**Online Version of the Elman Induction**

NOTE: the Elman Induction is a System, a Process, not a script. What you see below is “training wheels.” It shows one possible way to execute the Elman system. It also assumes that everything goes perfectly. For many of the ideas embedded in the exact words below, I credit Jason Linett.

**1. PRELIM:** Okay, great. Tell you what, it's a simple process Pick a spot on the wall. Keep your head comfortably floating in a level plane and allow your eyeballs to roll up and look at a spot above your field of vision. And as you look at that spot now, take a deep breath in, hold it <*pause*> and as you exhale now, let your eyelids close on down. Now, I could tell you to go ahead and relax your entire body, but that's not necessary.

**2. SMALL MUSCLE:** Just for right now, go ahead and relax your eyelids, relax those eyelids all the way down to the point where you know they just won't work. And when you know you've got them so relaxed that they just won’t work, go ahead and test them to satisfy yourself that they just won’t work. The more you try to open, they just relax even more. Good, quit testing, relax those eyelids and send that feeling of comfort all the way down across your body, just like a nice wave of relaxation from the top of your head, all the way down to the bottom of your feet.

**DISTRACTIONS:** Of course, today you'll hear sounds in the room people adjusting, people coughing, all these sounds just begin to matter less and less. Today, the sound of my voice can just help to guide you deeper, relaxed, that's right, good.

**3. FRACTIONATION:** This is a process of making suggestions - your mind and body already know what to do. In a moment, I'll ask you to let those eyes open and close back down. In a moment, we’ll have you let your eyes open and close back down. When they open, allow your eyes to focus on that spot that you chose before. When they close this first time, notice how you can **allow yourself to relax maybe as much as 10 times deeper**. Just let those eyes open, focus on that spot <*pause>* let them close, and allow yourself to relax as much as 10 times deeper.

<*pause*> Letting every breath you exhale, letting every word I say help to guide you deeper down. We'll do that a few more times.

On the next one, when they open, allow your eyes to focus on that spot that you chose before. When they close, notice how you can **double the awareness of that chair supporting your body**. Let those eyes open and just close right back on down, double that relaxation so you can feel twice as comfortable, twice as relaxed, twice as confident in your abilities from this point forward.

We'll do this one more time, on this one you can **just let go**, just let those eyes open and focus on that spot and close all the way back down and just go much deeper. Way down. <*pause*> Even deeper. You’re doing great.

**4. LARGE MUSCLE:** Every breath you exhale guiding you further down, as you can bring your awareness to your right hand. Take that right hand. Squeeze your right hand into a fist. Good. Now pick up that right arm. Keep that hand squeezing into a fist. Extend that arm straight out in front of you so that it’s level, so that it’s parallel with the floor, keeping that hand squeezing into that fist. <*this language gives you several points of easily verifiable compliance*>. The arm is so strong. Try to bend it and it only gets more rigid; try to bend it and it only gets stronger. Quit testing. <snap> let it relax back into your lap.

**5. AMNESIA:** And already we have all the physical relaxation we need. So now you can begin to relax yourself mentally. It's easy, in a moment we'll have you begin to count slowly backwards out loud from 100. Today just let every number you say help you to double that mental relaxation. So, by the time you reach 98, maybe even sooner, you can just relax the rest of them away, **as if there is nothing more to count**. Want that to happen, expect that to happen, make that happen. And when they are gone, just notice how good you feel, as you can begin to slowly count backwards out loud from 100 NOW.

**<subject counts>**

Good, now double that mental relaxation. And as they're gone just nod your head.

get ready to let them go

let them go now

**<subject nods>**

Good work. Now, just go much deeper.