

HAND/ARM LEVITATION

SAMPLE SCRIPT

This routine may require a bit of patience since some will react faster than others.

Typically speaking, I'll use some variation of the following sample scripts with everyone I demonstrate this on. If someone reacts slowly, I'll take a few moments to reinforce whatever progress they've made, thus increasing the overall visual effect everyone will witness/experience the person has.

Sample Script #1:

"In a moment you're dominant hand is going to feel an odd sensation. It may be tingling, warm, fuzzy or something else. The more you tune into your dominant hand, the more aware you'll become of this. With every word I say, every passing moment and every breath you breath, you'll find that your hand starts floating up and away from your body. You don't have to put any effort into it, it will just naturally begin levitating up on it's own. Almost as if it's being pulled up by the worlds strongest string or being pushed up by a gentle force. Your arm will naturally begin rising up on its own & the higher it goes, the faster it goes and the faster it goes the more relaxed and happy you feel."

Sample Script #2:

"I want you to imagine the world's thinnest but strongest string tied around your dominant hand. That string goes all the way up over your head and is attached to a helium balloon. With every word I say, every breath you breath and every passing moment, that balloon is filled with more helium. The more helium that fills the balloon, the higher your hand rises up and away from your body. Every time you exhale, you can imagine you're exhaling helium into that balloon, causing your arm to rise higher and higher. The higher it goes, the fast it goes and the faster it goes the better you feel. It continues rising high and higher, second by second, breath by breath."

Sample Reinforcement (following either sample script):

“That’s right, the more you tune into your imagination, the more you can actually feeling as if your hand is rising all on its own. The higher it goes, the better you feel, the better you feel the more you smile or laugh and the more you smile or laugh the higher and faster it rises.”