

Omni Hypnosis Training Center®
Designated Certification Instructor Program

Day 2-Lesson 05

The Hands Clasp Test

1. Bring a student to front of class for demonstration. (Can be demonstrated with student standing or seated)
2. Explain that this is a test of the student's ability to imagine and concentrate.
3. Have the student extend his/her arms out. Place palms together, entwine the fingers and press the palms tightly together.
4. Tell him/her: "In a moment I am going to count from one to three. As I do, imagine your palms and fingers are pressing much tighter together and when I reach the count of three, your hands will be so tightly locked, you will not be able to pull them apart.
5. Count 1-2-3, while giving suggestions between each number for the student's hands to grow tighter, becoming locked.
6. After reaching the number 3 say, "Now, try to pull them apart and notice that the harder you try to pull them apart, the tighter they become locked together.
7. After a successful test say, "I'll count from 1 to 3. At the count of 3 your fingers will become loose and limp and your hands will open easily." Count 1-2-3.
8. Do the test with the entire class.
9. Have the class pair off and practice on each other.
10. Bring another student to the front and demonstrate the maternal and paternal approach to the test.