

**The Forest** is both an induction and an evaluation of the client that will reveal certain subconscious motivations, attitudes, emotional predispositions, and core beliefs. The answers will give you inclinations as to the subject's inner state **DO NOT DISCLOSE TO THE SUBJECT WHAT THEY MEAN.**

To use The Forest tell the client to close their eyes and keep them closed. Explain that this is not a test and there are no right or wrong answers. - then say.

1. Now I am going to take you on a little pleasant journey, all you have to do is to keep your eyes closed and follow my directions in your imagination. Now it is your imagination and so there is nothing write and nothing wrong in the answers that you give to me, because they are your answers not mine. So use your imagination, and surprisingly you might just find some answers of your own. But whether you do. Or perhaps even if you don't, you might just find them. And if you don't consciously think you did, your subconscious just might and use them in a subtle or a substantial way to help you attain your own desired desires.

Now as we do this and you go, you'll find that the muscles of your voice will work quite fine, but you may also notice or not notice that the further along the journey that you go, then the deeper into a relaxed hypnotic state you will go. Things will become clearer to you there behind those eyes, and also in your subconscious mind.

Now there in your mind's eye, here in this room, I want you to find yourself in a forest. And when you can find yourself there, however you see and feel it in your imagination. Let your imagination help you and take all the time that you need. Once your there I would like you to describe that forest to me.

*Give the client time and as they begin to answer write the answer down and ask them how they feel about the forest and how they feel about being in the forest?*

***The answer and description of the forest reveals the platform of their life, how they feel about their life at the present time. The more pleasant the forest is the more comfortable and secure they feel about their life.***

2. Now I want you to find a path in the forest and when you do, I would like you to describe the path to me. Write down a complete description of the path.

***The answer and description of the path reveals where they think they're going in life, how clear the road there is at the present time. The more pleasant and straight the path is, the more confident and comfortable the subject feels about attaining desired goals and about their present direction in life.***

3. Now I want you to begin walking along the path and using your imagination and soon a bear will appear on the path, and when it does, I want you to describe it to me.

Ask if it's fearsome? – Ask what it's doing? – Ask about how they feel about it? – Ask what they intend to do about it?

***The answer to and description of the bear represents the subjects' attitude to problems and their natural inclinations about how they react to and deal with their problems.***

4. Now ask the subject to get safely past the bear and to continue relaxing and walking further down the path. Then tell them soon there will be a key laying on the path and when they can find the key please just relax and describe it, after they describe it ask them what they intend to do with it?

*The key represents their attitude and deeper motivations regarding love and romance. The more old fashioned and gold that the key appears to me the more emotionally receptive and romantic the subjects' inclinations will be. A small modern silver key is the opposite. Traditional soft metals such as bronze, brass, copper, or gold, reveal a softer more receptive personality. Silver, steel, and plastic keys speak for themselves.*

5. Now tell the subject that soon they will arrive at a pond on either the left or the right-hand side of the path. Once they get there ask them to describe the pond to you in some detail.  
Clarity of the water? Would they drink it? Etc.

***The pond represents the subjects' attitude to physical and emotional intimacy.***

6. Tell the subject to keep walking in their imagination and that soon they will find a house on the left or right side of the path. Once they find it ask them to explain it in detail. Ask if it is pleasant? If it looks lived in? How they feel about it? Does the key they found fit the door (*if they took the key with them?*).

***The house represents the attitude to marriage and close personal relationships.***

7. Ask the subject to keep walking down the path and tell them that soon they will come to a wall across the path. Once they find it ask them to describe it. How high is it? What is it made of? How far it stretches each side? After you get your description ask them to go over it, around it, or through it.

***The wall represents their attitude to finishing tasks and endings of situations and relationships.***

8. Now ask the subject to describe what they see on the other side of the wall.

***This represents their attitude towards aspirations and new beginnings.***

To deepen to the hypnosis use the progressive Muscle Relaxation or reverse counting.

