Hypnotherapy Inductions and Deepenings
Volume II

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Foreword

In the 1950s, the American Medical Association took notice of hypnosis after a patient underwent a thyroidectomy (removal of the thyroid) while in a hypnotic trance induced by a hypnotherapist (Blakeslee, 2005). No other painkiller or anesthesia was used.

Since then, hypnotherapists have made powerful strides toward changing public perception about hypnosis. Doctors continue to use hypnosis to calm their patients, and to ease pain during procedures (Bierman, 1995). They regularly tell patients how easy recovery will be. Additionally, doctors tell patients that a procedure is common and meets with a high degree of success. Because these phrases are delivered by an authority figure, they act in exactly the same way as hypnotic suggestions, and become reality for the patient. More obvious hypnotic suggestions are also sometimes given to patients by doctors trained in hypnosis, and for over a century, dentists have used hypnosis to ease discomfort during dental procedures.

In addition to using hypnotic techniques themselves, doctors and dentists regularly refer patients to hypnotherapists for help with weight loss, smoking cessation, and overcoming fears about dental and surgical procedures. Before the 1950s, the medical profession scoffed at hypnotherapy, but today it is being readily embraced as a complement to long-standing medical procedures.

According to the Southern Medical Journal (2004), as many as 40% of Americans use some form of complementary and alternative medicine such as hypnotherapy. At no other time has the world of hypnotherapy been as wide open with exciting possibilities.
as it is now. Because more and more people are exploring and accepting the benefits of hypnotherapy, a much greater need for qualified hypnotherapists to open practices now exists. The goal of this book is to give you — a potential or practicing hypnotherapist — a strong base for building your practice. You will be guided through a basic hypnotherapy session, and you will be given homework opportunities to use and modify your techniques so that you can help others lose weight, find love, and increase their financial success, among other issues.

For the latest information about the hypnotherapy world, visit www.americanallianceofhypnotists.org, the website of the American Alliance of Hypnotists, of which I am the founder and director. The organization started in America as a network of hypnotherapists, but it is now open to practitioners worldwide. Among other things, this site lists hypnotherapists and classes available in your local area. Become a member. It’s free.
Chapter 1

About Inductions
An induction is the tool that hypnotherapists use to induce hypnosis. It marks the beginning of hypnosis (and the beginning of the recording you will make for your clients). Inductions come in all shapes and sizes. This chapter will focus on inductions that are simple yet effective.

Relaxation Inductions

The basic induction is called a “relaxation induction.” With a relaxation induction, you want to bore a person into the Alpha state. Imagine talking to someone and trying to bore her. Some people are able to do this naturally. Some people will start talking, and their listeners immediately get a glazed-over look in their eyes. That type of speaker would be an excellent hypnotherapist. If you are one of those people, congratulations! Now you can help others with your natural ability to bore.

Have you ever been in a classroom with a teacher who talked incessantly with a monotone voice because she has taught the same subject for years and had no passion left in her entire being? That may have actually done you some good. Although you could not consciously pay attention, you may have processed some of the information hypnotically. I guarantee you that the teacher was lulling you into a trance.

Watching TV will lull you into a trance. Driving a car will lull you into a trance. A slow-talking, monotonous teacher speaking for 45 minutes will definitely lull you into a trance.

During a relaxation induction, speak in a monotone voice. Stretch out your words. Speak slowly and methodically and enunciate clearly.

When working with the subconscious mind, you must be very careful that you say exactly what you mean. The
subconscious mind will take things literally. Any time you are working with someone under hypnosis, speak very clearly. Make sure that she can understand every word. Act as though your patient is a foreigner and does not speak your language very well. You need to speak slowly and clearly so that there is no misunderstanding, because if you pronounce a word incorrectly, the subconscious mind may process it as another word.

Practice saying the phrase, “Jack and Jill went up the hill.” Stretch out the words, especially the word “and.” Practice this until it is as relaxing (i.e., boring) as possible. This is the only time in your life when being boring is a good thing. If you are not sure of the tone of voice that you should use, visit www.SteveGJones.com. Any of the CDs there will serve as an excellent example.

It is important to refer to the five senses during the induction. Most people relate strongly to one of the senses: sight, touch, hearing, smell, or taste. I like to involve as many of the other senses as possible.

By involving all the senses, you can get to the one that the client relates most strongly with. Make sure that the induction has something for the client to see, to feel, to hear, to taste, and to smell. If you have already determined that the client relates strongly to one particular sense, reference that sense more often than the others in your induction. But use all of the senses with everyone to make a well-rounded induction every time.

Let me illustrate this point by taking you through an induction. Because the purpose of the induction is to slow the person down, you should also play soft, calming music in the background.
(Feel free to use verbatim any of the hypnosis session material I provide in this book.)

All right now. I want you to take a deep breath in through your nose, inhaling very slowly, filling your lungs and stretching them out. That’s right. Hold it. Open your mouth slightly and exhale very slowly, and as you do, just feel your body relaxing, relaxing, relaxing. Good. Now to help you to relax, I want you to visualize yourself on a beautiful beach. It is your beach. You are relaxed and safe. You are walking along the beach. Feel the warm, soft sand on your feet. Feel the warmth of the sun relaxing every part of your body. Inhale the scent of the sea air. Feel the relaxing breeze blowing gently across your body as you walk slowly down to the water, where the waves are making a relaxing sound.

Let’s break this down. First of all, having people breathe in and out slowly is going to relax them. (Many people who are addicted to cigarettes are simply addicted to the idea of taking deep, relaxing breaths. They are taking the time to take a deep breath, hold it, and blow it out. Taking a “smoker’s break” allows the smoker to take a break, go outside, and stop working. Everything shuts down while the smoker takes deep, yogic breaths and blows them out. Unfortunately, the smoker is also inhaling 4,000 chemicals.)

Your client will take three or four deep breaths in and out. Just relax the person and get her to slow down.

Let’s now take a look at the rest of the induction.

I want you to visualize yourself on a beautiful beach. Here, I am referring to the client’s sense of sight.

You are walking along the beach. This is the kinetic (movement) aspect. I have engaged the feelings of motion
and have offered something to those people who relate strongly to motion.

Feel the warm, soft sand on your feet. Now I have engaged tactile listeners. Notice that I did not just say, “You are feeling the sand.” I described the sand. I made it real. The sand feels warm. It feels soft. (You may even say the sand is white, which again involves the visual sense.) I grew up in South Florida, so I can relate strongly to this experience. I have been on the beach many times, and that sand is warm, if not hot. That brings back a clear memory for me. Most people have walked barefooted on a beach in the daytime. Be sure to use something that is familiar to a wide variety of people.

Feel the warmth of the sun relaxing every part of your body. Again, I am referring to the sense of feeling, also called touch or the tactile sense. I’ve also linked the feeling to something relaxing.

Inhale the scent of the sea air. Here, I have prompted the olfactory sense, appealing to the sense of smell. Most people know exactly the smell I mean when I say “sea air.”

Feel the relaxing breeze blowing gently across your body. Here I am using the tactile sense (the sense of touch).

As you walk slowly down to the water. The client is moving. Again, I am engaging the kinetic (motion) sense.

It is important to engage all of the senses because some people relate strongly to just one sense. Some people are very visual. For example, in their mind’s eye, they will see the beach clearly. They will fill the ocean with sailboats, put buildings on the land in the distance, and add a few clouds in the beautiful blue sky.
Others do not see anything. They will listen to that exact same induction, and they will have a nonvisual sense of being on the beach. They will have the feeling that they are on the beach because they can feel it on the soles of their feet. Or they just somehow sense that they are there. Maybe the smell, the scent of the sea air draws them in.

Unless you want to get into an extensive (and unnecessary) pretest to determine which sense the client favors, cover every sense. Even if you know that the client relates strongly to motion, add the other sensory elements; doing so will more fully engage her. You want to make sure that the client hears a description of all the things people typically experience at the beach.

By the way, if your client is afraid of water or of beaches for any reason, you should use a different induction. Ask the client ahead of time if she likes the beach!

Remember to be sensitive to each of your clients. If you are writing an induction for someone in a wheelchair, do not describe how the client is walking along the beach or rolling her wheelchair along the sandy beach. Choose another scenario for the induction. If you are talking about swimming and your client cannot swim, then she is not going to have a relaxing experience. Ask the client ahead of time about her abilities, likes, and dislikes.

Inductions should incorporate the types of experiences that the person enjoys. For instance, if you are hypnotizing a scuba diver, your inductions might be about a dive. Think about the possibilities. The client is going down, down, deeper and deeper. Maybe the client likes to go driving in the desert. She could imagine the drive in the Mojave Desert at night with the top down on a convertible. Stay open and creative.
If someone is coming to you for a few sessions, you may not want to use the same induction every time. You might want to mix it up.

Once, when I was doing a diving induction, I said, “And now you take a deep breath in through your nose and out through your mouth.” Divers wear regulators in their mouths to get air from the tank. They do not breathe through their noses while diving! They breathe through the mouth.

After the session, the client said, “You know, that was great and relaxing, except for when you told me to breathe in through my nose and out through my mouth.”

I was not thinking of what the patient was experiencing. Instead, I was looking at the client in the chair and thinking that she should breathe through her nose. In her mind, she was scuba diving. The mind makes it real for the body. She was there, and I was incongruent.

Make sure that you plan ahead of time and think on your feet.

At the same time, do not be afraid to make mistakes. I have been doing hypnosis for a long time, and I still make mistakes. Be aware of the ramifications, and if the mistake is a bad one, do what you can to fix it in a calm way. Sometimes, the mistakes are not as bad as you think they are, or the person does not even notice it. In this case, do not point out the mistake.

In fact, a mistake could be used as a confusion induction, which is covered in the next section.

Know that the rules are flexible. Think about it like dancing at a club. There is freedom of expression. Are the rules set
in stone? No. You can be flexible. Do no harm, fix mistakes, but be flexible. Try things with the best of intentions and flex your muscles, and I guarantee that you will grow.

If something does not work, try something else. The person may report, “I just could not get into that. I was not relaxed.” What should you do?

First, assure the client that even in Alpha, a person is up to 200 times more suggestible.

Second, make a change. You may think, “Okay, the beach induction is not working on this woman. She likes the city sounds. I do not like them, in fact I find them annoying, but that does not matter because she likes them. She is going to get them.”

The following is an example of a short induction script.

And you find yourself driving along the Pacific Coast Highway now. You are headed north, leaving Los Angeles. You are in a convertible and enjoying the breeze in your hair. You see the relaxing ocean to your left. And you see the high cliffs to your upper right. And the more you drive, the more you relax. You see birds overhead, and smell that salty sea air as you continue to drive down the road. You are safe and protected. Sometimes, it seems as though the car drives itself. You are relaxing more and more as you drive. And as I am silent now, just allow yourself to enjoy the beautiful day and relax more deeply.

That’s right, just relaxing and drifting as you drive down the road in your convertible. Enjoying the beautiful day. And as you now look in the rearview mirror, you realize just how far down the road you have driven. And it occurs to you that you are very relaxed.
Sample Induction 1

You’re in your car; it’s afternoon; it’s early spring. You’re driving on a smooth, curving road that leads through the hillside. The grass is vividly green, and colorful wild flowers are in bloom on the sides of the road. There are trees lush with leaves. The air is fresh and clean. You feel yourself begin to relax. The road curves gently to the right, and your car hugs the curves of the road as if it were on a track. The mist in the air rises and clears as you drive. You feel the warm air against your skin as your car follows the road. You notice that your car is the only one on the road. The engine of your car purring gently is the only sound. It’s quiet. It’s safe. You haven’t a care in the world; you are at peace, enjoying the beautiful scenery as you drive. The sky is blue and it is clear, but for a few wisps of clouds. You are so comfortable and serene. You’re driving slowly, taking in the beautiful scenery.

You approach a gravel road. It calls to you, so you turn onto it. You hear the light crunching of the tires on the finely ground gravel. The road leads through a wooded area. The sun filters through the trees; it is warm and bright. There is beauty all around you and you take it all in. You come to the end of the road. It is large and circular. You see a clearing and a path and you park your car close to the clearing. The car door closes gently as you walk toward the trail. As you approach the trail, you notice that it is wide and carpeted with the same fine gravel as on the road. As you walk past the trees, you hear some birds singing. You walk slowly, taking in all the sights and smells. You see a honeysuckle bush, and you stop and smell the flowers. You pick a flower. The flower smells so sweet and the honeysuckle tastes like honey. You savor the taste and continue on the path.

You hear the gurgling of water nearby. As you continue on the trail, the gravel path turns to grass, and there are stepping-stones that lead to a waterfall. You take off your
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shoes and carry them along with you. There are beautiful purple and yellow flowers on either side of the trail. The stepping-stones feel smooth and warm on your feet. Each stone is a different color of the stone rainbow. As you step on each stone on the path, you become more relaxed. The stones are beautiful. Each step relaxes you more. You continue on the stepping-stones, relaxing more with each step. You are getting closer to the waterfall. The waterfall ends in a calm, clear pool of water. You set your shoes aside on a rock near the pool. You put your toe in the water to test the temperature. You find it warm and inviting. You wade into the pool and find a large rock to sit on. You sit down on the rock. You put your hand in the water and move it slowly back and forth, feeling the warmth of the water between your fingers and around your hand.

You take a deep breath through your nose. You can taste the freshness of the air as your chest rises and your lungs fill with the clean air. You open your mouth slightly and exhale slowly. You take another slow, deep breath through your nose, and again exhale slowly though your mouth. Once again, another slow, deep breath. The water gently falls into the pool and ripples in the water traveling slowly toward you. You watch the ripples of the water and become more relaxed as each ripple floats by you. Two purple dragonflies hover on the water. They linger a few minutes and then fly off. They take with them any cares and anxieties that may have remained. You take another deep breath and feel so calm, so relaxed.

You look around and see a hammock hanging between two trees. You slowly lift yourself out of the pool and walk toward the hammock. The hammock is covered with a large pillow that perfectly fits the hammock. You easily get into the hammock. The hammock supports you effortlessly. You feel as if you’re floating in the softness of the hammock. The trees filter the warm sun and you feel
safe, comfortable, supported. You close your eyes and rest your mind.
Sample Induction 2

Now close your eyes. Take a nice, deep, full breath and exhale slowly. Take another deep breath and exhale. Feel yourself beginning to relax now … from the very top of your head … all the way down … to the very tip of your toes. One more time. Breathe in. Take a nice, deep, full breath and hold it in. Now let it out completely, and feel yourself relaxing even more.

I want you to imagine now that you are looking at a clear, blue sky. It is a brilliant blue, like no other color you have ever seen. And in the sky, a sky-writing airplane is writing your name in fluffy, white, cloud-like letters. See your name floating …fluffy, white and cloud-like in a clear, blue sky. Reach out and imagine what the clouds feel like. Light and airy. Also, hear the birds. Not only can you hear their calls, but you can also hear the flapping of their wings as they increase their speed. You hear the silence of their wings as they glide through the sky. You relax with the increasing silence.

Now let your name just disappear with the wind. Let the winds just blow your name away into the blue of the sky … and forget about your name. Forget you even have a name. Names are not important. Just go on listening to my voice and let yourself relax even more. You no longer hear or see the birds. You are at complete peace with yourself. There are no distractions. You relax even deeper.

Helpful Tip

As you write inductions and deepenings (next chapter), you need to use your creativity. Try keeping a pocket recorder or note pad and pen handy. Perhaps a great idea for an induction/deepening will come to you in the grocery store, in the shower, or when you just get up in the
morning. You never know when a brilliant idea might come.

Suggested Practice

Write your own induction. Do not spend a lot of time laboring over this — just let your creativity flow and write it out. It can be one page or 10 pages, though it should be no more than 10 minutes long when read aloud. Have the client walk along the beach, or in the woods, or in any other place that is relaxing and peaceful. Incorporate all the senses. Remember when reading it to pronounce everything perfectly so that there is no misunderstanding.

Record the induction on a computer (mp3 file or CD). Then listen to it and see if it bores you. It should. See if it relaxes you. See if it gets you into that altered state of mind. See if it drops you into Alpha, where you are just a little bit slower, just a little bit more relaxed than you normally are when fully awake. And if it puts you completely to sleep and you wake up a couple of hours later, that is fine.

Between each section of the recorded hypnotherapy session, insert 30 to 60 seconds of silence. This aids in relaxing the client. If you have gentle, soothing music playing in the background, continue to play it during the silent periods. Like everything else you do in this book, you will use this induction over and over, so make it outstanding!

Caution: Do not ever listen to your induction or anything hypnotic in a moving vehicle.
Test Your Knowledge on Chapter 1 - Inductions
(See back of book for correct answers)

Question 1
Write one sentence, which, when used in an induction, would involve the sense of touch (tactile sense).

Question 2
Write one sentence, which, when used in an induction, would involve the sense of smell (olfactory sense).

Question 3
Write one sentence, which, when used in an induction, would involve the sense of sight (visual sense).

Question 4
Write one sentence, which, when used in an induction, would involve the sense of sound (auditory sense).

Question 5
Why is it important to speak slowly and clearly in a hypnotherapy session?
Chapter 2

About Deepenings
A deepening varies only slightly from an induction. In fact, the terms deepening and induction are often interchanged. Strictly speaking, however, a deepening comes after an induction and before a script. The purpose of the deepening, as the name implies, is to drop the patient into a deeper state of consciousness.

After the induction, the patient is relaxed, comfortable, and peaceful. Now that you have the patient under your control, so to speak, you want to relax him even more. To do so, you will take your patient down something such as a set of stairs, an elevator, or an escalator.

I like to have several inductions with accompanying deepenings. This is for two reasons. First, clients coming in for several sessions like to hear different inductions and deepenings. Second, occasionally you will have clients who do not like several of your induction/deepening combinations. It is better to have several from which to choose.

Overkill is not necessary. When I first started using hypnosis in 1983, I had people go down miles of stairs. If your patient is reasonably relaxed, two short stairways (of ten steps each) are plenty. There is no need to give your client a workout. Confine your deepening to 10 units (e.g., stairs) of one event.

During a deepening, make sure that your patient knows that nothing will harm him. You do not want your client to imagine tripping down a set of stairs. Say things like, “With each step you take, you are going deeper and deeper into a very, very, deep state of relaxation. You feel comfortable and safe.”

And, as in the above example, always tie in the fact that the client is going “deeper.” Make sure that you
communicate that with each step (or floor, if you are sending a client down an escalator) your client goes down, he is going deeper into his subconscious. Do not just tell him to go down the stairs, tell him that those stairs are allowing him to go deeper as you count the steps. “Ten, take the first step down. Nine, another step deeper.”

By the time the client is at the bottom of the stairs, he will be relaxed and slowed down.

If your client is on an escalator, before the counting begins, tell your client that it is a long escalator and that by the time you get to one, he will be at the bottom. Otherwise, your client may imagine himself at the bottom of the escalator when you are at the count of five. Make sure that you spell out everything for him.

You may want to say, “Ten, moving down a little bit. Nine, moving deeper a little more, down the escalator. With each floor you go down, you are so much more relaxed. You are ten times more relaxed every foot you move down, down, down.”

As with an induction, feel free to incorporate activities that the client likes into the deepening. If you have an adventurous client who relaxes by repelling (an activity that causes the rest of us to feel sheer terror!), use a deepening that involves repelling the client down a mountain. However, make sure that the client feels safe. Tell him that the ropes are secure and that nothing bad is going to happen.

No matter what scenario you use, be sure to tell your client that nothing bad will happen. The client will not fall down the stairs and will not run into a tree while skiing down the hill; the elevator will not get stuck.
Because hypnotherapy is positive, I like to use positive phrasing wherever possible. Do not say, “In this particular trip down the side of the hill, you will not run into a tree.” Although you are telling the client he will not run into a tree, this phrase will be planted in his mind and he may envision it nonetheless. Say something like, “In this particular trip down the side of a hill, nothing will happen to you. It will be smooth. It will be your smoothest trip down the side of a hill ever.”

Do not let the client’s imagination run wild.

Be sure to coordinate a downward motion with downward counting, and the client going downward into hypnosis.

Remember to use words such as “deeper,” “down,” and “relaxing.” These words imply deepness and slowing down.

Also, frequently use and stretch out the word “and.” For example, “You are relaxing more deeply, unnnnnnnd unwinding completely.” Clients report finding this quite relaxing. It also helps to tie your instructions together in a relaxing way.

By using all of these tricks of the trade, your session will be successful.

Many of my patients say that in addition to the problem for which they came to see me, they cannot relax. These same patients often leave feeling more relaxed than they thought possible, and much of this is due to the deepening. Like having a massage, a hypnotherapy session is a perfect opportunity for the client to relax. In fact, many people compare hypnotherapy to massage in the sense that it offers relaxation. Unlike massage
therapists, hypnotherapists add positive suggestions for change, but the type of relaxation is very similar.

Though there are clients who might drop immediately into Theta or Delta during the induction, do not omit the deepening in the first session. In subsequent visits, feel free to skip the deepening if the client falls into Theta or Delta immediately, but do not omit the deepening during the first visit.

Aside from physical indicators such as slowed breathing or slowed pulse (observed visually on the neck, head, and hands), you also can roughly ascertain what state of consciousness a client goes into by having a discussion with him at the conclusion of the session. If the client’s last memory of the first session occurred about two minutes into the induction, and he appears to be equally relaxed during subsequent inductions, you can safely skip the deepening. This client obviously goes into a deep trance quickly. If you are unsure, use the deepening. It will not hurt.
Sample Deepening 1

You are completely relaxed and contented as you stand at the edge of the lake, and hear the rocking of a small rowboat as it floats gently next to a small dock. The dock is inviting, and you hear the call of baby ducks as they swim circles around their mother, safely and securely, near the end of the dock.

The well-constructed wooden dock has ten evenly spaced planks for steps, and handrails that lead to a wide platform, to which the small white rowboat is tied. There is an antique iron park bench sitting at the end of the dock, overlooking the lake. There are tiny peeping noises coming from the ducklings. You will go down the steps, one by one, confidently. And you will count them backwards from 10 to 1. And as you count them, you will go deeper and deeper into your trance with each and every step you descend.

You know that you are safe and secure as you grab hold of the sturdy handrails and move calmly to the top step. Ten. And you are going deeper and deeper. You feel comfortable and relaxed as you step onto the next step. Nine.

You can feel the smooth, wooden handrail as you slide your hands along it and go down another step and go deeper, and deeper. Eight. The planks are warm from the sun and inviting on your feet as you go down another step. Seven. You slide your hands a little further down the handrail and step down again, going deeper and deeper. Six. You see the baby ducks swim into the cool shadows of the dock as you take another step down.

The bump, bump, bump of the rowboat continues as you go down another step, and you are relaxed and contented.
Five. Stepping further down, the mother duck calls her babies, and you are going deeper. Four. The rhythmic waves lap onto the shore, and you lower yourself onto the next plank. Three. You are more relaxed, as you calmly go down another step. Two. The ducklings come out from under the dock, to join their mother, as you take the step safely onto the platform. One.

Note: Reading time of this deepening is approximately 3 minutes and 30 seconds. The author did not indicate any (pauses), which may be added, if desired, to allow the client to go deeper on his own. Pauses would extend the time needed to complete the deepening.
Sample Deepening 2

Take a step down now … down to the ninth step. Smoothly and easily. Feel yourself going deeper. Now down to step eight … going deeper still.

Now down to step seven … going deeper … down to step six … deeper still … going further down to step five … and step four … step three … two … one. Now you are standing on the floor below. There is a door in front of you. A sign on the door reads “Doorway to the Beach of Relaxation.” Reach out and turn the doorknob. Open the door. A stream of golden sunlight pours through the open door. Walk through the door into the golden sunlight.

Before you, stretches a beach of pure white sand. Beyond the edge of the beach is an endless ocean of clear blue water. Walk on the beach until you come to the place where the dry sand meets the wet sand, near the water’s edge. Stand here a moment and notice all of the sights and sounds.

Notice the seagulls in the sky above. Watch them diving for fish in the sea below. Listen to their chatter as they return to the sky. Notice the other birds around you. They show their appreciation for life in their smooth flight and the happy songs they sing.

Notice the majestic expanse of the ocean in front of you. A gentle wave comes ashore and rushes past your feet. Feel how it pleasantly glides past your feet as it recedes back into the ocean. This ocean is the “sea of relaxation.” With each wave that touches the sand, you are feeling more and more deeply relaxed.
Helpful Tip

If you have several clients in one day, you may find yourself beginning to get sleepy, especially during the deepenings. To combat fatigue, you may want to create a hypnotherapy recording for yourself, which programs you to maintain full awakening consciousness and mental sharpness during your sessions.

Suggested Practice

Write a 10-unit deepening. Incorporate counting from 10 down to one, making sure that the client knows he will be going deeper as the numbers decrease. Record the process.

When you are done with this, you should have a recording with an induction, 30 to 60 seconds of silence, a deepening (three to five minutes in length), and another 30 to 60 seconds of silence. (Obviously, you do not need to record this final silence. I mention it so that you will remember to include it when you add the next part, the script, which is discussed in my books, Hypnotherapy Scripts Volumes I & II, which are now available at http://www.stevegjones.com/books.htm.)
Test Your Knowledge on Chapter 2 - Deepenings
(See back of book for correct answers)

Question 1
In a deepening, you are correlating downward motion (e.g. going down some stairs), downward counting (10 to 1), and what else?

Question 2
Where on the client’s body can you look for signs of their bodily processes slowing down?

Question 3
How many sets of deepenings should be used in one hypnotherapy session?

Question 4
If you are unsure of a client’s “deepness,” should you omit the deepening?
Chapter 3

Collection of Inductions and Deepenings
The following is a collection of hypnotherapy inductions and deepenings using many different scenarios. Feel free to use them on yourself, friends, and clients. Also, feel free to make any appropriate changes to suit your particular needs.
Lake 1 Induction (boat)

Okay, close your eyes. Put your mind and body at ease. Take in a deep breath, filling your lungs with air…and hold it here…and let it all out slowly. Good. Each deep breath that you take will help relax you. Now breathe in again, slowly…feeling your chest rise. And open your mouth and relax your jaw…and release. Feel your body relax. One more time, breathe in deeply…expanding your lungs…really fill them up with air. And release the air, feeling your lungs deflate. Good, you are now more relaxed and feeling good. To help you relax further, I want you to picture yourself on a lake. The sun is high in the air. The air is cool and you are on a sailboat, enjoying a relaxing sail on the lake. The wind is steady and moving your boat along. You feel the cool wind whipping through your hair and the warm sun beaming down on your back. You find yourself relaxing and enjoying the ride. You notice the sounds around you. You can hear the water slapping against the side of the boat. This sound is natural and steady. The wonderful sound puts you in a relaxed state. You also notice the sound of the sail flapping in the wind when you change direction. You enjoy your ride on this beautiful lake. The water is dark blue and glistening, reflecting the sun. You see trees surrounding the lake. They are large pine trees. You are rather far from these trees, but you can smell the slight scent of pine in the air. You breathe in a deep breath. The air smells clean and fresh. The air opens your lungs and relaxes you. As you move along in the wind, you take notice of the other sailboats on the lake. Some are far away from you and appear to be moving very slowly. Some are a little closer and are moving faster than you. You also notice a person in a wooden rowboat. Their back swings with each sweep of the oar through the water. You keep sailing along. You notice birds gliding through the air. You think about how far you are from the shore. Sailing is a very relaxing
experience for you. As you sit and steer the boat you focus on yourself. You have a large, wide-open lake and you ignore your surroundings. You keep your eyes open to sail, but you focus on relaxing your entire body. You start with your head and neck. You don’t strain your eyes. You relax the muscles in your face, jaw and neck. Feel the breeze blow through your hair. You now focus on relaxing your shoulders and arms. You pull your shoulders back and then let them release any tension. One arm hangs loosely by your side while the other has a loose grip as you steer. Now you sit up a little straighter and focus on relaxing your back. You move your back around until it feels supportive and at ease. You move down and focus on your hips and sit bones. You relax your bones and muscles. You are feeling good right now. Very relaxed and enjoying your time on the sailboat. You now move farther down now, to your thighs. Let them part just a little and relax as you sit. You relax your knees, releasing all tension from your legs. You relax your lower legs and your ankles. You move your ankles around to loosen them. You then relax your feet and toes. Stretch your toes apart and then relax them. Now you keep relaxing as you glide along the water. The wind feels good, sweeping across your body. You are alone with your thoughts. You have no thoughts other than how relaxed you feel. There are no boats around you now. You are the only boat on the lake for miles. You close your eyes for a second and enjoy the peace and quiet around you.
Lake 1 Deepening

As you sail along the beautiful lake. You decide it is time to let your sail down. You go to your mast and unwind the halyard. With the halyard in your hand, I am going to count from ten and when I do so, you will let the halyard out and the sail will come down with each release. As you do so, you will watch the sail come down and you will feel yourself relax into a deep relaxation with each number. Okay. Ten…you let the rope out a little and the sail drops slowly down the mast. Nine…the sail comes down…down toward you. Eight…you relax deeply…the sail dropping down the mast. Seven…watch the sail fall another two feet…six…down down, deeper and deeper you relax. Five…the sail is now halfway down the mast. Four…you are feeling very relaxed…three…the sail is almost down now…two…and on the count of the next number you will be more deeply relaxed than you ever have before. One. That’s good. The sail is down now. You are very relaxed. You feel better than you ever have before. You are now ready to focus on ________ and improve your life.
Lake 2 Induction (walk)

Okay. You are sitting in a very comfortable chair. Go ahead and close your eyes. Good. Let’s pause as you clear your mind of any thoughts. [pause] Okay, that’s good. Now let’s take 3 deep breaths. Breathe in, filling your lungs to capacity. Very slowly. That’s good. And now…release the air, letting it out through your mouth. You should feel a little more relaxed. Okay, once again, take a big deep breath. Really fill up your lungs. Feel your chest rise. And hold for a second…and let it all out slowly. Excellent. Okay, one more deep breath. In through the nose, filling your lungs…now open your mouth and relax your jaw…and release, slowly and barely pushing the air out. Very good. You should be feeling a little more relaxed now. Now I am going to describe a journey for you. You are going to picture yourself in this journey and you are going to focus on relaxing. Okay, you are walking along the edge of a lake. There is no one on this lake or around it for miles. You are the only one. You enjoy this time to yourself. You take advantage of this time to absorb your surroundings and relax. The surface you walk along is flat with sand and rocks. Beyond the shore, surrounding the lake are trees. There are thousands of trees and rolling hills. As you walk along, you notice a little bird singing in one of the trees. Its singing is beautiful and happy. It seems to be singing at you. You smile as you continue to walk. Occasionally there are some large boulders that you walk around as you stroll along the shore of the lake. The large rocks are about 4 feet high, you can see over them and you easily walk around them. You drag your hand along the side of these boulders as you pass them. They are smooth and cool to the touch. You continue to walk along the side of the lake. You notice a large rock that is half in the water and half out. You decide to sit on this rock and dip your toes in the water. As you do this you realize how calm and relaxing this water is. The water
temperature is cool to the touch on your toes. The water is so calm that you can see the reflection of the trees and clouds in the water. As soon as the ripples in the water dissipate from your toes being in the water, you notice your reflection too. The water is like glass. As you continue to sit on the rock, you take a look around and see just how beautiful this lake is. It is untouched by man. You then notice a group of ducks in the lake. They very leisurely waddle through the water. They often change direction for no apparent reason. You decide to continue on your walk and you easily hop off the rock and start walking again. As you walk along the shore of the lake, you notice a little clearing of trees. In this clearing is a small field of flowers. They are red and yellow wildflowers. You decide to walk through some of the flowers and pick a few. You pull up about ten flowers, placing each one in your other hand. You bunch the flowers together and you bring their pretty blossoms to your nose and breathe their scent. You smell the most delightful smell you have ever smelled. The flowers are so fragrant and pure. You walk back onto the shore next to the lake, holding your flowers. You continue to walk slowly near the lake. You take deep breaths, relaxing as you do. The air is pure and fresh near this lake. You are really enjoying this relaxing walk. As you walk, you come to a large rock. This rock is different than the others. It is completely flat on top and quite large. You decide to step up on the rock and lay down. The rock is warm from the sun’s rays. You feel yourself warming up from the sun. You take off your sweater and use it as a pillow for your head to rest on. You settle down into a comfortable position. You relax your entire body. Focus on your head. Ease the muscles in your temples. Your head feels very loose. Now open your mouth just a little and relax your jaw. Let all tension disappear. Roll your neck to both sides and let all the muscles in your neck and upper body relax. Work your way down to your arms. Let your shoulders, arms, hands, and fingers loosen by your side.
Focus on your lower back and stomach area. Feel as each inch relaxes. You are feeling very good. Your upper body is very relaxed. Now focus down to your hips and buttocks; you let go of all tension. Go further now. To your thighs; let them relax and go limp. You are very relaxed on the warm rock, just next to the lake. Now focus further down on your body to your knees, calves, and shins. Bend your knees slightly and let them relax. You move your ankles slightly so that there is no tension in them. That’s right, feel all tension leave your legs. That feels good. Relax the arch of your foot and wiggle your toes. Your entire body now is relaxed. You are more relaxed than you have ever felt before. You lay on the rock, your body completely at ease. You feel the warm rays from the sun rush over you. You are in complete silence. It feels so good to completely unwind. You enjoy the feeling of getting rid of all tension in your body and mind.
Lake 2 Deepening

You are now sitting and looking at the beautiful lake and sky. You notice the sun and all the colors of the horizon just above the trees in the west. The western sky is filled with clouds in the shades of red, orange, pink, and purple. The sun is just a few minutes away from setting. As I count from 10, the sun sets closer to the tree line and you relax deeper and deeper with every number I say. Okay…Ten…the sun goes down a little in the sky and you feel yourself relax…Nine…you are going deeper into a relaxed state. You see the sun lower and you are feeling very good. Eight…deeper still…Seven…You are feeling more and more relaxed as you watch the sun go down. Six…you relax further into hypnosis…Five…the sun is another step closer to setting on the horizon and you are very relaxed…Four…You relax deeper…Three…Deeper, deeper. You watch the sun go down…down. Two…you are very relaxed and at the count of the next number you will be completely relaxed…One. You are very relaxed. Very comfortable. We will now focus on your subconscious mind to make changes and go forward.
Lake 3 Induction (dock)

Okay now, close your eyes. Let your entire body loosen. Now take three deep breaths on my call. Okay...Breathe in...fill your lungs with air, expanding them. That's good. Hold it for a second...and slowly push it out. Get all of the air out of your lungs. Good, you are feeling very relaxed now. All right, breathe in again. Air coming through your nose, feel your chest rise. That's it, really fill up your lungs. Now hold...open your mouth just a little bit, relax your jaw...and...let out all the air. Slowly release. Feel your chest deflate back down. You are even more relaxed now. Okay, one more time, breathe in slowly. Allowing yourself time to fill up your lungs. That's good...now hold it here...and release through your mouth. You are now very relaxed. Not only is your body at ease, but so is your mind. Now I want you to picture yourself on a private dock on a large lake. It's a warm day, it's the afternoon and the sun is high in the sky. The sun is brilliantly yellow and very bright. The sky is a beautiful turquoise blue color. You watch the many clouds in the sky. Some are high up and very wispy looking. Other clouds are large and fluffy. They appear to be moving very slowly across the sky. There is a slight breeze in the air. You imagine the wind push the clouds across the sky. Your attention now moves to the lake. The lake is a little choppy from the breeze. You are sitting on top of a large wooden dock. As you look down at the water just under the dock, you see a school of fish darting from one side to the other. Occasionally one comes to the surface and you hear the splashing sound of the water. You walk along the dock and you can smell the fresh scent of new wood. You run your hand along the railing of the dock. It is very smooth to the touch. The wood hasn't seen the elements of the weather. You continue to notice your surroundings. There is a large mountain in the distance. It is covered with trees. You wonder how many miles away it is. You notice different things going on in the lake. There
are boats driving around. They are far away and you can barely hear their motors. You see different kinds of birds gliding through the air. You see ducks just beyond the dock. You walk along the dock, enjoying the breeze and you come to a blanket that is lying out on the dock. You decide to lay down on the blanket and close your eyes. Your body absorbs the sun's warm rays. You feel yourself relax on the blanket. You focus on relaxing your entire body starting with your head. You relax your forehead, your face, and you jaw. Feel all the muscles in your face relax. You sit there for a second and allow your head to be more relaxed than it ever has before. You relax your neck and shoulders. Allow your head to rest easily on top. Let your arms, hands, and fingers hang loosely by your side. That's right, you are feeling very good. You move down your back and down your stomach, letting each muscle loosen. You allow your waist, hips and buttocks to relax. As you continue to relax your upper body, you feel the sun's rays warm your body; it feels nice. You continue on relaxing and focusing on your body. Now feel your upper legs begin to relax, they become very relaxed. Move down to your knees, they loosen and become relaxed. You now relax your calves, shins, and all the muscles in your ankles. It feels good to be lying down. You stretch each toe, one by one. You enjoy feeling this way. You like taking time for yourself. You are improving your body and soul by relaxing them. You continue sitting in your comfortable bench. You reflect only on how good you feel and how relaxed you are. All thoughts and memories do not occur to you at this point in time. Now continue to lie down and relax.
Lake 3 Deepening

Now picture yourself at the end of the dock on top of a ramp that leads you down to the side of the lake. It’s a ramp with 10 planks to keep you from slipping. The ramp is sturdy and on either side of the sloping ramp are sturdy rails to hold on to. I am going to count down from ten and as I count, you will take a step down the ramp. With each step that you take, you will become more and more relaxed. Ten…walk the first step down…and as you do you feel more relaxed. Nine, take another step…relaxing further. Eight…moving down down the ramp. Seven…becoming even more relaxed with each step…feeling good. Six…deeper and deeper as you go down. Five…another step down…feeling more relaxed. Four…down a step…deeply into a relaxed state and three…further down…down. Two…and on the count of the next number you will be completely relaxed. One. You are completely relaxed and feeling good.
Mountain Induction 1 (waterfall)

Get into a comfortable position. Feel at ease and feel all tension disappear. To help you further relax, you are going to take three deep breaths on my call. One, big breath in...good...feel your chest rise...hold...and release. Very good. Feel your body relax and loosen with every breath. Two, big deep breath in...expanding your lungs...hold...and let it all out through your mouth. Excellent, feeling more relaxed. And three...feel your chest rise...expanding your lungs to capacity...and hold...and relax your jaw, open your mouth, and release all the air...slowly. Very good. Now, I am going to tell you a very relaxing story. I want you to picture yourself in this story doing the things I am talking about. This will help you become more relaxed than you ever have been before. Picture yourself in the mountains. You are hiking. You are either by yourself or with someone, it is up to you. You are carrying a few things in a backpack. It is a nice day to go hiking. The warm sun is pouring through the thick trees in certain areas like sunbeams. There are all sorts of different trees around you. There is a slight sweet smell in the air. The sweetness is the smell of sap from the trees. You think you get a little whiff of pine. You continue walking up the mountain. The terrain is steep in some areas, and pretty flat in some. There is a clear path, so you never lose your way. You hear a squirrel scurrying up a tree. You now become aware of the different animal noises. You hear other squirrels scurrying around in the treetops. You hear birds singing their tunes. Everything except is very still and calm on your hike. It is very peaceful on this mountain. You come to a part where on the trail where the trees are a little closer together. You reach your hand out and touch one of the trees. It feels rough against your fingertips; you peel a little bit of the bark off the tree, exposing a lighter colored brown. You continue on your journey up the mountain. You are having a very good time. You find the
hike to be very relaxing. It is a wonderful day to be outside and the weather is perfect. As you continue to climb the mountain, you hear a sound close by. It seems to be coming from over a large amount of rocks. It sounds like a waterfall. You start climbing up the rocks, and you find yourself on top of a cliff overlooking a gorgeous waterfall. The top of the cliff has a clearing covered with pine straw. You take a blanket out from your backpack and lay it on top of the pine straw. You lie down on the blanket and listen to the soothing sound of the waterfall. It is a little bit cooler near the waterfall, and it feels good. You decide to close your eyes. Now picture yourself lying there and watch as your entire body relaxes. Your face and jaw relax; you have no facial expression on your face. You move your neck from side to side, making sure it is completely loose. You move your shoulders up and back, relaxing them. You loosen your arms all the way down to your fingertips. You loosen all the muscles in your shoulders, back and stomach. You feel at ease. Your surroundings continue to relax you. You now let your hip and buttocks relax. Let them sink into the ground. You move down to your upper legs and relax both your hamstrings and your quadriceps. Next is your knees, calves, and shins, you relax all of these parts. You let your feet fall open and relax your ankles and feet. It feels good for you to be off your feet. You let your feet relax and your whole body relaxes. You are very comfortable and enjoying yourself. You keep relaxing as you hear the sound of the waterfall.
Mountain Deepening 1

You have gotten up from your resting place and you have packed up your blanket. You are ready for the hike back down the mountain. You stand at the top of the steps of rocks that you were on moments earlier. There are ten rocks and ten steps that you must go down before you get back on the trail. As you step down each of these steps, I am going to count down from ten. As I count, and you step down, you begin to go into a much deeper state of relaxation. Alright now…Ten…you take the first step down. Nine…deeper and deeper now. You feel yourself relaxing. Eight…down down into a relaxed state. Seven…another step down…Six…feeling very relaxed…Five…another step down down into relaxation…Four…feeling very good and at ease…Three…deeper than you have ever been before…Two…and on the count of the next number, you will be more relaxed and in a deep state of relaxation. One. Relaxed. Feeling good. Ready to make changes in your life.
Hypnotherapy Inductions and Deepenings
Volume II

Mountain 2 Induction (camping)

Close your eyes. Put yourself at ease. Take in a deep, full breath, filling your lungs with air…and hold it here just for a second…and let it all out very slowly. Very good. You relax even more with each deep breath that you take. Now breathe in again, slowly…feel your chest rise as your lungs fill with air. And open your mouth and relax your jaw…and release…Good…Feel your body relax. One more time, breathe in deeply…expanding your lungs…really fill them up with air. And release the air, feeling your lungs deflate. All right, you feel a little more comfortable now. Now we are going to go on a journey. This journey is intended to relax you. At the end of the story, you will be more relaxed than you ever have been before. It is nighttime and you are at the top of a mountain. You are camping and your campsite is in the middle of an open field. It’s a dark night; you can see plenty of stars in the sky. You pick out the major constellations that you know. The moon is emitting some light onto the top of the mountain. You can see the tree line in the distance. You have a tent set up and a fire pit. You notice your fire is getting a little low, so you add a couple more logs to the fire. You grab two logs and they are quite heavy. You throw them onto the fire and immediately, the sparks fly and the flames jump up a little. You sit down in a camping chair and enjoy the night. You don’t care what time it is. You are enjoying yourself on the top of this mountain in the middle of the night. The weather is perfect. It’s a little cool, but you have a sweater and blankets to keep you warm. As you sit, you hear sounds coming from the trees. You hear tree frogs and owls. You are glad that you are far away from the trees, or else they would be much louder. You continue to look at the stars, hoping for a shooting star. You smell the smell of wood burning. You like the smell. It reminds you of past camping trips. You poke the logs to get the fire going some more. As you sit in your comfortable camping chair, you begin to
close your eyes. You relax your head; every muscle in your face just relaxes. You move your neck around and get it to loosen. You move your shoulders up and back and let them relax. Your arms and hands are resting on your chair by your side. You begin to relax some more. It feels nice to be in the woods relaxing. You then move to your back, going through each vertebra and relaxing the muscles that support your spine. You relax your chest and stomach. You feel your steady breath rising and falling with your chest. You let your hips and buttocks relax in your chair. You move down to your thighs and relax each one. You let your knees dangle from your chair. Your shins and calves relax as you continue to relax your body. You move your feet around and point and flex your toes. This relaxes them and you are in a very peaceful state. Your body is completely at ease. You have nothing on your mind. You enjoy how you are feeling right now. You continue to sit in your chair by the campfire relaxing...
Mountain 2 Deepening

As you sit in your comfortable camping chair, you begin to watch the moon. Tonight, the moon is full, round, and bright. It cast a light on the top of the mountain. I am going to count down from ten and as I do, you are going to see the moon going down. As you see the moon going down, you will become more relaxed. Okay now…Ten…the moon moves down down toward the horizon…Nine…you relax, going deeper…Eight…lower now goes the moon, feeling good…Seven…more relaxed with each number…Six…deeper and deeper you go into a hypnotic state…Five…the moon sets a little lower now…Four…feeling verrry relaxed…Three…relaxed and the moon keeps going down down…Two…and on the count of the next number you will be in the deepest state of relaxation than you have ever been in before…One. Very good. You are feeling very relaxed. All right now, it is time for you to make changes in your life.
Mountain 3 Induction (mountaintop)

Okay now. You are lying down in a very comfortable place. I want you to close your eyes. Go ahead and relax your body. In order to better relax, I want you to take three deep breaths. Okay, now in through your nose…a really deep breath…and hold…and release…good. Another deep breath in…fill your lungs with air…keep expanding them slowly…and hold it here…and let your mouth open and release…feeling your chest fall. Excellent, you should be feeling more relaxed. Now one last deep breath…expand your lungs letting your chest rise…good…and let it all out slowly. Very good. Now don’t let any thoughts or sounds disturb you. You are in a quiet place and nothing will disturb you. Now is the time to enjoy yourself. Picture yourself taking a leisurely hike up a mountain. There are a lot of trails telling you where to go. You take the easy path, because you want to enjoy the walk and take it at a nice and slow pace. The trail winds itself around the mountain, so as you climb you see more and more of the valley and mountains below. There is a slight breeze as you walk up the mountain. You can hear the leaves stirring in the wind. It’s a calming sound. You realize the only other sounds you hear are the singing of birds, and the sounds of insects in the trees. You are in a very peaceful place. You enjoy walking by yourself. You are able to clear your head and relax. You look up the mountain toward the trees and you notice a little movement. You see a deer walking between the trees. She is about 50 feet away and then she appears to notice you, but she continues to walk and ignore you. You enjoyed seeing the deer. Nature is a wonderful place and you fully appreciate it. You continue to walk up the mountain. It’s a slow and steady climb. You are getting closer to the top. As you walk, you notice a little brook rambling next to the trail. You take a little break and sit on a rock next to the brook. You put your hands in the water; it feels cool to the touch. You take the water in your
hands and dab a little to your face. This refreshes you. You get up off the rock and continue back on the trail. You notice some wildflowers growing on the side of the trail. They are brilliant and fragrant. You pass the flowers and continue to walk. You take a look at the view, you are higher now. You now come to a campsite. There are a few campers. You can smell the distinct smell of campfire. It smells woodsy and smoky. You continue pass the campsite and you no longer smell the campfire. The air smells fresh, clean, and pure. You continue to walk for about another mile. You enjoy the scenery. You enjoy this time you have to yourself. As you walk you focus on relaxing your body. You start with your head by relaxing your facial muscles. You open your mouth just a little bit to relax your jaw. You move your head from side to side to make sure all the muscles in your neck are free of tension. You pull your shoulders back and down, they feel good and relaxed. You straighten your back a little and every muscle in your back becomes loose and light. Your stomach and your sides are relaxed and your body is feeling very good right now. You loosen the muscles in you buttocks and thighs. These muscles are relaxed and easily allow you to walk up the mountain. You stretch out your knees and calves with every step that you take; they feel good. Your feet feel nice in the comfortable shoes you are wearing. It feels as though you are walking on clouds. Your feet and toes are completely relaxed. Your body is now very relaxed and you have reached the top of the mountain. There is a large clearing at the top with an amazing view. You are on the highest peak for as far as you can see. You see hundreds of other mountains and hills in the distance. They are dark green from the thick forests of trees. You feel as if there is a huge painting in front of you. The view is magnificent. The sky is so clear and blue. The sun is shining on the horizon. You really enjoyed your walk up the mountain. The journey relaxed you and you are feeling very good.
Mountain 3 Deepening

As you stand on top of the mountain, taking in the beautiful view. You see that the sun is close to setting. I am going to count down from ten and as I do so, you will watch the sun fall toward the horizon and you will become more deeply relaxed. Ten…the sun drops just a little…nine…you are relaxing as you watch the sun go down…eight…deeper deeper still…seven…down goes the sun…six…you are relaxing further…five…very relaxed now…four…watching the sun…down it goes…three…feeling very relaxed now…two…and on the count of the next number you will be in a deep state of relaxation. One. All right now, your mind and body are completely relaxed. You are feeling very good. You are ready to make positive changes in your life.
Outer Space 1 Induction (space shuttle)

All right now. Close your eyes. Focus on relaxing your body and putting your mind at ease. Take a deep breath...inhale...filling your lungs with air...very slowly...good...now open your mouth just a little...and...slowly let the air out...exhaling slowly. You feel yourself relax more with each breath. Now again...inhale deeply...and slowly...expanding your chest very slowly...hold your breath here...and slowly breathe out...relaxing even more with every second you push the air out. You focus on becoming completely at ease. Once again...inhale slowly...feeling your chest rise...and hold it for just one second...and slowly release...feeling your chest return to normal. Your breathing is consistent and it relaxes you. Now focus on your breathing [pause]. It should be light and steady. Now you are going to go to a place that helps you relax even more. Imagine you are in a space shuttle and you are orbiting the earth. Picture yourself in the space shuttle peering out a window at earth. It’s a beautiful sight. You can see North America and most of South America. At first glance you see the colors blue, green, brown, and white. These colors form a perfect sphere and the background for earth is black. The clouds covering the earth create a swirling formation. It looks as though a painter brushed white paint over the earth, with no real purpose as to where the clouds to go. Through the clouds, you can make out North America. In the west, the surface appears to be a yellow brown color and the east is greener. You can see the light turquoise waters of the Caribbean. The water surrounding the continents is a deep navy blue. You think about how large the earth is, and yet how small it appears right now. You turn your attention back to inside the shuttle. You hear the voices of fellow crewmembers and the constant buzz of the electronics on the shuttle. The shuttle is a very relaxing place to be for you. The best part of it is zero gravity. It’s so easy and
takes no effort to move around. You glide your body into the cockpit area. There are two seats and in front of those seats there are hundreds of buttons and many screens. There are all sorts of different colors. You move back into the shuttle. You enjoy floating around aimlessly. You sometimes have to grab hold of things to push you along. You take a deep breath in as you float along. The shuttle smells clean and cool. You glide over to another window and you look out at the moon. The moon looks large. You can see many craters. Some of the craters are big and some are small. The moon has varying shades of grey and it brightly reflects the sun. You soon decide it is lunchtime and eating on the space shuttle is always a challenge. You have to eat with your hands instead of using utensils. You find it neat that you can actually hold on to liquid and drink it out of your hand. The liquid feels like jelly in your hand. You eat a banana and you don’t even have to hold onto it. After you finish eating, you continue to float around. As you do so, you stretch out your body. It is very easy to feel very relaxed when there is no gravity. You keep your head aligned with your spine and you relax your facial muscles. You move your neck and shoulders around to release any tension. Your arms are out to your sides and they help pull you along as you float. You stretch out your legs, ankles, and feet. You relax one muscle group at a time. It feels good to stretch out your legs and loosen them. You point and flex your feet and toes and they feel good and loose. You continue to float around in the space shuttle, feeling at ease. You settle next to a window, looking out at planet earth. It is a beautiful and amazing sight. You continue to relax…
Outer Space 1 Deepening

You are orbiting the earth, looking out the window of the space shuttle. As you look out the window, you notice that the moon is going to disappear behind the earth. I am going to count from the number ten and as I do the moon is going to move down and disappear behind the earth. As you watch the moon go down, you are going to become more and more relaxed. Ten...the moon is going down...down toward the earth...Nine...you become relaxed...more...and...more...Eight...down goes the moon...soon to disappear behind the earth...Seven...you are feeling more and more relaxed...Six...you are going into a deeper state of relaxation...Five...deeper still...Four...down...down goes the moon toward the earth...Three...you are going deeper and deeper...Two...and on the count of the next number the moon is going to disappear behind the earth and you will be more relaxed than you ever have been before...One...fully relaxed now. You are feeling at ease and peaceful. You are calm and ready to make positive changes with your life.
Outer Space 2 Induction (moon)

Go ahead and get into a comfortable position. Feel at ease and feel all tension disappear. To help you further relax, you are going to take three deep breaths. One…inhale…deep breath in…good…feel your chest rise…hold…and release. Very good. Feel your body relax and loosen with every breath. Two big deep breaths in…expanding your lungs…hold…and exhale…let it all out through your mouth. Excellent, feeling more relaxed. And three…inhale…feel your chest rise…expanding your lungs to capacity…and hold…and relax your jaw, open your mouth, and release all the air…slowly. Very good. Take a moment to listen to your normal breathing. It is steady and consistent. Picture yourself in a space shuttle. You are on a mission to the moon. Another crewmember navigates the pod you are in and safely and easily lands it on the moon. You are wearing full astronaut gear. Your helmet looks like a large black globe. You’re uniform is mainly white and it will protect you from the elements on the moon. You open up the pod and step out onto the moon. You have been in zero gravity for the past few days so stepping on the moon, which has less gravity than the earth, feels a little different at first. You get used to it, and it is quite relaxing. You are able to take long strides and jump pretty high. You bounce along the surface for a little while; you go up and down and up and down. You have to do everything in slow motion. You take notice of your breathing as you are walking around on the moon. Your breath echoes in your suit and sounds quite different. Your breath is consistent and steady and the sound of it soothes you. You enjoy exploring the moon. There are all sorts of craters on the moon. There are small craters and very big craters. You feel lucky that the earth has an atmosphere to protect it. The color of the ground is a dark grey. It appears to be a mixture of dark rock and sand. You bend over and touch the ground with your hand. It feels kind of like a
gravel and sandy road. You have the perfect view of the earth from this direction. You can see Europe and Northern Africa. You are amazed at the color of Africa. It appears to be an orange-red color because of the desert. Europe seems to be very green. Swirled all around the earth are clouds. You can see what appears to be a large cloud system, perhaps a large storm in the Atlantic Ocean. The ocean is very blue; it’s a deep navy blue. The Mediterranean Sea is a little lighter in color. You are fascinated by the view. It is very calming being the only person on the moon. The earth holds so many people, yet from this view it looks very small. You think about the universe and how vast it is. This fascinates and relaxes you at the same time. You continue to walk around on the moon. It feels like you are jumping on a trampoline. As you walk, you work on relaxing your entire body. Your head feels supported by the space suit. You let your face and jaw relax as you stare out into the solar system. Your neck and shoulders are relaxed and feel at ease. You straighten your back and you feel all tension release from your lower back. Your arms are stretched out to your sides and feel light as you walk. You take a couple of deep breaths and allow your chest and stomach to relax. You continue to walk and you notice how weightless your legs feel. They are completely relaxed in your space suit. You enjoy exploring the moon and looking at the Earth from way the long, long distance. Your feet feel light and you continue to relax as you spend time to yourself on the moon. Now take some time to relax…
Outer Space 2 Deepening

You are standing on the moon. You are feeling at ease. You pick up a small rock from the moon’s surface. You hold it in your hand with your arm stretched out just above your head. When I tell you so, you are going to let go of the rock. I am going to count down from the number ten. As I count down, you are going to watch the rock fall very slowly to the ground. As you watch the rock fall, you are going to relax deeply. Okay, now let go of the rock. Ten…down goes the rock…very…slowly…Nine…you are going deeper and deeper into a state of relaxation as you watch the rock fall…Eight…down…down goes the rock…toward the moon’s surface…Seven…more and more deeply relaxed…Six…deeper still…Five…the rock keeps falling down…down…very…slowly…Four…you are feeling more deeply relaxed with every moment the rock falls…Three…you watch the rock go down…down…feeling very relaxed…Two…and on the count of the next number…you are going to feel more relaxed than you ever have felt before…One…completely relaxed now. The rock is sitting on the surface and you are feeling more relaxed than you have ever felt before. You are ready to make positive changes in your life.
River 1 Induction (boat)

You are sitting very comfortable with your eyes closed. You are going to take five deep breaths. Each deep breath is going to relax you. Alright now, breath in deeply and slowly, focusing on the consistent rise of your chest. That’s good. Now hold it for one second…and…slowly let it out…easily and effortlessly let it out. You are feeling more relaxed now. Now again, breathe in…fill your lungs to capacity. Excellent and hold. Now release, feeling your shoulders go down. Three more times. And…breathe in, deep breath…hold here…and let it all out…very good. Now again, take a deep breath, slowly expanding your lungs…until you can’t fill them any more…and…release the air, slowly, that feels good. Okay, once more…breathe in slowly feeling your chest rise…that’s good, hold here…and release, letting all that air out. Feel yourself relax. You feel loose and light, it’s a great feeling being relaxed. Imagine being in a wooden rowboat, floating down a river. You use wooden oars to easily navigate your way down the river. The water is clear and shallow around you. You pause for a moment and dip your hand into the water. It is very cool and it feels good against your warm skin. The water refreshes you. You feel a deep wave of relaxation coming over your body. Your mind and body are relaxed. As you guide yourself effortlessly down the river, you take a breath in and you smell the sweet smell of flowers. You expect to see flowers on the riverbank, but instead you see that you are going through lily pads. The flowers are a dazzling shade of purple. You lift your oars up so that you don’t disturb the beautiful flowers. As you are passing by the lily pads, you notice a couple of frogs jumping from one pad to the other. They are small green frogs. They are sprightly and full of energy. You continue on in your wooden rowboat. You don’t have to paddle often, because there is a soft current helping you float down stream. You look past the river and beyond the
riverbank. There are fields of rolling grassy hills. There is not a person in sight. This area is untouched by humans. You feel that you are exploring uncharted territory. Your body and mind are completely at ease. You feel just fine. You become tired and you decide to lie down in your boat. You close your eyes and realize how many sounds you hear as you relax. You hear insects rubbing their wings together. You hear the rib bets of frogs. You hear the singing of birds. As you lay there, you focus on relaxing your entire body. Focusing on your head you allow the muscles in your temples to relax. That’s right, all the muscles in your scalp and face loosen. Now open your mouth just a little and relax your jaw. Let all tension disappear. Roll your neck from side to side and let all the muscles in your neck and shoulders relax. Let your arms hang loosely by your side. Let your shoulders, arms and hands go limp by your side. Focus on your lower back and stomach. Feel as each inch of your body relaxes. You feel good. Your upper body is at loose and relaxed. Now focus down to your hips and buttocks; all tension is released. Go further now. To your thighs; let them relax and go limp. You are very relaxed on the boat. You feel the water gliding you down the river. Now focus further down on your body to your knees and lower leg. Bend your knees slightly and let them relax. You move your ankles slightly so that there is no tension in them. That’s right, feel all tension leave your legs. That feels good. Relax the arch of your foot and wiggle your toes. Your entire body now is relaxed. You are now more relaxed than you have ever felt before. You lay in your boat, your body completely at ease. You feel the warm air rush over you. You can feel the suns warm rays. It feels so good to completely unwind. You enjoy the feeling of getting rid of all tension in your body and mind. Now, you lay there in the boat very still and you continue to relax.
River 1 Deepening

You are completely relaxed and you sit up to see where you are. Your boat has become lodged in front of a fallen tree. You see a beaver on the riverbank hard at work gnawing at a small tree trunk. The beaver looks very smooth as works hard. You realize that the tree is very close to falling. It will not fall anywhere near your boat so you continue to watch. As you watch, I am going to count down from ten and as I do, the tree will begin to fall and you will become more and more relaxed. Ten…you are relaxing deeper and deeper…Nine…you watch as the tree slowly falls…Eight…deeper and deeper you go…Seven…the tree moves down down closer to the water…Six…you are becoming extremely relaxed…Five…the tree has fallen half way…Four…you are feel completely at ease…Three…you are in a deeper state of relaxation than you ever have been before…Two…and on the count of the next number you will be in an even deeper state of relaxation and under hypnosis.
River 2 Induction (floating)

Okay, you now close your eyes. Let your entire body relax and be at ease. Now take three deep breaths on my call. Okay…breath in…fill your lungs with air, expanding them. Good. Hold it here for a second…and slowly let it out. Get all of the air out of your lungs. Good, you are feeling more relaxed now. All right, in again. Air coming through your nose, feel your chest as it rises. That’s it; really fill up your lungs. Now hold…open your mouth just a little bit, relax your jaw…and…let out all the air. Slowly release. Feel your chest deflate back down. You are feeling at ease now. Okay, one more time, breathe in slowly. Allowing yourself time to fill up your lungs. That’s good…now hold…and release through your mouth. You are now very relaxed. I want you to picture yourself on an inner tube, floating in a river. There is very little current on this river. You float along, enjoying yourself and your surroundings. You move your feet and hands around in the water. The water is warm and refreshing. You lean your head back on the inner tube and enjoy just floating along. You spread your body out to absorb the sun’s rays. The sun feels warm on your body. You feel the cool breeze sweeping across your body. You relax even more. You pass by a park where you see a family grilling and preparing lunch. You can smell the grill and the tasty meat that they are preparing. The smell makes your mouth water and your stomach churn. The smell soon passes. You hear the sounds of laughter coming from the family. You see children playing games and chasing after each other; they are having a good time. You are having a very good time too. You are comfortable and at ease. You continue to float with not a care in the world, occasionally splashing yourself with the warm water. As you float, you see two swans gliding across the river. They are magnificent looking. Their feathers are pure white and appear to be very soft. They have long graceful necks. As you float...
closer to them, you realize that they are rather large. They are not scared of you, in fact, they look curious. You have never seen such a graceful bird. You float pass the swans and you see a huge field just beyond the rivers bank. In this field are massive hot air balloons. Their colors are bright. Some are red, white, and blue. Some balloons have neon colors of pink and blue. Some have patterns and designs on them. They are slowly lifting up and into the clear blue sky. You watch in awe as they pass over you. You lean your head back and watch them disappear over the trees on the other side of the river. You decide to close your eyes. Your head is resting effortlessly on the soft inner tube. You relax your face. Your neck and back are rounded on the tube. Your arms and hands rest on top of the tube, completely loose. Your hips and buttocks hang through the hole of the tube. Your thighs and knees rest on the tube, your legs slightly apart. You relax your feet in the water. Your entire body feels good and rested. You begin to fall asleep. Your tube has been caught by a small dock, so you are going no where. You can just continue to lie there and get all the rest you need. You have not a care in your life. You enjoy the warm water and the warm rays of the sun as you sit back and relax…
River 2 Deepening

You open your eyes. You are still resting by the dock. Your body is completely at ease. You focus your eyes onto a hot air balloon that’s still in the air. The colors of this one are yellow and red. You can see the brown basket at the bottom of the balloon. You can barely make out people inside the basket. The balloon is in the clear blue sky over the field, just beyond the riverbank. Now, I am going to count down from the number ten and as I do, the balloon is going to go down toward the field and you are going to go deeper into a state of relaxation. Ten…the hot air balloon descends in the sky…Nine…you feel yourself relax…Eight…down, down goes the balloon…Seven…you go deeper and deeper…Six…deeper still…Five…feeling good…Four…watch the balloon fall slowly down…Three…very relaxed now…Two…and on the count of the next number you are going to be more relaxed than you have ever been before. One…all right now…the balloon has landed safely on the ground and you are in a complete state of relaxation. You are now prepared to focus on ________ and make a positive change in your life.
River 3 Induction (fishing)

Okay now, your eyes are closed. You are sitting in a very comfortable chair, in a very quiet and peaceful place. Let your entire body loosen. Now take three deep breaths on my call. Now...breath in...expand your lungs, filling them...slowly...with air. Excellent. Hold it for a second...and slowly let it out. Get all of the air out of your lungs. Good, you are feeling more relaxed now. All right now, breathe in again. Air coming through your nose, feel your chest rise. Really fill up your lungs. Now hold. Open your mouth just a little bit, relax your jaw...and...let out all the air. Slowly let go. Feel your chest deflate back down. You are even more relaxed now. Okay, one more time, breathe in slowly. Allow yourself time to fill your lungs. That’s good...now hold your breath...and release through your mouth. You are now very relaxed. Your mind and body are now at ease. Now I am going to have you picture yourself fishing. As I describe this story, you will feel yourself relax. Imagine sitting on a dock. You are in a comfortable chair. The dock is a floating dock and you can feel it sway ever so slightly. You are fishing on a narrow area of a long and winding river. There are trees along both banks of the river and every now and then there is a fallen tree in the water. It is a warm day and you are hoping to catch a lot of fish. There is a slight breeze in the air. All in all, it’s a perfect day for fishing. The water is still, with a slight current. You have your fishing pole in your hands. You feel safe and secure and happy with a nice grip on the reel. The pole feels light in your hands. You could stand here for hours and be perfectly content. You are a very patient person. You know that the fish will bite when they are hungry and they will bite when they want to. You take a look around the river. There is a house on a hill just beyond the riverbank. It’s a large white house with columns. It has a large green yard. On your side of the river there is a park. The park has picnic tables and swing
sets for children. Your attention goes back to your fishing. The line you are using is clear. You have a small cooler to your right side for the fish that you will be catching today. You keep your bait in the cooler and you have a box filled with different lures and hooks. You see the tilt of your pole and the movement of your bobbin in the water. You then hear the zip of your line and you quickly reel the fish in. You have caught a good size fish. You lay it down on the dock. You can smell it. The smell of a fresh catch. You enjoy the smell and it makes you want to fish more. You bend down and get the hook out of the fish. You have done this countless times before, but the fish scales still seem foreign to the touch. The fish is scaly and rough. You proceed to put the fish in the cooler and set up the line for the next fish. You cast the line out and sit and wait. You sit and wait for a long time. You decide to close your eyes; you know that the movement of the line will get your attention. You focus on relaxing your entire body. You start with your head by relaxing your entire body. You start with your head by relaxing your entire body. You start with your head by relaxing your entire body. You start with your head by relaxing your entire body. You start with your head by relaxing your entire body. You start with your head by relaxing your entire body. You start with your head by relaxing your entire body. You start with your head by relaxing your entire body. You start with your head by relaxing your entire body.
River 3 Deepening

You continue to sit and you open your eyes. You see a beautiful sun lingering over the horizon. The sun looks like a bright red ball of fire and the clouds around it are pink. You are very relaxed on your chair, on the dock, overlooking the river. You see that the sun is close to setting. As I count from 10, the sun sets closer to the tree line and you relax deeper and deeper with every number I say. Okay…Ten…the sun goes down a little in the sky and you feel yourself relax…Nine…you are going deeper into a relaxed state. You see the sun lower and you are feeling very good. Eight…deeper still…Seven…You are feeling more and more relaxed as you watch the sun go down. Six…you relax further into hypnosis…Five…the sun is another step closer to setting on the horizon and you are very relaxed…Four…You relax deeper…Three…Deeper, deeper. You watch the sun go down…down. Two…you are very relaxed and at the count of the next number you will be completely relaxed…One. You are very relaxed. Very comfortable. We will now focus on your subconscious mind to make changes and go forward.
SCUBA Diving 1 Induction

I want you to close your eyes. Go ahead and get comfortable. Feel free to move about a little throughout the relaxation process. If you have an itch, feel free to scratch. Now you are going to take three deep breaths. Inhale...through the nose...and...exhale...out through the mouth. Good. Make sure it’s deep and you fill your lungs with each breath. Once again...inhale...through the nose...hold...and exhale...out through the mouth. Excellent...you should be feeling more relaxed. One last deep breath. Inhale...expanding your lungs...and...exhale out slowly. Very good. You should be feeling very good. Now I want you to picture yourself at a resort. This resort is on a small island in the Caribbean. Next to this island is a large barrier reef. Picture yourself on a boat with scuba gear on. You can be by yourself or with someone that you know, whatever you would like. You are curious about what the reef is going to look like and what you are going to see. You have on a wetsuit, an oxygen tank on your back, and a facemask. The facemask smells like rubber, but that’s just fine. You sit on the edge of the boat and you flip backwards into the water. The first thing you notice as you get into the water is the sound of your breath. The oxygen tank makes your breath sound mechanical. You completely forget about what your breathing sounds like when you see the reef. There are hundreds if not thousands, or maybe millions of different forms of life. There are all different kinds of fish. There are big fish and small fish. They all have different colors. And so many of them have bright colors. They swarm all around you. Some move slowly, some move sporadically. Some are by themselves, some move in pairs and groups. Some fish are hiding in the coral. The coral is magnificent looking. The coral, like the fish, come in all different shapes and sizes and colors. Some coral looks soft and fuzzy, some of it looks hard and sharp. You want to reach out and touch
the coral, but you can’t. So you pretend to know what it feels like to touch the coral. You imagine a certain coral to feel like a sponge. Other corals you see, you think would be brittle because they are very delicate looking. All this time you are using your flippers to propel you forward. Your breathing is easy and light. This whole experience is very relaxing. You feel like you are floating in an underground world. There are thousands of species here that you have never seen before. You wonder how they came into existence. You see starfish on the sand below you and little crabs. You see an eel come out of its hiding place and disappear into the reef. All of this is very relaxing to you. You see the bubbles from your tank drift up to the surface. You can also see the boat waiting for you above. The water all around you is a bright blue. You are feeling very relaxed. As you swim along you focus on getting all tension and stress out of your body. You relax your face inside your mask. You loosen the muscles around your mouth and jaw. You align your neck with your back, looking down and making sure not to strain either part. You put your shoulders back and your arms and hands are by your side. You relax your torso as you kick along in the water. Even though your legs are moving, you move them slowly and powerfully. You focus on each muscle in your legs starting with your hamstrings and quads and you move down. You are feeling very good and relaxed. Your knees are relaxed, your calves are relaxed. You take little flips of your ankles and make them relaxing. Your kicking is stretching and loosening all the muscles in your legs. You allow your feet to stretch and relax. You feel very good as you relax. You continue to notice more aquatic life around you. You keep noticing more vibrant colors and different fish that you haven’t seen previously and you continue to relax…
SCUBA Diving 1 Deepening

As you continue to glide forward above the reef you come to a slope in the reef. You must go down ten feet in order to get a better view of the reef. You think about the exotic sea life that will be down in this area. I am going to count down from ten and as I do, you are going to go down and you are going to become more relaxed. Ten…you are feeling very relaxed and peaceful…Nine…you float down slowly, down, down…Eight…you are going deeper and deeper into a relaxed state…Seven…Feeling good, deeper still…Six…down farther…closer to the reef…Five…deeper still…Four…down down…Three…feeling extremely relaxed…Two…and on the count of the next number you are going to be more relaxed than you have ever felt before…One…that’s good you are in a very deep state of relaxation. You are feeling very good and completely at ease. You are ready to take on your life challenges.
SCUBA Diving 2 Induction (Great Barrier Reef)

I want you to get very comfortable, go ahead and move around until you find the most comfortable spot. That’s good. Now take three deep breaths and relax. Inhale…in through the nose…and…exhale out through the mouth. Good. Make each breath deep and slow. In again through the nose…and…release through the mouth. Very good. Expand you lungs with each deep breath. Last one, inhale deeply and slowly…and exhale. Excellent. Now I want you to close your eyes and partake in an exploration. You are in a boat. You have on a full wetsuit, flippers, oxygen tank, and mask. You are about to explore a part of the Great Barrier Reef off the coast of Australia that has never been seen before. You are on a boat with a few other people who are doing the same as you. It takes you several hours to get to the spot that is uncharted. You listen to the engine stop and there is complete silence. The next sound you hear is the sound of the water splashing against the boat. You relax as the boat rocks back and forth. You take a deep breath in and smell the salty air. You look forward to this experience. You wonder about what sea creatures you will see. You will soon find out. You sit on the edge of the boat and you fall backwards into the water. As you fall into the water, you enter a different world. First, the only thing you see is blue water and the bottom of the boat. You turn over and you are amazed by what you see. The reef is stunning and teeming with life. You kick your way closer to the reef you are careful to go very slowly down toward the reef. As you get closer you realize just how massive this coral reef is. You could probably spend weeks exploring the reef and still not see everything. The reef is teeming with life. There are thousands of fish milling around the reef. You wonder how many fish live in this reef. There are all sorts of different organisms living on the reef. They all seem to have a different color, shape, size, and texture. Some of the coral
is big and porous; you picture tiny fish inside of it. Other coral looks like exotic flowers. They are all different shades of color. You see hundreds of different colors. You kick along, gliding through the water. You have lost track of time; exploring this area fascinates you. You are now distracted by the biggest school of fish you have ever seen. They are little silver colored fish that dart from one direction to another, but still manage to stay in one big group. As the little fish dart from side to side, it appears that they have little mirrors on them reflecting light. As they change direction, they go from dull and blending in with the water, to a bright light flashing. This school of fish is mesmerizing. Just as quickly as they came near you, they move on past you. You turn your attention back to the reef. In the area you are exploring now, there are several little inlets and turns to take around the coral. You decide to go into one of the inlets. It’s beautiful. You are surrounded by bright colors and aquatic life. You float up a little to get a better aerial view of this area. There are fish all around you, but they pay no attention to you, they just swim right by. As you look to your left, you see a large sea turtle swimming past you. You are surprised at how big the turtle is and how gracefully it swims through the water. You reach out your hand ever so lightly and the turtle brushes its shell past your fingers. The shell feels hard, but smooth. This exploration has been an amazing experience. You slowly kick back down to the reef and as you swim along you focus on relaxing your entire body. You let your head and neck relax. You are careful not to strain it looking at the reef. You let your arms loosen by the side of your body. You straighten your back, relaxing every vertebra...one...by...one. You relax your abdomen, hips, and buttocks. You release all tension in this area. As you kick, you stretch out your legs...all the way to your toes. You let each muscle go limp as you kick lightly forward. You are feeling at ease now. You are able to enjoy this
experience completely. You continue to relax as you explore the beautiful Great Barrier Reef.
SCUBA Diving 2 Deepening

As you swim along above the reef you come to a drop in the reef. You must go down twenty feet in order to explore the area down there. You think about the exotic sea life that will be down in this area. I am going to count down from ten and as I do, you are going to go down and you are going to become more relaxed. Ten…you are feeling very relaxed and peaceful…Nine…you drift down slowly down…Eight…you are going deeper and deeper into a relaxed state…Seven…Feeling good, deeper still…Six…down further…closer to the reef…Five…deeper still, very relaxed…Four…down, down you go…Three…feeling extremely relaxed…Two…and on the count of the next number you are going to be in a very deep state of relaxation…One…that’s good you are in a very deep state of relaxation. You are feeling very good and completely at ease. You are ready to make positive changes in your life.
SCUBA Diving 3 Induction

Find a comfortable position to sit in and let me know when you are ready to start...okay. Go ahead and close your eyes. Take in a deep breath, go ahead...breathe in slowly...very good...and let it out, relaxing as you do. Once again, inhale...and...exhale. Good. Last big breath...breathe in through your nose...expanding your lungs...hold...and let it all out through your mouth. Excellent. You should feel a little more at ease. I want you to just sit back and relax as you picture yourself in the story I am going to tell you. If you need to move or scratch an itch, feel free to move. You should feel comfortable and at ease. Picture yourself at a beautiful resort. This resort is in Mexico and on a beautiful white, sandy beach. Just past the beach, in the water is a coral reef. This coral reef is 100 yards from the beach at the resort. Picture yourself on the beach putting on scuba gear. You have on the suit with an oxygen tank and your flippers are in your hands. You take a deep breath to relax and you breathe in the salty air. It smells clean and refresh. A wave of calm passes through your body. You put your mask on your face and you are ready for the exploration. You start walking toward the waters edge. You hear a couple of people splashing and laughing and having a fun time in the water. You put the mouthpiece in your mouth and now all you can hear is your calm and consistent breathing. You think about what you are going to see once you get to the reef. You can’t yet imagine all the colors you are going to see. The water now is chest deep. Right now you are walking through the water on the tip of your toes, digging them into the sand. The sand feels good against your toes. You easily bounce through the water. You decide now is a good time to put on your flippers, they go on easily and effortlessly. Now you put your entire body in the water and you kick along the waters surface. The water is very clear and blue. Right now all you see is sand. Occasionally you see a fish or a
crab scurry away on the sand. As you get closer to the reef, you feel yourself relax. You are enjoying gliding through the water. You decide to slowly descend deeper into the water. You are coming up to the reef now. You slowly descend some more. You are not very deep, but you see the reef now. It is abundant with aquatic life. You see yellow and black striped fish, the size of your palm. You see a little school of silver minnows. You see a few orange starfish burrowing in the sand. You see hundreds of different fish milling around. This reef is like a city in the sea. You see a lot of different types of coral. Some coral looks flat and brittle, while other coral look like blooming flowers. You glide around the reef, exploring the different nooks and crannies. You see a jellyfish ten feet from you, it’s pumping it’s moon shaped body toward the surface. You watch as it rises. You are at ease seeing the sights of the reef. As you glide along in the water. You start to relax your entire body. You let your head and neck relax. You are careful not to strain it as you explore the reef. You let your arms hang loosely by your side. You straighten your back, relaxing every vertebra…one…by…one. You relax your abdomen, hips, and buttocks. You release all tension in this area. As you kick, you stretch out your legs…all the way to your toes. You are feeling very relaxed and at ease. You let each muscle go limp as you kick forward. You are feeling at ease now. You are able to enjoy this experience completely. You continue to explore the coral reef. Your body is loose and all tension has disappeared. You continue to relax as you move smoothly among the fish.
SCUBA Diving 3 Deepening

You are enjoying the sights of the reef. You glance toward the surface of the water and you see the jellyfish that you saw earlier. It is way up at the surface. It’s jelly like body is glistening from the reflecting sun. I am going to count down from ten. As I count down from ten, you are going to watch the jellyfish descend back down toward the reef. As you watch the descent of the jellyfish, you will become more and more relaxed as it goes deeper and deeper. Ten…you relax as you watch the jellyfish go down…Nine…going deeper and deeper…Eight…the jellyfish is going down…down…Seven…you are going deeper into a state of pure relaxation…Six…deeper still…Five…Four…down goes the jellyfish…Three…deeper and deeper you go…Two…and on the count of the next number, you are going to be in a complete state of relaxation. One. Feeling good. Feeling relaxed. That’s right. You are in a deep hypnotic state. You are fine…everything is just fine.
Snorkeling 1 Induction (dock)

Okay. You are lying down in a very comfortable chair. Go ahead and close your eyes. Good. Let's pause as you clear your mind of any thoughts. [pause] Now let's take three deep breaths. Breathe in, filling your lungs to capacity. Very slowly. That's good. And now...release the air, letting it out through your mouth. You should feel a little more relaxed. Okay, once again, inhale...take a big deep breath. Feel your chest rise. And hold for a second...and let it all out slowly...exhale. Excellent. Okay, one more deep breath. In through the nose...inhaling...filling your lungs...now open your mouth and relax your jaw...and release...exhale...slowly and barely pushing the air out. Very good. You should be feeling more relaxed now. Imagine an island in a beautiful sea surrounded by clear blue water. Imagine that this is your own private island. You have a house on the island, and you are the only occupant. This island is one big hill with palm trees surrounding it, and a perimeter of white sandy beach. There is a long wooden dock leading from your house, all the way to the water. You are in your house. You have on a bathing suit and you have a large green beach towel and snorkel gear in your hands. You leave your house, ready to get in the water. As you walk along the wooden dock, you smell the slight scent of bananas. You have many trees with ripening bananas hanging from them. You are able to reach out and grab a banana. As you walk, you peel the yellow banana and bite into it. It tastes sweet and delicious. You always enjoy this long walk to the beach. The wood feels good against you feet. The dock has soaked up the sun's rays and it feels warm against the soles of your feet. You become distracted by the sound of tree frogs in the surrounding trees. They are very loud this time of year. You always try to find them perching on the trees, but they blend in so well. You have never been able to spot one. You continue walking, strolling across the
wooden planks toward the water. You are enjoying this relaxing time. A slight breeze rushes past your body and you feel a wave of calmness pass through you. You approach the end of the dock and you proceed down some steps and onto the beach. You walk slowly into the warm turquoise water. You continue to walk along the sand until you are waist deep in water. You put your snorkel mask on and your flippers and you dive into the water. It’s a different world in the sea. You see little fish hiding underneath rocks. You also see several crabs scurrying across the sand. You enjoy yourself as you kick along the surface of the water. The water is the perfect temperature and you can feel the sun’s warm rays on your back. You see the darting movement of a school of fish. You are fascinated with the twists and turns that this large group of fish makes. They dart below you and to your left and then to your right. It is as if they are putting on a show for you. You continue to float along the surface of the water, happily viewing the aquatic life below you. As you kick along, you focus on relaxing your entire body. Your mind is at ease and you focus on relaxing every inch of your body. You start with your head. You relax your forehead, then your mouth, and your jaw. You continue to enjoy swimming in the water. You relax your neck and shoulders. Let your arms, hands, and fingers hang loosely by your side. That’s right, you are feeling very good. You move down your back and torso, letting each muscle loosen. You allow your waist, hips and buttocks to relax. As you continue to relax your upper body. You continue on relaxing and focusing on your body. Now feel your thighs begin to relax. Move down to your knees as you kick you stretch out your legs and let each muscle relax. It feels good to float in the water with no pressure on your joints or muscles. You relax your feet and toes in your flippers. You enjoy feeling this way. You like taking time for yourself. You are improving your body and soul by relaxing them. You reflect only on how good you feel and how relaxed
you are. All thoughts and memories do not occur to you at this point in time. Now continue to relax.
Snorkeling 1 Deepening

You are back in your house. You are on your screened porch rocking in a rocking chair. The sun is just over the horizon of the ocean. You can see the reflection of the sun in the water. I am going to count down from ten and as I count you are going to watch the sun slowly set toward the horizon. As you watch the sun lower, you will become more and more relaxed. Alright now…Ten…the sun is going down…Nine…you relax deeper…Eight…down, down goes the sun…Seven…you are feeling more relaxed…Six…deeper still…Five…down…down goes the sun…getting closer to the horizon…Four…deeper and deeper relaxed…Three…the sun is almost set and you are feeling extremely relaxed…Two…and on the count of the next number you are going to be in a deep, deep state of relaxation…One…you feel totally and completely relaxed. You are in a deeper state of relaxation than you even have been before. You are now ready to focus on the challenges that face you and you are ready to go forward and make positive changes in your life.
Snorkeling 2 Induction (paradise)

Go ahead and get comfortable and close your eyes. Just sit back, relax, and enjoy yourself. To help you relax, I want you to take three deep breaths. In through your nose...deeply...and...slowly...very good. Hold here...and let it alllllllll out through your mouth. Very good. Another breath in...very slowly...filling your lungs to capacity...and...relax you jaw and release your breath. You are feeling more relaxed and more at peace. One more breath...inhale through your nose...hold...and exhale...let it go. Very good. The deep breaths are a great technique to use when you want to relax or calm down. Your entire body and mind are now feeling good and at ease. I am going to have you picture yourself in a story. As I talk, I want you to picture your surroundings that I describe and relax. Imagine yourself at a beautiful five star resort. This resort has everything you could possibly imagine. You favorite place to be is on the beach or in the water snorkeling. The water here is beautiful. The water has several different shades of blue, green, and purple. You are in your bathing suit with your flippers in one hand and your mask and snorkel in the other. You stand on the beach with your feet buried in the smooth white sand. You let the water come and wash over your feet. You feel relaxed. You take a look around at the beach, the sky, and the water. You are in paradise. You casually walk into the water. The water is calm and refreshing. You feel light in the water as you walk until you are chest deep. You put your mask and snorkel on, it goes on easily. You can smell the rubber until you put in your mouthpiece. You then put on your flippers, they slip on effortlessly. You kick your way to the surface and you are ready to explore. As you kick along the surface, you can hear the splashes of your kicking. It is a soothing sound and you relax as you float. You see your destination, a small reef about twenty-five feet ahead of you. You can see the bright colors from here.
There appear to be sea flowers in bloom on the reef. You see brilliant pink, deep red, and rusty orange creatures attached to the rocky reef. The reef is only 6 feet below you and you can see everything. Just beyond the edge of the reef, you see a couple of crabs scurrying across the sand. You watch one as it momentarily hides under part of the reef and then ventures out again and scurries across the sand some more. You continue to kick lightly and float on the surface. You see a fish pass by, just under your face. You are able to reach out and momentarily touch it and then it swims away. This fish was brilliantly colored with yellow and black stripes. You feel yourself get a little tired, so you swim back toward the shore. You reach the sand and you gracefully take off your flippers, snorkel, and mask. You leisurely walk to an empty hammock that is swaying in the breeze. You climb into this hammock very easily and effortlessly. The hammock is attached to two palm trees that give you shade from the sun. You close your eyes and you feel completely at peace. Your head is resting softly on the cushioned hammock. You relax your face; you have no expression on your face. Your neck and back relax above the hammock. Your arms and hands rest on top of your stomach, completely at ease. Your hips and buttocks hang sway gently in the hammock. Your thighs and knees are rested and relaxed, your legs slightly apart. You allow all tension to release from your feet. Your entire body feels good and rested. You begin to fall asleep. Your hammock continues to sway in the gentle breeze. You can just continue to relax there and get all the rest you need. You have not a care in the world. You enjoy the warm water and the warm rays of the sun as you sit back and relax…
Snorkeling 2 Deepening (parasailer)

You open your eyes and you continue to sway in the gentle breeze. You stare up into the deep blue sky. You notice a person parasailing way up in the sky. The line is completely invisible to you. I am going to count down from ten and as I do the parasailer is going to slowly go down in the sky. As you watch the person slowly descend, you are going to relax deeper. Alright now…Ten…the parasailer slowly descends…Nine…you are feeling light and relaxed in your hammock…Eight…down…slowly down goes the parasail…Seven…you go deeper into a state of relaxation…Six…deeper still…Five…feeling very relaxed…Four…down…down…goes the parasail…closer to the water…Three…you are feeling extremely relaxed now…Two…and on the count of the next number you will be completely relaxed…One…you are in the deepest state of relaxation that you have ever been in. You are feeling very good and peaceful. You continue to sway in the breeze in your hammock and you are ready to make changes to your life.
Snorkeling 3 Induction (treasure)

Okay, go ahead and get into a comfortable position either sitting or laying down. Feel at ease and feel all tension disappear. To help you further relax, you are going to take three deep breaths on my call. One, big breath in...inhale...feel your chest rise...hold...and release...very...slowly. Good. Feel your body relax and loosen with every breath. Two, big deep breath in...expanding your lungs...hold...and exhale...letting it all out through your mouth. Excellent, feeling more relaxed. And three...feel your chest rise...expanding your lungs to capacity...and hold...and relax your jaw, open your mouth, and release all the air...slowly. Very good. Now you should be feeling a little more at ease and relaxed. Picture yourself on a boat. You are on a boat exploring in the Caribbean Sea. You see deserted islands in the distance. The water is completely clear and the water is surprisingly shallow. You enjoy the cool breeze as you cruise along in the water. You take a deep breath and smell the salty air. It’s fresh and pure and the air fills your lungs filling you with a sense of calm. As you drive your boat you watch as the clouds float across the sky. They are big billowing clouds, white and fluffy. You navigate the boat making all sorts of turns you slow your boat down and decide this is a good place to snorkel. You walk to the bow of your boat and let out your anchor to keep your boat steady while you explore. The anchor is heavy, and you throw it into the water. It makes a splash and gets you a little wet. You take a moment and stand still on your boat. The only sound you hear is the sound of the water slapping against your boat. There is not a soul in sight or a bird in the sky. This relaxes you and you look forward to you day of snorkeling. You move to the stern of the boat and grab your flippers, mask, and snorkel. You put on all your gear and you step up on the side of the boat and jump in. The water is very soothing and calm, not a wave in sight. You swim around
for quite some time. You see all sorts of aquatic life. You see a string ray camouflaged in the sand. You see countless different types of fish of all sorts of different shapes, sizes, and colors. You see small and large shells. You see a beautiful pink conch shell below. You enjoy floating along the surface. Sometimes you kick, moving forward and sometimes you just stay afloat to admire the life below. In the distance you see a glistening of light coming from the ocean bottom. You steer yourself toward the light. You kick lightly, but with a purpose. You are very curious to figure out what it is. As you approach, you realize that you have come upon a treasure of gold coins. There are chests that have spilled open their contents of gold coins. The sight is magnificent. You float around it, just to get an idea of how many coins there are. You see thousands of them. You take a big breath of air and swim toward the treasure. You grab a few coins and push back up to the surface. You take a good look on the coins and rub them between your fingers. You can’t believe your luck. The coins seem to have some sort of symbol on them. You take a look around to see exactly where you are. You quickly swim back to your boat. You lift yourself back into the boat and take another look at the coins. They are beautiful…gold…and yours. You have tired yourself out so, you take out a blanket and lay down on your boat. You focus on relaxing your entire body. You start with your head and neck. You relax the muscles in your face, jaw and neck. Feel the breeze blow through your hair. You now focus on relaxing your shoulders and arms. You pull your shoulders back and then let them release any tension. Your arms hang loosely by your side. You straighten your spine and focus on relaxing your back. You move your back around until it feels supportive and at ease. You move down and focus on your hips and sit bones. You relax your bones and muscles. You are feeling good right now. Very relaxed and enjoying your time on the boat. You now move farther down now, to your thighs.
Let them part just a little and relax as you lay on the blanket. You relax your knees, releasing all tension from your legs. You relax your lower legs and your ankles. You move your ankles around to loosen them. You then relax your feet and toes. Stretch your toes apart and then relax them. Now you keep relaxing as you rock back and forth on the water. The wind feels good, sweeping across your body. You are alone with your thoughts. You have no thoughts other than how relaxed you feel. There are no boats around you now. You are the only boat on the ocean for miles. You close your eyes for a second and enjoy the peace and quiet around you.
Snorkeling 3 Deepening

You are now sitting on your boat, peering off the side and into the water. You see a jellyfish is at the surface of the water. As I count from 10, the goes deeper into the water and you relax deeper and deeper with every number I say. Okay…Ten…the jellyfish goes down a little in the sky and you feel yourself relax…Nine…you are going deeper into a relaxed state. You see the jellyfish swim down and you are feeling very good. Eight…deeper still…Seven…You are feeling more and more relaxed as you watch the jellyfish go deeper. Six…you relax further into hypnosis…Five…the jellyfish keeps getting farther away from you and you are very relaxed…Four…You relax deeper…Three…Deeper, deeper. You watch the jellyfish go down…down…almost out of site. Two…you are very relaxed and at the count of the next number you will be completely relaxed…One. You are very relaxed. Very comfortable. We will now focus on your subconscious mind to make changes and go forward.
Woods 1 Induction (Winter)

You are at ease sitting in a comfortable place. There are no distractions. Sit back and relax by taking three deep breaths. Inhale…through the nose…very good…and…exhale…out through the mouth. Feel all tension begin to disappear. Another deep breath in…expanding your lungs…filling them with air…hold…and release…letting all the air out of your lungs. Feel yourself relax. Last deep breath right here…inhale…deep breath in…good…hold for a second…and exhale…deflating your lungs. Excellent. You should feel more relaxed. Now just sit back and let all tension in your mind and body disappear. Imagine it is wintertime and you are in the woods. Picture yourself either close to shelter or in the middle of nowhere…whichever you prefer. Take a look around you. You are in a wooded area and it has snowed several feet. There is snow all around you on the ground and up on the tree branches. You have snow shoes on so that you can easily walk on the snow. As you walk, you hear the sound of the snow shoes crunching the snow beneath your feet. It is a consistent sound, with your steps. As you hear the sound of the snow settling beneath your snowshoes, you become more at ease. You enjoy spending time by yourself with nature. The sight of a big snowfall amazes you. Almost everything you see is white. The ground and the sky are white. The only other color you see is the brown of tree trunks. You take a deep breath in. The air is filled with the slight scent of fire, from fireplaces in the homes nearby. You picture people cozying up to a warm fire and drinking hot chocolate. You are quite warm in your wool coat and hat. You bend over and scoop up a palm full of snow. It feels powdery between your gloves and you shake it off and watch the snow fall back to join the other snowflakes. As you look up, you notice some snow flakes falling from the trees. It is a very light snowfall. Occasionally you see a large clump fall
suddenly from a tree. You feel safe on this walk through the woods. You enjoy being outside when the weather is like this. It is very calming and peaceful. As you enjoy your time in the woods, you hear the sound of branches settling from the weight of the snow. This too is a calming sound. You continue to walk in and out of the many trees. There are thin, short trees and there are tall, thick trees. As you walk, you notice something out of the corner of your eye. You turn your head, and you see a white rabbit darting through the snow. It jumps up and down with long strides. You are enjoying your time in the snowy woods. You find it very relaxing. As you walk you focus on relaxing your body. You start with your head by relaxing your facial muscles. You open your mouth just a little bit to relax your jaw. You move your head from side to side to make sure all the muscles in your neck are free of tension. You pull your shoulders back and down, they feel good and relaxed. You straighten your back a little and every muscle in your back becomes loose and light. Your stomach and your sides are relaxed and your body is feeling very good right now. You loosen the muscles in you buttocks and thighs. These muscles are relaxed and easily allow you to walk through the snow. You stretch out your knees and calves with every step that you take; they feel good. Your feet feel nice in the comfortable snowshoes you are wearing. It feels as though you are walking on clouds. Your feet and toes are completely relaxed. Your body is now very relaxed. And now you continue to relax...
Woods 1 Deepening

You are feeling very relaxed. And now is the time to become even more relaxed. You are still in the woods, surrounded by snow and trees. You know exactly where you are and you know your way back to shelter. You are standing still in the snow and you look up at the sky. You see that it is starting to snow. You focus on one snowflake way up in the sky. I am going to count down from ten and as I do, you are going to watch that snowflake fall. As the snowflake falls closer to the ground, you are going to become more and more relaxed. Alright now…Ten…down comes the snow…Nine…you are becoming more relaxed now…Eight…down…down falls the snow…Seven…and deeper you relax…Seven…deeper still…Six…the snow keeps falling…closer and closer to the ground…Five…you are relaxing more and more with every number…Four…you are relaxing deeper and deeper as the snow falls…Three…the snowflake is getting closer to the ground and you relax…Two…and on the count of the next number, you will be more relaxed than you have ever felt before…One…Alright now. You are completely relaxed. You are in a state of pure relaxation. You are now ready to work on making positive changes to your life.
Woods 2 Induction (Yellowstone)

Okay, go ahead and get comfortable. Feel free to move around a little or scratch an itch. Now, close your eyes. You are going to take three deep breaths, in order to relax you. All right...in through your nose...inhale deeply...hold...and release...out through your mouth. Very good. And in again, filling your lungs with air...slowly breathing in...and...exhale...release slowly...that's good. One last deep breath...breathe in filling your lungs and feeling your chest rise...inhaling deeply...hold here for a second...and slowly let it all out...take your time. Excellent. You should be feeling a little more relaxed. Now picture yourself in Yellowstone National Park. You are walking through a wooded area. It's a summer day. The sun feels warm, yet the breeze is cool. The large trees shade you. There are mainly large pine trees all around, but you see spruce and fir trees also. You notice that where the pine trees are less dense, the sun is able to reach the bottom of the trunks of these pine trees and there are large branches all the way down toward the ground. In some areas, the pine trees are more densely compacted and the branches only grow at the top. You take a deep breath in. You take in the strong pine scent. This smell relaxes you. You enjoy being outside, exploring Yellowstone National Park. Today you are walking along a trail in a wooded area. You wonder what you will see today. As you casually walk through the woods, you hear the sounds of birds singing in the tree branches. You look up into the trees to see if you can spot the birds, but you cannot find any. They serenade you as you hike through the woods. You enjoy time spent in the woods. You are able to fully relax when you are enjoying nature. Yellowstone has so many sights to see. You come to an area of the woods where the pine trees are a little more close together. All you see around you is brown pine needles on the ground and the lodgepole pine trunks. You
take a look at the bark. It has a brown, orange, and grey hue to it. You reach your hand out to touch the bark. It feels finely scaled under your fingertips. The bark appears to create a very thin layer protecting the tree. You continue on with your journey through the trees. You come to the edge of the wooded area and you see a vast open space. This space is filled with rolling green hills with grass and wild flowers. It is a beautiful sight. You see blue, purple, and yellow flowers. These wildflowers sway with the breeze. This is very relaxing to you. Very far in the distance, you spot a moose, slowly walking. The moose has huge antlers. The moose looks large even though it is very far away. You wonder just how large it would feel if you were right next to it. You continue back into the woods, climbing up a mountain. As you climb, you focus on relaxing your entire body. You start with your head by relaxing the muscles in your face. You open your mouth just a little bit and allow your jaw to loosen. You move your head from side to side to make sure there is no tension left in the muscles in your neck. You pull your shoulders back and down, they feel good and relaxed. You straighten your back a little and every muscle and vertebra in your back become loose and light. Your stomach and your sides are relaxed and your body is feeling very good right now. You loosen the muscles in you buttocks and thighs. These muscles are relaxed and easily allow you to walk through the woods. You stretch out your knees and calves with every step that you take; they feel good. Your feet feel nice in the comfortable shoes you are wearing. Your feet and toes are completely relaxed. You are enjoying this peaceful time to yourself. You do not worry about where you are going. There is an easy trail to follow. As you walk, you continue to relax.
Woods 2 Deepening

You are now further up a mountain in Yellowstone National Park. You come to a break in the trees and you see a waterfall. You are standing below, right in front of it. I am going to count down from ten and as I do, you are going to watch the waterfall. You are going to focus on the water as it approaches the top of the cliff and you are going to watch it fall. As the water falls closer to the pool below, you are going to become more and more relaxed. Ten...down...down the water goes...Nine...you are starting to feel even more relaxed...Eight...watch as the water falls down...down...Seven...you are going deeper into a state of pure relaxation...Six...deeper still...Five...the water you are focusing on is half way down the fall...Four...you are going deeper into relaxation...Three...deeper you go and down the water falls...Two...and on the count of the next number, you are going to be in a very deep state of relaxation...One...extremely relaxed...extremely relaxed. You are now ready to focus on making positive changes to your life.
Woods 3 Induction (rainforest)

Okay. You are laying down on a very comfortable sofa or chair. Go ahead and close your eyes. You feel good and very comfortable. Let’s pause as you clear your mind of any thoughts. [pause] Okay, that’s good. Now you are going to take 3 deep breaths. Breathe in…inhale…filling your lungs until they are full…very slowly…that’s good…and now…release the air…letting it out through your mouth. You should feel a little more relaxed. Okay, once again…take a big deep breath…really fill up your lungs. Feel your chest rise…and hold for a second…and let it all out slowly. Excellent. Okay, one more deep breath. In through the nose, filling your lungs…now open your mouth and relax your jaw…and release…exhale…slowly and easily pushing the air out. Very good. Continue to relax your mind and body. Picture yourself in a rainforest in South America. A local guide who is very knowledgeable about the area is guiding you through the forest. You notice just how much growth there is. The rainforest is so dense; you can’t look into the distance. Everything is closed in, yet you feel very protected. Almost everything around you is green. Everything is a different shade of green. You see hunter green, you see lime green, you see kelly green, you see blue-green, and you see yellow-green. Occasionally you see the brown of a tree trunk, or the gray of a rock. You also see red, orange, and yellow flowers and insects. There are a lot of small trees and bushes that are less than six feet tall. Above these small trees and bushes, are tree trunks and branches. And then above the tree trunks and branches is the canopy of the rainforest. You hear the sounds of insects coming from near the ground and the sound of monkeys coming from the canopy. You are surprised by the constant sound of insects, birds, and monkeys. However, you find the sound to be very comforting and relaxing. You continue to be guided through the rainforest. You constantly see different
plants, flowers, and trees. Now you understand why so many species live in the rainforest. The rainforest is very damp and humid. The smell in the air is a little musty, but also refreshing too. The air here is very clean and pure. You take a couple of deep breaths in, relaxing your body as you walk. Soon you come to a rocky area where there is a small creek. These rocks are large, round, and smooth. The water has worn down any edges that once existed. You and your guide cross of this small creek by jumping on the rocks. You are careful because these rocks have a good amount of green moss on them. You safely cross to the other side and continue on your journey. As you walk, you relax your body. You do not allow your eyes to strain or any muscles to become tense. You let your arms hang loosely by your side. You walk tall and upright, relaxing each muscle in your back, chest, and abs. As you walk, you cross by a tree. You take a moment to stop and study it. You see a long line of ants traveling up and down the tree. You watch as one line of ants moves up and the other line of ants move down. They are hard at work. You now focus on relaxing your lower body and legs. You tighten the muscles in your legs, and then you allow them to relax completely. You are feeling very good and relaxed. Your thighs, knees and lower legs are completely at ease. You allow your feet and toes to loosen and relax. You feel as if your feet do not exist. You are walking on clouds. As you stand there, surrounded by the beautiful rainforest, you continue to relax your body and mind.
**Woods 3 Deepening**

You stand and stare up at the tree. It is a tall tree with a very dense canopy. You look about ten feet up the tree and you notice that there is an ant carrying a leaf. I am going to count down from ten and as I do, the leaf is going move down the tree. And as this ant brings the leaf closer to the rainforest floor, you are going to become more and more deeply relaxed. As you stand there, watch the leaf travel down the tree trunk, you relax deeper and deeper. Ten…the leaf is slowly moving down…down the tree…Nine…you feel yourself relax…Eight…down…down the leaf goes…down the tree…Seven…you are going deeper and deeper into a state of relaxation…Six…deeper still…Five…the ant carrying the leave moves…down…down the tree as you watch…Four…you go deeper and deeper into relaxation…Three…deeper and deeper…Two…and on the count of the next number, you are going to be more relaxed than you have ever been before…One…you are now very relaxed. You are now more relaxed than you have ever been before. You continue to relax.
Answers to Questions in Chapters

One and Two
Chapter 1 - Inductions

Question 1 answer:
Possible answer:
As you walk along the beach, you can feel the warm, soft, powdery sand under your feet.

Question 2 answer:
Possible answer:
You can smell the fresh, salty, ocean breeze.

Question 3 answer:
Possible answer:
You can see the birds off in the distance above the blue ocean water.

Question 4 answer:
Possible answer:
You can hear the waves as they gently roll onto the shore.

Question 5 answer:
Because the subconscious mind takes words literally. Therefore, you must make sure that what the client hears is the correct pronunciation of each word so that they do not mistake one word for another.

Chapter 2: Deepenings

Question 1 answer:
Relaxation.

Question 2 answer:
Chest for breathing. Head, neck and hands for pulse.

Question 3 answer:
One set is enough.
Question 4 answer:
No. Keep it in just to be sure of their depth of trance.
Appendix

I have over two decades of experience in hypnosis. I have a Bachelor of Science degree from the University of Florida, an M.Ed. from Armstrong Atlantic State University, and I am working on a doctorate degree at Georgia Southern University. I am a certified clinical hypnotherapist, a member of both the American Board of Hypnotherapy and the National Guild of Hypnotists, president of the American Alliance of Hypnotists, and director of the Steve G. Jones School of Hypnotherapy. I am also on the board of directors of the American Lung Association in Los Angeles. I currently live in Savannah, Georgia, but I see clients and teach classes worldwide.

My client base consists largely of people who need to lose weight or gain confidence. Other clients include sales teams interested in boosting motivation and increasing income, singles searching for love, insomniacs desiring proper sleep, and smokers wanting to change their habits, to name just a few topics.

It is my hope that this book will create a cadre of hypnotherapists who feel a strong commitment toward practicing with integrity, thus altering negative perceptions about hypnotherapy, while allowing people to make positive changes. To this end, I am providing you with the tools to change people’s habits and perceptions, and to help them overcome fears. I know that you can help your patients find love, make a fortune, and reach their optimum level of physical fitness through hypnotherapy.

For more information about me and about hypnotherapy, I invite you to visit my website, www.stevegjones.com. There, you will find a collection of hypnotherapy CDs, mp3s, and audio books. Among the recorded sessions,
you will find over 120 titles including Weight Loss, Unlimited Motivation, and Unlimited Confidence.

You also will find a link to my e-mail address, steve@stevegjones.com. I am available to answer your questions or address your concerns, and I wish you all the luck and prosperity the world has to offer.
Client Forms

Use the form on the following page to keep track of your sessions.
## Record Sheet

NAME: __________________________________________

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<th>SESSION NUMBER</th>
<th>DATE</th>
<th>INDUCTION</th>
<th>DEEPENING</th>
<th>SCRIPT</th>
<th>COMMENTS</th>
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References


Resources

Steve G. Jones, M.Ed., Clinical Hypnotherapist
(The official website of Steve G. Jones)

http://www.stevegjones.com

American Alliance of Hypnotists
(Membership is free in this worldwide online directory)

http://www.hypnotistsalliance.com

Classes on Hypnotherapy
(Become a certified clinical hypnotherapist online in eight weeks)

http://americanallianceofhypnotists.org/classes.htm

Hypnotherapy pre-recorded sessions
(Over 250 specific topics such as weight loss on CD and mp3)

http://www.stevegjones.com/products.htm

Hypnotherapy Scripts
(Mostly written by MD's and Ph.D.’s)

Books by Steve G. Jones, M.Ed.

Available at http://www.stevegjones.com/books.htm and select bookstores worldwide.

- Basic Hypnotherapy for Professionals
- Advanced Hypnotherapy for Professionals
- Hypnotherapy Inductions and Deepenings Volume I
- Hypnotherapy Inductions and Deepenings Volume II
- Hypnotherapy Scripts Volume I
- Hypnotherapy Scripts Volume II
- Hypnotic Techniques for Dating Success
- Business guide for Hypnotherapists (Office set-up, websites, forms, advertising online, search engine optimization, creating and selling hypnotherapy CD’s and mp3’s)
- Hypnotic Sales Mastery Techniques
- Hypnosis for Laymen
- Past Life Regression Hypnotherapy
- Hypnotherapy Case Studies