



A reliable, elegant go-to induction that works beautifully for non-visualizers, analytical minds, high-control clients, and trauma-sensitive work. It uses attention, sensation, and permissive language—no imagery required.

You can read this slowly, with natural pauses. Don't rush it.

Non-Visualizer Induction Script

Settling

You don't need to imagine anything.

You don't need to see or picture anything at all.

Just allow yourself to notice what is already happening.

And if your mind wanders, that's fine.

Each time you notice it wandering, that noticing itself brings you back.

(pause)

Orientation to Sensation

Begin by noticing the contact between your body and whatever is supporting you.

The points of contact.

The places where your body is already being held.

You don't have to change anything.

Just notice.

(pause)

And as you notice those points of contact, you might become aware of subtle differences—
areas that feel heavier...
areas that feel lighter...
or places that feel neutral.

There's no right way to notice this.

(pause)

Breath Without Control

Now bring a gentle awareness to your breathing.

Not controlling it.

Not changing it.

Just noticing that it's happening on its own.

And you may notice that the body knows exactly how to breathe
without any help from you.

(pause)

You might notice the breath more in one place than another—
the chest,
the belly,
or simply the sense of air moving in and out.

(pause)

Permission to Soften

As you continue to notice the breath,
allow the muscles that don't need to work right now
to begin doing less.

You don't have to relax them.
Just allow them to stop holding.

(pause)

And if some areas don't soften yet,
that's perfectly okay.
They can relax in their own time.

Fractionation (Deepening)

In a moment, I'm going to invite you to notice a very small shift.
Not a big change.
Just a subtle one.

(pause)

Notice what happens

just after an exhale.

(longer pause)

That brief moment where nothing needs to happen.

(pause)

Each time you notice that moment,
the body tends to settle a little more on its own.

Utilizing Analytical Mind

You don't need to stop thinking.

Thoughts can come and go in the background.

You can think of them as mental noise—
not something you need to follow,
just something that passes through while something deeper listens.

(pause)

Internal Focus Shift

And as attention naturally turns inward,
you may begin to notice a difference between
the part of you that is listening

and the part of you that usually stays busy.

You don't need to label that difference.

Just notice it.

(pause)

Trance Confirmation

At some point, people often notice

that time feels a little different...

or that their body feels less effortful...

or that sounds seem farther away.

If you notice any of that, fine.

If you don't, also fine.

Either way, the process is happening.

(pause)

Transition to Therapeutic Work

From here, we can work comfortably

at whatever depth feels right for you.

You don't need to try.

You don't need to make anything happen.

Just continue noticing...

and responding in whatever way feels natural.

(pause)

END OF INDUCTION

Why this works (for you, not the client)

- No demand to visualize
- Uses interoception (body awareness)
- Keeps control with the client
- Bypasses performance anxiety
- Allows trance to deepen organically
- Highly trauma-safe and authority-neutral

This induction also primes the client to accept imagery later if it arises naturally—but never requires it.

Pro tip

Once the client is “in” never switch suddenly to visual language.

If you introduce metaphor later, keep it:

- Sensory (“pressure easing”)
- Mechanical (“adjusting”)
- Conceptual (“allowing space”)