

# CONTRACTING FINGERS

Clasp your hands tightly together . . . Extend your two index fingers, holding them approximately one-half inch apart . . . Raise the thumb on top and focus your eyes on that thumbnail . . . Now there is a magnetic force pulling your fingers together . . . Feel it pulling them closer and closer together . . . Getting closer and closer, as if they are being pulled together by a strong magnetic force . . . Coming closer and closer . . . Closer and closer as the magnetic force is getting stronger and stronger . . . . OK, look up.

*If using as an induction do not say look up instead continue with:*  
Your eyelids are getting heavier and heavier as your fingers get closer . . . Heavier and heavier . . . As soon as your fingers touch, close your eyes and let your body relax . . . Your eyes are getting more and more tired . . . Your eyelids are becoming more and more heavy . . . As soon as your fingers touch, just close your eyes and let your body relax . . .