



COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

175 - Hypnotic Induction Using a Crystal

Examples of Scripting - Focusing in class and baseball

The child is in the recliner, looking up at the crystal. You can change the script to fit the suggestions.

Example: Focus and Concentration

- *I want you to look at the crystal* (You can substitute anything else that will hold their attention and then manipulate the script to fit what you are using).
- Continue the script.
- *Your eyes are blinking more because they are becoming heavier and heavier and soon it will feel very good to close them.*
- *Now you are getting even more relaxed.* (Touch their forehead in a gentle, circular motion) *Each and every time I do this, you become very very relaxed.*
- *Before you become totally relaxed, I'd like your left hand.* (Ask him to hold his arm out straight and place the crystal in his hand so that the chain dangles down through his fingers).
- *I want you to look at the crystal and as you look at the crystal, I want you to use your imagination. We already know –* (Give them a positive suggestion about what you are working on).
- *But your imagination is so great that the crystal gets heavier and heavy. Just imagine the crystal is very heavy as it gets heavier and heavier, your eyes become heavier and heavier.*
- *As your eyes get heavier and heavier, your arm gets heavy too.*
- *You already know that, because you can feel it. As the eyes get heavier, your hand gets heavier. Can you feel the heaviness?*



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- *But the crystal becomes stronger and as it becomes heavier and heavier, your hand and arm is getting heavier and heavier and you can feel your hand and arm dropping down, further and further down, as your breathing becomes deeper.*
- *The eyes begin to blink even more. You are very strong and your imagination is very strong. As you imagine the crystal becoming heavier and heavier, your eyes are becoming sleepier and sleepier as your arm becomes heavier and heavier. Relaxing even more.*
- *I am going to take the crystal from you now. Touch their forehead in a gentle circular motion. Close your eyes now going deep asleep.*
- *Each and every time that I do touch your forehead, you become very relaxed and sleepy.*
- *Your hands are loose and limp now. Going deeper asleep.*
- *We are going to use your mind because you know you have a very strong mind. You have a very strong imagination.*
- *I am going to give you a magical word, called your Restful Alert Key. Adjust the key word to the age of the child. It might be happy or relax. Whenever you think this magical, special word, you relax and become very calm. Do you know what happens when you are calm and relaxed? You find that everything is easier. You smile more. You feel happy. You listen and then you speak.*
- *I am going to give you another special magical word. Do you know what it means when you are completely focused? Think focus. You become completely focused and you concentrate. When you use these two words together, they become very strong and powerful making you in control.*
- *Remember a time when you were playing a game and you were so focused on it. You paid complete attention to it, and maybe when someone talked to you, you did not even want to stop playing. Do you remember that?*
- *You just realize you are not playing that game. You are listening to your teacher and you ignore all the distractions around you.*



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- *Think your special word Focus now. Every time you think focus you become completely focused, paying complete attention to what your teacher is saying, or to your studies.*
- *When you imagined the crystal getting heavy, you began to feel your hand and arm becoming very heavy did you not? That is because your mind and imagination is strong. Your mind is so strong that, whenever you think focus, you become completely focused on what you are learning in class. You ignore all distractions around you, focusing completely on your studies.*
- *Because you pay attention, you understand everything you study and learn. You are very smart and you love to learn and understand. Things that were difficult for you in the past are easy for you now.*
- *Raise your voice just a little. From the moment you walk into the classroom and sit down at your desk, you automatically become very focused on your studies.*
- *Continue to give suggestions for the situation.*