



“The Lantern Keeper” Fractionation Deepener

Tone: slow, curious, slightly mystical but grounded

“Go ahead now... and just allow your eyes to gently close...

...and imagine, just for a moment... that you’re standing at the edge of a quiet path at dusk...

In your hand... you’re holding a small lantern...

This lantern doesn’t light the whole path...

only a few steps ahead...

And in a moment, I’m going to ask you to open your eyes...

that will be like gently lifting the lantern...

seeing just a little more...

And when you close your eyes again...

it’s as if the lantern lowers...

and you drop deeper... into the path... into yourself...”

“Now... gently open your eyes...

just like lifting that lantern... noticing the space around you...

Good...

...and close your eyes again...

and as the lantern lowers... feel yourself step further down that path...

...deeper... more absorbed...”

“Again... open your eyes...

lifting the lantern... just enough to orient...

...and close them...

letting the light dim... as you move further along...

And this time... notice how the path begins to feel softer beneath you...

as if you don't even need to walk...

you're just... being carried...”

“Once more... open your eyes...

just briefly... effortlessly...

...and close them again...

and now the lantern glows from within you...

no longer something you hold...

but something you are...

And as it settles...
you drop twice as deep...
without trying... without effort...”

“Last time now... gently open your eyes...
just a soft awareness...

...and close them...
and this time... there is no path...

no lantern...

just that deep, steady, inward drift...

where your mind knows exactly how to go...”

Why this works

- Uses fractionation (open/close eyes)
- Adds progressive dissociation (lantern → internalized → gone)
- Builds automaticity (“you don’t even need to walk”)
- Engages imagination + kinesthetic deepening
- Ends with removal of structure, allowing natural trance to take over