

The Swan

The Swan is an ideomotor induction created by Bob Burns (more can be found online) by typing Bob Burns Swan into Google. If you want to know more about ideo-motor inductions and how to use them, Lance Baker has a very good and inexpensive book available on Amazon, to find it just search Lance Baker at Amazon Books. The basic process goes as follows.

Ask a client to hold their right forearm up in a vertical position with their wrist relaxed and fingers pointed straight forward. Tell them to allow their wrist to remain relaxed and fluid. Take your time and pace the words, as you soon as see the first twitch on any finger, or any wrist movement say – That's Right

Then say – **Now pick a spot on the wall in front of you and allow your eyes to go into a daydream focus as though you're staring straight through the wall. And as you do that the intelligence in your subconscious mind will just begin to listen to the sound of my voice.**

And as it does you may begin to notice an interesting little magnetic feeling come into that hand, and as you do you might also notice that those fingers on that hand will begin to move around towards me in short, small jerky movements like the way that a second hand ticks on a clock. You don't have to consciously do anything at all because your subconscious knows and because your subconscious mind knows your conscious mind presently doesn't need to know.

But as those fingers do swing towards me, in their own time at their own pace, you'll notice that your eyelids just relax and become heavier and heavier, and they just want to close down comfortable.

For most people, the fingers will start to swing towards the direction you have requested, and the eyes will just close.

Once the eyes have closed and the ideomotor signals (finger twitched) are working you can say to the hand, give me a movement that you would use for Yes. Once you get a movement you can say – Give me a movement that you would use for no – Once you have that, you can say give me a movement that you would use for maybe.

You can then proceed to ask questions, or you can deepen the process into hypnosis by using progressive muscle relaxation, counting down, or fractionation.