

Eye Fixation - Induction

Pick a spot high on the wall in front of you, a spot above your eye line or perhaps on the ceiling and begin to stare at it. And as you do, I'd like you to allow the rest of your body to simply relax. Relax easily and effortlessly as you continue to look at the spot.

And as you do now, allow your entire body to become completely relaxed, very heavy, very relaxed. Allow your body to sink into the support beneath you, feeling your arms, your shoulders, and your legs, just become limp and relaxed, so heavy. As you continue to stare at the spot, begin to become aware of your peripheral vision. Continue staring at the spot and without moving your head, begin to notice things to your left and to your right, feeling more and more relaxed, now.

And as you continue to stare at the spot, your eyes begin to become heavier and heavier, so tired. You continue to stare at the spot above, even though your eyes are feeling heavier and heavier, more and more tired. And as they do, they may even become watery and you may feel the need to blink.

Your eyes begin to want to close, feeling drowsy and sleepy, your eyes become increasingly heavy and tired, just like the rest of your body. Now, in a moment, feeling that you can no longer keep your eyes open, you decide now to allow your eyes to close. And as they do, you can allow your entire body to double the relaxation. Breathing in for just a moment and breathing out, allow the relaxation to double again throughout your entire body. Going deeper and deeper into a wonderful state of relaxation.