



## COURSE MATERIAL FOR THE CERTIFIED HYPNOTHERAPIST PROGRAM

### 131 - Arm Rising

The Arm Rising is the primary induction because of its many advantages over other methods.

- It offers an easy conversion into the hypnotic state.
- A method reaches the Emotional and the Intellectual Emotional Suggestible subjects considered un hypnotizable.
- A method allowing the hypnotherapist to demonstrate that the subject is capable of responding to suggestive ideas.
- It is not a test but an exercise that the subject is unable to fail. That reduces the client's anxiety and prevents him from reacting in a particular way in order to please the hypnotherapist.
- It allows the hypnotherapist to use inferred, as well as direct suggestions, and misdirection

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- As the client inhales, use words like, *lifting - rising - closer and closer - higher and higher - light as a feather - floating upward - those helium balloons are drawing it, pulling it higher and higher.*
  - As the client exhales, use words like, *The weight of your right hand is becoming heavier and heavier on your right leg with every breath you exhale. Your elbow is pressing down on the desk. Your hand is drawing - and pulling inward.*
  - With Emotionals use words like *continuing to lift.* The inference is that, if it continues to lift, then it must be lifting. *You might notice the jerking in your hand as it continues to pull inward and upward. You are becoming even more aware of the lightness in your arm.*
  - You have the information in front of you, so you know what the suggestibility of your client is. They did the visualization exercise, so use the appropriate word for the Emotional or Physical Suggestible. If you are not sure of their suggestibility, imagine is always safer than others.

Explain:



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- The Mind Model
- Fear of Loss of Control and Resistance

You are now ready for the Arm Rising

- *Look down at your wrist and close your eyes.*
- *Several physiological changes are going to take place.*
- *You are going to feel an increase in your breathing. It will become either faster or deeper. When you feel that, nod your head so I know you felt it.*
- *You will feel dryness in your throat and a need to swallow. When you feel that, nod your head so I know you felt it.*
- *You will feel a fluttering of your eyelids or a movement of the eyes up under the lids. Nod your head when you feel that.*
- *It does not matter whether you visualize, imagine, or think something. They all do the same thing.*
- *Imagine what your hand looks like and nod your head when you have done that.*
- *I am going to take your wrist now and lift it. When you feel the lifting motion, nod your head.*
- *Then place their hand flat on the desk.*
- *Just imagine I have tied a string around your wrist and on the other end are helium balloons. Some people cannot visualize or even imagine colors on those balloons. I would like you to notice the colors that stand out to you so you can tell me later.*
- *Those helium balloons are pulling up on your hand as your hand is lifting and rising.*  
Continue the patter until you see a tiny movement in their fingers, hand, or wrist.  
Sometimes it is easier to see a tiny movement if you are looking at the hand from the side view.



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- When you see a tiny movement say, *in a few moments you will feel a tiny movement in your fingers, hand, or wrist. Nod your head when you feel that.* Do not say that until you see the movement. If you do not get that movement, tell your client they are doing fine and go to the next step.
- Gently place your fingers around their wrist, bending the wrist until their fingers touch the desk, letting your client know exactly where their hand is. Then lift their fingers about an inch off the desk.
- *Imagine I have tied a string around your wrist and on the other end are helium balloons.*
- *Visualize, imagine, or think colors on the balloons and notice the colors that stand out to you so you can tell me later.*
- *Those helium balloons are pulling your hand and arm higher and higher with every breath you take.*
- *Lifting and rising - higher and higher - as your right hand becomes heavier on your right leg - your left hand is continuing to lift and rise - higher and higher. Your elbow is pressing down on the desk as your left hand and arm continue to lift and rise, light as a feather, floating - lifting.*
- When their hand is 5 or 6 inches from the desk, tell them, *In a few moments you will notice a little movement or jerking motion in your wrist as it begins to turn inward and upward toward your face.*
- Set the scene to help remove resistance in future sessions. If you notice any jerking, utilize it. Tell them, *you are probably aware of the jerking in your hand. You are just working through some resistance.*
- *Drawing closer and closer as if your face is a magnet - drawing your hand and arm inward and upward – inward and upward with every breath - closer and closer – drawing it inward and upward – closer and closer – higher and higher.*
- *You may notice some more jerking in your hand or wrist as your hand continues to lift and rise.*
- *Those helium balloons are floating high above your right shoulder. Drawing your hand and arm inward and upward, as if your face is a magnet - drawing it - pulling it - inward and upward - jerking - pulling inward and upward - higher and higher.*



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- Their hand continues to lift and rise - *drawing inward and upward - pulling it closer and closer - higher and higher - inward and upward as if your face is drawing your hand to it.*
- *You might notice a little heaviness in your head as your head drops down towards your hand as your hand draws closer and closer to your face. Your face and hand are continuing to be drawn closer and closer together as if your face is a magnet.*
- *Lifting and rising - lighter and lighter – light as a feather –lifting and rising with each breath you inhale.*
- Where is their hand in relation to their face? You may not want it to move upward, but only inward. Change the pattern to what the need is.
- You may want to use some misdirection. *You may notice that your breathing is a bit deeper. That is fine. Your hand and arm is continuing to draw inward with every breath.*
- *You might be aware of heaviness in your head as it begins to drop down towards your hand. Your head is becoming heavier and heavier as it drops down towards your hand. Your hand is drawn to your face like a magnet. Your hand and face are drawing closer and closer together.*
- The Emotional - If his head is not moving inward, then gently touch the side of his head away from his hand as you talk. The Emotional will move away from your hand to escape you and as he does, he moves his head closer to his own hand. Continue the pattern. When their hand is about a half an inch from his face tell him, *in a few moments your hand is going to touch your face and, at that moment, you will have reached the peak of your suggestibility.*
- Emotional – If you say this too soon, the Emotional will often move his hand further away from his face so wait until his hand is very close to his face. The instant his hand touches his face – quickly and gently touch his forehead and say with authority, *each and every time I touch your forehead, suggest deep sleep, or snap my fingers, you go into the hypnotic sleep quickly, soundly, and deeply, and your physical body relaxes.*