

Trance – Reinduction

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A technique to assist the hypnotist to put the subject into a trance more easily.

SPOKEN TO THE SUBJECT

I am going to give you a signal so you can enter into hypnosis more easily.

I am going to count from one to three. At the count of three, you will open your eyes, remaining deeply relaxed.

When I say “Sleep now” and snap my fingers, that will be the signal for your eyelids to close down and you will go deeper into hypnosis.

All right. One. Two. Three. Open your eyes. *(Snap finger)*

Sleep Now! Close them down and go deeper asleep. *(Repeat both several times)*