

Trance Testing – Eye Catalepsy

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Introduction: Testing is used to test the depth of the trance.

Instructions to hypnotist

Optional: place your right thumb on the bridge of the subjects nose and apply slight pressure

Spoken to the subject

I'm going to count from five down to one.

As I do, you're eyelids lock so tightly closed that the more you try to open them, the tighter they're locking closed.

Five, your eyes are pressing down tightly.

Four, pressing down and sealing shut.

Three, sealing as if they were glued.

Two, they're locked shut. The more you try to open them, the tighter they're locking closed.

Okay, try to open your eyelids now and find them locking tighter and tighter. That's fine. You can stop trying now. Just relaxed and go deeper.