your muscles feel loose and very comfortable. Don’t worry about the mist, because the mist is simply comforting and nurturing everything that it touches.

Focus closely on how your body feels as the mist continues to swirl around your body, gently touching your arms, hands and face. The mist continues to envelop you and you feel like you’re suddenly sinking into an infinite softness, like a large bed of pure cotton. As you continue sinking into the softness, now go to sleep.”

# 71: The Healing Towel

“Stop now and think a moment: you are holding a small towel that is only a little bigger than your palm. But this isn’t just any towel – it’s your very own healing towel.

Your healing towel can make all kinds of pain disappear and all you have to do is bring your towel close to what aches or hurts at the moment. Imagine bringing the healing towel to the top of your head.

Immediately feel the most soothing warmth enveloping the top of your head, radiating to your face and all the way down to the underside of your chin.
Now wipe the back of your neck with the towel and let the soothing and relaxing radiance heal any beck pain and shoulder pain that you may have.

Continue running towel across parts of your body that need healing…. I’m going to give you enough time to do this. Are you done? If you’re done, I’m going to start counting backward from 5 and when I reach the last number, you will fall into a very pleasant state of sleep. 5… 4… 3… 2… 1… Sleep!”

# 72: The Glorious Sunset

“One of the most beautiful things in the world is the sunset, because it brings out the warmest and most comforting colors that can help melt away stress and unhappiness.

Did you know that you can experience a sunset whenever you wanted? We can do it right now… But first, I want you to take full, deep breaths… 1… Inhale… 2… Exhale… 3… Inhale… 4… Exhale… Continue breathing like this as you follow the sound of my voice… Let my voice transport you to a special bridge where you can see the most spectacular sunset in your life.

The sun is almost halfway down the horizon and its fiery reds and oranges are reflected by the majestic sea. The warm colors of the sunset allows you to become very relaxed and very comfortable and as the sun goes down, you notice that your eyes are beginning to become heavy, too. As the sun dips below the sea, your eyes close and you are now free to sleep.”

# 73: Underwater Relaxation

“Water is one of the best places to feel relaxed, completely relaxed. Would you like to feel relaxed today? As you breathe deeply, 1… Inhale… 2… Exhale… 3… Inhale… 4…. Exhale… You begin to feel a great change in your surroundings and you find yourself standing next to a great big pool with crystal clear water.

The sun is up and you are surrounded by lush greenery and palm trees, too. The water is so blue and pure that beckons you to take a swim. The clarity of
the water mirrors what you feel at the moment and you begin walking toward the water...

The moment you dip your toes into the water, you feel a very comforting wave of relaxation travelling from your legs all the way to your head. The relaxation draws you into the water even more and as the water reaches your thighs, you feel more waves of relaxation envelope you. When the water is finally at chest level, you realize that you’re ready to submerge. Submerge yourself in the water and don’t worry about breathing, because this water allows you to breathe normally.

Don’t focus on breathing, focus on moving freely in the water… You swim downward and absolute quiet begins to envelope you and for the first time, your mind is as clear as the water you’re floating in. A few meters away, you spot a large diamond, shining brightly in the clarity at the bottom of the pool.

Swim towards this diamond and as your hand makes contact, feel yourself becoming even more relaxed than before. The diamond begins radiating pure white light and on its surface you see yourself in all your strength and capacity. As the stream of images fill your mind, you sink deeper into the pool, because you are now free from any and all problems.”

# 74: The Walk of Destiny

“It is commonly believed that the past doesn’t have anything useful to offer us, except maybe emotional pain and bad memories. There is no truth in this because a person’s past is actually the best possible source of insight that can be used to make the future even better.

So as you are listening to my words, you begin feeling a warm sensation starting from your head radiating towards your neck and shoulders and finally, your chest, arms and hands.

This warmth is erasing the tensions and stresses of the day and the more you focus on this cleansing warmth, the better you feel overall. Feel the cleansing
warmth reaching your belly and down your legs and feet. Let it completely
envelope you because you deserve to feel relaxed and at peace with the world.

Nothing could be more relaxing than this moment in time and so expand it,
embrace it – and as I count from 3, you begin to sink deeper into in. 3…
Becoming more relaxed and happy… 2… Your eyes are beginning to get
heavy…. 1… You are close to falling into a deep and pleasant sleep.

But before you do, let us take a walk down a familiar road, a road that you’ve
walked past many times when you were young. In the distance, you see the
familiar places and signs that have defined your childhood.

You feel at peace here and for good reason – you’re about to meet three
people from your past that have something important to tell you. In the
distance, a man waves at you and you wave back. You come closer to the
man and your recognize him.

He jokes that it took you so long to find him and you laugh, too. Now listen
carefully, because he is about to tell you something very important. Listen to
his words of wisdom and when he’s done, thank him and keep walking. A
few meters away, there is a woman sitting on a bench.

You squint against the red-orange light of the sun, which is beginning to
settle in the horizon. The woman waves and smiles at you and begins to
laugh because she thought too, that you were late. You laugh back and feel
very light and relaxed that you’ve found her. As you come closer, you
recognize the woman from your past and you are delighted to have the
opportunity to talk to her again.

The woman’s face becomes serious because, she too has something important
to tell you. You lean forward so she can whisper her special message to you.
You absorb everything that she said and bid her goodbye, grateful that
you’ve received instruction. In the distance, you spot an arch and a
doorway, and beside it is the last person that you will be meeting for today.
To your surprise, the smiling, waving figure is yourself. You run excitedly to yourself and inquire about the special message. The third message is being given to you right now, so pay close attention to what is being spoken. Now thank the third person you’ve met today and proceed to enter the doorway.

# 75: Cloud Reading

“They say that the clouds are the messengers of the cosmos and if you know how to decipher their messages, you can get plenty of insight about how you can overcome challenges and become a better person, overall.

I will begin counting from 20 to help you become more and more relaxed…

20… Relaxation is beginning in your neck and shoulders, as knotted muscles begin to loosen… 19-18-17… Your mind has become blissfully clear as distracting thoughts are swept away…

16… Your breathing has become deeper and more satisfying… 15… Your breathing continues to bring relaxation to your whole body… 14… You have become very relaxed that you find yourself sinking even further into the comfort of peace and calm…

13-12-11… Your mind is now clear and more aware and you remain relaxed and balanced… 10-9-8… You have taken flight because you are about to visit a special place where secrets and puzzles can finally be unlocked.

7-6-5… You arrive safely at your destination, a wide clear field with lush grass as far as the eye can see… 4-3-2… You lie down on the grass and feel ever more relaxed and comfortable… 1… You see the clouds in the sky and special clouds begin hovering over you, waiting for you to notice them.

You look carefully at the first cloud and you notice its shapes and curves. You understand what the cloud is trying to tell you… In fact, it seems that the cloud is trying to tell you something from the very beginning. You thank the cloud for paying you a visit. Several more clouds arrive at the horizon, almost crowding together because you’re there.
The clouds have so many things to talk to you about and now, they can. One by one, the clouds come forward in the sky and you connect with each of them, accumulating their universal wisdom and learning things that would be difficult to find out on your own. When you’re done listening and reading the clouds, you feel completely at peace with the world and not a thing can stress you at the moment. You begin drifting off into a peaceful and satisfying sleep.”

# 76: The Melting Candle

“Imagine yourself in a dark room with a table, chair and a single candle in the middle of the table. You sit down and light the candle with a match and you immediately realize how beautiful candlelight really is.

You become fascinated and magnetized by the light and as you sit on the table, you begin to feel very relaxed and comfortable watching the warm yellow flame.

Focus on the candle flame and watch how it changes its shape and size as it begins to consume the wax. Small silvery droplets of wax begin climbing to the top of the lit wick, making the flame burn even brighter than before. You become absorbed by the deep color of the flame and it begins to glow different shades of reds, yellows and oranges right before your eyes.

And now we shall count from 10 to help you become even more relaxed… 10…. The flame continues to burn brightly and you close your eyes a little…. 9…. A single drop of wax flows to the rim and drops to the side of the candle… 8… A thin column of shimmering wax begins to climb to the top of the candle… 7…. The candle moving downward, while the column of wax beside it surpasses it… 6… Your eyes feel pleasantly heavy because you’ve been watching the candle for so long… 5… The candle flame becomes bigger and brighter as the candle shrinks from the heat. 4-3-2… Your entire mind is pleasantly at rest and you continue to focus on relaxing and making yourself sink into the comfort… 1… The candle goes out gently and you can sleep now.”
# 77: The Slide

“Pay close attention to what I’m about to say, because from this moment moving forward, you will experience a new level of relaxation… You can say that this way of relaxing is irresistible. Now picture yourself on top of a giant slide that reaches all the way up to the clouds.

You look down and you see your house – the slide was built into it, connecting the clouds and your room. You see cars as small as matchboxes moving below. Everything is so peaceful and quiet from the top of the giant slide that you can’t help but wonder – can you feel any more relaxed?

You sit on the slide and notice that you are wearing your pajamas and the sky has suddenly become dark – evening has come and the stars are blinking merrily upon you. The cool glow of the moon shines your path as you close your eyes and slide all the way down.

5… You are sliding down, feeling ever more relaxed and at peace…. 4….. You feel every stress and pain leaving your body as you slide past the halfway mark… 3…. You’re almost at your house…. 2… You begin feeling ten times more relaxed than before… 1…. You slide into your room and straight into the softness of your bed… Now sleep!”

# 78: Floating Leaves

“Imagine that you are sitting at a park in front of a large tree with just 20 leaves on it… The leaves are shaking in the breeze and you’re interested in knowing how long it will take for all twenty dry leaves to float to the ground.

20… One leaf falls to the ground and you watch it float down to the ground… Look up, here comes 19-18-17, three more leaves are blown down, swaying gently to the ground.”
16… Is a very big leaf from a top trunk, too bad it’s now flowing with the wind down to the earth. 15-14-13…. There goes three more, a small squirrel shakes the branch they were attached to.

12-11-10… Three more sway to the wind’s caress… The downward path of the leaves remind you of sleep, deep, deep sleep and your eyes begin to become heavy…

9-8-7…. Another group decides to depart, leaving 6-5-4 still clinging… Wait… They’re now dancing in the wind, too. 3… 2… 1…. You’re listening to the whispers of the earth as you go to sleep now.”

# 79: Starwatching

“Have you ever tried starwatching or stargazing? It’s one of the most relaxing and comforting activities… But before we do, you need to start breathing deeply, 1…. Exhale…. 2…. Relax…. 3…. Release…. 4….. Exhale… Now you’re really getting into the mood for starwatching.

Now I want you to picture very clearly in your consciousness a wide grassy field at night, where the sky is very clear, and all the millions of stars are on parade. Visit this special place right now. Sit on the grass and feel the cool earth tickling your fingers… Lie down on the soft cushion of newly grown grass and look up at the stars…

You see a cluster of stars on the left and they begin to glow in unison with your breath… 1…. Exhale…. 2…. Exhale… 3…. Exhale…. 4…. Exhale… 5…. Exhale… You are becoming very relaxed under the blanket of stars, but there’s definitely more to see…. Not too far from the cluster of stars is a group of shooting stars, excited to see you…. One zooms by, leaving a glowing dusty tail that traces a line in the sky…

5…. A small comet races the first one, with sparkles left in its wake… 4….. You follow another one as it drops down into the horizon… 3… The last one falls and you follow it with your eyes… Going down the horizon… Your eyes are becoming very heavy and as you count the stars shining bright, you
notice that they too are falling downward into the horizon.... 3.... Falling deeper into relaxation.... 2.... Becoming more relaxed with every moment.... 1.... You’re now ready to sleep.”

# 80: The Escalator

Imagine that you wanted to go up in a building and you have to ride the escalator. You’re the only one on the escalator and this is a strange escalator because it turns and twists before it reaches its destination. You ride the escalator and hold on to the guardrail, and before you know it, you see a sign.

5.... The sign says “You Are Now Feeling Relaxed” you read the sign and you feel the tension in your shoulders disappearing. 4.... The second sign says in cute cursive lettering “Your Stress Is Melting Away.”

Negative thoughts that are still lurking in your mind begin to slowly fade away and they no longer bother you.

3.... The third sign was placed overhead and it read “Your Eyes Are Getting Heavy” and you follow the sign with your eyes as it goes past your head. 2....

The next sign says that “You Are Experiencing Complete Relaxation” and you feel your arms and legs shaking a little, because you wish to lie down.... 1.... The last sign says “Sleep, Do It Now.” And you close your eyes and sleep.”

# 81: The Spiral Staircase

Imagine that you were on top of a tower because you were admiring the magnificent view of the valley below. There is thick canopy everywhere, a big mountain crowned by thick clouds and an endless horizon of clear, blue sky.

Everything seems so majestic and peaceful at the top of the tower. You look around and notice that nighttime is coming and the birds are coming in to
rest for the day. A single bird lands near you and gives you a melodic chirp, as if to remind you of something.

You rub the bird on the head and it takes flight. Turning around, you spot a spiral staircase behind you, made of silver and gold metals. Each step in the spiral staircase is wide and spacious and can easily accommodate two people at a time.

You take the first step and notice that the spiral staircase is adjusting itself, so you can go down without any fear of slipping or falling. You go deeper into the staircase and the light from the walls turn orange and yellow, the warm colors of sleep.

You take another step, then another... Until you reach the middle of the spiral staircase.... 3... You are going down deeper and deeper... 2... You walk a little faster, descending more quickly than before.... 1... You've reached the bottom of the spiral staircase and find yourself completely relaxed on your bed and now, it's time to go to sleep.”

# 82: Day at the Beach

“Picture yourself travelling to a nearby beach with a good friend or your brother or sister. You plan to have the whole day for just the two of you because this is going to be an amazing day of complete relaxation.

You head down to the beach with small buckets and a sand shovel, because you want to build a sand castle with your companion. The beach is beautiful in the summer and the salty sea spray is energizing for everyone.

Your companion is happy to be with you on this day. Both of you head for a small sand hill in the distance to get some sand.

5… You bring your first bucket of sand and pour it near your spot.

4… Your companion does the same. 3… You return with several more pails of sand… 2… The pile of sand is almost as tall as a child… 1… You’re ready
to make a sand castle.

You begin constructing your sandcastle taking care to add important details to it. This is a very special sand castle and there is a story behind it.

You begin tell your special story to your companion and every detail from your story is expressed in the shapes and lines that you make on the sand. You use a small stick to create fine details on the surface of the sand. You enjoy the smooth sound of the sand as some of it fall away as you draw and write your story.

You are the creator of this sandcastle and your companion appreciates the time that you’ve devoted to this day of relaxation. You now feel completely happy, content and relaxed with your special story and your special sandcastle.”

# 83: Sinking in the Clouds

“Imagine yourself walking across the sky, stepping on small clouds and running across long cloud bridges. The wind is blowing across the tidy blue sky and you are completely happy and relaxed that you are in this special place with no noise, no distractions and no stress.

Your mind has never been this clear in many years and you are beginning to enjoy the serenity that this place brings. In the distance you spot a large bag of clouds as wide as an elephant and as a tall as a tree. You are a sprightly runner and you run toward it, skipping, hopping, running and sliding across more cloud bridges.

When you reach the massive bag of clouds, you realize that it is a Resting Cloud and someone probably made it for you to rest in. Resting Clouds are soft, cool and extremely comforting and you can stay in it for as long as you like because the moment you step in it, time stands still so you can rest for minutes, hours or even days.

You slowly step on top of the bag of clouds and feel the coolness underfoot.
5…. Your foot has sunk into the softness and you gingerly swing your other leg so you can get on properly…. 

4… Your left foot is now sinking while your right is a little still… 

3… You are now sinking deeper into the bag of clouds, up to your thighs... Now your waist… 

2… You are chest-deep within the Resting Cloud and your eyelids are becoming heavy. You feel comfortable sinking into the never-ending softness of the Resting Cloud…. 1… You are feeling very light and very sleepy and you find yourself resting on a soft cloud bed inside…. Now sleep.”

# 84: Snowflakes Induction

“You are standing in the middle of a small clearing and snow has begun to fall. You sense the cold, but something is holding it back, allowing you to enjoy the cool breezes without getting cold.

With super clear eyes you see the snowflakes falling from the sky in their true form. Many believe that snowflakes are but tiny dots with no faces or character.

With your renewed eyes you can see the snowflakes in their crystalline perfection, gently swaying down from the heavens as they arrive by the hundreds within the hour. As the snowflakes keep falling, you decide to reach for one and it balances itself perfectly, all five-pointed snowflake on the tip of your finger. You look at it up close and discover that at its center is a mirror, a foggy mirror that shows your face, happy and satisfied because you have overcome many challenges in the present time.

You reach for another snowflake and see yourself in the future, enjoying the fruits of all your hard work now.
Each snowflake that you catch balances itself perfectly on your hand or finger. Snowflakes continue to fall around you, forming a soft, cool cushion for you to lie on. You count them falling... 5... Deeper you go into relaxation... 4.... Your muscles are becoming loose and tension-free... 3.... Your facial muscles are also relaxed... 2.... Your eyelids are becoming heavier as we go deeper... 1... Now sleep.”

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Conclusion

The world of hypnosis remains open to anyone who wishes to tap into the wonders of the subconscious mind to empower themselves and others in the process.

From the very beginning, this volume has revolved around opening the creative channels of the human mind in our quest to make learning and communication efficient and effective.

When a hypnotist sets out to apply an induction technique on another person, he/she must do so with an ethical intent in mind, because the foundation of hypnosis itself is based on the idea of helping others.

Decades ago, a man named Milton Erickson risked his own reputation as a respectable journal editor and medical doctor by using hypnotherapy to help family, friends and especially his patients. He did so not to “shake things up” in the medical establishment but because he truly believed that something as wondrous as hypnosis should be given to humanity as a gift.

He used hypnosis in the oddest of situations and his techniques, which are collectively known as “Ericksonian hypnosis”, have remained the shining ideal of this relatively young field.
As we embark on our personal quests for hypnotic excellence, I shall leave you with a few more important reminders so that your practice of hypnosis will become more fruitful and rewarding for everyone concerned:

1. **Identify the Need** – No technique in the world of hypnosis can help your subject if you don’t know exactly why he/she wants to be hypnotized in the first place. Hypnosis has to have a definite aim and purpose. If the latter does not exist, then hypnosis will be a largely fruitless exercise.

2. **Be Your Subject’s Support System** – When a person allows himself/herself to be hypnotized, he/she does so with the expectation that you will be the strong pillar that will hold up the entire hypnotic structure for the subject. Do not assume that your subject will know what to do or how to respond. Unless your subject has willingly been hypnotized before, he/she would have no idea what to expect or how to react in certain situations during the hypnosis session. Be aware of these limitations and prepare accordingly.

3. **Never Neglect Feedback** – Feedback is the solid groundwork that will help you determine the next step in the hypnotic process. While books such as this one provide a very systematic and “step by step” approach to hypnosis, the truth of the matter is that when trying to hypnotize someone, unforeseen elements can slow down the progress of hypnosis. Feedback will help you foresee where the hypnosis session is going and what your subject truly feels about the activity. Pay attention not only to your subject’s words, but his/her body language.

4. **Dwell in Patience & Understanding** – An impatient hypnotist is not an effective one. You must have the patience of a loving mother if you want to see yourself developing into a professional-level hypnotist. Be patient not only with your subjects, but also with
yourself. You will commit mistakes (we all do) and there are going to be good days and bad days. Meet all of these challenges with a positive mindset.

To Your Great Success!

*Dr. Steve G. Jones*