

Fractional Relaxation Induction

An essential induction for every hypnotherapist to have in their repertoire

As you sit in this comfortable position, as your eyes are closed and as you listen to the sound of my voice, notice how much more relaxed you become with every word I say. Just focus on your breathing now. Each breath allowing you to become more and more relaxed. And I don't know if you find yourself relaxing more on your inhalation or exhalation but you know which is right for you. And so you become deeper and deeper relaxed.

So relaxed. So calm. So so comfortable.

In your imagination, just imagine that there is a relaxing energy just above your head. You might choose to picture this as a colour or just as a feeling, whatever is right for you right now. Simply notice the top of your head and allow that relaxation to spread to the top of your head, relaxing all the muscles in your head. Allow all those little muscles around your eyes to simply let go and be at ease. Allow that relaxing energy to move down now, easily and gently to the muscles around your nose..... mouth..... and jaw. Melting any tension in those muscles away. Easily and gently letting go. And so you go deeper and deeper into relaxation now don't you?

Feel that wonderful feeling of relaxation spreading down into your neck muscles. People hold so much tension in their neck muscles and it feels so good to allow them to simply relax now doesn't it? You may even notice a sensation as those muscles relax.

As that relaxation continues to flow easily and gently into your shoulders. And I wonder if you are aware of just how easily your shoulders relax all the muscles and ligaments in them as you continue to go deeper. Before you go to the very deepest level of hypnosis today focus on any remaining tension in your neck and shoulders with your next breath allow that tension to simply drift away as you go deeper.

That relaxation now spreads down your upper arms. Notice which arm is relaxing first or perhaps they are both relaxing at exactly the same time. That relaxation spreads down, through your upper arms, down, down, into your lower arms as you become more and more relaxed. That relaxation moves easily now into your hands and you may notice a tingling sensation as it reaches your fingertips.

That relaxation now flows through your chest and upper back, easily, gently, flowing and drifting as you go deeper. And you may find that from time to time your mind wanders, that's absolutely fine. Just continue to bring it back to the sound of my voice. And with each word that I say your subconscious mind opens up more and more as you drift deeper and deeper into hypnosis.

Focus now on your abdomen and lower back. Easily and gently relaxing them both. All the muscles and organs in your back and abdomen are benefitting from this wonderful experience.

And do you go to the deepest levels of hypnosis now or in a moment? As you continue to focus on my voice your relaxation increases more and more as you continue to go deeper and deeper.

That wonderful feeling, that calmness, is now spreading down, down, through your hips and down into your upper legs. Notice that sense of relief as the muscles in your legs simply let go. And so you continue to drift more and more into your subconscious mind.

Realise now that that relaxation is flowing all the way down to your feet as if it's happening all on its own. You are now totally at ease, comfortable and relaxed. You know this time is a time for you to indulge in the luxury of deep relaxation.

Imagine a warm blanket of tranquillity surrounds you, making you feel so comfortable, so safe and so secure.

And you can continue to relax more and more.

In a moment I am going to count down from 10 to 0

With each number I count you can go twice as deeply into your subconscious mind and twice as deeply relaxed. With each number that I count more and more relaxed. Deeper and deeper.

Beginning now

10

So tranquil. So calm

9 Deeper and deeper

8 More and more at ease

7 simply letting go

6 calmness fills your entire being

5 twice as deeply relaxed

4 further and further into your subconscious mind

3 (*big breath*)

2

1

And finally

0 (*click*) completely deep now