

## **Pre-hypnosis Testing**

I am going to call the following exercises pre-hypnosis testing, but I don't want you to refer to these tests as tests.

They work better when you call them exercises or experiments. All of these tests, exercises or experiments are designed to lead an individual into hypnosis. In fact any of these tests can actually replace the formal hypnotic induction, (which you will learn in the next chapter) when you have the right subject. That is a topic that is discussed more in length in my advanced hypnosis courses.

### **Test #1**

#### **Test of the imagination.**

Tell the subject to stand with his/her feet together and arms outstretched toward you with hands extended and palms facing downward. The subject's arms should be parallel with each other. Tell the subject to look at his outstretched arms and make sure that they are parallel and absolutely level with each other.

#### **What you say next**

Next, cue the subject by telling her, close your eyes down tight....shutting out the light. I am going to count from three down to one. When I reach one, I want you to picture that a heavy weight is tied to your right hand, drawing it down toward the floor. Okay, three....two .....one....

Picture a heavy weight tied to your right hand, drawing it down toward the floor. It gets heavier and heavier and is pulling your hand down toward the floor.

**Note. You should begin to see some movement of the right hand or arm toward the floor. Keep giving those suggestions over and over again until you see some movement.**

#### **What you say next**

Now I want you to picture a balloon filled with helium gas tied to your left wrist, pulling it high up in the air. Your left hand and arm are being pulled up higher and higher up in the air. Your right wrist pulling down...down...down toward the floor and your left wrist lighter...and lighter being pulled up, up, up in the air.

Now open your eyes, and look at your arms!

End