

Dave Elman Method

Gil Boyne Version (Two-Finger Technique)

Spoken to the subject

For the moment, rest your arms limply on your thighs, just like this (demonstrate position to subject). Now I want you to look out here at my hand. In a moment I'm going to bring my hand up in front of your eyes like this.

(Demonstrate bringing index and middle finger of right hand, in a pointing V position, to a position just above their eyebrows) When I do, I'll pass my hand down in front of your eye. Keep your eyes fixed on my fingers.

As I pass my hand down, let your eyelids close down. (Bring hand straight down, one finger moving down over each eye)

(Move fingers to a pointing V position just above eyebrows so they have to look up at an angle to see fingertips) All right, now fix your eyes on my fingers. Now I'm passing my hand down in front of your eyes, and as I do, let your eyelids close down. (Move hand straight down, one finger moving down over each eye)

Now your eyelids are closed down. I want you to relax every tiny muscle and nerve in and around your eyelids. I want you to relax them so much that they wouldn't work even if you wanted them to.

Now, when you know that you've relaxed them that much that they wouldn't work even if you wanted them to, test them; you'll see you've been completely successful. Now, relax them so much that they wouldn't work even if you wanted them to. Now test them; you'll see you've been completely successful. (If they open their eyes, tell them to relax them again, this time more completely and test again. If they don't open their eyes, pause three seconds and continue).

All right, that's fine. Now, stop trying and just relax and go deeper now. Now I'm going to raise your hand. I will do it by grasping your right thumb in my fingers like this. (Grasp thumb between thumb and index finger -- make sure you grasp the correct thumb) As I lift your hand, just let it hang limply in my fingers (Optional: slightly rock arm back and forth)

Then, when I drop it, let it drop like a wet, limp rag. When your hand touches your body, as it drops, send a wave or relaxation from the top of your head all the way down to the tips of your toes. That will double your present level of relaxation.

(Lift hand, optionally rocking it) Now, I'm raising your hand. That's it, let it hang limply. That's good. Now, when I drop it, let it drop like a limp, wet rag, and as it touches your body, send a wave of relaxation from the top of your head to the tip of your toes. (Drop hand) That's good.

Now, we'll do that again with the left hand. Now I'm going to pick up your left hand, and as I take your thumb, just let it hang limply. (Optional: slightly rock arm back and forth) That's good; now you're getting the idea. When I drop it, let it drop like a wet, limp rag. When it touches your body, send another wave or relaxation from the top of your head to the tips of your toes and double your present level of relaxation. (Drop hand) That's good.

Now, your body is relaxed and I'm going to show you how to relax your mind. Listen very carefully. The next time I touch your forehead, I want you to begin counting from one hundred backward in this way: One hundred, deeper asleep. Ninety-nine, deeper asleep. Ninety-eight, deeper asleep, and so on. After counting just a few numbers, by the time you reach ninety-seven, or ninety-six, or maybe, at the most, ninety-five, you will find those numbers disappearing. You will find your mind has become so relaxed that you'll just relax them out of your mind.

All right, get ready now, three, two, one. (Tap subject on forehead) Begin counting. (Listen to them count down. Based upon the rate of speed, you may say the following statement) Good, slow them down now. (After each count, say one of the following) good/fine. (After the count of ninety-seven say) Start relaxing them out of your mind. (After several more counts, based on how the subject is performing, say) Let them relax out of your mind right now. (After another count) Let them fade away completely.

(After subject has stopped counting, continue with) That's fine, You've relaxed your body; you've relaxed your mind; you've gone into a much deeper state of hypnosis.

(Use a deepening technique and test subject)