

# Dave Elman Induction

(Adapted from Dave Elman)

All trances are about learning how to go into a trance. In Elman's style of hypnosis it's extremely important that the client follow the suggestions of the operator each step of the way. If the client is ahead of you, stop the process and back up. You are teaching the client to follow instructions; this will allow them to succeed at the deeper levels of trance.

- 1) **“Take a long slow deep breath as I raise my hand above your eyes...just follow my hand with your eyes, and as I bring my hand down, allow your eyes to continue to follow it and exhale, letting all of the tensions wash away from your body as you RELAX completely.....closing your eyes.”**
- 2) **“Now focus your awareness and attention on your eyes. And I want you to relax the muscles around your eyes, so much so, that they will not work. Just relax all the muscles around your eyes so that they will not work and then I want you to try to open your eyes, only when you're certain you cannot. So go ahead and try....and find that you can't.”**
- 3) **“Now just allow the same relaxation that you've just felt in your eyes to wash over your entire body. From the top of your head all the way DOWN to the tips of your toes, like a warm waterfall of relaxation all the way from the top of your head down to the tips of your toes...”**
- 4) **“Now we can deepen that level of relaxation even more.....in a moment, I'm going to ask you to open your eyes, not yet, but in a moment, and when I do I want you to remain deeply relaxed and then when you close your eyes again, just allow it to take you ten times as deep as you are right now, both physically and mentally. So right now, Open your eyes (lead their eyes with your hand or two fingers)....And close them.....going ten times as deeply relaxed as you were a moment ago. Deeply, deeply relaxed....dreaming, drifting, dropping, falling.....**

**Very good.....now....we can deepen that level of relaxation even more....  
(repeat step # 4 three or four times)**

- 5) **In a moment, I'm going to test your body for relaxation....I'm going to lift your arm, and if you are as relaxed as you need to be your arm will be limp like a wet rag, or a rag doll.....so as I lift your (right or left) arm, if you're as relaxed as you need to be, it will fall back into your lap like a limp wet rag.....(lift their arm and drop it back into their lap....if it's not limp...repeat step four)**