

IN A MOMENT I'M GOING TO COUNT FROM 1 TO 5.  
AT THE COUNT OF 5 YOU ARE GOING TO OPEN YOUR EYES FEELING WONDERFUL IN EVERY WAY, AS A RESULT OF THESE FEW BRIEF MOMENTS OF HYPNOSIS.

IT'S AMAZING WHAT A FEW BRIEF MOMENTS OF HYPNOSIS WILL DO.

- 1....YOU ARE STARTING TO EMERGE FROM HYPNOSIS
- 2....FEELING WONDERFUL IN EVERY WAY
- 3....KNOWING THE NEXT TIME YOU GO INTO HYPNOSIS, YOU GO MUCH DEEPER, MUCH FASTER
- 4....NOT OPENING YOUR EYES UNTIL.....[INSERT DOUBLE BIND HERE]
- 5....OPEN YOUR EYES AND COME ON BACK INTO THE ROOM

FEELS GREAT, DOESN'T IT?

YOU LOOK LIKE YOU NEEDED THAT!

HOW LONG DOES IT FEEL LIKE YOUR EYES WERE CLOSED?