

Hypnosis Help

*heal with
hypnosis*



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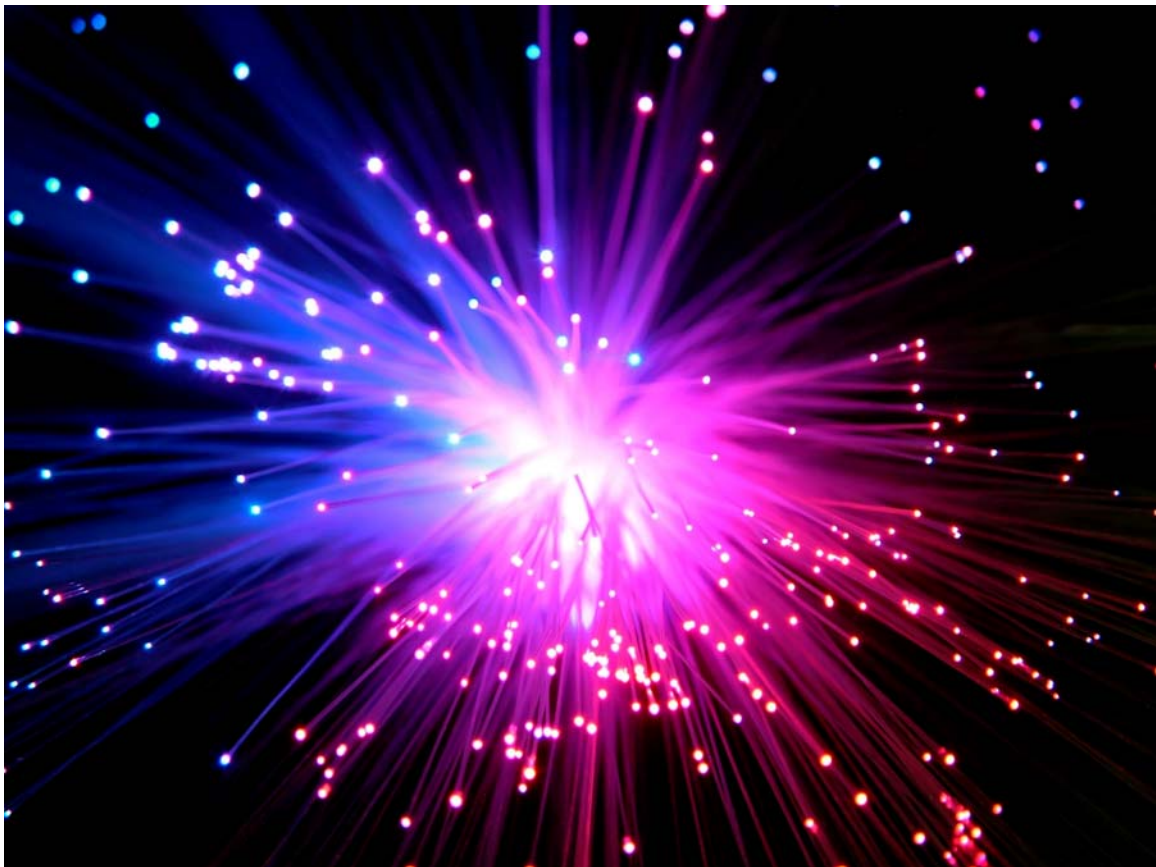
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Introduction

Imagine that tonight; you had the opportunity to go to see a show at your local theatre or hall.

What would you choose to see?

Would it be a play or an opera?

A musical or a serious drama?

A comedian or a singer?

A magician or a hypnotist?

Now, most adults know that magic is not real and that however smart a magician might be, all they're really doing is following the old 'what the eye doesn't see' maxim.

So, isn't it a bit strange that something like hypnosis is often bracketed together with what some people might (somewhat cruelly) think of as trickery?

Well part of the problem is that stage hypnosis has become an important part of popular culture, no longer science but a branch of 'show-biz'

You may even have enjoyed such a show yourself.

I know that I have on several occasions.

Even if you have not seen it live, almost certainly you'll have caught it at some point on the TV.

You know the kind of thing:

'You are feeling relaxed... you are warm and cozy ... you feel sleep coming on... your eyelids are becoming heavy, oh so very heavy... and heavier... and heavier..... you can't keep them open a moment longer.....slowly, slowly your eyes are almost closed now..... you are getting sleepier.... and sleepier.... you are going to SLEEP..... deeper and deeper asleep... SLEEP!'

Most of us have seen this scene enacted before.

A somewhat other worldly, be-suited man swings a pocket watch on the end of a gold chain back and forth, to and fro in front of the eyes of a bemused, befuddled looking young woman, or sometimes, a young man.

The subjects eyes gradually begin to close as he continues with his low, slow drone: 'You're feeling sleepy, oh so sleepy..... you're feeling sleepy...' and so on.

The 'victim' stares ever more vacantly at the watch still swinging backwards and forwards, until they eventually fall into an apparent 'sleep'.

After that, the hypnotist seems to suddenly possess almost supernatural powers over the subject, and can get them to do almost anything that he commands, the kind of things that for most of us would cause huge embarrassment under any normal circumstances.

And that, of course, is the twin edged sword of stage hypnotism.

First, we wonder how the heck he has managed to get them to go into this apparent deep trance – it would never work with you, after all, now would it – and second, we just can't decide whether the whole thing is genuine or not.

The fact is that, over the past few years, popular culture has elevated the 'mystique' of hypnotism to the point where it has an eerie, weird, and perhaps even sometimes evil reputation.

The first thing to say is that, whilst no doubt there are some charlatans and tricksters who claim to be stage hypnotists, undoubtedly, some of them are genuine.

And, equally, most of the people who appear to be hypnotized on stage are genuine, as the power of hypnotic suggestion can be made to work even in these less than ideal circumstances.

This should not blind you to the fact that there really is an awful lot more than meets the eye to hypnotism.

Nor can there be any doubt that a significant factor in man's fascination with hypnotism is the fact that, for 99% of us, it is so mysterious and otherworldly.

Indeed, for the average person, hypnotism is simply one of the most bewildering and unexplainable topics known (or, in fact, not known!) to man.

It appears to transcend boundaries that most of us do not really understand anyway, and still continues to be the subject of great debate, interpretation and study.

In fact, most people would probably even struggle to say what hypnotism is!

Is it show business or science? Trickery or medicine?

Psychology or some kind of new age mumbo-jumbo?

Perhaps everybody would have their own view on the correct answer to this question, depending almost entirely on their own experiences, if any, of hypnotism.

Simply put, there are few concrete conclusions that can be drawn about hypnotism, simply because it works by 'doing something' to the mind that is not fully understood.

Part of this lack of understanding may be attributable to the fact that perhaps we do not really want to understand the human mind 100%!

If we did, so the theory goes, then we would have solved the last great mystery of the universe and after that, what else would there be?

So hypnotism plays upon our greatest fears whilst also arousing huge amounts of natural human curiosity at the same time.

It is, in essence, something that we desperately want to understand, whilst being entirely happy to not understand it at all!

In this book, I will attempt to draw your attention to and highlight some of the most important and relevant aspects of hypnotism for some one who is relatively new to it. It will be the complete 'Hypnosis for Beginners' manual.

One final point before moving on to the meat of this book.

I believe that hypnotism works on many different levels, from the stage hypnotist to the most serious uses in science.

So, by writing this book I am inviting you to explore – or reject – for yourself the plausibility of being able to control the human mind and the life of that person through the powers of suggestion

Hypnosis: Truth Or Fiction?

Throughout history, there have been countless famous examples of people doing something extraordinary at partially because they claim that they were hypnotized at the time.

Harry Houdini, for example, often claimed that his ability to undertake feats of derring-do that would have terrified any rational person to death put some of his powers down to the ability to put himself into a trance like state.

Likewise, many notorious criminals have claimed that they were under some form of hypnotic influence when they committed their terrible deeds (Sirhan Sirhan, the 24 year old Palestinian immigrant accused of the [murder of Robert F Kennedy in 1968](#) would be a very good example).

Of course, many (perhaps more cynical) observers would suggest that such stories are no more than cover ups, or a way of denying real guilt, but who knows?

But, in the case of Sirhan, for example, strong evidence was later obtained that he did indeed appear to be someone who was more than normally susceptible to hypnotic suggestion.

As [Wikipedia](#) has it:

'In the 1990s, Sirhan proposed the theory that he had been brainwashed. Sirhan was hypnotized in prison by Dr. Bernard Diamond, who instructed Sirhan to climb the bars of his cell like a monkey. He did so. After the trance was removed, Sirhan was shown tapes of his actions. He insisted that he "acted like a monkey" of his own free will - he claimed he wanted the exercise.'

So, as with so many things related to hypnosis, the only thing that we know is that we don't know!

Perhaps you've read in the newspapers or seen on the net reports of spiritual mediums or clairvoyants going into a deep hypnotic trance before passing into other worlds, from where they 'return' with rare or secret information?

Maybe you've seen that these same folk claim to have been down to the deepest, darkest depths of the underworld and brought back stories from both the settled and the unhappy dead?

Were you skeptical?

Did you believe it or was it just smoke and mirrors, a load of old hokum for you?

Are you certain about your opinion?

So, hypnosis stories – can they be taken at face value?

Are they for real?

Well, I think the only thing that can be said about hypnosis with 100% certainty is that very few people without specialist knowledge really have the first clue what they are talking about!

So, before we dig deeper in our study of what we could (very scarily) call mind control, and all of its twists and turns, let's try to look at some of the most popular ideas and images concerning hypnosis first.



Super Natural Hypnotic Powers

The first thing to say is that a hypnotist does not have magical or super natural powers. Nor does he have any special gifts or attributes that give them the ability to hypnotize their subjects.

He does not have the ability to cast a spell on people, nor is he sent by the Devil to wreak his revenge on the world!

It is important to understand that the average hypnotist is exactly that – average, an ordinary person, just like you or me.

Very, very few hypnotists possess anything even vaguely approaching ‘special powers’ or some kind of in-built ‘animal magnetism’ that allows them to do what they do, either.

Indeed, these sorts of theories have long been recognized to be nonsense, becoming widely discredited and dismissed as long ago as the early 17th century in most parts of Europe.

Today, we know that almost anyone can be trained to be an adequately skilled hypnotist.

And that in order to bring on a state of hypnotic trance in a subject, the hypnotist generally only needs to provide a very specific, focused visual element for the subject to concentrate on.

This is often accompanied by soothing music to encourage the subject to relax as completely as possible, so that the hypnotist’s incantation, usually in a dull, authoritative monotone can have the maximum hypnotic effect.

In other words, as long as you are relaxed, aware, and willing to be hypnotized, then the chances are very good that you can and will be.

Of course, the skills of the hypnotist cannot be excluded from the overall picture, nor can the emotional and mental conditioning of the subject, but the bottom line is that there is nothing necessarily magical or weird about 'normal' hypnosis

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I Must Have Been Dreaming!

One of the most common things that you will ever hear from people who have been hypnotized as part of a stage show is that they claim that it 'felt like a dream', when they are brought out of the trance.

Nothing could be further from the truth, in fact.

When you are under hypnosis, rather than sleeping, you are more fully alert than you are at almost any other time of your life.

And the key to successful hypnosis is focus.

The idea of getting the subject to watch the swinging watch is focus, to the exclusion of anything and everything else.

The dull drone of the hypnotist, the soft music playing, everything is set in a way that attempts to make you super focused on only one thing, that is, hearing what the hypnotist is telling you to do.

Although many aspects of hypnotism are debated, one thing that is generally agreed upon is that hypnotism relies on a connection of some kind being made with your subconscious.

In order that this subconscious level of your brain can take over your conscious thoughts and actions, you need to concentrate in a way that very, very few people ever have to do in their normal daily routine.

It is this almost ‘unnatural’ concentration that will induce the hypnotic trance, under which you will still be fully aware of the things that the hypnotist is suggesting or recommending that you do.

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‘NO WAY’ Did I Do That!!

One of the most widely held misconceptions about hypnotism is that the hypnotist has the power to hypnotize everybody and then make them do whatever he wants, no matter how evil the deed!

This is certainly a belief that has been assisted by the rise in stage hypnosis shows where seemingly sane people are made to do clearly insane and irrational acts!

People really seem to believe that a hypnotist can turn people into zombie-like, robotic creatures ready and willing to obey their master’s every wish.

Well, sorry to burst your ‘high on dramatic effects’ balloon, but the truth is that hypnotism simply cannot and does not force you to do things against your will.

However deeply a hypnotist ‘puts you under’, you will not forget or ignore your basic principles and beliefs, simply because they are engrained in you at a subconscious level too!

For example, it would not matter how much a person with strong religious beliefs were instructed to do so, they would not burn or desecrate the strongest symbols of their religious beliefs.

No matter what you are told to do, your innate sense of what is right and what is not will remain intact.

Remember that the next time you see a stage hypnotist 'convince' the prettiest girl to start taking off her clothes!

Nobody can make her do it, unless she wants to!

All a hypnotist does is make suggestions that alter what it is that you are actually aware of at a conscious level, which can possibly make you more susceptible to being "manipulated".

But remember that this is only ever partially true, and that everyone differs in how susceptible they are to this form of suggestion.

So, why do people that get dragged on stage at the show do such seemingly crazy things?

Well, the best explanation is the one that many subjects themselves come out with, that it was just 'easier' to follow the suggestions made by the hypnotist than to not follow.

This appears to be because the usually dominant active decision-making part of the conscious mind appears to become timid and considerably more passive than usual, when in a trance like state.

It is just 'easier' to do what you were told to do, rather than to actually have to 'wake up' the decisive part of your mind, in order to make the refusal!

So, yes, of course the hypnotist does have some power to control the actions or the way a subject behaves. Otherwise, hypnotism would not actually exist, because what else is it?

But, the effectiveness of hypnotism also relies on the mind of the subject too. Bottom line is that, if you do not want or are not ready to be hypnotized, then you won't be!

Only In The Movies!

Back in the 1960's at the height of the 'cold war' between the USA and the USSR, there were quite a number of movies that depicted the (Soviet) enemy as automatons, zombie-like creatures who could be hypnotized with a click of the fingers to perform the most appalling and inhuman crimes against the 'good guys'.

It seemed like every Russian citizen was a lean, mean killing machine, at the beck and call of the State, permanently under the hypnotic influence of the evil hypnotic geniuses employed for the sole purpose of ensuring World Wide Domination

Well, guess what?

It was total nonsense, pure propaganda put out to a gullible public to convince them that they were always on the side of right and the other side was always wrong.

As stated, the fact is that no amount of hypnotism can force anybody to act against his instincts or his moral principles.

Of course, as long as what is being suggested to you is not something that goes against your real morals and beliefs, then the chances are that you will just go along with it

But the idea that any State can hypnotize its populace into becoming killing machines is nothing more than a fairy tale!

Imagine if it was you, and the stage hypnotist tried to put a gun in your hand, and suggested that you started shooting random members of the audience.

Are you going to do it?

Of course you aren't!

The fact is that when someone makes a suggestion as serious as this, your minds 'fail safe' mechanism clicks in, and you automatically revert to being a totally rational being.

So, how does this fit with out story earlier about Sirhan Sirhan, and his claim that he was hypnotized?

For example, at the time when he was supposed to have shot RFK, seemingly reliable eye witnesses attested that he seemed to be in a trance like state, and that he “moved like a robot”.

And, as we have seen, he certainly appears to be a highly suggestible and perhaps an easily hypnotic subject.

Well, the answer is that we will never know the answer!

Perhaps for this particular individual (if he did fire the fatal shots which in itself is a HUGE unanswered question) maybe this action did not go against his beliefs and morals strongly enough to kick in his rational mind?

Like I say, no-one will ever know.

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The Perfect Cure-All?

So, historically, some people have seen hypnotism as evil, the work of the devil, and something to be shunned at all costs.

On the other side of the fence are those who believe that hypnotism has great potential for good, a wonder-cure-all for a huge range of medical and non-medical conditions, from weight loss and stopping smoking to finding the “key” to financial success.

Lets use the ‘stop smoking’ scenario as an example,

Hypnotists are able to help people to quit their tobacco habit in several different ways.

For example, they may be able to suggest that cigarette smoke will make the subject nauseous so effectively that it actually happens.

They may focus the smoker’s mind on their family and convince their subconscious mind that their smoking habit is causing that family to suffer significant distress.

Basically, they will find the smokers ‘Achilles heel’ and then make whatever suggestions are necessary to work on it.

Likewise, people with sleep difficulties often find relief in hypnosis too.

Such people are often able to enjoy their first nights sound sleep after undergoing treatment through hypnosis.

Just a quick surf on the internet will turn up dozens of websites where people sing the praises of hypnosis in ‘treating’ their condition, whatever it may be (see some testimonials on [this page](#) and also [here](#))

People from all over the world are happy to confirm that hypnosis had helped them to learn, or has improved the sharpness of their memory, their performance on the sports field or even their intelligence.

It also appears that hypnosis can be quite effective in changing patterns of behavior too.

Even speech defects, physical limitations, and a person's whole personality seem capable of experiencing dramatic changes.

For example, some of the testimonials on the pages above attest to the increased efficiency that some fairly prominent business people enjoyed as a result of hypnosis.

You can even become a far more successful dater and lover as a result of hypnosis too!

So, is hypnosis really the perfect treatment for every condition or situation in which our subconscious mind plays any kind of significant role?

The answer is a resounding yes, and a slightly less definite no!

Certainly, hypnosis has performed a significant role in the application of various treatments and programs of therapy to a wide range of physical and psychological conditions.

By definition it has an inherent ability to tap into your subconscious mind, to intensify your focus and concentration.

Thus, hypnosis can help you to become more easily attuned to your own intellectual and emotional capabilities and talents.

Thus, it can help you to modify the more negative aspects of your own habits and behavior, and possibly enable you to apply more control and discipline to your thinking and rationalizing processes.

But, sadly, no, it is not the perfect cure-all in every situation for every person. Hypnosis cannot work in every case or situation.

For example, whilst many ex-smokers will swear that hypnosis was the best thing that ever happened to them, others can and will produce contradictory 'evidence' to show that there is no proof that hypnosis actually has any effect whatsoever.

What works for some folks will not work for others, simply because some people are extremely susceptible to hypnosis, whilst others could never be hypnotized no matter how hard they try!

The bottom line is that if you never try hypnosis, then there is no way of ever knowing whether it can or will work for you.

And, given that there is no harm likely to result from trying, then there really is no reason at all why you should not do so.

Dependent on the person you are, hypnosis could literally change the course of your life, as a real 'forever deal'.

It may work for you for a certain period of time or it may do nothing whatsoever for you!

It is perfectly possible that you will walk out of (what will almost certainly be) your one and only hypnotism session wondering what all of the fuss was about, totally unchanged in any way from when you walked in an hour ago.

There really is only one way that you can ever find out whether hypnosis will work for you and that is to try it!

Hypnotism Through The Ages

The history of hypnosis is almost as old as the history of civilization itself.

Indeed, over the last two thousand years, the art of attempting to alter man's state of consciousness has been practiced by shamans, tribal witch doctors, spirit mediums, and various 'wise men' in all civilizations.

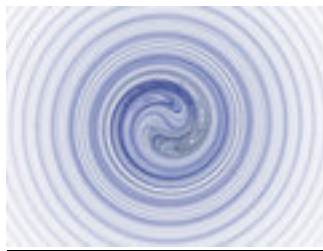
Indeed, in both ancient Egypt and Greece, being 'in touch' with the other dimensions of time and space that they believed to exist was to be as close to divinity as possible.

And it is widely recorded that the quickest and most efficient way to attain such heights was through the practice of what would now be recognized as hypnosis, meditation, visualization, and possibly hallucinogenic drugs as well!

Similarly, experiences that appear to be equivalent to trance-like deep sleeps and natural anesthesia have been noted in a wide variety of different religious documents, such as in the Old Testament of Christianity and in the Talmud of Judaism.

Perhaps taking their cue from these established ancient traditions, many indigenous cultures even today freely practice mind control and suggestion as an aid to the natural healing and recovery process.

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Animal Magnetism

Moving forward a little to the modern world, in the 1700's an Austrian physician called Dr. Franz Mesmer first expounded the theory of what we might today call animal magnetism.

Mesmer simply believed that he had some mystical force which he could use to make people and animals go into trances.

He claimed this mystical power was due to magnetic waves with which he lulled his subjects by fixating them on a certain object, and through monotonous repetition of certain words.

In other words, he believed that he 'mesmerized' them.

This 'animal magnetism' theory was debunked in the 19th century, however, by Abbe Faria, a scientist who announced that the hypnotism practiced by Mesmer was not because of animal magnetism – but through the power of suggestion.

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The Pendulum

Once the scientists realized that there truly might be something in the concept of mind control, they became every excited by the idea, not entirely surprisingly!

More studies and experiments in mind control followed, but it was research that was launched in 1842 that is now considered the crucial point at which the modern concept of hypnotism was born.

Scottish surgeon James Braid believed that the state of trance that both Mesmer and Faria had observed was not entirely due to the magnetic power of the hypnotist in isolation.

Rather, he believed that it was a combination of the skills of the hypnotist and the subject's ability to pay rapt attention to a regularly moving object, as in the watch swinging back and forth at the end of a chain.

According to Braid, 'protracted ocular fixation' (or focus) would make the brain tired and thus cause the subject to fall under what he called "nervous sleep."

And it was Braid who also first coined the terms 'hypnotism' and 'hypnosis' as well.

Braid and his contemporaries were also the first ones to venture into the practice of using hypnosis in medical situations, using it to help treat different psychological and physical conditions.

This initial experimentation with hypnosis as a form of anesthesia was not, however, universally popular or accepted.

Indeed, the vocal majority of the medical establishment had little or no time for the idea at all.

For example, a report that came out in 1842 of a successful and painless amputation procedure whilst the patient was hypnotized was very quickly hushed up!

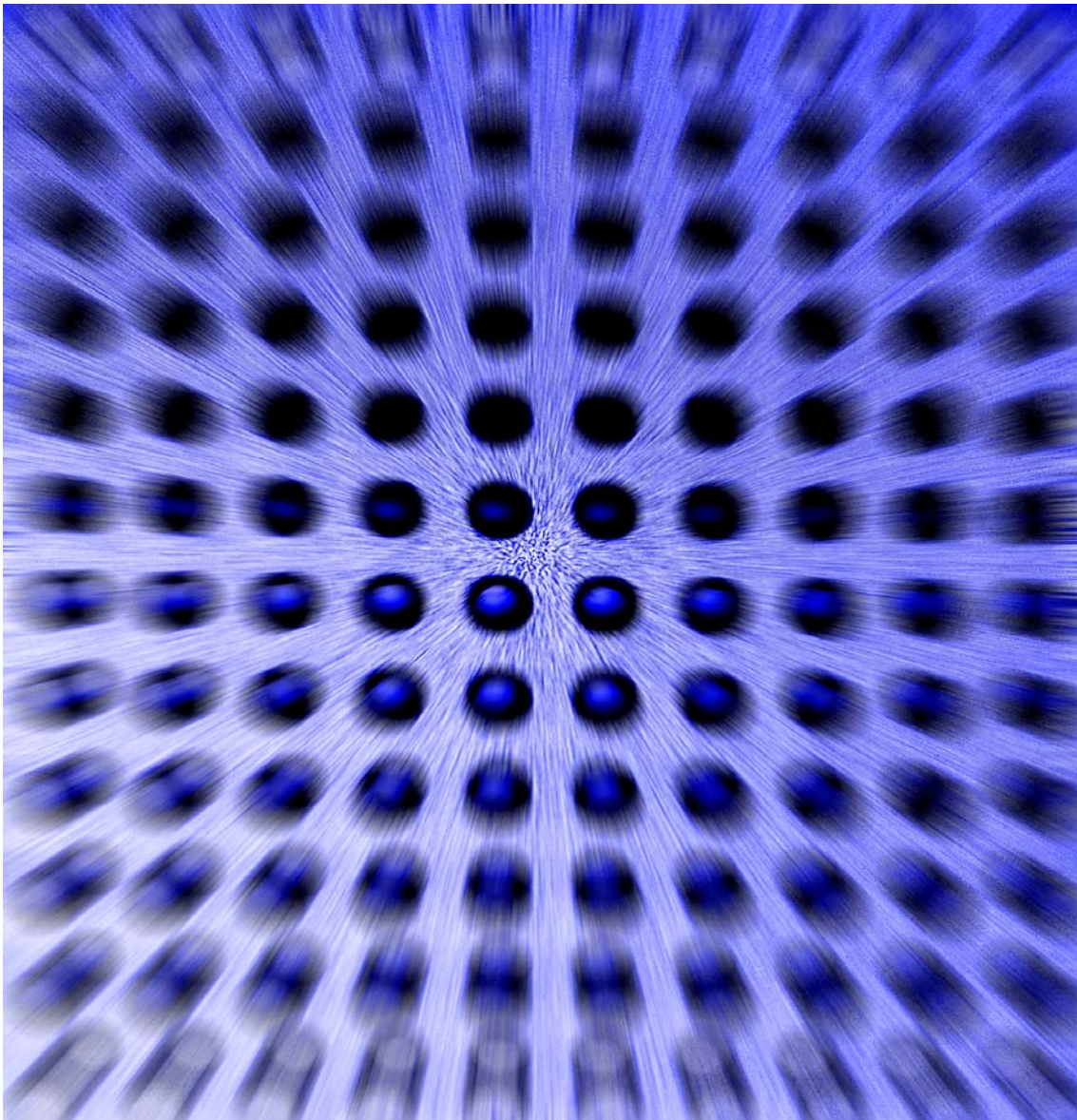
Still, some medical professionals did continue believing that hypnosis had real value.

For example, Dr. James Esdaille, a British physician in India, performed over 400 pain-controlled operations with patients under hypnosis. He treated a wide variety of different case types, such as eye, ear, and throat operations, amputations, and tumors and cancerous growth removals, all under hypnosis and reported no pain and zero mortality under his so-called "mental anesthesia."

Even more remarkably, he hypnotically suggested to his patients that they would not suffer any kind of infection or side effect and none of them did!

To this day, many experts suggest that when Esdaille suggested under hypnosis that they would not be infected, their bodily functions acted accordingly and launched antibodies that would fight infection.

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Hypnotism Is Neither Good Or Bad

Let us assume that you have learned some hypnosis skills (and don't worry, I'll show you how later).

Then you must realize that you have to use them carefully and sensibly from the outset.

As suggested above, hypnotism itself is neither the work of heaven or hell.

It is simply a process applied by a practitioner in order to attempt to achieve an objective – it is a neutral force, intrinsically neither good nor bad.

Hypnosis is no more a good or bad thing than the surgery that might be applied to repair a broken leg.

Its power and ultimate value depend entirely on who it is that is using hypnosis, how they are applying the process, and how it will be used.

Simply put, mind control, the power of strong suggestion, and using it to tap into the subconscious mind, can be dangerous things if abused or misused.

However, the fact is that hypnotism is open to misinterpretation because it can be misused fairly easily.

Amazing as it may seem, almost anybody can practice hypnotism and do so with a reasonable amount of success, with only a relatively small amount of training.

And, although the effects of such 'tinkering' with hypnotism will probably be temporary and minimal, still, it must be accepted that hypnotism does have the capacity to alter something of the way that the subject thinks or decides to act in the future.

Caution must therefore be exercised whenever hypnotism is being applied.

Still more so should such care and attention be used when dealing with hypnotherapy.

We have already established that hypnotism is not a wonder cure-all for every condition, and, even when it is being applied by the most skilled professional practitioner, this is still true.

Sure, it is an effective 'treatment', when used on the right subject in the correct context and manner, perhaps in tandem with other corresponding prescriptions.

It is not, however, an acceptable substitute for the correct medical and psychological treatment.

Thus, hypnotism and hypnotherapy (that is, therapy applied through hypnosis) should not be used without making sure that this is the correct course of action beforehand.

The advice and guidance of a suitably qualified professional should always be sought to help diagnose and analyze what affects a potential hypnotherapy subject, before any treatment is applied.

It is only through the involvement of the qualified professional that the real results of any kind of treatment can ever be genuinely established, and the use of hypnotherapy is no exception to this rule.

Similarly, an unqualified person may well get completely the wrong idea, and consequently produce a wholly inaccurate diagnosis of any subjects (or patients) ailment.

He would thus come up with the wrong conclusion, with an incorrect interpretation, inevitably causing the wrong course of treatment to be applied.

The correct professional medical advice should always be sought when the subject is experiencing pain or illness.

Yes, hypnosis may form some part of the longer term program of treatment, but that can only come after a proper diagnosis of the problem (and its cause) have been arrived at.

Hypnosis applied in the wrong way is, indeed, a dangerous thing, and in a situation like this could turn a painful experience into a life threatening one!

Imagine, for example, that you have the power to hypnotize the pain away from a person who has a serious disease.

Of course, this would 'help' that person by reducing their discomfort and suffering, but pain is almost always there for a reason. It is the body's way of warning you that all is not well.

So, if you used your ability to take away this person's pain, then he would most likely be ignoring his bodies cry for attention, and he might not go to the doctor for a check-up.

You can clearly see just how dangerous this could be, I am sure. So, always be careful when using hypnosis.

With your newly discovered power comes responsibility.



What Is Hypnosis?

Even from what you have read so far, you have probably already begun to appreciate that there is awful lot about hypnosis that we do not really understand, things that we still cannot fully explain.

This extends as far as actually defining what hypnosis is, with different reference sources giving their own different interpretations.

One leading dictionary definition has it that hypnosis is “the induction of a state resembling sleep or somnambulism, which is called hypnosis or hypnotic sleep; also loosely - the induced state of hypnosis.”

It then goes on to state that there are different degrees of hypnosis that have been characterized as “lethargic, cataleptic and somnambulistic hypnosis; and again, simply as light and heavy hypnotic sleep, with corresponding variations in suggestibility.”

The Encyclopedia Britannica adds to that, going even further to state that “there remains no generally acceptable explanation for hypnosis, though one prominent theory focuses on the possibility of discrete dissociative states affecting portions of consciousness.”

Which adds to the dictionary definition but also kind of contradicts it too, thus adding further to the confusion!

And, having established in the first chapter of this book that being in a hypnotized state means being more alert than you ever are usually, it probably does not help clear matters up that the word hypnosis comes from the Greek word hypnos, meaning ‘sleep’!

However, when you think of how you imagine a hypnotized person to be and to act, it is not so difficult to understand why 'sleep' originally seemed to be the most appropriate word.

The general demeanor of those under hypnosis is that they appear to be extremely open to suggestions, whilst they have obviously achieved a very high level of relaxation.

That is, similar in many ways to what we call 'daydreaming', wherein a person looks oblivious to his surroundings and yet seems to be experiencing heightened levels of mental activity and imagination.

Now, there are two ways that a hypnotic state can be induced, but they both have pretty much the same end result!

The first method of hypnotism is called 'hetero-hypnosis', that is, where another person induces a state of being in a trance and open to suggestions.

Then there is the situation where auto-hypnosis takes place, wherein the state is self-induced.

But, it does not really matter how the hypnotic state came about, the results are the same.

The hypnotized subject is more susceptible than normal to suggestions, which (being made after a person becomes hypnotized) are known as post-hypnotic suggestions.

Now, the idea of auto-hypnosis is probably a laughable one to many people, but the amazing fact is that most people experience it several times each and every day!

This does not mean that you spend hours every day walking around like some kind of zombie!

However, if you accept that a valid definition of hypnosis is of being in a trance-like state, or intensely focusing on a particular activity/subject thus tuning out almost everything else internally and otherwise.

Remember the last time you were so wrapped up in a good movie or book that you did not notice that someone was talking to you?

That is a perfect example of an involuntary state of auto-hypnosis, of super focused concentration being applied to the exclusion of everything else.

Many, many activities can bring such a state of affairs on.

Reading and writing, for example, are perfect examples of an activity in which you can become so engrossed that you are 'in a world of your own', effectively in a light trance.

You have focused all of your attention on one subject so effectively that you have unconsciously shut off every outside matter or subjects that is vying for your attention.

Don't believe that it ever happens to you?

Does it just sound too nonsensical to believe?

Okay, let me ask you this.

Do you ever cry at a sad movie, or cringe with fear at a scary one? Perhaps you let out an involuntary scream at particularly frightening point in the story?

Are the events in the movie happening in the real world?

Of course not.

It is the world of your imagination and you were just 100% totally emotionally immersed in it!

This is an “everyday trance”, something that most people do literally experience on a daily basis, and it is totally different to the deep trance that a person who is subject to hypnosis would be experiencing.

Anyone in a hypnotized state appears to respond to events and situations around them in an uncritical, automatic fashion.

They do not question what is happening, and seem to ignore anything in the surrounding environment that is not drawn to their attention by the hypnotist.

Even the subject's memory and self-awareness can be modified by suggestions, and (crucially) the effects of these suggestions can sometimes naturally extend (post-hypnotically) into the subject's subsequent waking activity.

In any form of hypnosis, it is natural that the subject feels extremely relaxed and very open.

This happens in an ‘auto-hypnotized’ state when for example, you become lost in a good book (or in a computer game?), so much so that your cares and worries about the “real world” are totally forgotten, albeit temporarily.

Exactly the same thing will happen when the hypnosis is carried out by another party too.

This can be most easily and comically observed back on stage during our ‘hypnotism show’!

For example, if you have ever seen such a show, you will have seen the hypnotist tell his subject that it is extremely hot, whereupon the person did genuinely start to sweat and experience uncomfortably high temperatures, even when the heat levels were perfectly normal.

The hypnotist may have suggested to a shy person that they were, in fact, both extremely confident and attractive too, at

which point the guy (almost always a guy, this one) begins to approach every female on the stage.

Now, sometimes you may say that this is put on.

It is, after all, a show.

But, consider this logically.

You have probably already seen that this guy was previously quite and reserved. Now, he has just become 'Mr. Lady-Killer' in front of a theater full of people!

Even accepting that he might be a 'plant' it still takes an awful lot of nerve to act so outrageously in front of a packed crowd (unless, of course, he is a professional actor, in which case the hypnotist has a large number of them on stage. Which is going to be expensive.....)

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Returning, however, to the world of the more serious hypnotists, most practitioners would admit that the effect of their work is generally only temporary.

For example, we mentioned that it is possible to convince people that smoking makes them feel nauseous, as an attempt to stop them.

In another scenario, the thrust of the hypnotists anti-smoking argument might be that smoking is actually dangerous for the individual's health, and he thus implants the idea that bad things will happen health wise if he keeps the habit up.

The subject then naturally begins to dislike smoke and to actively shun areas where smokers congregate, as well as avoiding cigarettes themselves.

This is great, and represents a great success but it is not of itself enough.

Such treatment then needs following up with additional complementary therapy and other methods designed to achieve long-term results, or the chances are pretty high that the habit will come back eventually.

We have also established that no amount of suggestion under hypnosis can alter or change a person's fundamental beliefs or principles.

This is overwhelmingly a good thing as it allow a person to retain what it is that makes them the person they are.

It can, however, also be a bad thing, or a weakness of hypnotism, as if a person is fundamentally flawed, little can be done through hypnotism to change or work on improving this problems.

Similarly, no-one can be hypnotized against his or her will, because the mind has to be open and willing to take on board the hypnotist's suggestions.

For example, no amount of hypnotism would ever make a devout Muslim eat pork or enable a Superman fan to fly out of a 20th storey window.

Since it is only the subconscious mind that is 'opened up' by hypnosis, the conscious mind is still 100% on guard, always ready to step into action should the subconscious seem to be getting into deep water.

Having said all of this, it is still only what we believe, and we cannot know for sure that what we assume to be the case always will be so in 100% of cases and situations.

Once again, think back to our earlier story of Sirhan Sirhan acting like a monkey, and it is not too difficult to see why,

although we believe that there are boundaries that no-one will go beyond, we still cannot know that this is true, for certain, in every case.

So, we keep stating that some people are susceptible to hypnotism, whilst others are not.

How do the numbers stack up?

Well, we know that almost all children are highly receptive to suggestion and are therefore relatively easy to hypnotize.

And, of course, the percentages of people in any given group who could be easily hypnotized will also vary dependent on the hypnotist's personality, technique, and experience.

But, as a general rule of thumb, it is suggested that (including children) approximately one in four people are receptive enough to suggestion to be good subjects for hypnotism.

So, the success of the hypnotist does not only depend on his (or her) own skill levels. It also depends to some extent at least on the subject's personality, attention span, and mental status at the moment.

Interestingly, it might seem logical that the more intelligent a person is, the more analytical they would be and therefore hypnotism should have less chance of success with them.

In fact, the opposite seems to be true.

Perhaps this is because it is believed that these intelligent people are also the most creative and so they can perhaps most easily associate the hypnotist's word play with their own visual or sensory representations.

The Fountain Of Youth?

Of course, hypnosis cannot make you younger, but it sure as heck can make you feel and act that way!

Nor can it take away your aches and pains, but it can 'cheat' your body's pain sensors so that pain is not noticeable

There are still many things that hypnosis can do that are beneficial and scientifically proven.

For example, in general medicine, psychology, surgery and dentistry, hypnosis has been proven to help people gain a better understanding of the situations that they may find themselves in.

Here are some of the specific means and methods where hypnosis is used in various forms of treatment that are going to be beneficial to the recipients:

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Age Regression

During a period of age regression whilst under hypnosis, the practitioner will try to take you back to a particular period or phase of your life, to see if by doing this, he can discover the key to a particular problem that you are suffering right now.

Thus, it is suggested to you that you return to that period of your life where the person treating you believes the problem began.

Since by doing this you are effectively 're-living' the past, it will often happen that you will think, talk and react in the same way as you would have done back then.

Once you have relived the incident or time in question, you and the therapist can then determine how a particular

incident in that particular period may have connection with your present problems.

Alternatively, reliving a section of your past may help you recover some vital information, establish insights, or aid you to know yourself better and how to cope with the present.

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Past Life Regression

Going back one stage further, some experts have claimed, not without some controversy, that it is possible to regress back to 'life' in the womb, or even beyond that!

Now, this is an area of treatment that is fraught with controversy, danger and disagreements.

Believing that it is possible to go back to past lives suggests that such past lives actually existed, and this impinges on many aspects of religion and beliefs.

Scientifically, too, it is believed to be impossible to go back to a time when you were still a foetus in the womb, because it is generally accepted that your brain is still too underdeveloped during pre-natal stages to store memories.

And yet, despite what science tells us, thousands of cases have been documented of people appearing to go back to their past lives, some with remarkable accuracy.

Such folks are generally convinced of their past life activities because they manage to find some reasonably accurate (if tenuous) connections between their past and present identities.

So, past life regression may or may not have some validity, and, once again, it really is impossible to say one way or the other.

However, the idea behind it is still sound, that is, that by getting to know what you were in the past may help you understand and eventually cure a certain condition.

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Alternative Anesthesia

Whilst the validity of regression may be in some doubt, there can be no question at all that both painless surgery and dentistry are factually possible whilst the patient is under the effects of hypnosis.

A wide range of conditions and situations that would normally require chemical anesthesia , from mothers about to give birth to children made nervous by an impending tooth extraction, have benefited from hypnosis as an alternative.

It is generally noted that, during surgery under hypnosis that the patient is usually remarkably relaxed and at ease.

And, as demonstrated as far back as two hundred years ago by the good Dr. Esdaille, post-surgery hypnosis is also noted for its ability to aid in prevention of infection or to relieve post-surgery pain.

Increased recovery speed also seems to be a benefit of surgery and post surgical treatment accompanied by hypnosis, rather than the normal chemical anesthesia.

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Behavior Modification

Whilst we have already seen that a persons behavior can only be modified to a limited extent, nevertheless, there are other important situations where the ability of hypnosis to modify behavior is crucial.

Mental patients may be helped to remain calm through the use of hypnosis, rather than being subjected to the often unpleasant side effects of intrusive chemical sedatives.

Subsequently, hypnosis can be used as a central core of the treatment program for psychological conditions such as anxiety, depression, trauma, or phobias.

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Psychologically Driven Physical Problems

Most people are aware that, when they are feeling ‘down in the dumps’ or fed up with life, they are more prone to minor medical complaints like colds and influenza.

So, it is no shock to know that sometimes a relatively minor psychological condition can bring on a physical malady too.

Given the direct links from both the brain and the central nervous system to the separate processes of the other parts of the body, this is only to be expected.

That is why some Doctors insist that the best way to treat some physical ailments is to look to treat whatever it is that is adversely affecting the brain, first.

The term ‘psycho-physiological’ condition is often used to refer to ailments of the body that can be traced to psychological factors.

For example, a person who is generally prone to stress and illnesses will often find that stress brings on a psychosomatic illness. That is, a physical illness brought on by mental stress.

Other conditions that sometimes result from severe psychological stress are problems that affect the heart, stomach, lungs, liver and the central nervous system, often

triggering the onset of cancer, stroke, arthritis, multiple sclerosis and pain.

Hypnosis can be used with all of these problems to reduce the adverse effects to a minimum.

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Legal Eagles

The mind's capacity to store information is astounding, but we still forget a huge amount of what we see each and every day.

Or, at least we think that we do!

In fact, what happens is that the human brain compartmentalizes everything and often, we 'put' a memory in a place that is relatively inaccessible to the conscious mind.

Hypnosis can help to access that compartment to retrieve relevant information that may have been discarded or neglected in normal everyday activities.

This ability to locate lost data has many uses.

For example, hypnosis is often used to help key witnesses to crimes to remember the critical information relating to the crime scene.

By intensely focusing through hypnosis on memories relating to the crime, a significant detail, a vital clue, or an element previously looked upon may aid in the investigation.

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Lights, Action, Sound.....

We've alluded many times already to the popularity of hypnosis based stage shows over the past couple of decades, and no doubt such shows are still as popular as ever.

Given the mystery and mystique surrounding hypnosis, it's not so surprising that it has been turned into entertainment.

One thing about stage hypnotists, however, is that they are every bit as professional as their more serious contemporaries, and that they play the hypnosis game by the same rules too!

Indeed, no self-respecting professional stage hypnotist would do anything other than follow the same rules and techniques in hypnosis. They just tweak them to provide entertainment value.

So, even if you want to be a Vegas show hypnotist, you still have to spend a good deal of time and effort learning the art and science of hypnosis first.

It is only after that you should go on and acquire perfect timing and show pacing skills.

Here are some top tips compiled from professionals of the trade.

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Do Your Homework First

Almost all leading stage hypnotists have a pre-selection process that takes place before the actual show begins.

These are not planted patsies, but volunteers selected and then 'pre-tested' to find the subjects who are most susceptible to the hypnosis process.

This is, after all, a show, and both the hypnotist and the audience want to see the most entertaining and amusing subjects on stage!

Predetermining those that work best at each stage of the show ensures a faster pace and a more successful hypnosis rate which equals a more entertaining show.

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Why do They Do It?

Contrary to what common sense would probably tell you, put people on stage, in front of a large audience, and it actually increases the success rate of the hypnosis session!

This is because, when they are onstage, people actually find it hard to resist to instructions compared to common situations.

They somehow feel ‘obliged” to behave as they are expected to.

It is just easier to follow and respond to the hypnotist’s suggestions so as not to ruin the show. Plus, there is some notion that the hypnotist is the star, so you are grateful and honored that he chose you, and you do now want to upset him.

Once the atmosphere starts to heat up, then the participants themselves begin to loosen up.

After that, it’s pretty much plain sailing for the hypnotist, and all he has to do is “direct” the show.

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Wash Their Hands Clean

Remember that a stage hypnosis show is, first and foremost, entertainment.

So, it pays the stage hypnotist to play on and confirm the popular belief that hypnotized people have no idea of or control over what they are doing.

Similarly, subjects find it easier to play along too, no matter how weird or silly what they are told to do might be.

And, critically, no-one on stage is actually to blame for anything that is happening. The hypnotist blames the participants, whilst they blame him.

And the audience?

They don't care, as long as it is uproariously funny!

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This is SHOW BIZ!

As we have seen, hypnotism is a very serious matter in certain circumstances and situations.

But, on stage is neither the time nor the place to be serious!

This is show business, pure and simple, and it is an important part of the whole show experience that the audience are reminded of this in any and every way possible.

Flash costumes, bright lights, loud bangs, crashes and explosions, all are part of the attempt to turn the whole thing into a true show, because, as soon as that is achieved, then the audience will automatically suspend any disbelief that they might have had.

As soon as they know that it is 'just' a show, then it is easy to believe everything that they see on the stage.

It is a form of mass hypnosis, if you like!

As in the best fairy tale movies, it doesn't matter how far fetched or improbable what the audience sees is, they will buy it hook, line and sinker as long as the atmosphere is right.

That is why almost all stage hypnotists use stage tricks and the more audacious and seemingly impossible such tricks are, the better.

For example, one common stunt that many stage hypnotists perform is that of suspending a person between two chairs, and then asking someone to stand on their chest.

Of course, rationally, the audience know that it is not happening, but still they don't question the trick!

In reality, of course, it's just an ingenious use of space, black cloth, mirrors, and, of course, hypnosis.

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You're In Command!

Remember that as the stage hypnotist, this is your show, and that you are the boss.

Talk in a booming, authoritative voice, and impose your presence on everyone present.

The stage hypnotist takes advantage of the participant's excitement, nervousness, and inexperience in the stage.

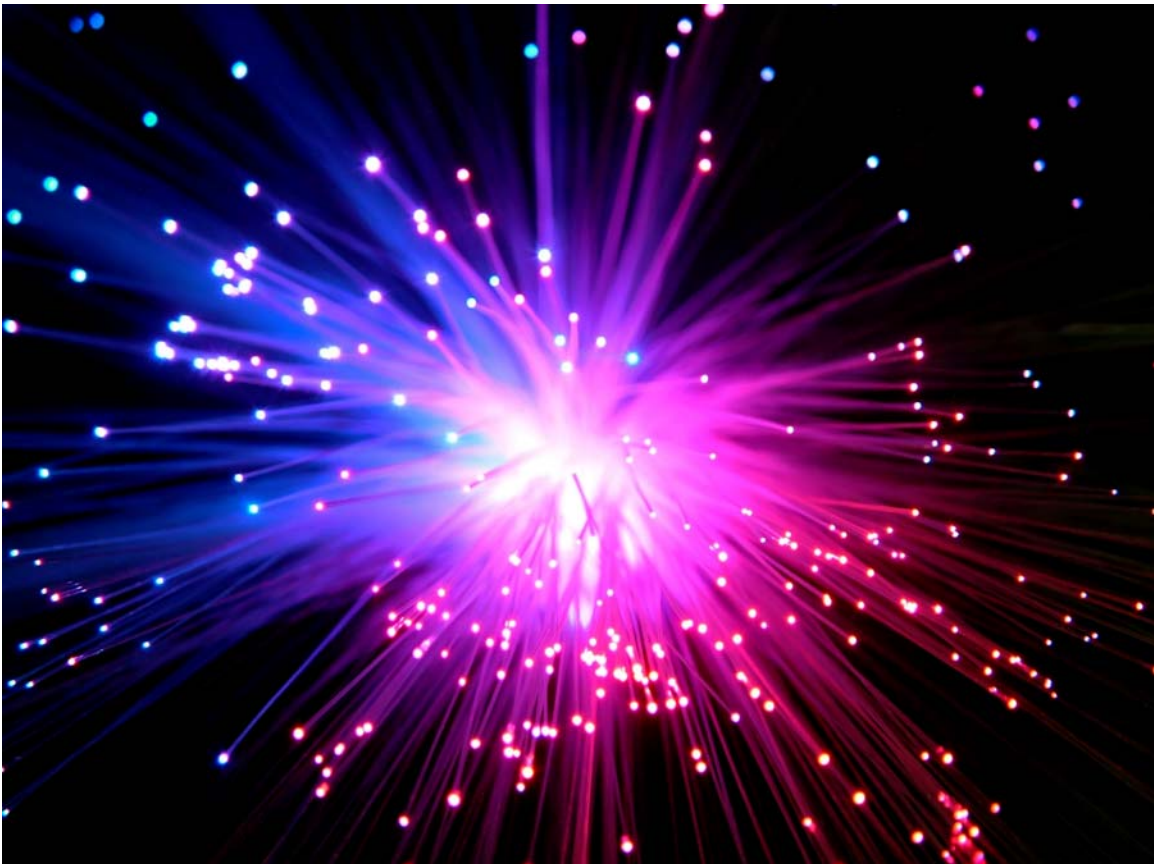
You must retain control at all times, so never let them question your authority.

Don't forget that even hypnotized subjects can still wield their own free will if you let them, but that, if you tell them what to do, they will almost certainly follow your instructions.

At the same time, a responsible professional hypnotist never exploits the participant's vulnerability either.

You must respect the subject's sense of self and dignity at all times.

And, above all else, a professional stage hypnotist does everything he can to make sure that his audience and the participants have a great time, and go home swearing that the next time you are back in town, they wouldn't miss the show for the world!



Getting Hypnotized!

Okay, now I am going to show you how to hypnotize someone, and what better person to start with than yourself?

Now, maybe that sounds a little odd or perhaps a bit dull, but, trust me, learning the art of self-hypnosis will be a very rewarding experience for you!

It can be a relaxing, soothing experience too, as it helps you to loosen up tired or tight muscles and eases your tensions.

It is an excellent way to totally de-stress yourself and put all of your worries aside, at least for a little while.

When you have a particularly fraught period of your life or event coming up, self-hypnosis is a great way of preparing yourself for the emotional battles that you anticipate.

It's a great way of clearing the cobwebs and clutter from your mind after a full schedule as well.

It can lead you to more understanding of yourself and others.

Self-hypnosis allows you to stop and breathe deeply.

In short, master self-hypnosis and not only will you gain significant insights into what the true 'sprit' of hypnosis actually is, but you will also improve your own life and health immeasurably too.

So, without further ado, lets get your first self-hypnosis session up and running.

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This Is ALL For You

Okay, the first thing that you must do is to try to set aside a period of time when you will not be disturbed.

Take the phone off the hook, switch off your PC and mobile, and lock the door – basically, do whatever you need to do to make sure that no-one is going to interrupt you.

This is your important time, a time that you are setting aside to improve your own life, and you should treat it as such right from the get-go.

Make sure that the space you are in is as conducive to relaxation as it possibly can be.

Turn the lights down low, get the temperature just right, maybe even light some incense if that helps you to relax.

Sit or recline in a favored comfortable spot.

In other words, do everything that you can to make sure everything feels right.

Put some soothing music on.

Now, what is soothing music for you may be very different to what it is for me, but, in this case, I really want you to go for music that is soothing, rather than pleasing.

Try this to test the music that you plan to listen to for its 'soothing' factor!

Turn the music on, and feel your heartbeat.

If it stays the same, nice and steady, retaining a relaxed, steady beat, then that's good. That's exactly what you want – soothing and something that helps you relax still further.

Maybe simple sounds would work even better than music.

The sounds of nature are likely to be extremely relaxing – the whistling of the wind, or the sound of flowing water would be ideal. Remember that water is one of the most relaxing and comforting sounds in nature.

Don't forget or underestimate the importance of your sense of smell.

In fact, it is said that the sense of smell is the first one that we develop as a new born babe, and the last one that leaves us when we die, that is how important smell is to human beings!

And smells are an important part of your memories too.

So many memories of childhood can be triggered by smells that you had long since thought that you had forgotten.

Psychologically too, smells are known to enhance or change your mood, sometimes taking us back to special memories and times long since past

So, perhaps it should be no surprise that with smell clearly being of such importance, you can heighten your state of relaxation just by surrounding yourself with the right smells.

Perhaps before you start, you want to take a long, hot relaxing bath, using your favorite aromatherapy oils or a delicately fragranced soap?

Indulge your olfactory nerves and there is no doubt that you will be even more relaxed than you were before, so do whatever it takes for you.

And, look on the bright side.

Even if your self-hypnosis session does not work, at least you'll end up smelling good and feeling great refreshed too!

Now, whilst many people react most to the sense of smell or sight, still others are what are sometimes known as ‘touchy, feely’ people.

That is, they are kinesthetic people who respond immediately and favorably to the sense of touch. Such folks often like to be touched and to touch other people in turn.

If you are such a person, then do everything that you can to indulge your sense of touch.

Surround yourself with soft cushions.

Wear clothes that feel best against your skin.

Lather some moisturizing lotion on your skin and enjoy any gentle breeze that you can introduce to the atmosphere of the place where you are.

Again, only you know what makes you feel a million dollars, and, whatever it is, then you just need to do it so that you give your first self-hypnosis session the maximum chance of success.

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The Stage Is Set

As we have previously highlighted, the true power of hypnosis comes from the power of suggestion.

And, in order for any suggestion to carry sufficient power to make it effective, you need to find exactly the right words that will work for you.

You must have words that you feel comfortable with, that you can say at the right time in the right way without feeling self-conscious or foolish.

Even with yourself, you must strive to be utterly convincing, firm whilst not being too forceful or strong.

Remember that you must remain relaxed if you want to achieve self-hypnosis success.

And, of course, a lot of this depends on the material you use, on what you say.

So, below is the *routine* that I suggest that you apply in your efforts to bring about the ultimate relaxation experience.

I have not, however, told you what words to use, as that is entirely up to you to decide what works best for you.

So, read through what I want you to do, and then write your own script that fits.

One final suggestion.

Once you know what you want to say, if possible record the narrative beforehand and play it during your session, rather than reading or saying it.

In this way, you can focus 100% on what it is that you are attempting to do.

So, here we go with your first self-hypnosis session, and good luck!

Self-Hypnosis Made Easy!

The following is the routine that I suggest you should adopt the first time you attempt self-hypnosis. After that, you will have some idea of what works for you and what does not, then you can modify my routine to suit yourself.

Note the importance of both regular deep breathing and pausing. Rest as long as you want to between each phase of the routine, in order to relax yourself as completely as you possibly can.

- Light up a candle and place it where you can see the flame from your favorite position, without any strain on any part of your body.
- Make sure that you are as completely comfortable and relaxed as you can be before you actually start
- Focus as intensely as you can, and concentrate only on the mellow light of the candle flame. Watch how it waxes and wanes, pattering in any air flows in the room. Feel what the candle is doing with your whole being and soul. (Pause and rest)
- Begin to consciously breathe in and out, slowly and deliberately. Be conscious of every breath that you take, and savor it. Breathe in through your nose and allow a small stream of exhaled air to escape through your mouth. (and rest again)
- Continue to be conscious of your breath, in and out, in and out. (P&R)
- Continue breathing but force yourself to feel the wonderful, sweet air flowing around your strong, healthy lungs. Feel them being filled with sweet, clean air. (P&R)

- Inhale, exhale, inhale, and again exhale, and, as you do, deliberately force all of your tension to leave your body with the old air. (P&R)
- The flame is mellow, its light a gentle, luminous yellow, like the stars, like when you sleep. Focus on it, on nothing but the flame. Feel it begin to warm your eyes. You feel them slowly drooping closed. (P&R)
- Now, every nerve in your body tells you just how tired your eyes are, so heavy and weighed down. All the nerves inside your eyes pulse and throb in time with the gentle drumbeat of your heart. You have an almost overwhelming desire to close your eyes. (P&R)
- Tune all your senses in to the warmth washing around your eyes. Even with your eyes closed, you can still sense, or see, the dancing flames. (P&R)
- Now, feel the comfortable warm feeling spread outwards from the candle flame from your eyes to the rest of your face and your head. Focus only on the warmth. (P&R)
- Now, make your face relax – use the warmth to help every muscle go loose. Start to feel the warmth spreading further and further. Relax, relax. (P&R)
- Continue to breathe in deeply, in through your nose, and out through nose and mouth. Be conscious of every breath, in tune with the slow beating of your heart. (P&R)
- Feel the breath gradually filling your chest with sweet, sweet air. Sense the warmth spreading, spreading ever further. (P&R)
- Let the warmth and the soft, gentle light relax your body, until every small part of you is as relaxed as it has ever been. (P&R)

- Focus of the warmth, the gentle light spreading down along your arms and gently kissing your fingertips. Now they too feel so, so relaxed. (P&R)
- The warm, soft, relaxing light spreads down to your stomach, to your waist, to your hips. They feel so relaxed now. (P&R)
- The warm, soft, relaxing light spreads further down to your back. Your back feels so relaxed now. (P&R)
- You breathe slowly and deeply, in and out. More than ever, you feel so relaxed now. (P&R)
- The warm, soft, relaxing light spreads further down to your thighs, to your legs. They feel so relaxed now. All the weight put upon them slowly feels light. (P&R)
- You feel so relaxed. Every muscle, every tissue in your body feels so fine. You feel so peaceful. (P&R)
- You breathe in and out. You go deeper and deeper into relaxation. (P&R)
- The warm, soft, relaxing light spreads further down to your feet, to the very tips of your toes. They feel so relaxed now. (P&R)
- Now visualize yourself standing in the softest, greenest grass you have ever put your feet into. Your feet feel warm and soft. (P&R)
- You are in an open field, with the sun shining warmly, so gently on you. (P&R)

- A cool wind breezes your hair, across your face and your body. It breezes through the field of grass, gently wafting each blade to and fro, (P&R)
- You slowly stroll through the field of soft grass. You see a mountain close by, so you walk slowly towards it. (P&R)
- As you walk towards it, you fall deeper and deeper into relaxation. Now, your body feels so relaxed and at ease. (P&R)
- But, your mind is sharp and alert, taking in each and every detail perfectly. (P&R)
- You pass a small stream on your way to the mountain
The gurgling sound of the water relaxes you more than ever. You walk across the little stream, your feet getting wet by the warm, clear water. The water relaxes you more than ever. (P&R)
- You walk further and ever closer to the mountain. (P&R)
- The warm, gentle breeze is still touching you by, combing your hair, passing through your clothes and your body, and slowly, slowly lifting you, as if you are a feather in the air. (P&R)
- The wind continues to lift you. You float on the air, you feel totally weightless as you pass deeper and deeper into relaxation. (P&R)
- You climb higher and higher, totally without effort, until you reach the top of the mountain. (P&R)
- There are beautiful delicate flowers on the top of the mountain. You breathe in their wonderful sweet smell. (P&R)

- The wind slowly, slowly glides you down the mountain. As you descend you become more aware. You gradually begin to count yourself back out of the deep relaxation. (P&R)
- 1, 2, 3...
- The smell of a beautiful soft rain is still in you. It's on your hair, your hands, and your body. You smell of sweet, fresh, clean rain. You smell of new hope, of creation and of refreshed life.
- 4. 5, 6,
- Lower, back down to the beautiful grassy field. Lower still, until your feet touch the warm soft grass once more.
- By the count of ten, you will completely be awake, more alive and refreshed than ever before.
- 7,8,9,
- Remember the smell of rain and how it brings out new life, new hope.
- 10
- You awake fresh and ready. Yawn and stretch your body.

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Practice this technique as often as possible. You'll be surprised at how powerful it can be.

[GET THE REAL POWER OF SELF HYPNOSIS AND CHANGE YOUR LIFE TODAY! – ** CLICK HERE **](#)

Some Common Hypnosis Techniques

Hypnosis is, as we have already established an ancient practice that goes back thousands of years.

It should therefore be no surprise that most hypnotists use similar long-established, well proven methods and techniques in their day to day work.

Here are a few of the most popular one that you would need to master if you wanted to become a hypnotist yourself.

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Mastering Intensity

For anyone who has seen a hypnosis show on stage or watched an actor playing a hypnotist in a movie, the pendulous watch-on-a-chain is probably a bit of a cliché

At the same time, however, mastering the art of forcing subjects to focus with an intensity that goes way beyond the norm is a critical step in learning how to induce a hypnotic state.

So, the hypnotist will hold an object, or show it to the subject in such a way that it becomes the natural focus of attention, to the exclusion of everything else.

Thus, it helps if all other possible distractions are removed from the scene.

This object in most popular culture is the famous swinging watch, but it does not have to be.

There are other objects that would satisfy the same purpose. For example, some hypnotists prefer a circular disk that is marked with a center out spiral that they can then rotate on its axis.

This can, however, sometimes induce nausea and dizziness in some more sensitive subjects, so the practitioner must be careful using this method!

Still others are supporters of the method that we have just seen demonstrated in our self-hypnosis session, using a lit candle and instructing the subject to gaze at the flickering flame.

In all of these techniques the common feature is that the hypnotist is striving to make the subject focus on something so intently that there should come a point where everything else around him or her will be totally tuned out.

Once set on this way, the hypnotist can then begin to make his suggestions in a low, soothing monotone, one that helps create the right atmosphere for relaxation.

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Shock Tactics

A skilled hypnotist will not, however, have only the one technique, as quite logically not every subject will react to the same stimuli in the same manner.

So, almost directly opposite to the calming, soothing method that is illustrated above is the technique (often used by stage hypnotists for dramatic effect) of almost attacking the subject with sudden, fierce commands.

Even though this can look harsh and brutal, the application of this technique must be forceful enough to convince the subject that he must obey without question the orders that he is being given.

He is entirely and completely under the power of the hypnotist.

In this way, the hypnotist takes full control of the subjects subconscious mind and can implant his suggestions into the subject's mind with little or no resistance

Often used by stage hypnotists, this technique is popular for its high and immediate response rate, plus the obvious dramatic impact is a big help to a stage show too!

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Taking It Easy

Reverting back to the accepted norm, another technique that is often adopted is sometimes called the 'progressive relaxation and imagery technique'.

The basis of this is to make the subject as relaxed as is humanly possible through the use of soothing music, candles, scents and so on.

The subject is actively encouraged through the usage of all these 'props' to temporarily shut off the world and to focus instead on their inner being.

Frequently utilized by psychiatrists and other medical hypnotists, this extreme relaxation therapy is generally the ideal technique for them to use with patients with mental or psychiatric problems, in a state of extreme stress or trauma.

As an integrated part of a structured therapeutic program, this method induces a feeling of calm and well being in the subject which, although it may not actually help to 'cure' them of their problems certainly does them no harm!

It is, you will also note, remarkably similar to the method of self-hypnosis that you were adopting just a few moments ago, and is often used together with yoga and meditation in self-help sessions.

Has The Subject 'Gone' Yet?

One of the things that many who watch a stage show are most amazed and baffled by is how does the hypnotist actually know that a particular subject in a group is in a hypnotized state when another is not?

How do they know that this person really is 'under' and not just faking it?

Well perhaps surprisingly, there are several clear tell-tale signs that would be recognized by any competent hypnosis that would tell them that the subject is now in a hypnotized state.

The simple answer is, he just looks at the eyes!

Here are just a few of the most obvious tell-tale signs that he might see:

Extreme Red Eyes: Rather like the eyes of a person who is extremely drunk or high on some toxic substance, people who are hypnotized usually have very red eyes! This is because the relaxation of the eye muscles brought on by a trance results in significantly increased flows of blood through the veins around the eyes, thus leading to noticeable reddening of the eyes.

Rapid Eye Movement (REM): Like a deeply asleep person in the midst of an active dream, a person in a trance will also exhibit noticeable rapid eye movement (R.E.M). Fluttering of the eyelids, or the rapid and seemingly erratic movement from side to side of the eyeballs are common signs that the subject has receded deep into the realms of their subconscious mind.

Not A Dry Eye In The House!: Hypnosis often increases the presence of water in and around the eyes, caused by the extreme relaxation of the muscles around the eye that control the subjects tear ducts. Did you find your cheeks wet earlier

when you were trying to induce self-hypnosis? Now you know why (and you also know that it is nothing to worry about too!)

On A Roll...: Again focusing on the eyes of the apparently hypnotized subject, it is not uncommon that a noticeable rolling back of the eyeballs might occur as the subject enters the trance state.

Body temperature: And, just to prove that there are signs that do not focus on watching the subject's eyes, many people have drastic or distinct change in temperature. As the subject enters into an extreme relaxation zone, his pulse rate begins to lower down, thus triggering a change in body warmth. This will vary from subject to subject – most subjects will usually feel cold, but for others, it's a warm feeling that will spread all over.

Just remember: hypnosis can be fun, it can be beneficial to others and yourself, it may completely work for you – or it may not at all. Still it is dangerous if abused, or misused.



Apply Your Skills To Help Others

Now, I would be willing to bet that 99% of people who read this book do so because they want to hypnotize those nearest and dearest to them!

Am I right? Is this you?

Well, this is what I am just about to show you...

Actually, not exactly.

Remember that you cannot actually hypnotize anyone who does not want to be hypnotized, so what I am really talking about here is helping someone to relax beyond anything they have probably ever felt before.

After that, I leave everything to you...

So, who is it that you really want to influence or help?

Perhaps you want to take as much stress out of the busy life of your most precious loved one?

Maybe it is something more mundane like helping a friend to kick their nasty smoking habit?

Okay, so earlier, you learned the technique to apply on yourself.

Now, it is simply a question of applying exactly those techniques and your newly discovered skills on others!

And, the best part is that you will know that by doing so, you are helping them.

Now, remember that we said earlier that maybe one in four people is truly susceptible to hypnosis.

Well, that means that there is absolutely; no guarantee whatsoever that what you are trying to so will work.

If not, that does not necessarily mean that you lack skill or that your technique is bad. It may just be that they are not the one in four that this will work for.

Treat it as an exercise, an experiment almost, and understand that some of it is down to your skill and experience, but a lot of it is not!

The first thing to do is go back and look at some of the techniques highlighted in the last couple of chapters.

Remind yourself what you need to do, and see whether you can do it so that it actually works!

Incidentally, if you need a more detailed analysis of these physical techniques, you can find them [here](#) and [here](#) and even more information can be sourced by simple running a search in Google or Yahoo or 'hypnosis' and 'hypnotic techniques'

But, as this point, I do not imagine that you are really so concerned with all of the nitty-gritty details – you just want to get on with the job, right?

Okay, so here we go.

Close your eyes, relax and prepare to hypnotize!

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Sweep Them Off Their Feet

Okay, the first thing that you need to do if you really want to help your lover and your relationship with them is to get their agreement that they are completely comfortable with what you are about to do.

Do not skip this agreement stage – do so and you guarantee that nothing is going to work, no matter how hard you work to make it happen!

Then, set about creating the right atmosphere.

Dim the lights, fire up a scented candle or two and put on some romantic music.

Now, at the risk of being called a chauvinist, I am going to use the most common scene for my example – a man wooing his lady, but, of course, a female can also do this with the lover too.

Let her find a place and position that is most comfortable for her, and then position yourself in an intimate position beside her.

Tell your subject to relax her body, and make it a long, sensuous process by getting her to consciously relax every part of her body, step by step.

Suggest that she focuses on every individual body part as it becomes comfortable and tension-free.

Encourage her to relax her mind.

Suggest that she tries to imagine the clutter falling from her mind, and that there is a clean, radiant white light spreading upwards from her forehead to the top of her head.

Guide her breathing – let her take deep, relaxing, slow breaths.

Remember the importance of breathing from your own self-hypnosis session. Tell her to breathe deeply and slowly, and always consciously.

Recommend that she must inhale through her nose and exhale from her mouth.

Tell her that this breathing should become an easy, regular slow pattern.

Tell her that every time she exhales, it strips a little more of her cares and worries from her body and soul, that all of her anxieties are falling away.

It will also help if she is able to give physical presence to her cares by envisioning a particular color to represent each thing that bothers her.

Make her feel that a warm, smooth liquid is filling her up, starting from the tips of her toes up to the top of her head, until it completely surrounds her.

Suggest that she has now lost all of her worries and that she is filled only with this beautiful, smooth warm liquid.

Let her linger on that thought and sensation, until she decides to leave the trance.

And after that?

Well, this is where I think you discover just how good a hypnotist you really are!

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Helping Them Quit

I guess that everyone at some time or another knows someone who desperately wants to quit smoking, but doesn't seem able to manage it.

Maybe it is nowhere nearly as serious or as life threatening as that.

Perhaps they are just addicted to watching too much TV?

In either case, there's no reason at all why you should not try to apply your newly discovered talents and skills to help them!

Again, find a comfortable and conducive venue for the session.

Guide the subject through everything that was mentioned in the last section, until they begin to relax and be in tune with your own slow, steady breathing pattern.

Get them to focus their attention on anything that is not going to distract them (TV would not work, for example!)

Follow the relaxation and mind-clearing technique suggested above, but modify and mould what you do according to the goal that you are trying to achieve.

And that is that your subject's health, career, social life and basically every single aspect of their whole life will be a lot better once he manages to kick the smoking habit.

So, once he is as thoroughly relaxed as he can be, then you need to start the real business of 'cleansing his mind' (but, as always, do exercise caution!)

The first step is to fill up his mind with all of the negative, bad things about the habit that you are encouraging him to kick.

So, for example, if it is smoking that he wants to stop, take time to describe every bad thing about cigarettes.

Use a dirty, butt filled ashtray as a prop, and stick it right under his nose, so that he can smell (almost taste) just how dirty a habit it really is.

Overwhelm his every sense with the dirt and unpleasantness associated with smoking, and make sure that no grim detail about cigarettes remains unspoken.

Then, begin to bring him out of this 'dirty' area of his life by asking him to start imagining just how good his life would be without cigarettes.

Suggest that he would smell so much cleaner and that his teeth would be whiter and less stained too.

His breath would be less pungent, his hacking cough would discontinue, and eventually his lungs would begin to feel clean, strong and healthy too.

Don't be afraid of using every weapon that you have available.

Remember that you are truly doing this for them, so, for example, help him calculate how much more money he would have in his pocket if he did not smoke!

Ask him to visualize how those nearest and dearest to him would react if he became a cleaner, healthier and more energetic person by giving up tobacco.

Everything that you can think of, use it in an effort to get his subconscious to recognize that every single word you say is the gospel truth!

And then, whenever he is ready, "wake" him up from the trance and see how he feels (you could even offer him a cigarette as a test.....!)

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Going For The Top!

The procedure that we are talking about here can be pretty much applied to any situation and with any person.

Again, of course, there is absolutely no guarantee of success, but there is never going to be any harm in trying!

So, for example, if you know somebody with low self-confidence who you want to help, do so by suggesting new ways of behavior designed to help him have a real belief in them self

With strong, convincing words, you can assist him whilst he tries to visualize what he needs to do to put him self where he wants to be.

He needs you to show him how clear his objective is, how he wants and needs it so badly, and how he will get it eventually if he just follows your advice.

You cannot do everything for him – only he can do that.

But, you can fire up his desire to hit his own personal targets, the things that he wants to accomplish.

You can help stoke his inner fires, his drive and determination to turn the goal into reality, and help him keep this goal at the front of his mind every time his determination wavers.

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Going Down...

Do you know someone who wants to lose weight, but just does not seem very good at it?

Then, you are just the person that they need to know, right now!

Surprised?

You shouldn't be.

Stories of weight loss programs that worked far more effectively when allied with hypnosis are legion on the internet, and again you can apply your skills to help someone in this situation.

Again, visualization of the new sleeker fitter you is the key to the success of such a weight loss regime for most people.

The fitter (as opposed to fatter) that they really believe they are, the quicker such folks seem to reach their more slender goals.

Just like helping someone to stop smoking, so it should be with helping someone stopping eating so much (you clearly do not want to stop them eating entirely!).

So, after you have them in a trance, your job is then to emphasize the bad aspects of eating all of the wrong foods, followed by singing the praises of everything that is good.

Stress that cream cakes are full of fat that clog up their arteries as well as adding pointless poundage, thus making them healthy, fit and attractive.

Then, do absolutely everything in your power to convince them to replace such poor quality, junky 'comfort' foods with healthy, nutritious things like green vegetables whole grains and so on.

Always, the basic outline 'plan' is the same. Induce the trance, stress all the bad things about what it is that they want to kick and finally make them see how much better life can be once the necessary changes are made.

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[HELP IS AT HAND WITH "THE MIND POWER" SELF HYPNOSIS CDS](#)
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The Road To Riches

One of the most popular usages of hypnosis is to help someone improve their material status by visualizing all the good things that riches could bring into their lives.

Yes, it may be spiritually shallow and some say that it is a waste of a skill like hypnosis, but that is what many people seek hypnosis for in real life.

People can and do believe that they can become rich just by placing their hearts and minds into it.

A typical session for getting rich quick is similar to the weight loss strategy that was outlined above, with success gauged by the ability of the subject to achieve specific visualization of the new richer them being the key.

Thus, it follows that the subject must know the things that he wants that would define success for him (rarely a her!). What kind of house does he want and how much is it worth, how many automobiles should there be on the drive and so on.

The subject is commanded to hold on to that clear mental picture of his dream.

This is then drummed into him as many times as necessary to make it stick.

That is, at the very least, until the next session!

Conclusion

The power of your mind and your subconscious are as boundless and as generous as the power of your dreams.

Tapping that power through hypnosis is looking inside you and knowing your capabilities. It means understanding yourself, the people around you, and the world you live in.

It is realizing that life and living is never constant.

It is appreciating that we always aspire for change – and that change happens from your willingness, your initiative, your hard work and perseverance.

Remember: Change is a verb. It fulfills its meaning once you act on it.

As repeatedly stated throughout this book, I cannot guarantee that hypnosis will work for you or that it will change your life.

You may have realized that by this time, IT ALL DEPENDS ON YOU.

You have the power within you. And no one can take it away from you.

Self-hypnosis helps you unleash and harness that power.

Given that you have regularly applied and practiced the prescriptions here – the process in itself is as important as the end product.

You learned how to unease your burden. You took time for yourself.

You made an effort to look within yourself to examine your thoughts and live with its rewards and consequences.

Congratulations and good luck with whatever it is that you want to achieve through hypnosis.

THANK YOU

Thank you for taking the time to read this eBook. I hope you found some worthwhile hints and tips on the uses of vinegar.

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