

Depth Test - Yardstick

I would like you to use your imagination. Imagine a yardstick if you would ... as you know a yardstick has numbers ranging from 1 to 36. Imagine that the number one represent the least relaxed you could be ... as if you were wide awake and the number 36 represents the deepest that you could be relaxed ... Between 1 and 36 there are many numbers ... one of those numbers best represent exactly how relaxed you are at this present time ... I'd like you to think about how relaxed you are right now, and about which numbers best represents that relaxed feeling ... In just a moment I will ask you to tell me which number it is that you are relaxed at

... So now remaining totally completely relaxed ... tell me, what number are you relaxed at right now? (If they are not relax at a high enough number then do another deepener)