

Week 2 Video 5 Prog Relax Video 1

Today, you're going to be learning how to do the first induction. The first induction is called The Progressive Relaxation. And remember, back in those four free hypnotherapy videos, you'll experience the progressive relaxation. But we're going to take the progressive relaxation and expand on it.

What I'd like you to do, take a moment and I'd like you to go to the PDF Progressive Relaxation and please print out the two pages. Good. Get a pencil because you might be taking notes on those pages and you'll always be able to reprint it again. What we're going to do is, I'm going to be going through this with you sentence by sentence explaining how it works and you're going to be kind of practicing it out loud along with me and after we're done, I'm going to do the whole progressive relaxation so you can actually experience it, the larger one again.

The hypnotist has really only two tools at his or her disposal – her mind/his mind and her voice/his voice. And using those two tools, you're going to be able to help people create really profound change in their life.

When we do things as a hypnotist and when we say things especially when a client is in hypnosis, we're saying them in such a way that the client really gets and hears what we're talking about. So there are going to be times you're going to be creating vocal variety in your voice and it's a very funny way to talk. We don't normally talk the way we do hypnosis sessions. When a client's in hypnosis, we're going to be saying things like "feel the feeling," almost like being an actor or "notice that light, wonderful feeling" and you're going to be changing your voice to kind of go along with it and it does seem really corny and it's going to take practice and it's a lot of fun.

I've typed up these scripts for you to be using right now and when you look at the scripts and this is true for all the scripts except for this one, which is why you're going to be marking it up, is that certain words that you want to emphasize are usually put in caps. And pauses are to be noted by the ellipse that's those three little dots, we call that the ellipse, those are pauses. These are times for you to take a break and pause. In the progressive relaxation script, because there are so many ways you can do it, you're going to be practicing it and then putting your own emphasis on the certain words and things that you want to.

So let's kind of get started. You're going to see how this whole thing works.

The first thing you're going to do is as you look at the script, the first thing it says "Please close your eyes and relax." This is the first thing you're going to say to your client. Now, don't pull the script out and say "Okay, please close your eyes and relax." You want to say that in a conversational way to your client and then only after your client's eyes are closed, then you pull this out. This is the beauty of hypnosis. Your client's eyes are closed all the time. They will have no idea that you have papers in front of you that you're actually referring to. Isn't that nice?

By the way, I take all of my papers and I put them in between these little plastic sheet protectors and there's a reason for this. When you do your sessions, in the beginning you're going to be shuffling lots of papers around and it does kind of make a noise. When you put them in sheet protectors, the client really hear those papers moving around and it also protects your sheets.

So now your client is sitting here, kind of probably next to you. You certainly don't want to be in a room and have you behind the desk and your client over there 10 feet away. This is a comfortable situation, so you can be a few feet away from your client, you could be in front of your client but you want to be comfortable and you want your client to be comfortable.

The first thing is, "Please close your eyes and relax." You're going to be watching your client the entire time that you're reading this, so I suggest in the beginning, take your finger, keep it on the script so you kind of know where you are. It's really easy to get lost. What I want you to practice in the beginning to really practice, looking at what's going on with your client's muscles, their face, and their body as well as reading the words. Okay.

The next part is, "take a nice few gentle breaths and get into a comfortable position" and after you say that, you're just going to look at your client and watch them. They're generally going to make a little movement. You're going to watch their breathing throughout a lot of this. Again, watching their face and watching their breathing. You're about to participate in a really interactive experience just like those ones earlier with the book and the balloon and the kitchen and the lemon.

I'm going to ask you to participate by using your creative imagination to help you achieve the results you desire. Now, in the script, you see it says, "I'm going to ask you to participate by using your creative imagination to help you ____." Let's say the client is here for speaking in public and wants to remain calm and confident every time she speaks, so you'll say, you'll just fill it in or you'll remember and say, "I'm going to ask you to participate by using your creative imagination to help you feel calm and confident

every time you speak.” Boom! Everything we do from this point is focused on the client’s needs and their desires.

Now, “Just for a moment, imagine all the muscle groups in your body letting go. Now, this is the beginning of the suggestion part. Now an induction is simply what we do to help induce the hypnotic feeling. Remember, when the client’s body is relaxed and their mind is relaxed, that kind of opens the window to the subconscious mind and we can make those specific suggestions that the subconscious mind will accept.

So when we’ve said, “Just for a moment, imagine all the muscle groups in your body letting go” Keep a watch on your client’s face and your client’s body and then you say, “Take another nice gentle breath, pause, exhale and relax.” When you say this, watch your client take a breath as you say take a nice gentle breath, watch them say it, say pause, watch them pause, say exhale, watch your client exhale.

Anytime we do inductions and help a client with suggestions about inhaling and exhaling, I want you to notice the client’s breathing and when the client exhales, say the word exhale. So let’s keep going.

The next suggestion is, “Take another nice gentle breath, pause, and relax, good.” Then, the next suggestion you’re going to be giving them is “each time you breathe from here on end, just imagine your breath flowing out through your rib cage and spreading gentle relaxation throughout your body” just feel that relaxation as you hear my voice. Now you’ll notice I’m beginning to change the tone of my voice aren’t I? It’s kind of getting to be kind of like sing song, kind of a quiet soothing voice. You may find in the beginning as you’re practicing this that you sound like me and that’s absolutely okay. Over time, you’re going to sound like yourself. And in fact, you don’t have to sound like me to be able to induce the hypnotic trance. There are hypnotists who speak really rapidly and really quickly and they can have the same results. This is just how I do it. You’ll naturally fall into the right thing for you and it’s okay to sound like me for the next six months.

Now, we begin with the specific suggestions to relax parts of the body. And remember, all hypnosis is about the client accepting these suggestions, so every time we make a suggestion, in their subconscious mind, they say, “Oh, yeah. I like that idea.” They’re going to accept that suggestion. Sorry, I need to wear my glasses at this point.

By the way, you’ve heard me talk about that you’re going to be learning how to create custom suggestions. Those suggestions are embedded in the entire hypnotic trance session. This is simply the induction to help get the client into hypnosis. You’re going to

be able to do some customizing of this as the time goes on, but for right now, this is the basic induction. Okay, good.

So now the specific suggestions. First one, relax all the muscle groups all around your face for a moment. Relax your scalp, relax your forehead, your eyebrows, your eyelids. Relax your cheeks and your nose and your mouth especially all those muscle groups all around your mouth and your lips. Watch your client as they're doing this. Watch as they begin to relax. Notice the tone of your voice. Every time you say the word "relax" you can go relax just as if you're an actor on the stage, "relax."

"Make sure your teeth aren't clenched together and relax your jaw. Let your chin and jaw drop just a little bit. This is when you actually notice they'll go _____. They might go like that.

Now, "Your neck relaxes, the front part of your neck and now the back part of your neck. Relax your shoulders. Let your shoulders drop and sink into the frame of your body. Feel your shoulders relaxing completely. Get rid of any tension that might be in your shoulder area, just feels so good to do that right now." As they hear the sound of your voice, they are going to be doing all of these things. They're going to imagine the tension leaving their body. Remember, the key is, relax the body and then relax the mind. That opens the window. That's all we're doing here.

And now as we continue with the progressive relaxation, progressively relaxing every muscle, allow your arms to relax now. Your upper arms, your elbows, notice some pausing wherever you see that little ellipse. Your forearms, relax your wrists, even your hand and your fingers, and let go. Just imagine your arms are becoming really heavy, loose and limp and heavy like a sopping wet towel. Did you notice how I change my voice becoming really heavy? Also, went down a little bit. When things are heavy, they kind of feel low. If I had said, really, heavy loose, and limp, that doesn't quite cut it does it, so really heavy. Make your voice drop a little. Loose and limp and heavy like a sopping wet towel. Sometimes I say like a sopping wet towel that you've pulled out of the bath tub. People get what that feels like. It is really loose, limp, and heavy.

And allow yourself to continue to breathe comfortably. Just feel your breathing, pause, watch them feel their breathing. Notice how gentle each inhale and exhale feels. Feel the rhythm of your breathing, pause and watch them. Just feels so good to let go right now. Good. You're doing great. You're getting this aren't you?

And now, allow your chest muscles to relax completely all the way down through to your stomach, relaxing your stomach muscles. Feel your stomach muscles relax and let go of any tension you might be feeling there. By the way, most people feel their tension in their stomach or their shoulders, don't they? So, we're saying let that go and as long as the inner subconscious mind likes the idea of this, the clients are going to go, "Uh, I like this idea" and they're going to let it go.

"And now, your back muscles relax. The large muscle groups in the upper part of your back and all the way down to your spinal column. Relax those muscles in your lower back, just let go, feels so nice to relax right now. And now your hips relax and your legs and your thighs, your knees, your calves, your ankles, your feet, even the soles of your feet and your toes release and relax. Just allow all those muscle groups just to relax completely as you begin to drift into a very deep gentle relaxed state letting yourself go, letting your mind and body to become one. It just feels so good right now. "

By the way, did you notice when I read that part that I was reading a little bit quicker and it's okay. We don't have to go into this boring quiet voice the whole time. When I said allow your back muscles to relax, the large muscle groups in your upper back, you can speak quickly but just notice the tone of your voice. And as you practice this, the more your practice, the better you're going to be getting and you'll be able to practice it so that you can read it have it here in front of you but because you're looking at your client and you're noticing this, they're not going to get a sense that you're reading it at all. And that's where the practice comes in. Because you know, you know what it sounds like when somebody gets up and read something or when somebody gets up and speaks it and you're going to be speaking this instead of reading it to other people and give yourself a good three, four, or five times just to practice so it sounds like you're just speaking it.

Now, this progressive relaxation induction is also a suggestibility test. Interesting concept. We're giving the client suggestions and they're going to be accepting those suggestions. I don't use this as a suggestibility test because frankly, there's no reason to. We've got so many other ones like the arms rising and falling, The Book and The Balloon, and The Lemon Convincer that are efficient that we get more information from but this is used as an induction. But there's a part that's coming up now that's super important and this is a part that's going to let the client know because you're going to tell the client the different kinds of feelings your client might experience.

So in a sense, this is similar to the pre-talk you know. We talked in the pre-talk about dispelling the myths and that it's a natural feeling and it might feel as though you're waking up in the morning in between that dreamlike state and that hazy awake state, but now, we're going to get specific. The more questions we answer in the hypnosis session so that our goal is, we don't want the client to come in with a conscious mind and ask questions. So by saying this, the client is going to go, "Oh, I'm experiencing that. Oh, that's okay." If we neglect this next part and I can't tell you how important it is, and the client goes, "Oh, I'm noticing that I have this tingling feeling. I wonder if there's something wrong." That questioning conscious mind is going to bring the client up from hypnosis and that's really not what we want. We want them to stay in a gentle feeling safe, relaxed, hypnotic trance. As we go into this, it'll make a lot of sense.

So the first thing we say is, many people sitting there just like you reports certain feelings in their body, so we're letting the client know that what I'm going to be saying next is pretty typical of a lot of people who are sitting here. "Some notice a numbness in their arms or legs kind of like pins and needles, and some people experience a lightness in their body, and others experience a heaviness. If you experience a lightness, it might feel as if your body is just floating and drifting above that chair. The client sitting on the sofa say, "floating and drifting above the sofa" If you experience a heaviness, you would feel as if you're just sinking into that chair your shoulder sagging. If there are cushions on the chair, you can say, "If you experience that heaviness, it might feel as though you're just sinking into those soft cushions, your shoulder sagging."

Now, one interesting part about this is, remember, this is also a suggestibility test, as we're saying these things, the client is accepting these suggestions. So a client might choose, they may experience a lightness, they might feel "Oh, yeah I do feel that lightness" or you might feel that heaviness and they might go "Oh, yeah. I feel that soft cushion." So they are taking your suggestions all throughout this whole process.

And the next one, I want you to look up at the client, keep your fingers on this and read it and watch what happens because again as a suggestibility test, your client may take the suggestion. And some people, when they relax deeply, they find they have the need swallow because their salivary glands dry up. Watch your client as you say this. Half the time you're going to watch and you're going to see your client go and swallow because you made that suggestion. If your client doesn't swallow, that's okay. I guarantee your client is going to feel a lightness or a heaviness. They're going to feel something because they're accepting your suggestions. So you tell them, "If you have a need to swallow, it's okay to do so at any time." Others find when they relax their eyelids may feel really heavy or their eyelids might even flicker or flutter ever so lightly.

These are all the things that you're going to notice as a hypnotist as you help the client go into hypnosis. Some people, their eyes do flicker or flutter and that's simply another sign of relaxation, and some people, even experience what we call a form of sensory distortion and we explain that to our client. They may not even notice their arms or legs are there and that's totally normal too.

The important things that these signs represent is that if you experience any of these signs, it indicates your willingness and readiness to allow yourself to go into hypnosis, again, another huge suggestion because they are allowing themselves to go into hypnosis. You're guiding them but you're not making them go into hypnosis. You're not doing it. They're really learning how to relax their mind and body. They're going into hypnosis and many hypnotists say that all hypnosis is really self-hypnosis. Well, that's true. I can't make you do anything but you can allow yourself to learn and to relax deeply and allow yourself to go into a deep hypnotic trance.

This is where the fun part begins. Then, even though at this point your client is most likely in hypnosis and is gone to that state between the alpha and theta levels brainwaves, we're going to be saying "Going into hypnosis is very gradual and in a moment, I'm going to count from twenty down to one, and on each count, you can allow yourself to drift into hypnosis at your own pace."

Counting down is one of the easiest and most efficient ways to help a client get into that hypnotic trance. Another way of getting client to go into hypnosis is the old fashion way. Remember this? Just watch this? Just watch my watch. And the real reality is, you could use this if you wanted to. But the old way, it would've taken hours and hours but you can have people watch this and you could count them down if you really wanted to have fun with it, but we don't really need to do that anymore.

There are many ways of inducing the hypnotic trance. Throughout the training, you're going to be learning the progressive relaxation, you're going to learn the element induction which is a rapid induction, you're going to learn an eye blinking induction, and throughout your sessions, your client is going to be practicing going into self-hypnosis at home. And by the time you get to second or third session, you can save tons of time by saying to your client, "Okay, close your eyes and go into self-hypnosis the same way you do at home." Boom! They're going to be there but the first session, this is what we're going to be doing unless your client is an analytical type and the kind of person who asks tons of questions and you know what type is or the kind of person who has an analytical career like an accountant or maybe a lawyer. We're going to be doing a different induction for that group.

So I mentioned on each count you can allow yourself to drift into hypnosis at your own pace.

But before I do that, “Just imagine a custom cloud snuggling right up to your body in the shape of a soft chair with big soft arms. It’s a warm and comfortable cloud and it’s your own personal cloud chair. Notice how it snuggles right up to our body and now it’s going to take you to a very beautiful place, a special place in your life, a safe comfortable place, a place where you’re happy and content, a place where you feel good, a place where you look good, so allow your custom chair now to take you to this special place where you’re happy and relaxed and calm. And now, just allow yourself to be here for a moment as I begin to count and you allow yourself to go deeper and deeper into your relaxation that we call hypnosis.”

I want to point out that I said, “Just allow yourself to be here for a moment.” By being here, you’re telling the client, that you’re here in this cloud chair here at your special place. So I mentioned that now just allow yourself to be here for a moment. I didn’t say allow yourself to be there. I want you to bring the experience right where the client is, they’re here in the cloud chair. So make sure you use the word “here.”

“As I begin to count and you allow yourself to go deeper and deeper into your relaxation that we call hypnosis.” Again, this is a very nice permissive way of allowing the client to do things at their own pace to go into hypnosis and all these permissive words are the words of the client will take in and feel comfortable because it’s really the client’s choice, isn’t it? I love using the permissive tone and people respond to it.

Now, this is where you're really going to be using your vocal variety. You're going to be counting down from twenty down to one. By the way, there is no rule in the hypnosis rule book that says you have to do twenty to one, you could do one to twenty, or ten to one. If anybody says there’s a rule, just ignore them. For right now, I like counting down. It just feels better. When we count down, you're using your voice in a very big way to help your client even go deeper and deeper into hypnosis. So any time I say a number, I'm going to enunciate the number and then after it, I'm going to say a few words. So this is how the beginning part is going to sound.

20...deeper and deeper...19...all the way down deep...with each number, I'm going to start up here with 20 and I'm going to be very clear, 20, 19, 18, 17, 16, 15, 14, 13, 12, 11, do you get this? I'm kind of going down in tone. The words after the numbers, I'm just going to say normally but gently. So it’s going to sound like this, I'm going to do it the right way first.

20...deeper and deeper...19...all the way down deep...18...17...just slowing down with each lower number...16...15...deeper relaxed...14...13...just letting go, just letting go...12...11...all the way down deep...10...9...just slowing down a little bit more...8...7...deeper and deeper ...6...5...just slowing down ...4...3...deeper and deeper ...2...and finally....1... deep deep relaxation...

I just noticed as I re-read, I changed some of the words around. It's absolutely okay if you do that. I said "deeper and deeper" instead of "just slowing down." So the numbers you start here and you bring your voice down and then the words are over here. You also start with more vocal impact on your voice. When I started with 20, 19, 18, 17, 16, 15, 14, the numbers got gentler and gentler as I went down. All of this is using your vocal variety to help your client. Their body is going to follow your voice and they will automatically and naturally relax into your voice as you're using this.

Now, here's a way that I know you'll never read it but I'm just going to do it quickly so you get it.

(Rapid high pitched voice) 20...deeper and deeper...19...all the way down deep...18...17...just slowing down with each lower number...16...15...deeper relaxed...14...13...just letting go, letting go...

It sounds and feels totally different when you hear somebody speak that way doesn't it. So this is the key. You're going to help them go down and down deeper and deeper into hypnosis. Got it? Okay. This is the induction.

By the way, after I say "2...and finally...1... deep deep relaxation," how do they know they're in hypnosis? How can they tell? Well remember, you've done a little five-minute mini-hypnosis with The Lemon Convincer? That's one way. But we've done this. We are the ones who have to tell our client that they are in hypnosis and so you're going to be saying that after you go "2...and finally...1... deep deep hypnosis." You're going to say to them, and it's not on the sheet yet because you're going to be learning that next, you're going to be saying "Your mind is now so deeply relaxed, so deeply relaxed that everything that I say that you allow in your mind will sink so deeply into that subconscious part of your mind and make such a deep impression that nothing will erase it. The client goes "Oh okay. That's what she's saying, I'm deeply relaxed. She's going to start saying suggestions to me because these are the things we talked about at the beginning of the session and these things are going to do deep and remain embedded in my subconscious mind. Yes! That's exactly what I want isn't it?"

So the client's mind is going "Yes, I want this! I want this!" That's when we start the process of giving the suggestions in the client's voice using the client's words focusing on the client's modality. So if a client is more kinesthetic feeling, we're going to be talking to the client about how he's going to feel when he achieves his goals. We're not going to be saying "how are you going to look" because that's not going to be congruent with who he is. But that's a little bit farther down the road.

Right now, you're going to be practicing doing this really fun induction. What I'm going to do for you right now is I'm going to ask you to get into a comfortable position and I'm going to do the entire induction for you so that you can experience what it feels like. Sounds good? Okay.

[00:32:55 END OF VIDEO]