

Instant Self-Hypnosis Reader's Induction

"Feeling a sense of privacy and comfort, I allow the sound of my own voice to soothe my mind and body while I speak slowly and softly. My body is slowing *down* as though everything is moving in slow motion. With every word I read and every sound I utter, I feel *more relaxed* and, at peace. Moment by moment, my mind is becoming as *clear* as the surface of a calm and quiet mountain lake.

"As my mind clears, I use my imagination to *relax more deeply* while I read. I imagine that I am sitting on a comfortable chair on a beautiful beach. With my peripheral vision, I see the golden sand that surrounds me...and the waves crashing on the shore. I hear the gentle and rhythmic sounds they make.

"I feel a moist sea breeze waft over my body. I notice the warm sun on my skin. I feel its golden touch on my scalp, allowing me to let go of any excess tension in my scalp. All of my thoughts seem to *quiet down now* as I concentrate my attention on the sun's warmth on my face...on my cheeks...on my ears...and around my jaw.

"The healing light seems to caress my neck and to warm my throat, allowing the words to flow easily and effortlessly from my mouth. It feels as though hundreds of tiny fingers of light are massaging my shoulders and my upper back as I relax-waves of warmth and relaxation cascade down...down my arms and out through my fingers.

"As I take a slow breath and exhale I become aware of this relaxing feeling filling my chest (take a breath and exhale slowly). A golden-yellow radiance floods my solar plexus as I take another slow breath and *release* it (take another breath)...and I feel sense of tranquility and *deep peacefulness* fill my entire stomach area.

"I mentally scan my hips, pelvis, and buttocks... and let any tension or anxiety there be gently washed away by a stream of light. I become aware of my legs now... they are almost aglow as sunlight floods down through them. My legs feel so relaxed. Even my feet and toes feel warm and comfortable... warm and comfortable now.

"As I bask in the glorious sun, I imagine closing my eyes as I prepare to hypnotize myself. I draw three slow deep breaths (draw three breaths). For a few moments I can see the glow of orange light through my closed eyelids. But now that light fades into a comforting as I draw my attention inward... *inward*... toward the *center* of my mind.

I imagine that I am approaching a tall, modern, and familiar building. I walk through the revolving door and step into a beautiful lobby. Inside the building stands a strong, armed security guard who secures the building from intruders. The guard looks at me with a steely glare, but then recognizes me as the owner

of the building. The guard works for me. I give the guard a self-satisfied nod and make my way toward the elevator.

"I see the reflection of myself in the mirror-like surface of the elevator doors. I look relaxed and confident. I press the down arrow and the doors of the elevator open. I feel very safe as I step into a spacious and luxurious elevator car. I turn toward the panel of buttons which indicate the floor numbers. I press the number ten, which lights up as the elevator doors close. The elevator car begins to move down smoothly through the long, deep elevator shaft... with a very gentle humming sound. I watch the numbered lights above the door as they change. Each number lights up for a moment as the elevator moves past the indicated floor. As the numbers change... one by one... I feel myself descending to a wonderful place within myself... far beneath the surface.

"One... I watch the numbers as the elevator moves down...deeper down with every number.

"Two... deeper beneath the surface of this great structure... down below the surface now.

"Three... by the time I reach the tenth number, I will be hypnotized.

"Four... I will be hypnotized with my eyes open...open to all beneficial suggestions.

"Five... I feel myself descending...smoothly...effortlessly.

"Six... still watching the number change above the door... one by one.

"Seven... going deeper now... feeling peaceful and relaxed.

"Eight... I am safe...I feel calm...going down...down...deeper down.

"Nine... I allow myself to enter into hypnosis with my eyes open.

"Ten... the elevator car comes to a smooth halt as I reach my destination.

"As the doors open, I enter into a comfortably furnished reading room. A burning log in the fireplace crackles and blazes brightly, as if welcoming me into the chamber. I approach a very comfortable-looking chair and sit down. I pick up a book on a small table next to the chair. I read the cover of the book, which says *Instant Self-Hypnosis*. I open the book and begin to read. And the words address me directly and seem to jump off of the pages and into my mind. Here is what they say:

"You are now hypnotized with your eyes open. You are now highly suggestible. You will remain in hypnosis while you read the suggestions for your goal. Your mind soaks in the suggestions now the way a sponge soaks in water. You can easily stay hypnotized with your eyes open until you read the Wake-Up." You remain calm and focused as you turn to your bookmark.

Adapted from:

WHY Client Workbook © 2006 Crown House Publishing, www.CHPUS.com, www.crownhouse.co.uk and Blair, F.R. (2004). *Instant Self-Hypnosis: How to Hypnotize Yourself with Your Eyes Open*. Sourcebook: Naperville.