

Handout 06

for

Basic Hypnosis: HYP100

Deepening

Chapter 111 – Deepening

The body and mind generally appreciate suggestions for relaxation. Look at all the marketing geared toward relaxation, or the impression of relaxation and well-being. A suggestion for the body to relax is often quickly accepted. Each idea accepted tends to create greater response to each preceding suggestion the subject accepted, compounding the subject's ability to respond to suggestion, increasing the complexity of the suggestions that are being delivered, accepted and acted on.

You are aware, and you are curious. Trust yourself.

The purpose of the following deepening techniques is to help develop deeper and deeper levels of relaxation. Even after you have asked subjects to go to the basement of their ability to relax at that moment, as soon as a subject affirms being at the basement of his or her ability to relax, you can use fractionation, demonstrating the possibility of still greater depth. The welcome relaxation deepens the rapport between the hypnotist and the subject.

1 - Counting (*Up or down are equally valuable, use what feels best for you.*)

“And now as I count from 5 to 1, go all the way back to a time when you felt the most relaxed, calm, peaceful and serene . . .”

(Counting is also a useful way to make transitions between ideas and suggestions.)

“On a count of 1 to 5, come all the way back to . . .”

2 - Number Loss / Number Drop

“When I lift your hand and drop it, I want the number between the numbers ____ and the number ____ to disappear from your mind. You'll find that it will drop out as I drop the hand. Now when you try to think of the number between the number ____ and the number ____ it just goes further and further away. You can't find it at all. Try it and find that's just what happens. It's gone completely let it be gone completely.”

(Drop hand again, and bring the number back and ask the client:)

“What happened to that number? Where did that number go?”

3 - Silence

(The pause between suggestions enhance the response. A minute or several minutes of silence can serve as an excellent tool to send the subject deeper. When giving the subject suggestions to visualize, the subject has much greater response rate when the suggestions are paced with enough space to create the picture you are painting with your words. Also, the suggestion):

“Until I touch you again, you will continue to go deeper and deeper into relaxation.”

(When working with groups:)

“Until I _____ *(touch you on the shoulder/wrist/hand/forehead)* again, you will continue to go deeper and deeper into relaxation paying no attention to my voice.”

4 - Fractionation

”In a moment I'm going to ask you to open your eyes and let me look at them. Each and every time you open and close the eyes, you go deeper into the knowing, perhaps even deeper into the understanding of self and others. When I ask you to open your eyes, open them and keep them open until I ask you to close them. When you close them, you'll go deeper into the relaxation. Want that to happen, watch it happen, allow it to happen. Now open your eyes, take a good deep breath and as you exhale, close them, going deeper still. Now open your eyes, again, and as you close them, again, go ten times deeper.”

5 - Truisms

(Bring the subject's attention to things that are happening. The sound of the breathing, the background sounds, their body movements, and do it using their

language.)

6 - Verbal Feedback

(Repeat the subject's responses.)

7 - Non-verbal Feedback / Mirroring

(Follow the subject's body posture and movements, blink and breathing rate, voice quality and speed, with your own. Cross your legs after they cross theirs. If you observe incongruence, such as saying yes and shaking head no, or say negative things while smiling, and mirror that behavior back, the subject may seek to clarify the incongruence without conscious recognition of why he or she has begun to discuss this particular aspect of life. Effective mirroring helps you bring the subject's attention to what you perceive about him or her, which may or may not match his or her self-image.)

8 - Compounding

(Use and, as, while, and but to put ideas together into compound thoughts. With practice, you will develop a comfortable patter of zipper words or phrases to help you maintain a relatively steady patter as you shift between thoughts using affirmative words, words of praise and encouragement to inspire and support the subject in his or her hypnotic experimentation.)

9 - Pyramiding

"On the count of 3, open your eyes and your eyes only. When I _____ (*trigger*), the eyes will close and you will go deeper, deeper into droopy drowsy relaxation."

"As I count from one to five, on the number five, your eyes will open, you will tell me what you are experiencing, and when you are ready, you will _____ (*trigger*) and return to this level of relaxation or deeper."

10 - Hallucinations

(Create an image in the mind using the senses: the beach, walking up or down stairs, sailing, in a tunnel or a corridor, sliding, riding in a car or a train or a bike, sliding down a banister, etc.)

11 - Ideomotor and ideosensory suggestions

(Eye catalepsy, arm catalepsy, arm levitation. Sensations of hot or cold or anything affecting any of the senses.)

12 - Indirect Suggestion

(While the subject is hypnotized, or not, direct your suggestions to someone else. Explain what is happening to someone else and explain what is going to happen. This way, the subject receives the suggestions about what they are going to do, indirectly. At this point, many subjects begin to respond, even though the suggestions are not being delivered directly to that individual.)

13 - Placebo

(Give an imaginary drink, pill, or glass of water, and suggestions that the subject will go deeper when ingesting this.)

14 - Breathing

“Listen to the sound of your breathing. It has a very special acoustical sound as it flows in and out of the body. It flows in and out and with every sound, every feeling of breathing, you go deeper, deeper into the knowing.”

(Exhaling)

“Every time you exhale you will automatically sink deeper. Every time you exhale you automatically sink deeper.”

(The Wings of Your Nose)

“To help the breathing muscles function more effectively, notice how your nose moves, or doesn't move when you breathe. In order to enhance your breathing, narrow the nostrils slightly when inhaling and flair them out

when exhaling. You can use your fingers to narrow the nose slightly by pressing on each side of the nose, just above the wings of your nose, as you breath in. As you exhale, release the nose and let it flair.”

(Alternate Nostril Breathing)

The left side of the spinal column (*ida*) is female, the right side of the spinal column (*pingala*) is male (Douglas and Slinger, 1979). Alternating nostrils can affect what form of energy you are utilizing. According to Eastern traditions, when you want to energize, or renew energy, you breathe through the right nostril. This enhances strength. Shut down the left nostril with your finger pressed on the left side. This gives you access to the positive energies only. If you are feeling nervous, tense, worried, breathe from the left, shutting off the flow of air with a finger pressed on the right side of the nose. This restores calm, poise, harmony and self-confidence. For balance, breathing in the one nostril, while holding the other shut, then imagining energy flowing across the base of the spine, releasing the nostril previously held shut to handle the exhalation, and following inhalation, again imagining the energy passing to the other side of the spine after the in breath.

15 - A Disguised Test

(This deepening strategy allows to you test the subject's quality of response. It is used along with the fractionation: eyes opening from a closed relaxed position, and returning to that closed position. When the eyes open, you can observe for increased lacrimation, focused or defocused appearance of the eyes, reddening of the eye whites, and eagerness to return to the state of relaxation with eyes closed. As you do your count from one to three, speaking one and two rather quickly, and pausing between two and three. When you pause, if the subject's eyes open before you say "three", they are not following the suggestions, they are not in trance, they are faking their readiness to relax and respond while maintaining a logical anticipation of the next instruction. Hypnosis is established

when the critical faculty, which is logic, is bypassed. This disguised test is used to "increase mental relaxation" and is an excellent bridge from future to present tense.)

“In a moment, I will count from 1 to 3 (*evenly spaced as if 1 2 3*). On the count of 3, and not before, open your eyes and look at me, noticing how good you feel. Let me take a good look at you and as soon as you notice, notice that feeling of relaxation, as you notice that feeling of relaxation let it grow stronger, spreading through every muscle, cell, tissue and fiber of your being. When you hear this sound _____ (*finger snap/ sleep / hypnosis*), again” or “see me _____ (*stroke my chin / tug my ear / point at you*), your eyes will close back down and you'll go twice as deep into the relaxation as you are right now. Good. Number 1, 2, (*pause*) 3 now open your eyes and look at me. Let me look at you, notice how relaxed you are. Tell me what you are experiencing.”

(Look for the signs, and note what, if any, signs for hypnosis the subject is exhibiting. Give the post hypnotic signal and notice the response. When the eyes close:)

16 - Post Hypnotic

“Notice how much more you are relaxed. Each and every time you practice relaxation you relax deeper and faster than the time before.”