Hypnotic Induction

(1) Posture Preparation Now, please find a comfortable seated position that allows you to relax fully. Rest your hands gently in your lap. Close your eyes and focus solely on my soothing voice. Take slow, easy breaths, allowing your body to settle into this state of relaxation.

(2) Mental State Induction As you listen to my words, you will gradually enter a peaceful state of hypnosis. Your willingness to be here today indicates your desire to experience all that this hypnotic journey offers. Hypnosis is a natural process, and all you need to do is follow my guidance and concentrate on my words.

Relaxation will come effortlessly as you embrace the ideas I present. There's nothing to fear; this experience is entirely safe and comfortable. If your thoughts wander, that's alright; simply refocus on my words, and you will easily slip deeper into hypnosis.

As you think of relaxing, your muscles will begin to relax. Starting with your right foot, relax the muscles of your right leg. Now the muscles of your left leg. Just relax all over. Relax your right hand... your forearm... upper arm... and shoulder.... That's right. Now your left hand.... and forearm.... and upper arm.... and shoulder. Relax your neck and chest. More and more relaxed.... completely relaxed

(3) Reinforcement With each passing moment, you'll feel your body becoming deeply at ease, comfortably sinking into the chair. A pleasant feeling of heaviness and comfort will flow through your legs, hands, and arms, enveloping your entire being. You are now deeply relaxed, and with every word I utter, you will feel even more tranquil.

As I count, you will feel yourself going down further and further into a deeply relaxed, a deeply hypnotized state, but you will be able to do all sorts of things I ask you to do without waking up... One... you are going to become more deeply relaxed and hypnotized... Two... down, down deeper, and deeper... Three... Four... you are sinking deeper and deeper into hypnosis. Nothing will disturb you... five... six... although deeply hypnotized, you can hear me clearly. You will always hear me distinctly no matter how deeply hypnotized you become... Seven... Eight... deeply hypnotized. Nothing will disturb you. You are going to experience many things that I will tell you to experience... Nine... Ten. Deeply hypnotized now! You will remain hypnotized until I tell you otherwise. You will wish to remain relaxed and hypnotized and to have the experiences I describe to you

(4) Preparation for Upcoming Task Although deeply relaxed and hypnotized, you will retain the ability to write, move, and open your eyes, all while remaining undisturbed and just as comfortable. You are in complete control of your experience.

Now, as we return to the visual illusion tasks, keep this relaxed state easily accessible. Pay closer attention to the elements that bias the illusion. Just as you've chosen to embrace this relaxation, you can effortlessly choose to ignore the red components in the tasks, focusing instead on the black elements. This process will be simple and stress-free, and if your focus drifts, you can easily return to this state by re-centering your attention on my voice.

(5) State Exit I'll now leave you to continue with the visual illusion tasks, but before that, let's reinforce this hypnotic state. Remember, drifting in and out is natural, and returning to this relaxed state is just as easy as drifting away. Now, I'll count from one to five. When I reach five, you can open your eyes and continue with the tasks, maintaining this state of deep relaxation, while effortlessly ignoring any red components you encounter.

One... take a deep breath... Two... feeling more refreshed and aware... Three... a sense of calmness surrounding you... Four... becoming more alert and ready to proceed... Five... open your eyes and continue, feeling relaxed and focused.