

## Milton Pattern Induction Examples

As you sit back and **begin to feel comfortably relaxed** (Embedded command), I would like you to **let those eyes gently close**...that's right...recognising that with those eyes closed you can begin **go inside very pleasantly**, accessing memories, past experiences or other meaningful events, times gone by when **you feel good**... Now in a moment, I'd like you to take two deep, refreshing breaths and as you release that second breath you can **drift even more deeply** into a satisfying a pleasant state of relaxation...that's right...taking those deep refreshing breaths and **drifting even more deeply**...and as you **continue to drift deeply**...I don't know whether **you will become more fully absorbed** with the sound of my voice or whether it will be with the spaces between my words...that's right...mmm...that's right...now...as the conscious part of you drifts and dreams the unconscious part of you can pay all of it's attention to everything that is important to help you to...(overcome that problem - word in a positive phrase of what is wanted as an embedded command)...that's right...(then move on to working on the problem based on your skill, experience, capabilities etc - never work on something that is beyond your skills or training, then end with giving them some time to integrate all the new learnings (maybe as much as 20-30 minutes) then either suggest they exit trance when their unconscious knows it has done all the necessary work, or have them give you a sign, then guide them out of trance. I prefer to have the client come out themselves)

This induction has similarities with the first induction

As you sit back and begin to **feel comfortably relaxed**, (embedded command) you can **let those eyes gently close** (embedded command)...that's right (confirmation that the client is doing the right thing and that it is working)...recognising that with those eyes closed you can **go inside very pleasantly**, (embedded command) accessing memories, past experiences or other meaningful events, or times gone by when you felt good (vague comments that sound specific so that any answer in the clients mind is correct)... Now, you can **take two deep, refreshing breaths** (embedded command) and as you release that second breath you can **drift even more deeply** (embedded command) into a satisfying a pleasant state of relaxation (vague language that allows the client to create their own experience to fit the situation)...and as you do you can wonder what it will feel like (implying success, that this will happen, without saying it directly)...and I wonder if you will notice your breathing relaxing first or if it will be the muscles in your shoulders that you notice relaxing first...you can be curious to discover how that relaxation will spread around your body (statements that cover all options of how the client can go into a trance that ask for the client to observe what happens not to do anything)...I wonder what pleasant thought or feeling you can let come to mind for you to **enjoy and relax** to as a part of you continues to listen to me (more vague comments that lead to any response being correct, and embedded command)...that's right...(then be quiet a minute before moving on to the therapeutic part, then bringing them out of trance - or having them bring themselves out)

Induction for inducing arm levitation. When you mispronounce words keep moving forwards so that the listener doesn't have time to analyse what you have said. By doing it this way you are not asking for arm levitation directly so if the induction isn't

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suitable for creating arm levitation in the person you are working with then you can just utilise the clock idea in the therapy, like 'and as a clock you can control time and take time to go back to that event and watch it happen fast/slow/etc...' You want to observe the client so that as you plant ideas you watch to see the response and tailor the induction speed and delivery to the client.

As you take some time to **relax** (embedded command)... you can let time stand still... like a clock stopping giving you all the time in the world... a clock can be stuck at quarter to three (hands at 9 & 3 representing real hands resting on the lap)... showing on the face with the motor behind being in control of those hands (metaphor for the mind controlling the arms)... whether they should be **left stuck** (embedded command) or **raise right up** (embedded command) to the twelve (clock metaphor for arm to raise all the way up)... and **your unconscious** (embedded command)... mind gets the right idea leaving that left behind (vague language, the unconscious mind will understand what it means)... **rising right up** honestly and effortlessly in front of you as that motor **move that right arm** (embedded command and metaphor to raise the right arm up)... as the other arm is **left stuck right there** at the 9 (embedded command & metaphor that the unconscious mind will understand)... as you can notice yourself walking **right arm up** (changing words (on – arm) & embedded command) to the clock you can become the clock ...that's right... and **the right hand can continue moving up** to the 12 even faster... as the wrong hand is left where it is.....that's right...and you can be curious how deep you will **go into a trance** with each outbreath...(then as above, move on to the internal work)

In this induction, look intently at the clients had with them and be in a state of curiosity with the client. If you notice ANY movement in the hand acknowledge it (say something like 'that's right') and then continue the script but adapt it to that new information so that it is now about 'how will that movement continue and spread..' You can say this induction quite slowly and in a hypnotic voice...

As you look at your hands I wonder whether you will notice the movement that will occur as you enter into hypnosis? Will the movement be small twitches or larger movements... or will it be a lifting or sliding... or pushing down... or will it seem to go unnoticed... and seem to be incredibly still... and will that movement be in the left hand... or the right hand... or both hands...and I wonder whether it will start in a finger... or in the palm of a hand... or perhaps in the back of a hand...or if the movement will start from elsewhere in an arm to create that movement...you can be curious to discover how your unconscious expresses your own unique way of entering into a state of hypnosis...and as you continue to enter a comfortable trance looking at that hand I wonder whether the eyes will blink a few times before staying shut, or whether they will just shut automatically...or you will continue to become deeper absorbed in a trance with the eyes wide open...and as you enter a trance honestly, comfortably and effortlessly in your own unique way I wonder what it will feel like for you...maybe it will feel like when you are in a normal wakeful state... or maybe like when you are drifting off to sleep at night or that daydreamy feeling people get before they wake up some mornings...or maybe it will feel like when you are absorbed in an activity you enjoy...or maybe it will feel like a totally new and exciting experience...(give some silence to allow them to become absorbed fully)...and as you continue to become absorbed my voice can go with you and be a

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comfortable part of your experience...(then as above move on to the therapeutic part and the exiting trance part)

An induction to manage stress etc created by social interactions and by what people say (like problems with a boss that is always 'having a go at the person', etc)

OK, now just take a moment to get comfortable and close your eyes...Now with your eyes closed just get a sense of going on a relaxing walk in your favourite place...and you can be curious where this walk will take you...and as you wander along wondering where the wandering will take you, you can wonder what else you will discover as I talk to ...**your unconscious** (a command to be unconscious/in trance)...mind, it is your right to decide whether your right (correct or right) hand will lift up or your left hand will lift up, and you know which hand is right (correct or right) and the right (correct or right) hand can lift while the wrong hand will be left ...(left hand is wrong/wrong hand will stay where it is) where it is, or you can decide to go so deep into a trance that both hands just remain relaxed where they are... and you came here today and noticed that it is a nice day for a change (good outside, good day to change - obviously only say if it is)...not like the other day where the weather just makes you wonder whether ...it is worth the change (command that it is worth changing and money change) ... you spend on tents (tense) when it takes all that effort to put them up and tents (tense) come down so easily and effortlessly, and you can take the tents (tense) down in so many ways it's impossible not to be able to take the tents (tense) down...and as you glisten (listen - Commonly used by Bandler) up to each word I say and be calm (become) aware of what it is like to wear something different and try on something new and wonder where you'll wear that...in what situations and what contexts...and in a minute you can take an (on) hour (our) ... discussion and the meaning and discoveries you have made and discoveries you don't know that you have made and wander (wonder) through what's new and realise that 70% of discomfort is made up of comfort (discomfort = 10 letters, comfort = 7 letters) and I wonder what that will mean to you the next time someone is mean to you and you take their meaning and pick up what they mean in a new way a way you didn't know you knew...dismissing the dis (common youth term - dissing you - meaning putting you down or being mean to you) and discovering (diss covering - hiding it, blocking it out, diss missing - removing the negative feelings) the comfort in yourself...and you can take some time now to relax and drift deeper as you integrate all of this on an unconscious level...(give a few minutes) and I wonder what your conscious mind will remember about the wandering when you come back from this integrating experience...(give a minute or two) and don't come all the way back out of this trance until your unconscious mind knows you can put all dis (this) behind you and wander back along that walk...back the way you came and only when your unconscious mind is ready will you then decide to open your eyes...

## Describing an experience Induction

Just allow your eyes to close a moment...that's it...you know one of my interests is going on walks through the nearby woods. I'll spend hours just wandering along in my own little world...feeling the breeze on my skin...I...**begin to notice the sound of each footstep**...time seems to just... **slow right down**...and I seem to be able to

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...**notice the smoothness of the movement of my breathing**, of each regular step, of individual sounds from the birds, the rustling of the leaves...noticing the shimmering rays of light...the warmth of the sun on my face...and as I continue walking I...**notice how the breathing begins to relax and deepen all by itself** (say this on the outbreath)...that's it...often I find my...**muscles relaxing**...around my shoulders, arms, neck and face...and it is so effortless to just let my mind wander and resolve any issues I have...and you can just **become absorbed** in your own experience while...**your unconscious** mind can work on (whatever the issue is and stating positively what they want) ...and I'll be here quietly in the background as **your unconscious** mind does that for you now...and will give you some time to **make the necessary changes**...(pause for a while maybe even 20 minutes, judge the pause based on your observations)...and before long it already seems like time to go home...and so I wander back the way I came and find my way all the way back now....and when you feel ready you can just allow the eyes to open and come back to the room...