

Breathing induction

A great induction to teach deep breathing techniques. Also a great induction to use at the beginning of a stop smoking session.

Settle yourself down into a comfortable position. Allow your eyes to be closed. Allow your body to settle into a nice relaxed position.

Now, as you settle into that nice relaxed position, as you focus on the sound of my voice and as your eyes remain closed, so you can relax a little deeper.

Perhaps you can allow yourself to focus your attention on your breathing. Notice the cool, clean air you are breathing in. Imagine that the air you are breathing has a pure clean colour. Every molecule of that air is pure and fresh as you breathe it deep into your lungs. Breathe deeply, taking deep slow breaths.

Noticing how your chest moves as you breathe in and breathe out.

I wonder when you notice that the cool clean air is purifying and cleansing your lungs.

Imagine that with each breath you breathe in, you are breathing in calmness and relaxation. With every breath you breathe out you are breathing away any stresses or tension.

Breathing in calmness and relaxation

Breathing out any stresses or tensions

Breathing in and breathing out and so you go deeper and deeper now don't you.

And as you focus on your breathing, and as you listen to the sound of my voice and so you go deeper and deeper into this wonderful hypnotic relaxation..... and deeper and deeper into your own subconscious mind.

In a moment I'm going to count down from ten to zero. With each number that I count you sink deeper and deeper into relaxation. Beginning now.

Ten – deeply relaxed, deeply comfortable

Nine – more and more at ease

Eight – easily and gently letting go

Seven – any remaining tension simply melting away

Six – relaxing more and more

Five – Drifting down further and further

Four – deeply relaxed

Three – Wonderfully comfortable

Two – Just....letting....go

One (*pause*)

And finally zero (*click fingers*) completely deep now.