

Induction with time distortion for ‘Analytical Clients’

No need to think about hypnosis today...No need to think about trance...let's just think about enhancing your subconscious awareness... most everyone can benefit from enhanced awareness...enhancing the power of your mind...perhaps you have noticed when listening to a presentation or a speaker... how you can listen to just one voice...even when surrounded by many sounds...just one voice...your subconscious awareness is working for you...your mind is very powerful...you can...tune out other sounds and other voices...tune in to just the one voice... just like a radio tuned quite clearly into one station...focussed so intently on the speakers voice...your subconscious tuned in so completely to the voice...completely absorbing the information...storing it away for future reference...or perhaps you have noticed how your awareness of time can change...when diving deep down into some engaging task...analysing what has gone up, what is going down...time moves quickly... a minute seems like only a single deep breath...an hour can seem like minutes ... hours go by and become days...days can go by in a daze ...of course even the best jobs sometimes have dull parts...jobs that just make you, want to yawn...tasks that make you let out a sigh... perhaps you begin to watch the clock...time seems to move so slowly...impossibly slowly...almost seems to go backwards...minutes seem like hours...an hour can seem like days and days...but still you focus all your attention...minutes days, days minutes...time still slowing down ...but still you can focus your attention...time going slower...so slow now that time itself almost stops...time in slow motion...your life in slow motion...your mind in slow motion...wandering thoughts...you look at the clock...the hands have barely moved...it hardly seems possible...how can they could move so slowly...how could hands seem to.. just stop...minutes hours making filling your day...days weeks all a daze...odd how a clock has hands but no arms...perhaps the arms would be still

too...and a face with no eyes...maybe the eyes are shut...eyes shut completely tight... odd that you can still hear the ticking of a clock...slow rhythmic ticking... slow regular ticking just like the beat of your heart...slow and rhythmic...steady and sure...like your breathing, regular and steady...how long is a second anyway?...does it feel different when, you're relaxing?...how many heartbeats in a second...when you're relaxing...5?...4?...3? 2?...1?...one second...one heartbeat...one tick of the clock... maybe you can look more deeply into time...one breath...how many seconds? 5?...4?...3?.....look more deeply into your subconscious...when it can change how time feels for you...how much more you can change...time for change...your subconscious can change time...your subconscious can time...changes...changing...adjusting...adapting...refining...it's all in the timing...you have the perfect time...when time can slow for your mind...perfect timing is now...your mind can slow for time...time to listen...time to relax...time to hear my voice...changes can happen all the time...the air you breathe in can be cool...the breath you breathe out will be warm...changed by your body...regular breaths...regular changes...regular relaxation...subtle changes...safe changes...hardly noticed by some...hearing my voice...you notice...my voice...relaxing your mind...feeling comfortable...feeling relaxed...feeling the rhythm of your breaths...hearing the rhythm of my voice...comfortable in subtle changes...subtle movements of air as you breath gently in and out...relaxed when changes happen...comfortable and feeling the rhythm of your heart...perfect timing...perfect for change...perfect time to change comfortably...that time...this time...the rhythm of life changing for you...perfectly...comfortably...safely...now is the time....

Therapeutic suggestion would begin here.