

Drop Object Method

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Good for Hypnotizing A Group

Instructions to hypnotist

This technique can be employed using either a pen, a pencil or a coin. In many cases individuals will have coins but will not have a pen or pencil available to them. It is suggested that the subjects can use either a pen or pencil interchangeably, but if you're using coins, all the subjects should use coins.

Spoken to the subject

(Ask the subject or the group to get a pen, pencil or coin and hold it out in front of the body between the thumb and index finger. Tell them to grip it in a secure way. If hypnotizing a group, at the appropriate time, you can drop the appropriate object in order to get the process started)

Now close your eyes and think of that *(pen or pencil, coin)* between the thumb and index finger of your right hand ... Now breathe in deeply and exhale slowly five times ...

Each time you inhale you bring more oxygen into your lungs. It passes from your lungs into your heart, and your heart pumps it into your circulatory system. It moves through your whole body, and each time you exhale you keep relaxing, becoming more calm and more peaceful.

That relaxation is moving through your whole body, and through your right shoulder, down your arm into your hand and fingers ... soon the fingers on your right hand will become so relaxed that the *(pen or pencil, coin)* will slip from your hand and drop to the floor.

As you hear the (*pen or pencil, coin*) dropping to the floor, it may seem a little humorous at first, but it will cause you to continue relaxing even more ... you'll enjoy the feelings of relaxation that are coming over your whole body.

Other sounds and noises are fading away and you are listening only to my voice ...

That relaxation is continuing to move through your whole body. You are relaxing from the top of your head to the tip of your toes ...

You are continuing to relax and feel more at ease. You are sensing, feeling and imagining peacefulness, comfort, and calmness all through your system ... You are relaxing in a way that is just right for you ...

Now take your left thumb and press it tightly against the index finger on your left hand ... You will notice the rest of your body relaxing even more now, and soon the thumb and finger on your left hand will relax and your finger and thumb will begin to move apart ... As the finger and thumb on your left hand relax, the finger and thumb holding the pen continue relaxing and the pen will soon slip from your hand and drop to the floor ...

When the (*pen or pencil, coin*) drops from your fingers, you will move into an even deeper hypnotic state, and you will keep your eyes closed until I ask you to open them ...