



Hypnosis Induction Referencing Brainwaves

You can read this slowly to demonstrate trance depth.

Begin Induction

Take a comfortable breath in...
and gently exhale.

And as you settle in...
you may begin noticing the natural rhythm
of your own mind and body.

Right now, your brain is likely in beta ...
the busy thinking state...
planning... analyzing... listening.

And there's nothing to change.

Just notice.

Because as you breathe slowly...
that busy beta activity can begin to soften...
like waves settling on a quiet shore.

And many people naturally drift into alpha...

That relaxed, calm awareness...
where imagination becomes easier...
where learning becomes effortless...
where the subconscious becomes receptive.

You might notice:

- Muscles loosening
- Breathing deepening
- Thoughts slowing

And if it feels comfortable...
you can drift even deeper...

Toward theta...

That dreamy, inward state...
where creativity lives...
where emotions reorganize...
where helpful suggestions take root easily.

Some people experience:

- Floating sensations
- Time distortion
- Gentle imagery
- Deep calm

And deeper still...

there's the quiet restoration of delta...

Where the body knows how to heal...

where the nervous system resets...

where effort disappears completely.

And from these deeper levels...

sometimes insight emerges...

Moments of clarity...

connection... purpose...

Often associated with gamma integration —

when the brain brings everything together.

So, for now...

Just allow whatever level is right for you:

Thinking... relaxing... imagining... restoring... integrating.

Your mind already knows how.

(Pause)

And when you're ready to return...

You can come back to the here and now ... as I count from 1 to 5:

1. Gradually returning to the alertness of beta
2. So calm and relaxed, having traveled through the calm of alpha to the Insight of theta
3. Knowing you can practice entering into these states, dropping more naturally and easier each time you listen to this recording
4. Drifting up and up ... feeling balanced ... aware... and refreshed.
5. Eyes gently opening, fully back to the here and now.