

Eye-Roll Induction (Elicitation)

One *Roll the eyes up as if you're looking out the top of your head*

Two *With the eyes rolled up, slowly close the lids, take in a deep breath, and hold*

Three *Relax the eyes, release the breath, and imagine yourself floating down... there will be something warm and welcome about this sense of floating downward*

Deepening Techniques

Increasing Support

And now as you find yourself settling into the chair, notice the sensations of the body making contact with the chair and the chair making contact with the body...

Notice how securely the floor holds and supports the feet and chair...and the chair holds and supports the body...

And as you appreciate how securely the chair holds and supports the body, notice how you can relax into that support as you come to experience it more fully in some way...

Breath-Focus

Now, notice how the body breathes by itself...just allow it to breathe on its own and observe the rise of the breath as the body breathes in...and the fall of the breath as the body breathes out...

Now...As the breath switches over from the rise of the inhalation to the fall of the exhalation, notice the welcome sense of release that occurs...with each exhale the body releasing more and more stress...tensions...and negative energies as it fills with a welcome sense of comfort and soothing...

Body Scan

And with the exhale and that welcome sense of release, put a gentle intension on loosening and relaxing the muscles of the body beginning with those of the lower body, legs, and feet...and notice how the sensations there change in some way...

And as the muscles of the lower body continue to loosen and relax on their own...as the body exhales put a gentle intention on loosening and relaxing the muscles of the back and shoulder, and the arms and hands, again noticing how the sensations there change as the muscles loosen and relax... relaxing now the muscles of the chest and abdomen, waist and hips... along with the muscles of the shoulders and neck, scalp and forehead, eyes, cheeks, lips, and jaw...allowing the teeth to part and perhaps the lips as the jaw settles into a comfortable position of rest...

Soothing Light Imagery

Notice now that radiating down from above is a light of some particularly soothing color...and as that color becomes clear to you, you can describe it _____... Yes, and as that soothing (state color) light fills the room and surrounds the body, notice how it feels as it makes contact with the surface of the body...and as the body breathes in, it draws in this soothing color more and more...notice how the sensations in the body change as it fills with this soothing color...

Waves of relaxation

Notice also that radiating down from above are waves of relaxation...Waves of relaxation that fill the room and surround the body... notice how the waves of relaxation feel as they make contact with the surface body ... comforting and soothing the body more and more ... notice now how the waves of relaxation flow into the top of the head and how the sensations there change in some way ... wave after wave of soothing relaxation flowing down one after another ... gently pulsing through the body... flowing from the top of the head and face, down into the torso, arms and hand, and the legs and feet ... wave after wave of soothing deep relaxation just flowing down... gently pulsing through the body and along with the exhale, washing away stress and tension as the body fills with deep and soothing feelings of relaxation more and more ... wave after wave gently pulsing through the body... washing away all that's unwanted and unhelpful...comforting and soothing mind and body more and more

Safe Place Imagery

And now you'll find yourself settling into a safe and protected space or place... a totally safe and protected space or place that is just right for you... and as this space or place becomes clear to you, words will come to mind to describe just where you find yourself to be _____... and as you settle into this _____, you'll find your attention drawn to some aspect of this scene that makes you particularly aware of just how safe it is to be there... and as this becomes clear to you, you can describe what you noticed _____... yes, and as you appreciate _____ and the more time you spend there, the safer you'll come to feel...

Time Expansion (for generalization and maintenance)

And now although only a few minutes of clock time will pass, it will seem much longer... Long enough for these feelings of _____ to grow stronger and clearer, becoming so familiar that they will remain with you and continue to grow stronger as time passes...

Reorienting / Realerting

And as you experience this welcome state of (trance and comfort) to your satisfaction, you'll find that you no longer need to imagine anything in particular to maintain this pleasant state... that all these welcome feelings will remain with you as you focus on your current surroundings...as you notice how securely the chair holds and supports your body... and as you return yourself to you fully alert state at a pace that is just right for you...appreciating your present location...feeling how securely the chair supports the body...and when the eyes open, that will be your way of indicating that you're fully alert...the mind refreshed, clear, and ready to learn!