

Many people have emailed me about this so here it is. I attached research connected to this induction. It was researched for use with ADD but is very effective to use with all goals, focus and learning issues. I hope that you find it useful.

Instant Alert Hypnosis Induction

Courtesy of: Zoilita Grant

(You as the Hypnotherapist say the following words):

Focus on my words and voice. Now follow my words as you move your eyes upward. As you do, turn your eyeballs as far up as you can... looking at the very top of your forehead. Allowing your eyes to stretch as far up as they can. Pretty soon they will get very tired and when they do... that's good... let your eyes get tired now, and they will want to blink... that's good... let them blink now... very good. Now keeping your eyeballs stretched up, lower your eyelids down... that's good. Keeping the eyeballs stretched up for just a moment now, roll them gently down and go into... Instant Alert Hypnosis... that's good!! Now in this special state of alertness you are confident and calm and learn faster and easier than ever before. You learn...(create a visualization of the goal be accomplished)
(Define the goal as a learned activity....use to direct suggestions to reinforce the goal