

# Bug Infestation

## (Sample Script)

Many Hypnotists have their own variation of this routine. In short, it's all about getting your volunteers tuned-in to their tactile sense (sense of touch) while their eyes are closed off to visual distractions.

“Just so you're aware, because it's so cold outside, there's a bit of a bug infestation in this venue. There's nothing to be worried about though, since you can easily shrug, brush or flick any bug you think you feel off yourself. If you ever feel something on your. Sometimes you'll feel something on your shoulder (lightly tap someone's shoulder), your head (lightly tap someone's head), your hair (lightly tap someone's hair). If you ever feel something, you need to get rid of it immediately. If you feel anything, it begins scratching at the back of your mind because you know it's there and you want it gone. Every time you feel something new, it feels itchy (start lightly tapping more people). Itchier (tap someone) and itchier (tap someone else) and itchier (tap someone else). It almost feels like bed bugs are biting you and you need to get rid of them. Look out, there are more coming (start tapping people multiple times). We're going to bring you cream to help with the bugs. Until then, do your best to keep them off (continue tapping your volunteers).”

At this point, you can go down your line of volunteers and tap each one multiple times in a row. Some will react a little bit while others will react drastically. As always, it doesn't hurt to give our hyper reactive volunteers some extra “attention” by tapping them a little more than others. After about 30 to 60 seconds, feel free to administer the bug repelling anti-itch cream to each of your volunteers.