

PERMISSIVE HAND CLASP EXERCISE

If you would, please, sit very comfortable with your hands in your lap. And please have your hands interlocked, just very lightly.

Now if you would, please look down very casually, down in the direction of your hands.

Please just raise your hands up off your lap, just a little, still allowing your attention to remain focused on your hands.

Just imagine if you will, that your hands are placed in a vise, and that very slowly and gently the handle of the vise is being tightened. Just let your imagination go with the thought, that the vise is just slowly closing, and as it slowly closes, perhaps you can imagine that your hands are starting to come together, a bit at a time.

And perhaps you may feel a pulse beat in your hands which would indicate that in fact your hands are really coming together. And perhaps you might even note that some of your knuckles are starting to turn white.

And as a matter of fact, from where I am sitting, I can see your thumb pressing down over your other thumb, and your forefinger placed over your other forefinger, and now the same thing perhaps, is happening to all your other fingers.

And you can certainly see, that there appears to be a redness developing in some of your fingers, and perhaps you can now see the whiteness of your knuckles as your hands are pressing closer and closer together.

And now your palms perhaps are pressing tight into each other, as the vise tightens and tightens. You can even imagine that your hands begin to feel as though they're stuck together like glue. Sticking tight.

In fact they are so tight and so stuck together as the glue and the vise presses them together.

(your tone becomes firmer now)

Your hands stuck so tightly, and now when I count to three, and I ask you to try to pull them apart, you will find you are unable to do so. Now I will count to three and they will be stuck like glue – and the more you try to pull them apart the tighter they press together

As I count to three – the more you try to pull them apart – the tighter they stick together

One- stuck – tighter and tighter

Two – stuck – stuck like glue

Three – try try pulling them apart – but you cannot – you cannot...

Now stop trying

Take a deep breath, relax and let your hands float apart easily and relaxed and with no effort –

Now let your hands drift apart