

Fractionation Deepener

Fractionation is a great way to help your client deepen their experience. You're guiding your client in and out of a state of hypnosis, and when you give the instruction to go back into their inward looking state, they tend to go deeper into that state.

There are different ways of doing this but simply asking your client to open their eyes, keeping their gaze soft, and as they close their eyes they double their trance or inward looking state. Another way is to ask a confusing question as they open their eyes.

I've prepared a video which you can find on my YouTube channel.

I've provided a script that you can use until you feel comfortable with the approach, but it's best to learn how to do this without a script.

You would go into a fractionation phase after you have worked through the initial induction.

You're aware now...in one way...or the other...that you are feeling different...from how you felt...just a short while ago...and that difference...has resulted...from the fact that you have allowed...yourself...to focus your mind and attention...on the sound of my voice...

And now...as you remain in that special state...embracing the feelings and sensations you are feeling...I am going to ask you...in a few moments from now...to gently open your eyes...keeping your gaze downwards...and soft...and following my instructions...in this way...is a sign...that you have allowed yourself...to begin to drift...into your own special state...

And now...just gently and softly...and keeping your gaze downwards...allowing your eyes to open...remaining in your special state...

And now...closing your eyes...and as your eyes close...you'll feel yourself drifting...twice as deep now...into your special state...going twice as deeply relaxed...

And repeating that once more... gently and softly...and keeping your gaze downwards...allowing your eyes to open...remaining in your special state...

And now...closing your eyes...and as your eyes close...you'll feel yourself drifting...twice as deep now...into your special state...going twice as deeply relaxed...

And allowing that sense of relaxation...to deepen further...drifting deeper and deeper down...more and more relaxed...and entering a state...where you will be so responsive...to everything you hear and experiencing...allowing your creative...unconscious mind...to take in everything which is useful...and to respond...to everything it experiences and hears...