



Self-Hypnosis Induction

Self-Hypnosis is simple and easy. This script shows you how to put yourself into trance, anywhere, anytime. You can use it to go to sleep, or you can use it to allow your mind to roam free. Self-hypnosis can be very liberating. Many people feel a spirituality, a deep connection with something when they go into trance. Everyone's experience is unique.

You can record the script and play it back to yourself, or you can study the structure and put yourself into trance by going over it in your mind. Both methods will work well. Eventually, after some practice, you will be able to slip into trance just by willing it.

Self Hypnosis script

<i>The induction - Relax the body....</i>	
Take a deep breath... and let it go...	Slow down
Now take another deep breath... and as you breathe out... just allow your whole body to relax and go limp....	the breathing
and on the next breath... allow your eyes to close...	eye closure
Now become aware of your body... notice if there is any tension anywhere... try shrugging your shoulders and letting them drop.... tense your legs and let them relax... roll your neck and let it relax... anywhere that is not loose... just tense and relax... until your whole body feels loose and heavy... and allow that feeling to continue.	Physical relaxation

First Deepener - count down	
And now I want you to imagine a line... or a chain or something like that... and I want you to imagine the numbers one to ten are spaced out along that line... and I want you to make the distance between number two and number three double the distance between one and two... and the distance between three and four is twice the distance of the distance between two and three... and so on... each number is separated by twice the distance of the previous number...	Always offer a choice of possible ways to form the line.
And just imagine going along that line... from one to two... and two to three... and three to four... and the distances between each number gets longer and longer...	
And as you think about that line... just imagine that in your mind you are sliding along the line... and as each number passes you get more relaxed... more at ease... and you can just feel yourself sinking ... down and down... and just keep doing that... and your breathing will get slower... and your pulse will get deeper....	
And as each number comes along it gives you more time to relax... to let go...	
and when you reach ten... you can just allow yourself to drift down and down some more... deeper and deeper... more and more relaxed... down and down...	
allow that feeling to develop... you don't have to think... you don't have to do anything... all you have to do is to enjoy that lovely feeling of deep, deep relaxation...	
and you can forget about everything... just allow your mind to drift away...	
and if any day to day thoughts come into your mind... that' s OK... you can just stack them off to one side... and deal with them later... they're not important... nothing is important now...	
... and each breath out is taking you deeper and deeper now... more and more relaxed...	breathing deepener
Second Deepener... Visualization	
And now allow your mind to think of something you can write letters on... a blackboard or a big blue sky... whatever you want....	options
imagine writing the letter 'A' ... and then just imagine wiping away the letter 'A'...	
and then imagine the letter 'B'... and then just imagine letter 'B' being wiped away... disappearing... in any way that makes sense to you...	

and keep on thinking of the next letter... and as you wipe away the next letter... you can feel yourself... loosening... relaxing... getting more and more comfortable... letting go...	disappearing = relaxing
and as each letter disappears you can become more and more relaxed... more at ease...	
And you can continue putting the letters there... and fading out... and getting more comfortable...	who is 'fading'?
and you relax more and more... until it becomes too much trouble to think of the next letter...	amnesia
and then you can just relax completely....	'when' bind
allow your mind to drift away... to a place where there is nothing to think about... nothing to worry you... relaxed and peaceful and calm...	Dissociation
Self Convincer	
and as you drift deeper and deeper... become aware that one of your fingers or perhaps a thumb will feel the need to move... and that will be a signal to tell you that you are in trance... your body can just move on its own... without thought... just allow that to happen ... don't assist in any way... a finger or a thumb will want to move... and that will a signal that you have achieved the state of trance...	Give time - allow for those with a slow sub conscious
It may be just a tiny tremor... and you may be surprised at what you experience...	Accept any signal
and while you are in this state, notice everything about this state... and learn ... so you can recognise this state...	Anchor the feeling
a state of unconscious awareness... of being in two minds... peaceful and relaxed.. and you can stay in this state as long as you like. And in this state many things are possible...	Reassurance
The visualization - different each time	
Now... allow your mind to just wander... do not force anything... do not strive or try or do anything except accept what comes...	
an image or a memory or a feeling will form... just accept it... whatever comes is right... sometimes you will find a muscle moving... it can be anything.. allow it to develop and observe....	
[Long Pause]	
[If nothing comes, that's OK. You have learned how to go into trance. That is enough. You should not expect to get something every time. Some days you just don't think of anything but relaxing and drifting. It is very therapeutic.]	
[If you get something, just regard it with curiosity. Become aware of what it does. Be an observer. Do not try to make sense of it, do not challenge it. Nothing in your own mind can	

ever harm you. It may just fade, it may transform into something else. There are no rules. What you experiencing is a metaphoric representation of what is going on in your own subconscious mind. Sometimes you will recognise the metaphor, sometimes not.]	
[If you learn the principles of Clean Language you can begin to interact with the image or symbol or feeling or whatever comes up. Otherwise just treat the whole thing as if it was a dream and allow it to develop in its own way.]	
[The whole dreamy, drifty thing will go on for some time and you may get more than one. Seeing parts of faces is very common. It doesn't mean anything.]	
And then, when you are ready... you can begin to return from trance...	
<i>The Reorientation</i>	
And so before coming back to full awareness.....	presupposition
take whatever time you need now... to consider those ideas... those images... to allow your mind to examine things from every aspect... like a jeweller looking into the heart of a diamond...	
and the lessons and possibilities... consider them deeply... absorb them deeply... into your very being... thinking about how best to apply them...	bind: best
And when you have had enough time to process and learn from this session... then it is time to bring this session to a close, a comfortable close...	bind: time
and you can start coming back to the present... at whatever rate is right for you.	
So take as long as you like to consider these things...	
And when you are ready ... you can come back to the present...refreshed and awake and alert and ready for the rest of your day.	