

**Patrick Coleman's practical one to three minute induction to eye catalepsy,
transition to suggestions and Awakening Method.**

Induction Outline: 1. Stare at a spot, 2. three deep breaths, 3. eyelids closed, 4. walk the muscles down 5. Picture a blue sky

"If you will follow my simple instructions you are about to enjoy a very healthy and beneficial experience.

Pick out a spot above eye level to stare at (or have them look into one of your eyes). Just pick out an imaginary spot and stare at that spot without moving a muscle.

Now take a **long, slow deep breath** and fill up your lungs. Exhale slowly. (mutter "Sleep now" at the bottom of the breath.

And now a **second even deeper breath**. Exhale slowly. Sleep now.

And now a **third deep breath**- and as you exhale slowly let your eyelids grow heavy droopy, drowsy and close right down, as each muscle and nerve in your body begins to grow loose, limp and lazy.

Let a wave of relaxation move from the top of your forehead down through your face as your eyeballs relax so much they roll to the top of your head and the eyelids become heavy and comfortable Just like sleep posture, down through your Jaw the muscles relax so much your teeth, are not quite touching. Let them turn loose and relax on down through the back of your scalp into the neck drops down heavy and comfortable into the Shoulders. Tend to your breathing as your breathing is deep and rhythmic your shoulders relax down through the arms, biceps, triceps, forearms, wrists hands and each one of your fingers now let go. Move on down through the top of your shoulders into the large muscle of your back letting go, turning loose in a wave of relaxation aaaaalllll the way downwwwn to the smalllll muscles of your back, Like rubber bands losing tension the muscles let go, and rest. Relaxing more with each easy breath that you take and with each sound that you hear. Let this wave of relaxation move on down through your hips, legs, feet, and each one of your toes now rest. Soon your arms and legs become heavy and tired. Once you reach your toes with this wave of relaxation you are then completely, physically relaxed.

Now.... let your mind rest too.... In order to do this picture and imagine you're looking up out of the top of your forehead out of the top of the building way up into a beautiful blue sky, Like your looking out of an imaginary skylight way up into a beautiful blue sky. For a moment the more vivid that picture becomes the more heavy, droopy, drowwwsy, locked tight shut your eyelids become, heavy as lead waits, so heavy the more you try to open them the more locked tight shut they become. Heavier and heavier, tighter and tighter.

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As I count from three down to one they become heavier and heavier, tighter and tighter **3** heavy droopy drowsy **2** so heavy they wouldn't open even if you wanted them to **1** sleep deeply and let your mind drift to pleasant scenes in your imagination, beaches, palm trees, beautiful green grass fields as your eyelids grow even heavier and locked tight shut. Now test them and notice the more you try the more locked tight shut they become, tighter and tighter, heavier and heavier, nod your head and let me know you've tested them and notice the more you try the more locked tight shut they become, that's fine stop trying and go even deeper into hypnosis.

Now use that relaxation in the eyelids and let that wave of relaxation move one more time from the top of your head all the way down through the body relaxing every muscle and nerve to their most rested position. Letting the chair support you anytime I tap your forehead your jaw muscles relax and you go even deeper into hypnosis. (may tap forehead, grab head rock in circle, tap hand, shoulder etc...to signal even deeper trance) You are relaxing more with each sound that you hear and with each easy breath that you take. Letting go now and going deeper and deeper into a profound state of hypnotic relaxation.

Transition into suggestions: 4 examples.

- 1.** As you go deeper into hypnosis let your mind drift to pleasant scenes in your imagination as your subconscious mind holds onto these ideas. These ideas may ring true to you.
- 2.** As you continue to go deeper into hypnotic relaxation and letting your mind drift your subconscious mind may now hold onto these ideas as a fixed idea of thought.
- 3.** These ideas presented may become permanent impression on your subconscious mind.
- 4.** You may move these ideas from an idea to a belief and from a belief to a reality. Each and every day you become more and more aware of these truth concepts.

At this point if in the dental chair give numbing suggestions: dial on a radio turning down, ice cold water, imaginary Novocain or any other numbing suggestions including directly saying you are now anesthetized. One of the most effective uses of hypnosis in the dental chair is disassociation, (guided imagery) Asking the client to go on a vacation in mind to a favorite place or a child to play an entire game of their sport.

If doing a therapy session go into suggestions at this time while they let their mind drift or go into age regression following regression outline.

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You are becoming aware that you are a constantly growing and maturing personality, you are becoming aware of the strengths and abilities that have developed within you..... you are confident ,,,,competent,,, and can cope with anything that comes your way,,,,,,, all of nature is friendly to your plans.... wherever you find yourself, in your personal life, business life and your social life,,, your feet and legs are strong beneath you, your balance is perfect, your breathing is deep and rhythmic..... .. you're cool, calm, poised, relaxed and in control of your situation..... and so be it.

Awakening Method: (Said in a gradual louder and more enthusiastic voice)

From this time forward and with each passing day, you become more and more aware of a wonderful feeling of personal confidence. Confidence in the realization that each day brings you one step closer to your goal. Each day is a vital step in your problem solving, in developing the motivation, to change your behavior, to move yourself toward your highest potential, so that you now begin to enjoy a fuller, a richer and more expressive life,

Now I am going to slowly **count from 1 up to 5** and then I'll say, "fully aware." At the count of 5 let your eyelids open and you are then calm, rested, refreshed, relaxed, fully aware, and feeling wonderfully good in every way. ...

Alright,

1 slowly, calmly, easily, gently returning to your full awareness once again.

2 - each muscle and nerve in your body is loose and limp and relaxed, you feel wonderfully good.

3 - from head to toe you feel more perfect in every way:

and Number 4 - your eyes begin to feel sparkling clear just as though they were bathed in cold spring water. On the next number now, let your eyelids open and you are then calm, rested, refreshed, fully aware and feeling good in every way.

Number 5 - eyelids open now, you are fully aware. Take a deep breath, fill up your lungs, stretch and notice how good you feel.