

Direct Gaze Method

written by Scrips | March 18, 2019

This process is the direct gaze induction technique. This is the most powerful technique of all, and also the most difficult to use because you have to express perfect confidence. If you have any doubt, hesitation, or fear, it will show in your eyes; the subject will read it and it will inhibit their response.

If the subject is standing, you say to them, "all right, I want you to fix your eyes right here." Take the index finger of your right hand and bring it up under your right eye. If they're seated, or lying down on their back, say exactly the same thing.

When you're looking the subject in the eye, it is important for you not to blink. Narrow your eyes slightly, enough to keep your eyeballs from drying out. Time your counting in response to what you see happening in the subject's eyes. If you don't see any response, stretch out the suggestions. (Ex. Five – eyelids heavy, droopy, drowsy and sleepy, your eyelids feel so heavy. Four – your heavy lids begin to feel as though they're getting ready to close. Three – the very next time ...) The moment you see the subject beginning to blink, pick up the tempo and say 'and now they begin closing, closing ...

Spoken to the subject

Now I want you to look right here. Don't take your eyes from mine. Don't move or speak or nod your head or say "uh-huh" unless I ask you to. I know that you hear and understand me just as you know it. If you follow my simple instructions, there is nothing in this world that can keep you from entering into a very deep and pleasant state of hypnosis, and doing it in just a fraction of a second.

Now, take a deep breath and fill up your lungs. (Take a deep breath and take your right hand and move it in an upward motion in the air). Now exhale. (Bring hand down as they exhale) that's fine. Now a second and deeper breath. (Bring hand up) exhale. (Bring hand down) relax. Now a third deep breath. (Bring hand up) exhale. (Bring hand down)

(Note: the following sections are for performing therapy)

(Raise your hand up over their head, about three feet in front of them, two feet above their head, pointing finger) and now, I'm going to count from five down to one. As I do, your eyelids grow heavy, droopy, drowsy and sleepy. By the time I reach the count of one, they close right down and you go deep in hypnotic slumber.

Deeper than ever before. All right, five (start moving finger down) – eyelids heavy, droopy, drowsy and sleepy. Four (moving finger down) – those heavy lids feel ready to close. Three (moving finger down) – the next time you blink that is hypnosis coming on you then. Two (moving finger down) – they begin closing, closing, closing, closing, closing, closing, closing, closing them, close them, close them.

They're closing, closing, closing, closing .. One

(Place right hand behind subjects head at base of skull. Grasp subjects left arm at elbow. With a sudden forward pulling movement of the right hand, say) sleep now.

(Use a deepening technique and test subject)