

### **Week 3 Video 12 Dave Elman Demo**

Alright, so this is the Dave Elman induction, and remember, the first thing we do is ask for permission to touch our client.

**Wendy:** So Michael, do I have permission to pick up your arm by your wrist?

**Michael:** Hmm-mm.

**Wendy:** Good. Your shoulders are in good shape?

**Michael:** Yes.

**Wendy:** Great. Good. So take a nice long deep breath, hold it for a second, and as you exhale, close your eyes. Good. Just let yourself relax, just get rid of any surface tension in your body. You can let your shoulder relax. It's okay to relax today. And now, place your awareness now on your eyelids and you know you can relax your eyes beautifully. You know you can relax your eyes so deeply that as long as you choose not to remove that relaxation, your eyelid just won't work. So, when you know you've done that, hold onto that relaxation, give them a good test, make sure they won't work, notice how good it feels, just test them really hard. Good. Stop testing and let yourself relax much more. Good. You're doing great.

Now, that quality of relaxation that you're allowing your eyelids, is the same quality of relaxation that I'd like you to let yourself have throughout your entire body. So take that same quality right now, bring it up to the top of your head and send it all the way down, all the way down from the top of your head all the way down, down, down to the tip of your toes. Let go of every muscle, let go of every nerve, let go of every fiber and just let yourself drift much deeper relaxed. Good. You've got it.

Now, let's really deepen the state. Now, in a moment, I'm going to ask you to open and close your eyes. When you close your eyes, send a wave of relaxation through your body so very quickly that you'll allow the physical part of you to relax 10 times deeper. Just want it and you can have it. Okay, let your eyes become open, and close your eyes. Relax, relax even more, just let go. Just feel your body relax. Good. You're doing fine.

Now in the moment, I'm going to ask you to open and close your eyes again. This time Michael, when you close your eyes, double your physical relaxation. Really let it grow

twice as deep. Okay, let your eyes become open and close your eyes. Good. Just deeper, deeper relaxed.

Now in a moment, we're going to do it one more time and notice how well it comes in this time as you learn how simple it is at least double it. Alright, let your eyes become open, open your eyes, close your eyes, deeper relaxed all the way down. Just really let go Michael, that's okay, you're doing great.

Now, in a moment, I'm going to lift your arm and I'm going to drop it gently, but don't help me lift that arm and when it drops, just notice how much more your body you can relax really easily. Okay, good. I've got all the weight of your arm. I'm going to drop it right now onto your lap. Good. And just let yourself relax even more. Great.

So now that your body's relaxed, we're going to get your mind relaxed because that's really what we want to do. When your mind is relaxed, you really can achieve anything you can think of. Well, within certain restrictions of course, and in a moment, I'm going to ask you to slowly begin counting out loud backwards starting with the number 100 and after each number, simply say the words "deeper, relaxed" after each number, double your mental relaxation. Just let your mind grow twice as calm and still and relaxed. Now when you do this, you're going to discover by the time you've just said a couple of numbers, it doesn't take long. You've relaxed your mind so beautifully and so deeply that you've actually relaxed all the rest of the numbers right out. Just want it and you can have it quickly. So Michael, slowly begin counting out loud backwards starting with the number 100 saying the words "deeper, relaxed" and relax those numbers right out of your mind.

**Michael:** 100, deeper, relaxed.

**Wendy:** Good.

**Michael:** 99, deeper, relaxed.

**Wendy:** Now, you can let those numbers grow dim and distant. They're really not important. When you're ready, just push them out, just sweep them out, just push those numbers out, just tell them to go. Just tell them to leave, let them go, just let them go now. And Michael, please tell me, are the numbers all gone? Nod your head if the numbers are all gone.

**Michael:** Yeah.

**Wendy:** Good. Clearly, Michael is already into hypnosis. Now of course, he's has had hypnosis hundreds of times, and of course, while he's in there, I can give him suggestions to make dinner and fold the clothes and do all those things can I? There, he's laughing. Of course I can't because I can't make anybody do anything that they don't want to do. Luckily, he does them anyway.

So I want you to just to remember when I did this Elman Induction with him, that notice that even though at the end of the script, he barely even got to 98 and that's absolutely fine. When we're doing these things, we need to really focus on our client and we need to focus on where they are. If something happens and he's going by 98, 97, 96, then remember, you change your tone to be authoritative and you say, "Let them go" firmly. "Push those numbers out, sweep them away." I really didn't have to do that with Michael because he's just so deeply relaxed. I think I'm going to turn off the video and give him some really awesome suggestions. See you in the next video.

**[00:07:05 END OF VIDEO]**