

Awakening Process

The awakening is very important for a number of reasons:

1. You don't want the client to stay in hypnosis any longer than necessary as time is money!
2. The client is left feeling alert, refreshed, confident and ready to continue with life outside your therapy room.
3. You can make sure the client is fully awake before they leave.

Conditioning Awaken

Used during fractionation, to waken the subject and check the installation of a post hypnotic suggestion before putting them back into trance

Post Treatment awaken

Used to end the client session, or at the end of a performance or demonstration

Example Final Wake Up Procedure

"In a moment I'm going to count from 1 to 10 and on the count of 10 you will be completely wide awake. All the suggestions I have given you are for your benefit and your unconscious mind will act on those suggestions as you know they are beneficial to you and will allow you to achieve your desired outcome.

You will not respond to any hypnotic commands or suggestions from anyone else, and all suggestions of sleep will be cancelled from your mind once you leave this room.

You will feel better than you did when you came here today, and as you begin to feel better with each number, you will feel more and more refreshed and confident in what you have achieved.

Most of all, you will be wide-awake, full of energy and 100% normal in every way. 1, 2, 3, lighter and brighter. 4,5,6, coming up out of it now and beginning to breathe more normally, 7, almost as though your eyes are being washed by pure spring water. 8, feeling full of energy and optimism 9, full alertness and consciousness now returning and on 10 your wide awake, wakey wakey rise and shine!"