

# **RAISED HAND INDUCTION**

## **SAMPLE SCRIPT**

“Take whatever arm you want and hold it up just above head height. Stare at one spot on your wrist as you hold it there. As you look at that spot, you’ll notice moment after moment... breath after breath... and word after word... that obviously that hand and arm get tired. The more tired it gets, the lower it goes. The lower it goes, the lower your eyes follow it, until they go down. At some point, while your arm and eyes continue to comfortably sink, you’re going to feel compelled to naturally let get and give in. Even though you may not fully understand that in this moment, you’ll allow that natural process to occur. You’ll allow yourself to let go... and give in. All on your own. On your time. At your speed. Just like that. All... the way... down.”