

HAND SHAKE INTERRUPTION INDUCTION SAMPLE SCRIPT

(Reach your hand out for a handshake) “What’s your name?”

(Shake hands when they give you theirs and redirect their palm to the front of their face as per the video demonstration) “Pleasure to meet you (insert name here). Just look at a spot on your hand. As that spot gets closer and your vision begins to blur, close your eyes now and take a deep breath in through the nose. Slowly breath out through the mouth. Allow your hand to drift down as you allow yourself to mentally float, drift and glide all the way down. As your hand drifts all the way down to your side, you can allow yourself to mentally drift all the way down into relaxation.

Tip: Sometimes it can help to step to the opposing side of the hand your putting in front of their face. For example, if shaking their right hand, step to their left side as you redirect their palm towards their face. This will simultaneously remove some visual distraction (you), while enabling them to hear you more clearly since you’ll be at their side. This is especially useful in noisier environments.

Note: Many have mentioned they see me use this induction the most often. Reason being, in most places I’ve toured/performed, a handshake is a normal/polite form of greeting/introducing yourself to someone. This enables me to use a social norm as my gateway of inducing someone into hypnosis easier than a snap/instant/rapid induction (which can freak people out/cause them to put their guard up).