

**Omni Hypnosis Training Center®**  
Designated Certification Instructor Program

Day 2-Lesson 05

**Falling Backwards Test**

**(JERRY'S SNIPPET – FALLING BACKWARDS)**

1. Have a student stand facing you with feet together.
2. Have him/her focus on a spot on the ceiling slightly above him/her.
3. Have the person close his/her eyes.
4. You move behind the person and take a supportive stance.
5. Ask the student to imagine that his/her legs are against a king sized water bed covered with many large, fluffy, feather pillows.
6. Say, "In a moment I will begin making passes with my hands along the side of your head. With each pass feel yourself being drawn back toward the bed. Don't fight it. Let it happen. Don't worry, when you start to fall, I'll stop you after just a few inches."
7. Make your passes at the side of the head with the suggestions of being drawn and falling back.
8. After the student tilts back just a little, push the student back up and have the student open his/her eyes.
9. Discuss the student's feelings, as s/he was falling backwards.

*This test is rarely, if ever, used in a clinical office. It could be dangerous to the client.*