

Omni Hypnosis Training Center®

Designated Certification Instructor Program

Day 2-Lesson 05

Arms Rising and Falling

1. Have participants stand and hold their arms out in front of them and close their eyes.
2. Tell them to turn their hands palms up toward the ceiling.
3. Have them imagine that in their left hand is the handle of a pail filled half way with very wet sand.
4. Have the students imagine a string is tied to their right thumb. On the other end of the string is a huge helium balloon.
5. Alternate suggestions of the right hand being pulled higher and higher, while the left hand is being drawn down; lower and lower, by the excessive weight of the wet sand.
6. After achieving a good response, tell the class to keep their arms where they are and have them open their eyes to notice the subconscious movement due to their imagination.
7. Advise the class, it is not the amount of movement that's important. Any movement indicates a potentially good subject.

Occasionally a participant will have an opposite movement to what is suggested; such as, heavy arm rising, light arm lowering. This indicates the person has a fear of something.