

SAMPLE HYPNOTIC TRANCE

INDUCTION / FOCUSING

I invite you to get into a comfortable position. At times you may wish to shift or adjust your position to become even more comfortable. There is no right or wrong way to do this. You may wish to close your eyes or leave them open. (If you wish to leave them open, I invite you to find a spot high above and just roll your eyes up to focus on that spot. Become aware of your breathing. Aware of each breath and the pauses between inhaling. . . .and exhaling. You don't have to change a thing. Your breathing is perfect, just the way it is. You can come to appreciate how wonderful it is that you don't have to think or worry about your breath. Your body knows how to do it perfectly - minute by minute and hour by hour. As you breath in comfort. . . . and let go of tension. Each breath is unique, just as you are unique. There has never been a _____ (John, Susie, etc) before and there never will be again. Each breath is important and special, just as you are. Effortlessly special. Allow your breath to take you inside. Strong with the breath in. . . calm with the breath out.

REMOVING DISTRACTIONS

Go inside, allowing your breathing to just happen. If there are any distractions, thoughts or concerns that you don't need to attend to now, just allow them to float by on a cloud or attach them to a helium balloon and notice how a breeze takes them farther and farther away. Or if it is something that you really need to attend to later then it would be alright to put it in trunk or chest for now and close the lid, because this is your time for you to enjoy the gentle, comfortable stillness. No demands are being placed on you, no expectations. There is no one to please, no one to satisfy. This is your time for you to enjoy.

Any sounds that you hear don't need to bother or disturb you. You may chose to ignore them or you may incorporate them into part of your very pleasant daydream. You may be surprised to note as you continue to relax deeper and deeper how effortlessly you can hear and heed my voice and your own inner voice in your place of calm and comfort.

DEEPENING

As you go inside you may become more aware of things that you weren't aware of just moments before. Perhaps you are aware of the sudden change in temperature of the air as it moves in and . . .out with your breath. A very subtle change as it moves in cooler . . .and leaves warmer. Such a slight change that you only become aware of as everything calms and focuses as you go inside.

As you become aware of all these amazing things that occur as you go inside in this calm and focused state that we call a hypnotic trance. It is very much like following a path where each step takes you a little further, a little deeper. Totally under your control. You can move along or stay in one place. You can move further into comfort or come back closer to your usual awareness. Or you may travel along at your own pace as you become more relaxed, more calm, more focused with each step, each breath.

TRANCE RATIFICATION

You may be curious at this point to notice that your arms or legs have become a little bit heavier or perhaps the opposite - they may feel light and floaty. And that change occurred so slowly that you probably weren't even aware it had occurred until it was already there. You might even wonder when it happened. Perhaps it was just a moment ago or maybe many more moments than that. The change is so subtle and slow that it may be too difficult to detect until its already there. I wonder how wonderful this comfortable change will be for you as you become more calm and focused and go inside.

SAFE, SOOTHING PLACE

When you go inside there is a space where soothing resides, a place where everything is calm, . . . focused . . . and safe. Perhaps that soothing place will look, . . . feel, . . . sound . . . or smell like a favorite place where you have been before or perhaps one you have only imagined. Breathe in the serenity of that place. . . and allow it to fill you with a sense of calm and peacefulness. There is no one to please, no one to satisfy, no demands are being placed on you, and no expectations. This is your time for you. . . to just rest: safe, . . . calm . . . and very comfortable. Allow that soothing energy that enters with each breath to travel to where you need it most. It will be interesting to note that you don't even need to think about it. Your breath knows where you need that soothing comfort to be.

POST HYPNOTIC SUGGESTIONS

Anytime you would like to return to this place of soothing comfort, you can - because it is a place that is inside you and you can return there whenever and wherever you want or need to. Each time you do this it becomes easier and easier and you can get to that place of calm and comfort even more quickly.

REALERTING

And now as you return to your usual state of awareness, bring back with you that inner sense of calm, . . . that soothing comfort that will stay with you far longer than you ever imagined. When you are ready to come back to this time and place, allow energy to flow in with each breath as you come back to this room feeling good, refreshed and alert. Bringing the calm and soothing all the way back with you. Coming back at the speed that is right for you. Becoming more alert with each breath. That's right. Eyes open. Fully alert.

To insure realerting - "If 0 represents being deeply in trance and 100% is fully back and alert, what percent are you?" (If they are not at 100%, ask them to look around the room and name 6 items. Change the speed and tone of your voice.)