

# Trance Testing – Spinning Hands

written by Hypnosis Scripts | April 4, 2010

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

Spoken to the subject

This time I'm going behind you to raise your hands ... and start moving them around each other. (Start spinning their hands around each other)

Now, as I release your hands, continue the motion of your own accord. (Release their hands)

Moving, spinning, turning.

Moving, spinning, turning. Even faster now.

Moving, spinning, turning. That's good.

As your hands are turning, I want you to think about your heart. Your heart beats automatically in response to the needs of your body.

In the same way, your hands are turning automatically so that the more you try to stop the motion, the faster they're turning.

I'm going to touch your forehead. The instant I do, your hands spin in the opposite direction.

*(Touch forehead)* Back the other way, moving, spinning, and turning. And as they're turning, you're going much deeper in sleep.

This time I touch your forehead, your left arm drops limply down

to your side; Your right arm continues the movement.

*(Touch forehead)* Left arm drops; right arm continues, and as it's moving you're going deeper and deeper into hypnosis.

This time I touch your forehead; right arm drops limply down; you go much deeper.

*(Touch forehead)* Drop it down and go deeper. That's fine.