



The Dr. Flowers Hypnosis Induction Richard Nongard Transcript

“Pick a point on the far wall where you can focus your attention. Got it? Perfect. Now, bring all of your attention to that spot.”

“It is easy to enter a state of hypnosis, and one way to do that is to induce eye fatigue. Many people who go through the simple process I am going to guide you through, find going into deep trance quickly is the result. Deep trance will simply feel like a state of relaxation in both mind and body. You will be able to still hear my voice. Hypnosis is not a state of unconsciousness, but rather a state of dreamy relaxation where the mind is open to new experiences.”

“Are you ready?”

“I am going to count backwards from 20 to one.”

“With each number open the eyes between numbers, and close them again when I count a number.”

“For example: 20 close – open, 19 close – open, 18 close- open”

“perfect. Let’s begin. “

20 19 18

Notice now how you have become absorbed in this process, pushing aside any distractions. Drop your chin towards your chest, allowing your shoulders and back to relax.

17 16 15

Notice the sense of relaxation, and how it becomes more and more difficult to open the eyes

14 13 12

And anytime it becomes preferable to keep the eyes closed, keep them closed, only imagining that you are opening them.

11 10 9

Perfect. And although you can hear my voice, you are very relaxed, never asleep but deeply relaxed

8 7 6

Letting go of any stress completely, accessing that part of the mind where creativity, intuition and thought is formed...letting any remaining stress disappear from your body.

5 4 3 2 1

Completely relaxed in mind and body....