

Week 6 Video 7 Eyes Blinking Induction

When you close your eyes listening to that ego strengthening script, you noticed I did a very short little eyes blinking induction. That was a very condensed version because it didn't matter if you were really deep in hypnosis or in a light trance at all. And so, I'm going to go over the eyes blinking induction. To be honest, it takes less than five minutes. This is an induction I like to use because it is so short, it's so easy, and if you don't remember it, you got the concept and you'll be able to use it anywhere.

So, please sit down in a chair and just breathe deeply and smoothly for a few moments and look upwards towards the ceiling, and in a moment, I'm going to count down slowly from ten down to one and 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 -- remember, I'm starting at ten, nine, eight, seven, six -- of course you want to do it slower -- five, four, three, two, and one. Good. Now you can just close your eyes and you can just 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 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 allow that feeling of relaxation that's now in your eyelids to flow outward in all directions almost like imaginary waves or ripples and 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 from your head and your face going down through your neck and your shoulders, even down your arms and into your hands and just welcome this lovely wonderful feeling of relaxation going down your entire body down to your legs, down to your calves, down to your feet, and all the way down to the soles of your feet and your toes. Just completely and pleasantly relaxing your entire body and allow yourself now just to slow your breathing down just a little bit and allow yourself to slow your body down just a little bit, and later as we go along you can slow down a little bit more and a little bit more. If you happen to notice a little movement in your eyelids, that's okay.

In a moment, I'm going to count downward once again from ten down to one and this time, with each descending number, just 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 it well and you are completely aware at every level of your mind even though your body might feel so relaxed it feels asleep. And your mind now is 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 and lasting an impression that nothing will erase it.

So you'll notice after I finished the induction, I went into that straight first paragraph of the ego strengthening script, and I said, "You are now so relaxed. Just in case you didn't know, you are now so relaxed."

So you now have the eyes blinking induction which I think is a simple elegant induction and it also takes advantage of some of the same things from the Elman induction, that fractionation. In fact, eyes blinking ten times and you know by the second time you did it, you might have thought in your mind "I don't want to open my eyes again" and you may have done it or maybe not and that's okay. And in fact, when you do this with a client, they may stop opening and closing their eyes or you may notice that there is a struggle and you can acknowledge that and say "That's okay. You can keep your eyes closed as you go down deeper and deeper. Just acknowledge where they are. It's absolutely fine." I'll see you in the next video.

[00:06:07 END OF VIDEO]