



# Complimentary Standard Induction, Deepener & Awakening

## Hypnosis Resources

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Thank you for choosing Wellness Canada as your source for Hypnosis Content & Resources. We hope you enjoy the selection Of material available to you. If there is something that you are seeking and you have not found it on our site, please reach out to our team at [support@wellnesscanada.ca](mailto:support@wellnesscanada.ca). We would be happy to match you with a writer who can customize a script for your specific need.

## Disclaimer

Wellness Canada Scripts are to be used by Hypnosis professionals and those trained in the field of mental health. Always work within the realm of your practice.

Wellness Canada is not responsible in any way, for any loss or liability caused by utilization of any of the scripts provided at [www.wellnesscanada.ca](http://www.wellnesscanada.ca).

## Congratulations

You have downloaded the:

### Standard Induction, Deepener & Awakening

This Induction, Deepener and Awakening is a gift to you, to allow you to input your script and get started right away.

## About The Script

This is a resource for professional and trained Hypnosis Practitioners. Inductions, Deepeners & Awakenings are a useful source of ideas and approaches which should be adapted to suit the individual needs of your client.

These resources are written, reviewed, and edited by our team of seasoned professional Hypnotists.

Although each resource is unique, many of the same techniques have been around for many years and in some cases, for centuries. They are constantly being rediscovered, revived, and repackaged.

## The Pause

Silence plays an important part in trance work, and pause markers indicate different lengths of time you should give your client to do the inner healing work required. Each coloured block indicates approximately 10 seconds.

Examples:

 **Pause** (Approximately 10 seconds)

 **Pause** (Approximately 30 seconds)



# Complimentary Induction

## Hypnosis Resources

Allow your body to relax as much as possible.



And place your awareness on your eyelids, relaxing your eyelids totally, now.



Allow your eyelids to become so heavy and relaxed that as long as you do nothing to remove that relaxation, they just won't work, and when you know that you've done that, give them a good test. (Pause for 3 seconds)

Now stop testing and allow your eyes to relax even more.



Now, take that same quality of relaxation that you have in your eyes and bring it up into the top of your head, and use your imagination to visualize, a warm wave of relaxation flowing down from the top of your head deeply relaxing each part of your body as it gently flows down your forehead.

Relaxing your eyebrows, and your eye lids, and especially all those tiny little muscles around your eyes.



Feel that relaxation going down through your cheeks and your nose.



Relaxing your mouth and lips.



Make sure your teeth aren't clenched together, and just relax.



Relax your chin and jaw.





# Complimentary Induction

## Hypnosis Resources

Allowing all those muscles in your face to just...let...go.



As your neck relaxes.



Starting with the front part of your neck, the back part of your neck, all the way down your shoulders.



Just feel your shoulders relax completely.



Releasing any tension in your shoulder area.



It should feel so good to do this as your arms relax.



Starting with your upper arms.



Going all the way down to your elbows.



As your neck relaxes.



Starting with the front part of your neck, the back part of your neck, all the way down your shoulders.





# Complimentary Induction

## Hypnosis Resources

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Just feel your shoulders relax completely.



Releasing any tension in your shoulder area.



It should feel so good to do this as your arms relax.



Starting with your upper arms.



Going all the way down to your elbows.



Relaxing your wrists.



Relaxing your hands, as even your fingers just relax and let go, completely.



Now notice how deep and regular your breathing has become.



Feel your breathing.



Feel the rhythm of your breathing.





# Complimentary Induction

## Hypnosis Resources

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As you allow your chest muscles to relax and let go.



Getting rid of any tension that might be in your chest area.



Allowing everything to let go completely.



As your back muscles relax.



Loosening those larger muscles in the upper part of your back.



Feeling that warm wave of relaxation going all the way down your spinal column.



Deep into your lower back.



Allowing all those smaller muscles in the lower part of your back to relax as well.



As your hips relax.



And especially your legs.





# Complimentary Induction

## Hypnosis Resources

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Starting with your thighs.



Your knees.



Feeling that relaxation going down into your calves.



Down into your ankles, and deeply relaxing your feet.



Even your toes relax completely.



As you continue to drift into a deep relaxed state.



Feeling so good.





# Complimentary Deepener

## Hypnosis Resources

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As you sit there, relaxed, comfortable, feeling more relaxed than you have in a long time, I would like you to visualize that you are standing on a big, beautiful hill, on a beautiful summer day.

The weather is perfect.

It is just how you like it.

The sun is shining, and you can feel the sunshine as it touches your skin.



You listen to all the sounds of nature around you.



Perhaps you can hear the wind gently blowing through the leaves in the trees.



Perhaps you can hear the birds singing to one another in the distance.



As you notice all the beauty around you, you also notice that there is a staircase, leading you to the bottom of that hill.



The staircase is absolutely beautiful.

You also notice that there are 10 steps leading you down, down to the bottom of that hill.

These are the steps that will lead you into a deep relaxation.

In a moment, as I begin to count from ten down to one, with each number that I say, you will walk down those steps and you will find that the deeper down you go, the more comfortable and the more relaxed you will become.

So begin to slowly descend those stairs starting with the top step.



# Complimentary Deepener

## Hypnosis Resources

10 - Deeply relaxed



9 - Letting yourself go more and more



8 - Increasingly relaxed



7 - Deep, deep relaxation



6 – The deeper you go the better you will feel



5 - The better you feel the deeper you will go



4 - Deeply relaxed, so comfortable



3 - More relaxed



2 - Almost to the bottom now, just one more step to go



1 - Deep relaxation, all the way down





# Insert Hypnosis Script

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## Hypnosis Resources

Insert any Hypnosis Script of your choice here.

To search additional scripts for the topic of your choice, visit [Wellness Canada Scripts & Resources](https://wellnesscanada.ca/scripts-resources)



# Complimentary Awakening

## Hypnosis Resources

And as you come back to full awareness in a few moments, you will be so proud of yourself that your mind works so well.

When you come back into the room, you will find that you remember quite well, all the sensations, thoughts, and feelings of hypnosis.

You may need to stretch or yawn, and your eyes may even water just a little bit.

In a moment, I am going to count from one to five.

When I get to the number five, I would like you to open your eyes and emerge from hypnosis, but not before.

### One

You are very slowly beginning to emerge from hypnosis.

Feeling better than you have felt in a long time and you now know that you have more confidence in everything that you do.



### Two

Even though we spent a few minutes doing hypnosis today, you will find that you feel wonderful.



### Three

Realizing this has been one of the most life changing times of your life.



# Complimentary Awakening

## Hypnosis Resources

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### Four

Feeling totally refreshed, proud of your success, and excited to open your eyes.



### Five

opening your eyes, feeling great, and you do feel good, don't you!