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**To begin the hypnosis, use the Arm Drop Induction.** To continue with the hypnosis, follow up with The Deepening method, also explained below.

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### **Part 1: The Arm Drop Induction**

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**Get the subject to sit on a comfy chair (if possible).** Have them sit with their back directly against the back of the chair and their knees together. Make sure that they're not standing up - after hypnotizing them they will relax completely and you will have to catch them!

**Reassure them about the safety of hypnosis, and how it will not hurt or cause any damage to the brain.**



**Take their hand and lay it flat on top of your hand.** Your palms should be touching, and the back of your hand should be on the table, with their hand on top.

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**Tell them to push down on your hand as hard as they can (within reason) while looking at a point on the middle of your forehead.** Make sure that they concentrate as fully as possible on one single point, while still pressing down on your hand.

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**After a few moments, distract them.** Tell them to spell their own name backwards, or sing the alphabet song. As they are switching focuses, you need to do three things very quickly all at once:

- Pull your hand away from under theirs as quickly and smoothly as possible



- Say the word “Sleep!” in a loud voice
- Nudge them backwards slightly, pressing their shoulder with the palm of your hand.



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**They now are in a trance.** Continue to the The Deepening (instructions below)

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### **Part 2: The Deepening**

**The subject should now be crumpled forward in their seat.** They will not stay this way for long, however, so you must perform these steps immediately after the induction.

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**Put your hand on the back of their neck and start rocking their head from side to side.** As you are doing so, repeat phrases such as:

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- "As I rock your head you will go deeper and deeper into a trance."
  - "The more I rock your head the deeper you go, the deeper you go the better you feel, the better you feel the deeper you go ... "

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**Keep repeating the phrases.** If their hands are on their lap, gently remove them, allowing them to flop to you subject's sides. Be sure to reassure them that they are doing well, and quietly whisper for them to continue to relax **Countdowns are essential for complete hypnosis - use the following ones to deepen the relaxation of the subject.**

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- "You are rocking deeper and deeper now. As I count down from 10 to 0 you will feel yourself falling into a deeper and deeper trance. When I reach 0, you will be completely relaxed, and in a deep trance.
  - Or, use this countdown:
    - 10, you feel yourself relaxing,
    - 9, going deeper and deeper,
    - 8, doing excellently, keep going,
    - 7, with each number I say you will be in a deeper trance,
    - 6, deeper, excellent,
    - 5, farther and farther, relax completely now,
    - 4, 3, you're doing well,
    - 2, even farther away from the world,
    - 1, 0. You are now in a deep trance.

### **Part 3: Optional Deepening**

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**Tell them that they are at the top of a large staircase and that they are going to walk slowly down it.** At each floor they descend they get deeper and deeper and more relaxed (just like the count down in the previous method). When they get to the ground floor, there is a door in front of them. Tell them to go through the door, and into a swirling room. Tell them they should allow the room to envelope them, to relax completely and fall into a deeper trance. Tell them that there is the most relaxing chair in the world in it and that they should sit in it and breath deeply, in and out. Tell them that as long as they are in this room they are hypnotised, no matter if they are awake or asleep.



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**At this point it is always good to incorporate a convincer.** Basically, this is a practice that proves to the subject that they are in a state of deep hypnosis. The most common is the eyes. Repeat the following to your subject several times.

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- "Now your eyes are frozen shut. They are so tired and so relaxed that they cannot open. The more you try to open them the more tightly shut they will become."



**Now you invite them to try to open them.** Be sure that you suggest that they WILL NOT open, and imply failure on their part. If all goes well their eyelids should flicker a bit, but not open. If they do happen to open then don't panic - just suggest as confidently as possible that the next time they blink their eyes will be ten times as heavy.

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**Now inform them (be commanding at this point) that when you say the word “sleep” and snap your fingers that they will instantly fall back into a deep state of trance twice as deeply than before.** Tell them that their entire body will go limp, and will relax entirely. Tell them that they will return to the swirling room each time you snap, and that they will relax more deeply each time they return.

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**Now you get to have fun with them.** Once you've decided on what to do you tell them that when you count to three they will be wide awake and \_\_\_\_\_. You can make them do anything you want them to (be sure to read the warnings first!) Be confident at all times and **DO NOT PANIC!**



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**When you're finished, return them to the swirling room.** Tell them that they will soon leave the room, but will still be as relaxed as before. You may want to say the following:

- "You will soon be returning to the world, but will stay relaxed and comfortable. When you awaken, you will be energized, like you've had 10 cups of coffee, but with no side effects. You will feel great, better than before. I am now beginning to count. When I reach 10, you will awaken from your trance. **Whenever I, and ONLY I, snap my fingers, however, you will return to the swirling, relaxing room.** When I awaken you, you will feel great."

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**Begin the countdown now, and, as you continue counting, make your tone of voice less and less soothing.** When you reach ten, wait for a few seconds. If the person does not wake up, **DO NOT panic!** Repeat the above phrases and try it again.

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You can leave out the bold part of the phrases above - if you want to be able to **hypnotize** the person easily in the future, however, leave it in

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