

# Signs of Trance

written by Hypnosis Scripts | November 27, 2021

There are several outward signs of trance that can be observed in all subjects. These signs can not be simulated by the subject. The subject will exhibit at least one, and in many cases, multiple signs.

## 1) **Body Warmth**

Many subjects note a distinct change in body temperature. Many subjects feel cold, and others feel warm. This is attributed to the lower pulse rate and extreme relaxation of the subject.

## 2) **Fluttering Eyelids**

Virtually all subjects in trance exhibit a 'fluttering of eyelids'. The subject is actually in a Rapid Eye Movement (R. E. M.) state.

## 3) **Reddening of the Eyes**

All subjects will demonstrate a reddening of the eyes once they've entered trance. This phenomenon is attributed to the relaxation of the muscles in the eyes of the subject, allowing a greater flow of blood through the veins.

## 4) **Increased Lacrimation**

Many subjects, upon entering trance, will exhibit an increased 'tearing of the eyes.' This is attributed to the relaxation of the muscles surrounding the tear ducts.

## 5) **Eyes Rolling Back**

Many subjects, upon entering trance, will experience their eyes rolling back in their head. It will appear as if the subject is

looking up through the top of his head.