

Updated Dave Elman Induction Jason Linett, BCH, CI

*Note that the Dave Elman Induction is a PROCESS and not a SCRIPT.
Specific linguistic strategies are embedded within this text, though as you grow to understand hypnotic language more, you'll learn how to be more flexible in this process.*

Please take a look at my hand and follow it up with your eyes as you take a nice deep breath in and hold it ... that's right ... and as you exhale, let your eyelids close on down.

Good ... Now ... I could tell you to **go ahead** and **relax your entire body** ... but that isn't necessary.

Just **go ahead** and **relax your eyelids**. **Relax those muscles** around your eyes **all the way down** to the point where **they just won't work**. And when YOU know you've got them so relaxed that they just won't work, test them. Test them and **satisfy yourself** that they **just won't work**. The more you try to open, they just **relax even more**. Good, now stop testing, and send that awareness **all the way down** to the tips of your toes in a comfortable wave of relaxation. *(Pause)* Good.

This is a process of following some simple instructions, your mind and body already know what to do.

In a moment, I'm going to ask you to open your eyes and close them. When you close them, notice how you can allow yourself to relax perhaps as much as **ten times deeper**. Let your eyes open. Now close them ... *(Pause)* ... and allow yourself to relax as much as 10 times deeper. *(Pause)* Good.

We'll do that a few more times. On the next one, notice how you can double the awareness of that chair supporting your body. Let your eyes open ... and close them. Good, **double that relaxation**, so you can feel **twice as relaxed, twice as comfortable**, and **twice as confident in your abilities**.

Let's do that one more time. On the next one, notice how you can **just let go**. Let your eyes open and close them **all the way down**. Go much deeper. **Way down**. *(Pause)* Good. You're doing great.

Just listen to the sound of my voice, and the sound of my voice can always help you to **go deeper relaxed**. You'll hear other sounds in the distance, whether its cars outside, planes overhead ... None of these sounds will matter, in fact you'll find that any sounds you hear will just help you to **go deeper relaxed**.

Bring your awareness down to this arm. In a moment, I'll reach over and pick it up by the wrist. Today, just let me do all the work. Let it be loose, limp, and relaxed. Let it **dangle there like a wet towel**. I'll then let it fall, and just let it PLOP there on the arm of that chair. Whenever we do it, let it **take you much deeper**. Just let that arm **be heavy**. *(Do arm drop)*. Much deeper. In fact, each and every time we do that, let that take you *(Do arm drop)* **much deeper**.

Perfect. We now have all the physical relaxation we're going to need for now, so now you can begin to **relax yourself, mentally**. It's easy.

(Pace the rhythm at which you want the client to count.)

In a moment, we'll have you begin to count backwards, out loud, slowly, from 100. Let every number you say **double your mental relaxation** so by the time you reach 98 or sooner, you can just **relax the rest of them out of your mind**. As if there's nothing more to count. **Want that to happen**, and you can **make that happen**. And when **they are gone**, just **notice how good you feel**.

Begin counting backwards, out loud, slowly, from 100 now.

(Client says "100".) Good, now double that mental relaxation.

(Client says "99".) That's right, getting ready to let them go...

(Client says "98".) Now just **relax the rest of them out of your mind**.

(Pause.)

And as they're gone, just nod your head.

Good.

(Continue deepening.)