Text, application

Description automatically generated with medium confidence

As written, the following technique to access creativity suggests where to insert an induction and deepener.

Of course, if you are using this within a broader hypnosis session, there is no need to add an induction. But do add a deepener where indicated, to allow the client to reflect on exactly what creative or intuitive information is sought out in this session.

**Open Yourself to Creativity**

* Lynn Swearingen

Imagination and intuition are keys to creativity. And the subconscious mind is the home to your imagination and your intuition. And … **the key to opening up the subconscious and accessing the creative part of yourself is through relaxation**. **You are now going to learn how to open yourself to creative thoughts and intuition.**

BEGIN INDUCTION – WITHIN THE INDUCTION USE THE FOLLOWING SUGGESTION:

**Repeat to yourself 3 times:**

"I open myself fully to receive creative thoughts and intuition."

After you've repeated the phrase three times, then take a deep breath and relax even more. **Now visualize or think about whatever area it is you would like to use your creativity.** This sends a message to your subconscious mind about the area you want to use your creativity and intuition on.

ADD A DEEPENER HERE WHILE CLIENT CONTEMPLATES THIS AREA

**Take another deep breath and relax**.

CREATE AND BUILD UP THIS VISUALIZATION:

Take a stroll through a beautiful place in nature. Notice a lovely stem … a flower not yet opened … a bud almost ready to bloom. See the unopened bud looking up at the sky … drinking in the warmth of the sun. Notice the stems and leaves reaching up toward the heavens. The bud embracing he healing energy of the sun … the morning dew and an afternoon rain shower … drinking in the moisture. Notice the roots going deep into the ground … pulling up the nutrients of the soil. The young bud embracing all the nourishment of nature … embracing and attracting all the abundant gifts the universe provides. STEP INTO THIS YOUNG BUD … EXPERIENCE THIS FROM THE INSIDE NOW … MERGE AND BECOME THE BUD. Your face looking toward the heavens … your outstretched arms the stems … your feet anchoring and sending roots into the core of the earth. Look up and with arms outstretched embrace the gifts that flow to you.

**I embrace creativity and I feel like water … flowing fluidly … ideas, wisdom, flashes of insight bubbling up within me.**

NOTICE: The flower doesn’t question itself. It doesn’t yet know what color it will be … what kind of flower it will be … it simply embraces its own growth and welcomes a gradual knowing. You now open to what can be … without question … without trying … simply receiving … receiving … **I embrace creativity and I feel like water … flowing fluidly … ideas, wisdom, flashes of insight bubbling up within me.**

**Take another deep breath and relax**.

Now simply BE … **wait for creative thoughts to arise**. It's extremely important not to think thoughts but rather **allow them to come to you … naturally ... easily**. Notice, as you practice this natural permissive state … It may take a few times to get used to simply *allowing* thoughts or images to come up for you … as opposed to your old, outdated method of trying to think new thoughts. **Once you've received creative thoughts from your subconscious, allow yourself to come back to the here and now and simply write them down.** That's it.