



RELAXATION INDUCTION

Taken in large part from lectures on tape given by Milton H. Erickson M.D.

As you continue to sit there, you will naturally get tired.. The Human body tends to rest itself by shifting its position.. You cross your legs and you uncross them.. You alter your position from time to time.. Your body tires.

Sooner or later you may begin to sense a feeling of fatigue in your legs, or your neck, or perhaps your eyes.....You may begin to sense fatigue..After a while, as you sit there, you probably will get tired of listening to me. You may begin to get tired of listening to me.. You may begin to get tired...And as you get tired of listening to me, you will undoubtedly begin to have some feelings in your body-perhaps in your neck...And as you feel those things more and more clearly, perhaps you will notice a sensation of numbness or fatigue or sleepiness in your foot. Or perhaps you would prefer to have it occur in your hand...

Perhaps you will notice a feeling of tiredness or fatigue or pressure in your foot or in your hand...And as you begin to feel that you are getting sleepy, you may sense your eyelids blinking. They will blink normally, but you may sense them blinking more rapidly-you may.

You may begin to sense a feeling of sleepiness, and you may notice that while your eyelids blink normally, they may blink more rapidly...

While you are getting sleepy, you may begin to feel that you are getting sleepy...and while you are getting sleepy, perhaps you would like to shift your right hand from the arm of the chair to your lap. Or perhaps you would like to let it remain on the arm of the chair.. And later as you begin to feel yourself going deeper asleep, you may want to move your



left hand, or you may want to let it remain still....Now as you begin to get more and more sleepy..And as you get more a more sleepy, you may notice certain things about your body..You might even forget the feelings in your feet or your hands. You may even do that. You may even do perfectly remarkable things.

There is the blueness of the sky, and you've got darkness around you. There is the blueness of the sky and the brightness of the stars, and you've got darkness around you...As you enter the house you turn on the light. I would be delighted to discuss every innocent thing possible with you and not to mention anything that makes you afraid. Suppose you tell me the things to talk about, and I'll try to avoid those topics that frighten you.

What are the things you think of then??..As you get more and more sleepy, you may notice a numbness or pressure in your legs, in your hands; and your eyes may blink shut. For a moment or two, your eyes may blink shut...but perhaps instead of shutting your eyes, you want them only a quarter shut...

As you begin to get more and more sleepy, you may wonder about how soundly asleep you can go. And I would like to have you go as soundly asleep as you wish.

And you can probably go as deeply asleep as you really want to go-as you really want to go..