

## Handshake Interrupt

This induction is often called a “Pattern Interrupt”. It uses the fact that as human beings we are pre-programmed to do certain things in certain situations. In this case, when someone puts out their hand to shake yours, your immediate unconscious reaction is to thrust your hand forward in order to reciprocate. At that time, the subject is acting completely unconsciously, and it’s at that moment you take hold of the subject’s wrist, as shown below, and do one of two things.

### Method 1.

1. As they put out their hand in response to your handshake gesture, use your right hand to take of their hand like this.



2. With your Left hand, take hold of the outside of their wrist and move their hand palm inwards, to about 6” from their face.



3. With your right index finger, point to a spot on their palm, and ask them to focus on that spot. Tell them that their eyes will begin to defocus as their hand moves towards their face.



4. As they focus on the spot, and exhale, move their hand towards their face and give the command “Sleep”.
5. Continue with a deepening technique.

### Key Point

- ✓ Remember if the subject is stood up, make sure you tell them that their legs are strong and will support them fully.