

EXERCISE: Book and Balloon Suggestibility Test

Duration: 5-10 minutes

Equipment: Practice Partner:

Book and Balloon Script Individually, small or large groups

Background

Understanding suggestibility is vital if we are to be able to help produce consistent outcomes. This exercise is usually performed in a group setting as a fun demonstration of varying levels of suggestibility and can be useful for helping you choose the more compliant people to work on for further demonstration in front of a group.

Instructions

With the subject preferably standing (but sitting is OK) say ...

“I’d like you to hold both of your arms stretched out in front of you, with the palms of your hands facing down, at shoulder height.

Now close your eyes, take a deep breath and turn your right hand over so that it is facing palm up.

I’d like you to imagine that I am placing a big, heavy book maybe a large dictionary in your right hand.

Imagine it’s so HEAVY that it’s pulling your right arm down ... getting heavier and heavier, weighing it down and down.

Now imagine I am attaching to your left wrist a large helium balloon that is lifting your left hand upward ... making it feel lighter and lighter. And then another balloon, lifting it higher still, getting lighter and lighter, lifting your left hand upward and upward ... while the HEAVY book on your right hand is weighing down your right hand, DOWN and DOWN, getting heavier and heavier.

Now ... I am placing another, even heavier book on top of the first in your right hand, so your right arm is being weighed down and down even further.

Meanwhile, I am attaching another, even lighter balloon to your left hand, lifting it even more, lifting it even higher, higher.

In fact, the heavier and heavier your right hand feels, the lighter and lighter your left hand feels. And the more your right arm is weighed down, the more your left arm rises up. And the more your left arm lifts up, the more your right arm is weighed down. Those heavy books pushing your right arm down and down.

And those balloons, making your left arm lighter and lighter, lifting it higher and higher.

Now, keeping everything exactly where it is, open your eyes and look at your hands!

EXERCISE: Magnetic Hands Suggestibility Test/Induction

Duration: 5 – 10 mins

Equipment: Practice Partner:

Magnetic Hands Script

Individually, small or large groups

This exercise can be used as a Suggestibility Test or an Induction.

You first explain what you are going to do. Then you take the subject through a 'dry run'. Then you actually perform the test.

In this way you are conditioning the response and building expectation in the subject's mind.

Be sure to watch the explanation and demo videos in the members area.

Instructions:

Step 1 - Explain (ie Run through 1)

"Place your hands out in front of you, like this, palms facing each other ..."

[Demonstrate by placing your hands shoulder width apart, in front of you, palms facing each other]

"I want you to imagine that I am placing an incredibly powerful magnet on the palm of each of your hands"

[If you are physically with an individual, for emphasis you can touch their palms with your fingertip, saying, "Here ... and here" as you do.]

"Now, when I say so, I want you to imagine that the magnets are so strong that they are slowly pulling your hands towards each other ..."

[If you are physically present, you can gently push their palms together, to demonstrate]

“And as your hands get closer and closer, the magnets will pull stronger and stronger ... stronger and stronger, drawing your hands closer and closer together ...

... until when they finally meet and your hands touch ... your hands can fall into your lap ...

[If you are physically present, apply a little pressure on the top of their hands so that they feel a very slight downwards push]

... as your hands fall into your lap, your eyes can close down, your head can relax forward ... and you can go deeper into a nice relaxing state of hypnosis.

Okay?”

“Yes.”

“Good. Now, eyes open, let’s do that again to make sure”

Step 2 - Dry Run/Recap (ie Run through 2) Repeat Step 1 and then say ...

“Good so now you know what to do.”

Step 3 - Perform (ie run through 3)

“Okay... Place your hands out in front of you once again, about shoulder width apart, palms facing each other ... and feel the power of those magnets now ...

“Focusing all of your attention in that space in the middle, between your hands. between the palms, just feel, sense, picture, imagine those magnets beginning to pull your hands together.”

[In your own mind really focus as if there really are two strong magnets and wait for movement in the hands] ...

“.. that’s right. Feel the pull. Just allow it to happen. You can resist if you want to but that is not why you are here.

Really feel sense, picture, imagine the magnets ... and you can just enjoy the relaxation that comes as you allow your hands to move closer and closer together ...

... see your hands coming closer and closer together now [Wait for next movement in the hands]

“... that's right.” [give lots of encouragement].

“And as your hands get closer and closer, the magnets are pulling stronger and stronger ... stronger and stronger, closer and closer ...

... until they finally touch ... your hands fall into your lap ... your eyes close down, your head can relax forward now ... and you go deeper into a nice relaxing state of hypnosis. Sinking down and down, deeper and deeper.”

Once your subject has experienced a few moments of relaxation in this way, you can tell them it is OK to open their eyes and return to normal awareness.

EXERCISE: Magnetic Fingers Suggestibility Test/Induction

Duration: 5-10 minutes

Equipment: Practice Partner:

Background

Magnetic Fingers Script Individually, small or large groups

This is very similar to the Magnetic Hands test, and you can use the same steps and process. The difference is instead of outstretched palms, you have the subject clench their hands together in front of them and stretch out the two index fingers.

The advantage of this method is that it makes use of a physical phenomenon to create the desired effect. All the person really has to do is relax ... and the fingers will naturally begin to move together!

Be sure to watch the demo in the members area.

Instructions

You can do this straight away or have a couple of 'dry runs' to build expectation, as in the Magnetic Hands test.

Script:

“Join your fists together tightly like this [demonstrate] and point your index fingers out in front, about an inch or so apart, like this” [demonstrate].

“Now I want you to imagine I am placing a powerful magnet on the inside of each fingertip ... and when I say so, these powerful magnets are switching on and pulling your fingers together like this ... “

[demonstrate].

“Focus all of your attention in the gap between your fingertips ...

As your fingertips get closer and closer ... the magnets get stronger and stronger

... and your eyes begin to feel heavier and heavier.

Closer and closer, heavier and heavier.

In fact, the moment your fingers touch, your eyes will close down, your head will relax forward, and a wave of relaxation will flow down through your entire body, from the top of your head, to the very tips of your toes.

Your hands and fingers will become, loose, limp and relaxed and fall into your lap, and you will relax into a deep and restful state of hypnosis.

The magnets are on now, so feel the pull as your fingers are getting closer and closer now, and your eyes can begin to feel heavier and heavier ...

... getting ready to relax deeply ...” [Keep encouraging, etc.]

[Then, when the fingers have touched ...]

“That’s good, now just relax ... let your head relax forward and your arms relax into your lap, and go into a deep and restful state of hypnosis.

Just letting go completely now. That’s good”.

Allow the subject a few moments to appreciate the relaxation experience and then ask them to take a deep breath, open their eyes and return to their normal awareness.