

What you will see is some separation and usually a surprised look on the face of the subject. They sometimes don't feel their arms moving and may be surprised to find separation.

You congratulate your subject for his/her concentration adding the hypnosis involves concentrating the mind while relaxing the body.

Ask if your subject would like to work on some additional experiments with hypnosis.

Test #2

Hypnosis and Balance

For this experiment or test, I want you to again have your subject standing facing you. Tell him to put his feet together and stand straight up. Tell him to close his eyes and tilt his head back as if he were looking up at the ceiling.

He should be standing straight with his head tilted back and eyes closed but pointed toward the ceiling.

What you say next

I want you to imagine that you can look through your closed eyes and visualize a spot on the ceiling above. Imagine that you are staring at that spot. As you are staring at that spot I want you to breathe deeply and relax as you did in the last exercise.

You will begin to feel an urge to start swaying back and forth. You begin to start swaying back and forth. I will be here to catch you if you fall too far backward. You begin to sway back ward into my arms. You are falling back, falling back, and falling backward into my arms.

Note: Repeat three or four times, or until your subject actually falls back into your arms.

You will then find the subject with a very surprised look on his/her face. Again, congratulate your subject on his concentration and tell him its time to go into a deeper state of hypnosis.

If he/she asks what you were doing so far, tell your subject, "These are conditioning exercises to guarantee a good experience with formal hypnosis."