

The Original
Dave Elman Induction
Updated for online by Hypno Heather

Now take a long deep breath and hold it for a few seconds. As you exhale this breath, allow your eyes to close and let go of the surface tension in your body. Just let your body relax as much as possible right now.

*Now, place your awareness on your eye muscles and relax the muscles around your eyes to the point they just won't work. When you're sure they're so relaxed that as long as you hold on to this relaxation they just won't work, hold on to that relaxation and test them to make sure **THEY WON'T WORK**.*

Now, this relaxation you have in your eyes is the same quality of relaxation that I want you to have throughout your whole body. So, just let this quality of relaxation flow through your whole body from the top of your head to the tips of your toes.

Now, we can deepen this relaxation much more. In a moment, I'm going to have you open and close your eyes. When you close your eyes, that's your signal to let this feeling of relaxation become 10 times deeper. All you have to do is want it to happen and you can make it happen very easily. Ok, now, open your eyes...now close your eyes and feel that relaxation flowing through your entire body, taking you much deeper. Use your wonderful imagination and imagine your whole body is covered and wrapped in a warm blanket of relaxation.

Now, we can deepen this relaxation much more. In a moment, I'm going to have you open and close your eyes one more time. Again, when you close your eyes, double the relaxation you now have. Make it become twice as deep. Ok, now once more, open your eyes...close your eyes and double your relaxation...good. Let every muscle in your body become so relaxed that as long as you hold on to this quality of relaxation, every muscle of your body will not work.

In a moment, I'm going to have you open and close your eyes one more time. Again, when you close your eyes, double the relaxation you now have. Make it become twice as deep. Ok, now once more open your eyes...close your eyes and double your relaxation...good. Let every muscle in your body become so relaxed that as long as you hold on to this quality of relaxation, every muscle of your body will not work.

*In a moment, I am going to get you to lift up your arm by your wrist and it will be floppy, loose and limp. Take a moment now to choose the arm you will lift and relax it fully and completely. Let it be totally relaxed. Great. Now lift it up and let it be so loose and limp. That's it, really relaxed. **(Once lifted)** In a moment I will get you to drop it at your own pace and once it is down again, you will go deeper relaxed. Drop it now. **(Once down)** And go deeper relaxed.*

Now, that's complete physical relaxation. I want you to know that there are two ways a person can relax. You can physically relax and you can relax mentally. You already proved that

you can relax physically, now let me show you how to relax mentally. In a moment, I'll ask you to begin slowly counting backwards, out loud, from 100. Now, here's the secret to mental relaxation, with each number you say, double your mental relaxation. With each number you say, let your mind become twice as relaxed. Now, if you do this, by the time you reach number 98, or maybe even sooner, your mind will have become so relaxed you will actually have relaxed all the rest of them that would have come after 98 right out of your mind. They just won't be there anymore. Now, you have to do this, I can't do it for you. They will leave if you will them away. Now start with the idea that you will make that happen and you can easily dispel them from your mind.

Now, begin and double your mental relaxation.

Client: 100

Hypnotist: *Now double that mental relaxation. Let them fade away.*

Client: 99

Hypnotist: *Double your mental relaxation. Start to make them leave. They'll go if you will them away.*

Client: 98

Hypnotist: *Now, they'll be gone. Dispel them. Banish them. Make it happen, you can do it, I can't do it for you. Push them out. Make it happen! ARE THEY ALL GONE?*