

Blackboard Induction

Close your eyes and take a nice gentle breath and relax.... Now, take another nice gentle breath and relax... What I'd like for you to do now with your eyes closed, is to imagine that right in front of you - within arm's reach - is a blackboard... this blackboard is so close, that if you were to reach out, you could actually write on it... See it in your mind's eye, imagine it...

Maybe you notice the old fashioned type of blackboard, the slate like we used to have in school... or maybe you see a green board or even a white board. Whatever color your blackboard is, that is your blackboard... Just see it in your mind's eye... Maybe your blackboard has a metal frame or a wood frame. It doesn't really matter. Whatever frame you see and notice in your mind's eye, that's part of your blackboard.

Now, maybe you can see your blackboard pretty clearly in your mind's eye and maybe you don't. It really doesn't matter... because you can pretend to imagine that you see it... The same purpose is served.

Imagine over there you notice a couple of pieces of chalk and an eraser. Maybe you see all of it and maybe you don't. If you don't see this, you can always choose to imagine to see it.

And now, right there... notice in the center of the blackboard that there's a large circle drawn in chalk... This is a circle of about 20-22 inches in diameter. Now... maybe you can see the circle and maybe you don't - but if you don't see it, just imagine that you see it. It doesn't make any difference whether you see it or merely imagine that you do.

We're going to go a little bit further... Now... inside the circle, notice there is a large X drawn in chalk. It's drawn in such a manner that the X entirely fills the circle. It fills it completely... Notice that the four feet or the ends of the X touch the circle at four points.

Now, I'd like you to imagine that you're reaching over with the eraser and with this eraser, you're going to erase the X inside the circle, but don't do it yet - because this is not going to be too easy.

Now, the circle is filled with the X because the X touches the circle at 4 points. It is very important you do not damage the circle in any way when erasing the X - and that will not be too easy because the X touches the circle... So, my suggestion to you is that with

the corner of the eraser, you carefully make a tiny small break in each foot or the end of the X where it touches the circle.

So do it now carefully... and then, do the same thing with all of them, the second, the third, and the fourth.

Please nod your head when you've finished. Good... You're doing great.

Now, what you've done in effect, is you've separated that X from the circle. So now... please safely erase those two lines. Now the circle is blank on the inside (well, maybe except for some smudges of chalk where that X used to be), so please shift the eraser around to your other hand and with your active writing hand, take the piece of chalk and slowly and carefully draw a capital letter A inside the circle - but make it only about two-thirds the size of the circle so you do not damage the circle in any way... Good.

Now, holding the eraser... slowly and carefully erase the capital A. Then, with the chalk... slowly and carefully make the capital letter B... Then... with the eraser, slowly and carefully erase the capital letter B.

Now just hold it for a moment and wait for my further instructions. When I tell you to go ahead, you're going to continue with the alphabet, slowly and carefully making a capital letter C and slowly and carefully erasing it, then slowly and carefully making a capital letter D and so on and so on.

But once you start to do that, from that point forward, don't listen to me anymore. By that, I mean, don't make any effort to listen to me. I'll be talking of course, and you'll be hearing me - but don't try to follow my instructions... Don't try to follow what I'm saying because I'm going to be talking to your subconscious mind... which always hears, which always pays attention. Your job is to keep on going right through the alphabet - slowly and carefully, making and erasing each letter in succession, paying no attention to me at all... that is... until you've finished the whole job.

And at any time if you cannot recall what letter you just finished... just choose your favorite letter and just start again from there. And any time at all, if you find that you notice that you don't notice my voice, that's absolutely fine. Just continue... slowly and carefully making and erasing each letter in succession. And... when you've completed the letter Z, please raise your finger as a signal to me that you've finished and immediately after you raise your finger, just lower it... knowing that I'm aware that you've completed the capital letter Z. And as you lower your finger, you can allow yourself to go deeper and deeper into hypnosis and then begin again at the capital letter

A... Slowly and carefully making and erasing the capital letter A... then slowly and carefully, making and erasing the capital letter B and so on and so on...

Just so you know, the purpose of this method is to temporarily eliminate any conscious interference with hypnosis - because when a person tries too hard to listen and tries too hard to follow instructions, he/she is trying with their conscious mind. This tends to minimize the ability to go into a deep hypnotic trance, so by giving your conscious mind the alphabet to write... you have no need to listen to me that closely with your conscious mind and your subconscious is much more accessible, and much more open to receive my suggestions more thoroughly... As a result, you go to a deeper level than ever before.

So now... with a piece of chalk, slowly and carefully make the capital letter C... and slowly and carefully erase it and keep on going... but pay no further attention to me. Just continue to draw the next letter and then slowly and carefully erase the letter. And with each letter you make and each letter you erase you relax more and more... and each letter you make and each letter you erase allows your inner subconscious mind to accept all the positive suggestions you desire... and each letter you make and each letter you erase causes you to drift and float more easily and more readily into hypnosis...

And with each letter you make... and each letter you erase... you drift down and down... deeper and deeper into hypnosis... feeling more pleasant... more peaceful... and more serene... as you keep on going down... deeper and deeper... with each letter you draw in that circle... and with each letter you erase in that circle... and you can continue to make each letter... and slowly and carefully erase each letter... not paying any attention to me at all...

If you notice my voice, that's okay... If you notice you don't my voice that's okay too... All the positive suggestions that you accept will remain permanently in your subconscious mind and nothing will erase them... I am talking directly to your subconscious mind and all you have to do is keep on doing what you're doing...

That is, until you hear me say the words, "one – becoming aware of the rug underneath your shoes", and at that time... you can begin to listen to me once again...