INSTANT INDUCTIONS

POST-HYPNOTIC SUGGESTION INDUCTION
Trigger Word: “Sleep”

The idea behind this induction is to have a one word induction to use to hypnotize a subject who you have hypnotized before. Theoretically, any word can be used as the word used to trigger a hypnotic state in the subject; the most common word used is “Sleep,” but other words can be used – such as “Bang,” “Boom,” “Shazzam,” etc. A short phrase may also be used, such as “Sleep ... Now!” or “1, 2, 3, Sleep!”

INSTALLING THE POST-HYPNOTIC SUGGESTION

While the subject is in a somnambulistic (deep hypnotic) state, tell the subject:

“From now on, whenever I, or anyone else you've agreed to do hypnosis with, say the word “Sleep” you will immediately return to this deep state of hypnosis, or even deeper. When I say the word “Sleep” you will find yourself instantly back in this wonderful, deeply relaxed hypnotic state. You will respond instantly and automatically whenever I, or anyone else you've consciously agreed to do hypnosis with, say the word 'Sleep' ... automatically and instantly in a deep, deep, hypnotic state, as deep or deeper than you are right now. When you are already in hypnosis, each time you hear me say 'Sleep' you will go deeper into hypnosis. 'Sleep' ... deeper and deeper ... 'Sleep’ ... deeper and deeper and deeper relaxed. When you hear me, or anyone else you've agreed to do hypnosis with, say the word 'Sleep' you will instantly be in a deep, deep, deeply relaxed hypnotic state. When you are not hypnotized, each time you hear me, or anyone else you've agreed to do hypnosis with, say 'Sleep' you will instantly be back in a deep hypnotic state. ... Nod your head if you understand. … Very good.” If the subject doesn't indicate they understand, ask them to explain and go on from there.

Optional:

1. Hide the suggestion from the subject's conscious mind. “You will keep this a secret from your conscious mind.”
2. Practice using the trigger word while the subject is in hypnosis by having the subject imagine they are out of hypnosis and then using the trigger word.

STRENGTHING THE POST-HYPNOTIC SUGGESTION BY USING THE TRIGGER WORD.

Emerge the subject from hypnosis, talk with them a bit, then say the trigger word. If the post-hypnotic suggestion is acted on the subject will go into hypnosis. Do this several times to strengthen the post-hypnotic suggestion and to deepen the hypnosis. If the post-hypnotic suggestion is not acted on, induce hypnosis again and go over the post-hypnotic suggestion. Repeat as necessary.

USING THE TRIGGER WORD AS AN INDUCTION

After getting the subject's permission to do hypnosis with you, say the word “SLEEP.” You may want to expand it to something like: “Listen carefully ... SLEEP.”