

The Now Induction, Induction Outline

NOTE: To see a LIVE CLIENT SESSION EXAMPLE using this induction, click the link below
<https://bit.ly/32dUcKk>

One of the biggest hold ups that hypnotists have is which induction they are going to use. Don't get me wrong, I love using rapid inductions and getting creative with inductions too. However, most clients don't know what hypnosis is or feels like or even that there needs to be a hypnotic induction. With 70 percent of my clients, I don't do a typical induction. I tell them, "when you follow my instructions, you'll get good result. I am going to help you through a very simple process today that will get the necessary message into your mind, so we can get results. Sound good? With the reverse hypnosis method, you are more setting up the techniques, and by doing that the client will go into an altered state.

An induction can be as simple as saying, "Get comfortable, take a deep breath, and close your eyes as you exhale. Now, just let yourself go inside of yourself a little in whichever way that's right for you. As you do that, just focus on this mental exercise that I am going to bring you through now."

That's it! Easy, isn't it? Okay, okay. I'll give you that is a little more of a process that you can bring your clients through. I wouldn't necessarily call this an induction as much as I would call it a mental process for change and transformation.

There are three phases to this process:

- 1) The setup
- 2) The explanation
- 3) The compliance thought process

Let's get into these three steps in great detail.

1) The setup.

a) The conscious vs subconscious: "The conscious mind is the very analytical and critical part of your mind. That's the part of your mind that tries to convince you that your problem doesn't make sense. It says, 'there's no reason to be anxious,' or, 'I can stop smoking anytime I want!' Then the subconscious mind kicks in and makes you do that bad habit or have that nasty feeling or response anyway. The reason is the subconscious mind is that natural part that stores all of our programs, patterns, behaviors, feels and emotions based on our past experiences and perceptions of them. Everything in this part of the mind occurs naturally. This is the part of the mind that we want to communicate with. I'll be helping you get into that part of your mind today."

b) Bypassing the critical factor: The critical factor is like a wall between your conscious and subconscious mind. Anytime the critical factor is lowered, you become more receptive and form programs a lot easier. We want to use several principles today that will cause this to happen for a good purpose.

c) How we get into the subconscious mind: There are five ways that bypass that critical factor and form new programs and habits in the subconscious mind. The first is age.

When we are very young, our critical factor is very easily bypassed, and we don't need a lot of proof to change a pattern or program. The second is authority. If we are told something from someone who we respect or look up to, or someone who we trust, we are more open to programming. The third is heightened emotion. Whenever you experience a heightened emotion, your critical factor lowers down, and programs can be formed more easily. The fourth way is repetition. The more something is repeated, the more natural it becomes. The final way is hypnotic states. We want to make the critical factor lower down, and there is a method that makes this happen very quickly.

2) The explanation:

Instruct the client that you're going to have them do an exercise that will help this method and the suggestions stick by creating a state of receptivity. You can even inform them of the steps involved so that there are no surprises. The explanation also creates expectancy and belief in the client's mind. I break the explanation up into two parts.

a) Eye closure and the pre-sleep phase: In a moment, I'll have you close your eyes and just relax your eyelids. When you do, it will send a signal to your mind which will create a physiological chain reaction that we call the pre-sleep phase. Every night as you fall asleep, your eyelids, which are the smallest and weakest muscles in your body relax first because they are the easiest to relax. Once that happens you go into the pre-sleep phase where four things happen before you fall asleep.

- 1) Your breathing changes,
- 2) You start swallowing differently,
- 3) Your core body temperature changes slightly, so you may feel a little warmer or cooler,
- 4) Your body starts to relax and feel a bit heavy. All of this happens to prepare your body and mind to go into an altered sleep like state, and from there, you fall asleep. However, today you won't be falling asleep because we are going to keep your mind stimulated and occupied which brings us to the next step...

b) A mental shift: We need your mind to go into a heightened state of receptivity, and we do this by creating three mental shifts that occupies your conscious mind so that way I can slip some really good messages into your subconscious mind.

- 1) For the first mental shift, I'll have you think of something you really enjoy or maybe even a very pleasant relaxing scene in your mind.

- 2) The second mental shift will be for you to activate your memory and recall a happy memory.

- 3) The third mental shift is for you to activate the feelings that were associated with that happy memory.

Once you go through those steps, your mind will be open and will be aware of the changes

you'll be making. Let's get started, shall we?

3) Let's get into the actual process which prompts the necessary receptive state.

a) Instruct the client to get comfortable and close their eyes.

b) Once they close their eyes, have them relax their eyelids and test out the relaxation.

When they succeed at relaxing their eyelids, they can try to open them but upon trying, the eyelids will remain closed (you should see their eyelids stretching and/or their eyebrows raising in attempts to open their eyes).

c) Have them send that same level of focused attention and heaviness throughout their body as much as possible (brief physical relaxation).

d) Start moving into the mental shifts.

e) Mental shift number one: Picture, imagine, think about or bring your mind to a pleasant place (have them signal when they have it in their mind)

f) Mental shift number two: Recall and remember a pleasant memory. Happy memories only (have them signal when they get one).

g) Mental shift number three: Now, think of the feelings of that happy time, and allow your mind to recreate those good feelings in your body. As this happens it opens up your subconscious mind and brings about a state where you are aware, yet very receptive.

Heightened Receptivity and Relaxation Through Breathing and Colors

Another very simple yet effective way of inducing a state of receptivity is to have the client close their eyes, focus on their breathing (breath in for a count of 5, hold for a count of 5, and exhale for a count of 10). Upon doing this, instruct them that each time they repeat this breath pattern (about 3-5 times), they can go more inside of themselves and open a state of receptivity. Once they repeat the breathing pattern 3-5 times, instruct the client to breathe in a state of relaxation and receptivity and to give that feeling a color. Each time they breathe in, they are breathing in more of that color and spreading it to every part of their mind and body. If they seem particularly tense, you can have them also give the tension or stress a color, and as

they breathe in, the relaxing color goes in and replaces the tense color, and as they exhale, they breathe out the tense color much like they turned on a valve to drain out the tension and stress.

Note: You can also teach this method to the client as a way of eliminating stress and creating a self-induced state of calmness.