CASCADE HYPNOSIS CENTER

Asking the Hands

A Teaching Script for Hypnotists

2026 5-PATH Symposium | with Erika Flint, BCH, MA+CPHI

Setting the Stage

There's a pit in your stomach – not hunger, exactly, just an emptiness that wants filling.

Your hands won't settle. They need to be doing something, anything – and they already know what they're reaching for before you do.

Your feet won't stop moving, some restless energy looking for somewhere to go.

Everyone knows this feeling. It's not about the food, the cigarette, the drink. It's the body, asking for something – a change of scenery, usually.

What follows is one way to actually ask it.

[If reading live to a client: pause here and let them settle. If recording, this section plays before the induction begins.]

Induction

Bring your attention to where your body gently meets the surface beneath you. You pause, and begin to soften, noticing what's here. Drifting, floating down, deeper and deeper relaxed.

The deeper parts of you begin to soften, you sense a shift, deeper down, beginning to move or ask for release or understanding. A gentle knowing that you can remain here, and allow yourself to feel a sense of spaciousness, calm, and confidence. There's no rush, no race, you allow yourself to wait.

Naming the Behavior

[ASK CLIENT: What is the "too much" behavior that brought you in today? If this is a recording rather than a live session, pause here for the listener's own reflection before continuing.]

(You can guide your client here by naming the actual behavior they came in for – overeating, smoking, over-drinking, whatever pattern they're ready to look at. It's almost always literally the hands: eating, smoking, drinking. Naming it concretely, not abstractly, is what lets the hands section that follows actually land.)

There's been a quiet friction, maybe. A part of you that says: this isn't what I want. And another part that simply continues. This is not a fight. Not today. Today, we're going to listen.

Asking the Hands

[ASK CLIENT, or state directly if recording: "Is it okay if I speak directly to your hands? I know they've been a part of this behavior this whole time, and I'd like to know their insights."]

Let your awareness move gently toward your hands, with curiosity. Pause here, and simply be curious.

[WAIT FOR A SIGNAL: a feeling, a shift, a warmth, a sense of permission. If live, you may ask the hands to say "I'm here" when ready. If recording, allow a pause of a few seconds here.]

Now, the most important question. It's easy to take a gentle, loving position with the self as you ask,

"What is it LIKE being part of this behavior, for so long?"

Let that question settle. Your hands may have been trying to reach for something – connection, comfort, a moment of softness in a day that moved too fast. They may have been filling a silence that felt too large to sit with. The body is loyal, in its way. It keeps offering the same answer, when no one has ever decoded the real question.

The Pivot

"If you were in charge, what would you rather be doing instead?"

What did the hands used to love – piano, biking, drawing? And what do they do now instead – typing, smoking? No more drawing. No more playing.

[Beyond the hands: if the behavior isn't literally the hands, ask the part that is – the stomach, the throat, the liver for drinking; the mouth and gut for food; the lungs, mouth, and esophagus for smoking.]

Now bring your attention to your hands. Take a moment to consider all they've done and do for you. They've been serving you for so long, and no one ever asked them how it feels, until now.

Your hands begin settling now, simply at being asked, being noticed in this way. They have a voice, and it matters.

You offer them a different partnership: not focused on consuming, but on creating. Not taking, but caring. The hands are an integral part of your health and happiness, and they get to be part of creating and caring for the self and others, not just consuming.

The hands begin to light up, as if there's energy circulating, almost eager, like they've been waiting for this invitation all along. Something in you shifts, gently and completely – a little more of you, coming home.

The Safety Net

It may be that in the future, you find yourself on the old path, the old way, without realizing it right away. If that happens, here is what you say to yourself – gently, without blame: "oh, look at that, I'm on the old path again – but I caught it."

Catching it mid-pattern, without judgment, is the move. Never presuppose you're "overeating" or "over-drinking" before you've named it that way yourself – the body part is invited to speak, not accused.

Emergence

Beginning to return. Bringing with you everything your hands, and your body, know.

One – your breath deepening, a sense of presence in your hands.

Two – no need to rehearse it, it is already woven in.

Three – color and sound returning to awareness, a gentle clarity arriving.

Four – energy rising, your eyes beginning to want the light.

Five – you're noticing you feel more yourself, eyes opening when ready.

Welcome back.

This is one example of Asking the Hands. For the complete technique, facilitation notes, and full session script, visit https://cascadehypnosiscenter.com/asking-the-hands/

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