

EYES BLINKING INDUCTION

Please sit down and just breathe deeply and smoothly for a few moments...please look forward or upwards towards the ceiling... and in a moment, I'm going to count down slowly from ten down to one... with each descending number, just slowly blink your eyes.

Just slowly open and close your eyes as if in slow motion with every number...Ten, nine, eight, seven, six, five, four, three, two, and one.

Good...Now you can just close your eyes and keep them closed and I'll explain what that was for and why you did that...That was just to relax your eyelids... and right now in your eyelids there's probably a nice feeling of relaxation... perhaps a comfortable tired feeling or a pleasant heavy sensation... and whatever that feeling is now... right here in your eyelids... just allow that feeling to multiply, and to magnify, and to become greater...Allow your eyelids now to become totally and pleasantly relaxed.

Now...this is something you do, nobody else can do it for you. You're the one who does it. Just take your time... and completely and pleasantly relax your eyelids... And as you relax your eyelids, you can now allow that feeling of relaxation that's in your eyelids to flow outward in all directions almost like imaginary waves or ripples.

Allow a feeling of relaxation to go outward to your entire face. Just imagine relaxing all the muscles in your face... and allow this relaxation to go outward to your entire head. Just think about relaxing your head... Enjoy that feeling of relaxation and allow it to float and drift from the top of your head all the way down your neck and your shoulders... down your arms and into your hands...

Just welcome this lovely wonderful feeling of relaxation going down your entire body... down your legs... down your calves... down to your feet, and all the way down to the soles of your feet and your toes... Just completely and pleasantly continue to allow your entire body to relax... and while you do this, allow your breathing to just slow down a little bit and allow your body to continue to relax and slow down... Later as we go along you can slow down a little bit more and a little bit more...

In a moment, I'm going to count downward once again from ten down to one and this time, with each descending number, allow yourself to slow down a little bit more with every number, and at the number one, you can enter your own natural level of relaxation – ten, nine, eight, seven, six, five, four, three, two, one.

You are now at your own natural level of relaxation in hypnosis and from this level, you can move to any other level with full awareness and function at will... You are

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completely relaxed and aware at every level of your mind even though your body might feel so relaxed it feels asleep...

BEGIN EGO STRENGTHENING HERE