Lesson 4: Rapid Induction Script

We’re going to do a 2 minute instant-relaxation induction.

This is a relaxation you can easily learn to do to yourself any time you want to go into an instant trance.

We’ll start by tensing different parts of your body... And then relaxing them completely.

Not now, but in a moment when I count to 3, I want you to tense your head and neck.

Just imagine that you’re tensing your head and neck all the way from the crown, down to the base of your neck.

Don’t worry about the rest of your body; try not to tense anything else, just your head.

Afterwards I’ll say “relax”, and I want you to relax completely.

Ready? 1...2....3.

Go ahead and tense your head...

And relax completely.

Let your head sink lower down, totally letting go of all the tension, feeling that tension lift up, out of your head as you relax.
Next we’ll relax your head, neck, shoulders, arms, and hands.

In a moment, I want you to tense your head, neck, shoulders, arms, and hands.

You can even curl your hands into fists.... And when I say “relax”, I want you to relax completely.

Alright. 1...2...3 Go! Tense your head, arms, hands....

...And relax.

Let it all go.

Allow your hands to uncurl and flop down, as your entire body just seems to relax even deeper than before...

Feeling nice, comfortable, and deeply relaxed.

Next we’ll be tensing the same muscles as before, your head, neck, shoulders, arms, and hands, but this time add your chest and abdominal area too.

I want you to tense those muscles, as well as flex your chest and your stomach.

Ready? And 1...2...3 Go!

Tense your entire upper body from your head, down to your stomach....

.... And relax completely. Let yourself go.

Feel your body sinking down, feeling so tranced out already, Deeper than you’ve ever been before.

You might notice your lungs filling up more, and breathing deeper and deeper breaths while you relax....

Next we’ll be tensing everything.

We’ll tense your upper body, your lower back, and tense everything down to your thighs, calves, and feet.
This time, I want you to stick your legs up just a bit while tensing everything.
You’ll feel your legs tense, and even feel your feet tense as your toes curl up.
Everything from your head down to your hands and toes will completely tense up.
And when we’re through, you’re going to experience yourself being in the deepest trance you’ve ever been in.
You’ll find it easy to let go, and allow your body to instantly sink down, deeper into trance.
Ready?
Okay. 1...2...3 Go!
Tense everything – tense your head, hands, arms, legs, feet...
And relax.
Let your body sink down, deeper and deeper.
Feel your body going down, dreaming, drifting, dropping, deeper.
Feel all of your muscles loosening up, feeling nice and soft.
Go ahead and imagine that you’re walking in a wonderful, green forest.
Take a deep breath of the crisp, fresh forest air, and notice how everything around you is so tranquil, so peaceful, and so relaxing.
The moonlight is bathing the trees in its soft glow.
The Staircase Deepener

While you’re walking up and down a path, you notice a smooth marble stairway.

This stairway is your favorite color, and it has all sorts of interesting patterns, and textures that lead down to a wonderful, peaceful place of deep relaxation.

As you peer down, you see that deep place of relaxation seems to be calling you down...
deeper... Inside.

In a moment you’ll walk down, and when you reach the bottom of the staircase...

You’ll feel more relaxed than you’ve ever known yourself to be.

Go ahead and walk toward that staircase now, knowing that with every step you take, you’ll feel more and more relaxed.

If it’s alright with your unconscious, take that first step down.

10. Notice that you feel 10 times more relaxed...

9, deeper and deeper. Feeling so relaxed and tranquil...

8... even deeper. Feel yourself go down, even deeper into trance now.

7... times deeper than you were before....

6...deeper and deeper. Dreaming, drifting, dropping, deeper...

5... Way, way down now. Noticing you’re breathing deeper as your awareness turns inside.

4... Even lower. You’re almost at that wonderful place of peace and tranquility...

3... Your unconscious is so close....

2... relaxed to even move....

And 1. On your final step, you’ll be in a wonderfully magical place of deep, deep hypnosis.

Hypnonomicon
Let’s go down now....

And 0.

Take that final step down, dreaming drifting, dropping deeper in that wonderful tranquil place known as deep, deep hypnosis.

And as you’re settling into that new place, you notice something...

Something you didn’t really expect to there...

You see a hot tub.

This hot tub has a gorgeous view of trees and mountains outside.

Feel free to step inside it now.

It feels warm, but not too hot.

The water is smooth and pleasant...

As you’re letting your body relax, Feel the bubbles...

As they’re gently smoothing out your muscles, and relaxing you completely.

Relax now, easily and effortlessly. Feeling nice and limber.

**Suggestions**

I’d like to suggest to your unconscious mind that the next time you do this kind of induction; you relax even deeper than you’re relaxing right now.

You find it easy to hypnotize yourself and to put yourself into a nice, deep relaxing trance.

Because the more control you have over relaxing your body, the deeper you can breathe, and the calmer you feel about life.

You find that when you can hypnotize yourself, everything about life seems that much easier, that much more joyous, that much more hypnotizing.

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To Learn More About Self Hypnosis Go HERE Now.

Even better, as you’re breathing deeper, you’ll find that the next time you put yourself through this induction, you’ll go into trance faster, and deeper than you ever have before right now.

Wake Up

In a moment, I’m going to count to 5 and wake you up.

And when I do I want you to feel confident, energetic, and full of life.

You’ll wake up feeling alive, focused, and ready to learn from whatever life throws your way.

1... Feel the blood rushing through your body as you’re starting to wake up.

2... You might notice you’re breathing a little faster now. You can even more your toes and your fingers as you’re waking up now.

3... Halfway there, becoming more aware of where you are in the room now, Feeling more awake.

4... Go ahead and stretch, feel yourself waking yourself up, feeling full of life, and

5.... Open your eyes, feeling wide awake, feeling good, strong, and confident that you can use this induction to hypnotize yourself at any time you want.