

**Naturalistic Induction**  
**By Doug O'Brien**

All right, let's begin.  
please close your eyes  
take a few deep breaths or two  
and relax  
just feel your back sinking back  
into the back of the chair  
feel your arms resting comfortably  
on the arm rests  
pay attention to your breath  
without doing the breathing  
you can rest assured that your body  
knows how to do that for you and  
will continue to do so now  
as you listen to the sound of my voice  
feel your self breathing in... and out... (timed to their breaths)  
and notice the warmth\* of the air (\*or coolness – depending on air temp)  
you can be aware or not of the sounds of the room  
it's nice to begin to appreciate  
that you have a conscious mind  
and an unconscious mind  
and while your conscious mind  
can be aware of the feeling  
of that hand  
or that foot  
or the sounds of my words  
your unconscious mind is aware of far more  
your unconscious mind is aware of everything  
happening here and now  
and everything that has ever happened to you  
and it's nice to know  
that your conscious mind is very smart and  
your unconscious mind also learns in a variety of ways so  
you really can just let it

do the work for you  
for a while  
while you  
just  
let go  
that's right  
let go  
nothing is important right now  
except enjoying that feeling  
of trance  
that feeling  
flowing throughout your body  
and wondering if that hand  
or the other  
is becoming heavier than the first  
or which leg  
is sinking more deeply  
into the cushion  
of the floor  
and the attention can meld  
and you find yourself  
attending less to the sounds  
of my words  
and more to the space  
in between my sentences  
you can focus on the relative silence  
between the words  
like focusing on the spaces of light  
in between the branches of a tree  
instead of the tree itself  
looking at the space  
and the shape of the space  
between the branches  
or like diving into a pool of crystal clear water  
in between the sides of a pool  
you float in the space

in between  
easily  
effortlessly  
floating  
letting your unconscious soak in  
any and every positive suggestion  
thought or idea  
that I offer you  
while you just drift  
more and more comfortably  
into trance  
now

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