

## Hand to Face Induction

Now I would like you to simply hold your hand up in front of your face like this (demonstrate by holding your hand about 10 inches from your face, elbow bent and forearm vertical). Good, that's right. And now I want you to simply begin to stare into the palm of your hand, like a daydream, as though you're looking right through that hand.

And now as you continue to relax more and more, and your subconscious mind continues to listen to the sound of my voice as I talk to you. Soon, very soon, when the subconscious mind is ready to work to help you make some positive and helpful changes. Then you'll notice that one of the fingers, but not the thumb, on that hand you're staring through, one of the fingers will give a small subconscious twitch.

As soon as you now see or feel that small subconscious twitch, you'll notice the tiny little muscles in your eyelids will simply begin to relax. And as you continue to gaze through that hand; your subconscious mind will use its tremendous and immense power to allow that hand to begin to move towards your face in short, small, jerky, subconscious movements as if there is a magnet between your eyes and your hand. And every time you now see or feel that hand move a little closer, you'll notice your eyelids become a little more pleasantly heavy.

And consciously, consciously you may feel just a little unsure, but how could you expect that initially you would be completely relaxed, the first time you experience a hypnotic trance. But your subconscious mind knows about all the other first times, when you did much better than you expected to do. Your subconscious mind knew exactly what to do then and it knows exactly what to do now even though consciously you may feel just a little unsure.

And you can know that as soon as any part of your hand were to touch any part of your face, then your eyes will simply and gently close, as you begin to find and to feel that wonderful deep relaxation that people experience as they begin to drift deeper and deeper, down into a deep and relaxing pleasant hypnotic trance.

### Follow with Progressive Muscle Relaxation

**Wait a few seconds and say** - Now create a warm pleasant feeling or colour just above the outside of the top of your head, and you can attach that pleasant feeling to your mind's eye, and begin to flow it over your scalp, down into your forehead, through your face, into your jaw, around into the back of your head, then down into the tiny little muscles in the back of your neck, they relax, they let go, and you go deeper. Your mind may wander and drift back again, that's fine, as you now flood that relaxing feeling down into your shoulder muscles, then into your biceps and your triceps, going deeper now as you flow that feeling through your elbows, into your forearms, through your wrists and into your hands and into your fingers. That's right.

Now as you continue to relax more and more with each comfortable breath that you take, you can now flow that feeling down into the top of your back, and around into the broad muscles of your chest, then into your lower back and then around into your stomach, as you continue to go deeper now, and move that feeling down into your hips, through your buttocks, taking you deeper and deeper as you flow it down into your thighs, sliding through your kneecaps and down into your shins and calves, comfortably through your ankles and into your feet and your toes, taking you deeper and deeper. The deeper you go the better you feel, and the better you feel the deeper you go, that's right. - **Finish with relevant positive direct suggestions**