

Progressing Through Trance

A 3 Step Induction

The Eye Lock Induction “Now I’m going to lock your eyes from the outside, and as I lock your eyes from the outside, I want you to lock them from the inside, and when you know that I have locked them from the outside and you’ve locked them from the inside, when you know that then I want you to try and open them. Then when you know they won’t work stop trying and just say yes”.

Soon the subject will try to lift their eyelids, continue rolling your thumb until they say yes, when they do say yes, you say Good - Then ask the client to open their eyes and continue with -

Finger Press/Hand Slip Induction

This induction requires you to sit close to the subject, ensuring that you are off to one side and not sitting directly in front of them. Have the client hold their index finger out straight and rest the tip of it onto your index finger which should be underneath theirs and facing up. The scripting goes as follows.

Now just place your index finger on top of mine, and gaze at the tip of your finger with your eyes in a daydream focus and to just maintain that firm downward pressure. (Wait for the client to co-operate and when their finger is on top of yours and they are applying some downward force say: “More than that. Come on, a good firm pressure and keep it there OK!”). Now in your imagination take that that pressure up your arm into your eyelids and allow your eyelids to become heavier and heavier and soon they will close down. When they want to, just keep the pressure on and lets those eyes close down now. When the eyes close quickly slip your finger out from under theirs and command LET GO. Now follow my count deeper from 10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Progressive Muscle Relaxation Induction (leave 3 seconds between descending numbers)

Now in your imagination, just form a pleasant feeling or colour above the outside of the top of your head and attach that feeling or colour to your mind’s eye.

Now just begin to flow it over your scalp..... down into your foreheadthrough 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..... now let go a little more 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 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..... 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.

Follow my count much deeper, and my voice will go with you now, from 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.