

Hypnotise Yourself for Success

by Peter Jones

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Introduction

Hypnosis is a separate, altered state of consciousness. You are not asleep. You are not awake. You are in a "trance" for lack of a better word. A trance is a state of mind in which people are able to free their minds from the constraints of their five senses and preconceptions. Typically the sensation is described as relaxing, blissful, dreamy or "I just felt different". Hypnotism is the process of inducing a hypnotic trance. Hypnotherapy is the practical application of Hypnotism to help people overcome many problems and difficulties. 'Hypnology' is another word you came come across. 'Hypo' is Greek for 'sleep'. The ending 'ology' means the study or the lore or even the science of something. So 'Hypnology' literally means the study of sleep.

Psychology is the study of the mind. It is a vast, complex subject and to deal with it at length would leave little room for any other subject in this eBook. Nevertheless, we shall deal with the mind in general, and study all the aspects you are most likely to need. Although there are many different schools of thought, and one can approach psychology in a variety of ways, you are about to embark on a very straightforward, easy-to-understand study, with everything explained in a simple, practical manner.

The Mind is intangible. It is not the physical brain but something far more intangible. It consists mainly of thoughts, ideas, reasoning, awareness, perceptions, concepts, memories etc. It is creative, calculating, scheming, imaginative, etc., etc. Although completely non-material and non-physical, mind is a kind of receptacle for everything one experiences throughout life.

Unconscious Mind. We can't be conscious of everything going on around us all the time. It would drive us crazy. So the vast majority of it is handled by a part of our mind beyond our conscious awareness. We call this the unconscious mind. The term was coined by the 18th-century German romantic philosopher Friedrich Schelling. The concept was developed and popularised by the Austrian neurologist and psychoanalyst Sigmund Freud. Empirical evidence suggests that unconscious phenomena include repressed feelings, automatic skills, subliminal perceptions, thoughts, habits, and automatic reactions, and possibly also complexes, hidden phobias and desires.

Subconscious Mind is the part of consciousness that is not currently in

focal awareness. The word subconscious is an anglicized version of the French *subconscient* as coined by the psychologist Pierre Janet, who argued that underneath the layers of critical thought functions of the conscious mind lay a powerful awareness that he called the subconscious mind. Because there is a limit to the information that can be held in conscious focal awareness, a storehouse of one's knowledge and prior experience is needed; this is the subconscious.

So you will see that the terms Unconscious Mind and Subconscious mind arose historically from different sources but basically mean the same thing. In this eBook I will be using the terms interchangeably.

Each impression acts as a stimulus, and each stimulus demands some kind of response. The unconscious mind could respond positively or negatively to the stimulus. If positive, it could be either **Instinctive** or **Conditioned**. The ability to respond instinctively is inherent in humans from before birth, whereas conditioned responses are the outcome of training or learning (conditioning). The unconscious mind is most obedient but it lacks such faculties as initiative, reason etc. It is only able to respond as it has always responded to stimuli.

Consciousness and the Conscious Mind. Now practically all that has so far been mentioned, has been to do with the unconscious / subconscious. What then of the Conscious Mind and Consciousness?

Consciousness is the quality or state of being aware of an external object or something within oneself. It has been defined as: sentience, awareness, subjectivity, the ability to experience or to feel, wakefulness, having a sense of selfhood, and the executive control system of the mind.

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Despite the difficulty in definition, many philosophers believe that there

is a broadly shared underlying intuition about what consciousness is. As Max Velmans and Susan Schneider wrote in [The Blackwell Companion to Consciousness](#): "Anything that we are aware of at a given moment forms part of our consciousness, making conscious experience at once the most familiar and most mysterious aspect of our lives."

If I had the time I could rattle on all day about consciousness but all you need to know in order to carry out hypnosis is that it is the part of the mind you are aware of and have direct control over. You control your unconscious mind with self-talk, by reciting affirmations and by educating yourself.

Doing these things gives you a lot of control over your life. There have been wildly varied estimates as to how much of the mind is conscious and how much unconscious. Analogy is often made with an iceberg. Surfacing it to say that the conscious mind is tiny in comparison with the unconscious.

Wouldn't it be grate if there was a way to extend our conscious control to our unconscious minds? Just imaging how much more we could accomplish. Well luckily for us there are several ways and the one I am teaching you about here is called hypnosis.

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Hypnosis, the basics.

We are now going to commence our study of hypnosis. One of the things that I hope this lesson will do is to dispel some of the fallacies you may have heard, and thus the misconceptions that many people may have, concerning hypnosis

First I want to talk a little bit about Hypnotherapy.

What is hypnotherapy? Hypnotherapy is the combination of hypnosis with therapeutic treatment, that is to say, hypnosis is a technique within which the subconscious mind is utilised to achieve a therapeutic end. Helping people to become more successful in their lives could reasonably be included under this heading and I will be using it a lot in this book.

The History of Hypnosis. The earliest references to hypnosis come from ancient Egypt and Greece, furthermore, references have been found in texts from ancient China and in the Hindu Vedas.

The father of modern Hypnosis may well have been [Frans Anton Mesmer](#), who lent his name to the term “mesmerised”. Born in 1734, Mesmer graduated in medicine at Vienna.

James Braid, a doctor practising in Manchester, coined the term ‘hypnosis’ in the 1830s (from the Greek word ‘hypnos’ which means ‘sleep’). He later regretted his choice of word, because hypnosis does not involve sleep, but by then the term was in common usage.

A British surgeon, [James Esdaile](#), used hypnosis as an anaesthetic and performed many well-documented operations using the technique. However, the discovery and use of medical ether in the 1840s effectively ended the use of hypnosis as an anaesthetic. Notwithstanding this, Hypnotherapists refer to the deepest levels of Hypnosis as the “Esdaile state”.

No discussion of the history of Hypnotherapy would be complete without mention of [Emile Coue](#). Emile Coue was a French apothecary who pioneered the method of self-hypnosis called auto-suggestion during the 1920s.

Essentially, Coue in his work emphasised the role of positive thinking in self-improvement. In this way he proposed bridging the gap between behaviour and cognition, a concept offered over 250 years earlier by Blaise Pascal. Coue is famous for the mantra *“Every day, in every way, I am getting better and better.”* But can reciting a mantra involving positive thoughts improve ones outcomes? There is now much evidence that it can.

The British Medical Association (BMA) has only recently changed its attitude to complementary therapies, including hypnosis. Although the BMA formerly opposed non-medical treatment, they now accept the efficacy of some properly regulated complementary therapies, and have advised doctors to seek more information to help meet public demand for treatment. As a result, many doctors now refer patients directly to qualified hypnotherapists.

At this juncture it might be sensible to try and answer the question “What is Hypnosis?”. My answer might surprise you. The first thing to state is what hypnosis is not.

Hypnotism is not some form of mind control imposed upon the subject by the hypnotist. In fact it is not possible for anyone to hypnotise anybody else. A suitable description of hypnosis is:

“Hypnosis is a state of awareness dominated by the subconscious mind.”

There is in fact no such thing as hetero-hypnosis. It is completely impossible for me, you, or any body else to “hypnotise” another person. What actually happens is that the hypnotist acts as a catalyst or facilitator of hypnosis. He or she creates an atmosphere for the subject, which, when coupled with guidance from the hypnotist, creates in the subject the conditions that enable the subject to enter the hypnotic state. It is in this induced hypnotic state that either beneficial suggestions can be made or the process of psychoanalysis may proceed.

The Hypnotic State. A hypnotherapy session usually proceeds in four stages:

- 1) Induction
- 2) Deepening
- 3) Therapeutic Intervention
- 4) Release (often termed “awakening”).

Hypnotists use the terms “sleep” and “awakening” even though they completely understand that the subject is not “asleep” and therefore does not in reality need “awakening”. He or she is already awake albeit in an altered state of consciousness. It is just that hypnotists find it convenient to use terms such as “sleep” and “awake” when dealing with the subject.

Throughout the therapy session the subject is completely aware and can release his or her self from the hypnotic condition should they so wish. Since this is the case it is clear that no one can be made to perform any act that they did not wish to perform just because they are in hypnosis.

One of the most important debates in hypnotherapy circles concerns the definition of the hypnotic state. There is one school that believes that there is no such thing as a unique hypnotic state. All that occurs is that hypnotic induction does no more than reduce conscious attention in the subject and increase the accessibility of the subconscious mind.

I must state that although this position is perfectly valid, and such an hypothesis in no way diminishes the ability of a hypnotherapy practitioner to assist a subject to enter the hypnotic state, it still leaves the question as to why this is at all possible.

My own view is that it is because of the way in which evolution has structured the human brain, and because certain types of activity are carried out by different parts of the brain, that the hypnotic state can be induced. I do not wish to go into any depth concerning the structure and working of the brain except as is necessary to explain this view.

The human being possesses what has been described as a triune brain. That is to say we have a composite of three brains inside our skulls, linked and interlinked, all with their own special function. The newest part of our brains, called the neo-cortex, is split in two halves the right hemisphere and the left hemisphere. These halves can communicate with each other because they are linked by a *corpus callosum*, which might be described as a multi channel cable linking the right brain and the left brain. Research over the years has shown that the right brain is the part that deals with imagery, creativity, imagination, and emotion; whereas the left brain is our calculating, logical facility. It is the part of the brain that deals with language as written and as the spoken word.

What may well be happening during the hypnotic induction process is that something analogous to a switch is pressed that permits the right brain to dominate over the left brain. The result of this is that logical consciousness is superseded by imagination, emotion, and the ability to use symbolic and visual imagery. The hypnotic state is therefore a particular state of awareness dominated by the right hemisphere of the neo-cortex.

Induction. So how does the hypnotherapist assist his client in entering the hypnotic state? This is done by directing the focus of conscious attention and while consciousness is directed elsewhere, making suggestions to the subconscious mind to relax. Now you are sitting reading this book, your consciousness is focussed to the subject we are discussing. Your left hemisphere's critical faculties are functioning. You can therefore choose to read, think about something else, or doze off. Now the subconscious mind does things in a different way.

Under normal circumstances the subconscious mind takes direction and suggestion from the conscious mind only. It therefore makes the assumption that any suggestion or directive it has received has been processed and accepted by the conscious mind and may be acted upon. In fact it must act upon the suggestion – it is a rule that a suggestion accepted by the subconscious mind must manifest itself in motor action. Once the subconscious mind has accepted a suggestion it **will** act on it. **Every time, no exceptions.**

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Thus the essence of suggestive hypnotherapy is to get the subconscious mind to accept the therapist's suggestions without the intervention and rejection of the conscious mind. If the conscious mind blocks the suggestion no motor action will occur.

An induction usually commences by sitting the subject in a comfortable chair and directing the focus of their conscious attention to a spot on the wall, perhaps just above the level of their line of sight so that a little bit of strain is involved and thus the focus of consciousness is further assisted. In this state the hypnotherapist makes continuous suggestions to the subject to enter a relaxed (or light hypnotic) state. The net result of this when successful (and it usually is) is that the subject is relaxed and ready to accept further suggestion.

It is worth noting at this point that anyone who is of sound mind may be hypnotised. In fact, the more intelligent and imaginative a person is, the easier it is for them to enter hypnosis; and the deeper the state that they can entertain.

Deepening. At the point at which the subject evidences the symptoms of light hypnosis such as lassitude, slight flushing of the face, regular, but shallow breathing eyes rolled upwards in the head to name but a few, the hypnotherapist gets the subject to use visual imagery to allow him or her self to accept the hypnotherapists suggestions to enter a deeper level of hypnosis.

It is important to understand that even though we talk about a "deeper level of hypnosis", the subject is fully conscious but is in a much heightened state of awareness. Conscious attention is minimised and although the subject may appear as if asleep, that is no more than the external visual effect of reduced consciousness and increased internal activity. One would only have to indicate that there was a danger (such as a fire) for the subject to instantly return to the world of conscious activity.

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Therapeutic Intervention. Once the subject has achieved a deepened state of hypnosis the hypnotherapist can start to make beneficial suggestions, which are immediately accepted by the conscious mind. This is the therapeutic intervention phase of a hypnotic session. However, this has to be done in a very particular and precise manner otherwise unwanted side effects can result.

Let me give you an example. We will assume that a client has come to me specifically to be helped with money problem. No matter how much will power he tries to apply to his habit of repelling money is unable to give it up. The more he focuses on the habit and keeps saying to himself "I will make more money", he falls foul of one of the laws formulated by the great therapist Emile Coue.

One of his laws is known as the Law of Reversed Effect. What this law says in effect is that "the harder you try, the less you succeed". I am quite sure that all of you can remember a circumstance when this affected you. (Remember that time when however hard you concentrated on your tennis serve the worse it became?)

This law is of great importance because if the hypnotherapist phrases his suggestions in ignorance of this law then not only will he fail to achieve his ends but he may also cause internal psychic stress. I use the word psychic in the sense of psychology and mental processes, not in any paranormal sense.

If my subject is in a deepened state of hypnosis and I make a suggestion such as "You will not repel money anymore" the law of reverse effort will kick in and the subject may well increase his difficult relationship with money and at the same time experience psychic stress because he is trying to accomplish something he cannot do.

Suggestions given in hypnosis must be carefully couched so that they can be accepted by the subconscious mind and not invoke any of the various known laws of mental behaviour. A much better suggestion, for example would be "Attracting wealth is easy and effortless. ", "Success makes you so proud and happy."

When preparing suggestions for use in hypnotherapy it is of crucial importance to avoid direct negatives, vagueness, and imponderables. Only positive, direct suggestions will succeed.

Release from the hypnotic condition. Once the hypnotherapist has completed his suggestions it is necessary to release the subject from the hypnotic condition. This is usually done by saying something along the lines of:

“That completes our session. I am now going to count up from zero to five. At each number counted up you will find yourself becoming more and more awake and when I reach five you will be wide awake and feeling thoroughly refreshed and alert.

Zero – starting to wake up

One

Two – feeling more awake

Three

Four – eyes open

Five – fully awake and you now feel refreshed and relaxed.”

Auto-suggestion. In the case of suggestion therapy, hetero-suggestion, the treatment process can be augmented by repetition. In this case the hypnotherapist can prepare audio tapes or CDs to enable the subject to sit quietly at home and enjoy a treatment session without attending the hypnotherapist’s consulting room. Here are three free sessions you can download and use straight away:

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Another way in which the hypnotherapist can assist his or her client is by teaching them self hypnosis. And the way in which they can apply auto-suggestion. This technique is very successful when used in character building and confidence building situations because they can be used on a regular basis. Reinforcement can be carried out at intervals by the hypnotherapist.

Analysis. What I have just been talking about is the better known use of therapeutic intervention during hypnosis – that is to say suggestion therapy. Suggestion therapy is a very effective way of helping a subject to solve their problem but it does have its limitations.

Using suggestion therapy might well cure a client of smoking, say, and undoubtedly he or she feels that the treatment was worthwhile. However it is possible that the tobacco habit has been replaced by another habit such as sweets or chocolate, or perhaps an increase in alcohol consumption.

Suppose that the client had been suffering from claustrophobia and after suggestion therapy he or she went round saying something to the effect of *“Gosh, I have no problems going into lifts or small spaces anymore.”*

Unfortunately they are now quite apprehensive of going out into large spaces, or have developed a fear of crowds, or some other phobia completely unconnected with claustrophobia has taken root. The subject of course makes no connection with this new phobia and the removal of his or her old phobia. So, what went wrong?

In matters of the mind as in physical mechanics the law of cause and effect applies. The original phobia or habit had to have a root cause. In the case of smoking it may have been no more than the effect of peer group pressure and the fact that “everybody smoked”. It therefore became the social thing to do. This is likely to be true for many, many cases but not all.

In some cases the smoking habit, this 40 cigarette a day consumption, may be the outward manifestation of an inner symptom. This inner symptom may be described as an unreleased head of steam, an internal pressure, or, in the language of psychoanalysis, a repressed memory. Thus the presenting problem may be caused by a repressed memory from childhood. This internal stress, or repression, manifests itself as the excessive consumption of cigarettes. Or the inability to get into a lift, or a bad stutter, or an asthma attack, or the inability to make money. If the repressed memory can be released then the external symptom will disappear.

The technique used to uncover the repressed memory is hypnoanalysis. In hypnoanalysis the hypnotherapist induces the subject into the hypnotic state and then encourages the subject to describe what he or she is thinking. The first session proceeds along the lines of free association and is often referred to as “shaking the tree”.

In the case where the subject exhibits the manifestations of free-floating anxiety then, in the hypnotic state, the cause of that anxiety, that repressed memory, is actually not that far from thought.

By getting the subject to describe his thoughts and mental images the repressed memory will, after several sessions, be brought to the surface and released with the appropriate **abreaction**. We will talk more about abreaction later.

This is the classic technique of psychoanalysis. When this happens the subject is freed of the repression, understands his or her situation and will no longer exhibit the anxiety symptoms previously demonstrated.

By now you now have a good overview of hypnotherapy. Hypnotherapy is a valuable treatment modality suitable for many conditions and has been of enormous help to many thousands of people worldwide.

So it is by means of the hypnotic induction technique, that is to say by the complete inward focussing of attention and the elimination of outside stimuli, that the subject gradually and gently makes a transition from conscious awareness to subconscious awareness, thereby entering the state of hypnosis.

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A deepening process is then administered, causing the subject to physically relax and to be mentally removed from the critical faculty of the conscious mind that analyses words and events. In the case of suggestion therapy, therapeutic suggestions are then made in words and phrases readily understood by the subject.

Acceptance of these suggestions by the subject is based upon his or her needs, desires, and beliefs. Mental images are created in the mind of the subject by the language and suggestions of the hypnotherapist. The subject then makes his life conform to the subconscious image that he or she has been given.

Any mental image accepted by the subconscious mind will become the blueprint that the mind is bound to comply with. There are no exceptions.

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Conditioning

Conditioning means training the subconscious response to react in a predetermined manner to stimuli.

You will remember the continuous influx of impressions mentioned earlier. Each of these impressions can act as a stimulus, demanding, from the subconscious mind some kind of response. For some stimuli (plural of stimulus), the subconscious has ready-made responses. These are instinctive responses.

There are however, an infinite number of stimuli for which no ready-made responses are available. These make it necessary to train (condition) the subconscious in order to provide it with a repertoire of suitable responses.

Faculties of the conscious mind shoulder the responsibility of giving the necessary instruction for training the subconscious. By repeatedly ordering the subconscious to respond to a specific stimulus in a certain way, the subconscious eventually learns to respond without orders from the conscious mind. The subconscious mind is not able to reason, it is completely obedient, and incapable of responding to a stimulus in any way other than that of the conditioned response.

Well now you know that you are quite capable of carrying out some conditioning. In fact, you have always been able to do it. Conditioning is simply the process of learning. As you learn, you automatically condition your subconscious responses.

To illustrate this fact, imagine a person attempting to ride a bicycle for the very first time. He finds it necessary to focus all his attention on maintaining balance, otherwise, he would fall off.

For quite a long time he must consciously control his movements in order to prevent losing his balance and falling. The slightest digression of attention from the essential task of maintaining balance, would result in falling.

After much practice and perseverance, a student of cycling will find that he is able to ride his bicycle, and, at the same time, focus his attention on other things without fear of mishap. He will be able to free his conscious mind from the task of unceasing vigilance over the technical intricacies of balancing on a bicycle. In fact, he will be able to do this so well, that were he to find himself on a straight, quiet, traffic-free road, he'd be able to ride along on the bicycle quite comfortably whilst reading a book.

The little story of our cyclist friend's fate of combined activities has been used, merely as a means of presenting a fact. And that fact is this: the cyclist, who not so long ago relied entirely on his conscious mind directing those physical movements necessary to maintain balance, can now cycle merrily along, entirely independent of conscious direction and control.

Due to the conscious mind being limited to dealing with only one thing at a time, one is only able to concentrate the attention on one set of related sense impressions at any given moment in time. Knowing this, we can be sure that our cyclist friend, whilst concentrating on the book, was not concentrating on propelling the cycle along the road.

Let us now consider what happened to the cyclist between his first attempt and when he found himself able to cycle competently without even thinking about it.

At first, the subconscious mind was receiving stimuli in the form of physical instability resulting from certain parts of the body being brought into contact with such things as handlebars, saddle and pedals of an unfamiliar bicycle.

Recommended Reading

- http://www.enigmabooksonline.net/RR_Hypno.htm

Now, the subconscious mind, not knowing how to respond to such strange, unfamiliar stimuli, would have to receive instructions on how to behave; and these instructions would have to come from the conscious faculties.

After repeatedly receiving instruction of this kind, the subconscious would have become conditioned and would be able to respond to such stimuli as bodily contact with the bicycle saddle, pedals, etc., without instruction or guidance from the conscious faculties.

Now let us move to another very important subject, and that is, the Power of Suggestion.

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The Power Of Suggestion

Although it is true to say that much of our behaviour is the result of conditioning, it is also true to say that suggestion controls our behaviour.

Suggestion selects specific conditioned responses, which in turn, manifest as types and specific patterns of behaviour. Often we find ourselves responding in a particular way to a particular situation, either as a result of suggestion from an external source such as conversation, advertising, television, etc., or suggestion arising from our own conscious reasoning.

Many psychologists maintain that the subconscious mind does not have the power to reject suggestion. That is to say, all suggestions reaching the subconscious mind must produce the intended responses - provided of course that appropriate subconscious responses are available.

Other psychologists are not entirely convinced, but are, nevertheless, prepared to accept that the principle does work when special preparations have been made to provide ideal conditions. Either way, it is obvious that suggestion can influence behaviour.

To the subconscious, suggestions are stimuli to which they will respond at all times according to their conditioning or instinct. Why is it then, that when we suggest something to someone, it doesn't work?

The reason for this state of affairs is the intervention of the conscious mind - and in particular, one of the faculties known as the Censor. You must remember that you are trying to get the suggestion through to the subconscious. But the conscious faculties are ever lurking. If they intervene, they could decide to order the subconscious to respond in a manner which is entirely different from its normal conditioned response, or order it not to respond at all.

There are *FOUR* main ways of dealing with conscious intervention so that suggestions are made more effective, and they are:-

SUBLIMINAL SUGGESTION - With this method, the suggestion is delivered to the subconscious without attracting the attention of the conscious sensor. This means that the suggestion reaches the subconscious without the conscious mind being aware of the fact.

CONSCIOUS ACCEPTANCE – Think of a salesperson who must present certain facts for the approval of the conscious mind. If the conscious mind approves then the subconscious will be allowed to respond according to its conditioning or instinct. Everything takes place in the light of attention, making the conscious mind fully aware of both the suggestion and the response.

CONSCIOUS SUSPENSION - Conscious Suspension is the mental state of heightened suggestibility. The techniques for inducing the hypnotic state are often used to bring about the state of conscious suspension. By presenting to the subject a monotonous succession of unchanging sensory stimuli, the conscious mind, including the censor, are lulled into a state of complacency. Think of a rather drowsy, uncaring conscious mind, content to switch off its attention and just hang around until it is required to deal with a real emergency.

EMOTION - Reason can be impaired or inhibited by emotion. In fact, most of our conscious faculties can be impaired by emotion. How often have you witnessed a situation in which someone has been emotionally upset and unable to think clearly? It is on such occasions that the impaired conscious faculties allow unreasonable, futile, and sometimes, harmful suggestions to filter through to the subconscious. So, by presenting to a subject, suggestions that arouse strong emotional feelings, we can be reasonably certain of making suggestion work.

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HYPNOTIC STATE: What actually is the hypnotic state? In effect, what is hypnosis? Does the subject know that they are in hypnosis? How do you the hypnotist know that they are in hypnosis? Let us start by trying to answer the question “what is hypnosis?”

The trance state, which might be defined as an altered state of awareness, is one of the oldest phenomena known to man. It is found in some form or another all over the world, transcending all cultures and races. Some writers have described it as the original psychological therapy.

Notwithstanding the fact that altered states of consciousness have been known for thousands of years, the term “hypnosis”, derived from the Greek “hypnos”, meaning “sleep”, was only coined circa 1840 by Dr James Braid.

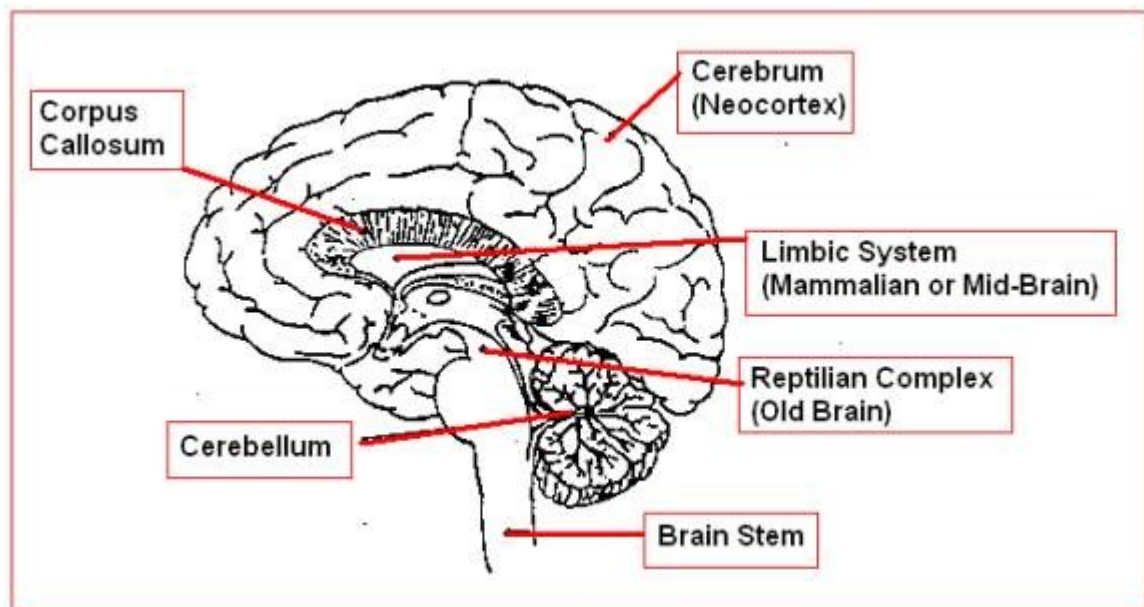
[James Braid](#) (1795 – 1860) was a surgeon and pioneer in the field of hypnosis. He was born in Fife, in Scotland and educated at the University of Edinburgh. He became a successful surgeon in Manchester.

In 1841, Braid attended a demonstration of what was then called 'mesmerism', after the Frenchman Franz Anton Mesmer (1734 - 1815). Braid explored the use of the technique in pain relief during surgery. This was at a time when the use of anaesthetics in surgery was in its infancy. He found that some of his subjects would enter a hypnotic trance by simply fixing their eyes on a bright object, such as a pocket watch. Braid was the first to use the term “*Neurohypnosis*” which was later shortened to simply '*Hypnosis*'.

Even with our current level of knowledge, and with our current understanding of the human mind, the phenomenon of hypnosis cannot be conclusively defined. I think however that a reasonable definition might be that:

“Hypnosis is a state of mind, enhanced by (albeit not exclusively) mental and physical relaxation, in which the focus of attention is so directed that our conscious is able to communicate with our subconscious mind.”

Let me try and take this little bit further. I am sure that you are aware that what is actually inside our skulls is not just “the brain” but a structure that possesses several parts, each of which has its own respective function.



The current opinion is that the human brain consists of three overlapping basic brain types joined to form one structure called the “[Triune Brain](#)”. This insight was developed by [P. D. MacLean](#) and his colleagues during the 1970s. An interesting factor of this is that each of the three brains has its own sense of time and space, its own special intelligence, its own subjectivity, and its own motor system. Furthermore all three brains differ entirely one from the other in their neurochemical and microscopic structure. Although the three brains are interconnected there is evidence to support the belief that they can, within their own limitations, operate independently of one another. As you can appreciate these brains forming the triune brain are the result of evolution. Just for the sake of completion these three brains are :-

- The reptilian brain
- The paleomammalian brain (or limbic brain)
- The neomammalian brain (or neocortex)

It is the neocortex that contains the right and left hemispheres. And I would offer the following quotation from Luigi Vazelli (1980) in his work "[An Approach To Neuroanatomical And Neurochemical Psychophysiology](#)"

"It (the neocortex) has no direct information channels of its own from the environment. As a result all outside environmental information and all inner or visceral information arrives at the neocortex for processing via the two other brains and it has already been modulated by them, in particular, of course by the emotional colouring of the limbic system. In man, therefore, the neocortex is the site of abstract thoughts, reflection, reasoning, both mathematical and philosophical, cognition, understanding, invention, analysis and synthesis, creative imagination and intuition."

The foregoing is provided for background interest. If you wish to read further then you will find suitable references in the [Bibliography](#) provided for this book. The Bibliography is there to help you with any further investigations or readings you wish to make.

One thing to be aware of is that our personalities appear to derive in some extent from the communication between the brain's right hemisphere and its left hemisphere. It is interesting to note that these have been considered as two separate brains each capable of working independently of each other (Dr. A. L. Wiggan, 1844, "The Duality of Mind").

In 1980 the Nobel Prize was awarded to Professor Roger Sperry of the California Institute of Technology for his work on identifying specific functions of the brain. Such functions being lateralised to either the left or the right cerebral hemisphere.

This "right brain", "left brain" behaviour has been known since the earliest days. The left brain is observed to manage our logical, rational actions whereas the right brain is the seat of intuition and imagination, of artistic creation.

One of the greatest hypnotherapists, the Frenchman [Emile Coue](#) (1857–1926 “Day by day, in every way, I am getting better and better.”), formulated some basic laws and observations.

These laws are:

Law 1. *The law of concentrated attention.* This states that what people put their minds upon, they tend to adopt.

Law 2. *The law of reversed effort.* This states that an effort of will to overcome an idea, only reinforces that idea. e.g. A person decides not to think about a cold glass of beer and then can do no other!

Law 3. *The law of affect (affect = emotion)* This states that a person is suggestible in the direction of his emotion..

Observation 1. *When the will and the imagination are in antagonism, it is always the imagination which wins. WITHOUT EXCEPTION.*

Observation 2. *In the conflict between the will and the imagination, the force of the imagination is in direct ratio to the square of the will.*

Observation 3. *When the will and the imagination are in agreement, one does not add to the other, but one is multiplied by the other.*

Observation 4. *The imagination can be directed.*

Take particular note of these laws because they deal with two factors WILL and IMAGINATION. Might these not equate to RIGHT and LEFT as in right hemisphere and left hemisphere? Might not the hypnotic state, this altered state of consciousness, owe something to the bi-cameral structure of the brain and the way in which “duties” are apportioned to each hemisphere?

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The possibility must surely exist that the hypnotic state is not entirely psychic, that is to say not entirely a function of mind (information, software) only, but rather it involves some form of software-activated physical switch, a “flip-flop”, which permits the focus of attention to be directed predominantly towards the right hemisphere of the brain. We will return to this discussion later in the book.

Coming back to basics it may be better to define “*hypnosis*” by what we observe as results rather than what it is. The state of mind that we call hypnosis may be brought about either by oneself, unaided (the technique of self-hypnosis) or with the assistance of another person – the hypnotist.

Psychological therapy and counselling (sometimes referred to as the “talking cures”) is the treatment of emotional and psychological disorders, unwanted habits and undesirable feelings, using psychological techniques alone. The aim of all such therapy is to assist the clients in finding meaningful alternatives to their present unsatisfactory ways of thinking, feeling or behaving. Therapy also tends to help clients become more accepting both of themselves and others and can be most useful in promoting personal development and unlocking inner potential.

Although there are many forms of psychological therapy, and many different “schools” of thought, it must be said that Hypnotherapy is distinctive in that it attempts to address the client’s subconscious mind.

In practice, the Hypnotherapist usually requires the client to be in a relaxed state. The Hypnotherapist frequently enlists the power of the client’s own imagination and he may utilise a wide range of techniques from story telling, metaphor or symbolism (judged to be meaningful to the individual client) to the use of direct suggestion.

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Moving on, let us direct our attention to the question “*who can be hypnotised and do they know that they are in hypnosis?*”

The answer to this question is without any doubt whatsoever “virtually everyone”. This does however need to be qualified. Some people are more readily hypnotisable than are others, and the level of this depends upon a number of factors such as :

- the subject’s willingness to be hypnotised at the time
- strength of the subject’s particular desire or need
- the subject’s trust and confidence (rapport) in the therapist concerned

Assuming that the subject meets all the criteria for hypnosis the therapist proceeds to carry out an induction, a deepening, a therapeutic intervention, and an awakening.

Just because I use the word “awakening” does not mean that I am assuming that that hypnosis is sleep – this is definitely not the case. I use the word to indicate that I am returning the subject to a normal fully conscious focus of attention. Does the subject know that he or she is “in hypnosis”?

No they do not for the simple reason that the hypnotic state is not an unusual state. It is no different from the usual day-dreaming reveries that they normally experience; no different from the state of consciousness on either falling asleep at night or on wakening in the morning. It is merely another state from the one in which we normally conduct our daily round.

This now encroaches upon another factor, namely *suggestibility* and therefore *suggestibility tests*. Everyone who is of normal mentality (not mentally challenged, drunk, or on drugs) can be caused to act on suggestion. In essence the therapist suggests to the client what is to happen in such a way that, inevitably, it happens.

The explanation is simple – go back and read Coue's Laws and Observations again, in particular:

Law 2. *The law of reversed effort.* This states that an effort of will to overcome an idea only reinforces that idea, e.g. a person decides not to think about a cold glass of beer and then can do no other!

Observation 1. *When the will and the imagination are in antagonism, it is always the imagination which wins. WITHOUT EXCEPTION.*

Emile Coue used many tests for suggestibility but in particular he used the clasped hands test. This test can be performed with one or many subjects. It involves asking the subject(s) to follow the instructions :

“Please clasp your hands together, clasp them tighter and tighter, and now think that no matter how hard you try you cannot separate them, in fact the harder you try to separate your hands the tighter they become.”

At this point, if you are carrying out the test with a group of people, you will find that a majority of the group will not be able to separate their hands. The reason for this is that the suggestion involves several elements. The first element is that it is built upon Coue's second law, the law of reversed effort. The subject(s) have been told that they cannot separate their hands, the mind says “of course I can” and then proceeds in the attempt to separate the hands. This fails because of the law of reversed effort which results in them tightening their grip.

The second element is more subtle. By telling them to “try” we had in fact suggested that there was going to be some difficulty, in fact as imagination takes over it is clearly going to be impossible. When WILL is in conflict with IMAGINATION it is imagination that wins.

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- http://www.enigmabooksonline.net/RR_Hypno.htm

All that is necessary for the process to be reversed is.

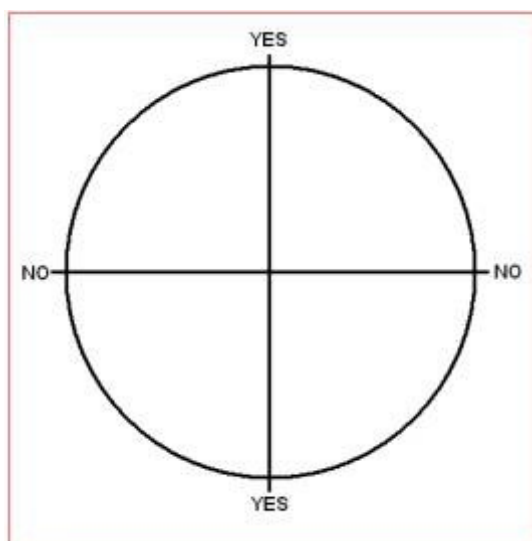
“I want you to look at your hands and think ‘I can separate them. I can separate them. Separate your hands now.’”

Continuing on the subject of hypnotic suggestibility you can demonstrate suggestibility to yourself another way by using what is generally known as Chevreul’s Pendulum. This is a demonstration of direct communication with your subconscious mind

Chevreul’s Pendulum is a device to test *amenability to suggestion*. It measures the degree of response to a thought in your mind, or to a given external suggestion. Those who can unconsciously make the pendulum swing all the way to the edge of the circle marks the best hypnotic subjects.

When a thought is put into the mind, it causes the tiny muscles in the fingers to move in a direction. We refer to this as an *ideomotor response*. The motion that occurs is the result obtained from a condition put into the mind. Questions must be worded so that they can be answered with a “YES” or “NO”. To ensure that the question is completely understood and thus attention is focussed, its best to write the question down on a sheet of paper.

The subconscious mind will answer with an observable signal. So, let us make a pendulum. You will need: A piece of string or cord about 20 to 25 cm long. An Object: any object that you can tie a string through (for example use a finger ring or a key) and a circle drawn on a sheet of paper or card about 15 cm diameter.



Tie or thread the string through the object (the Pendulum). Hold the string between the thumb and forefinger with the elbow resting on the arm of your chair or on the table, so that the weight can dangle freely.

- Place the pendulum over the above marked circle on a table in front of you.
- Now relax and concentrate.
- Merely think of your question. You might say to yourself... " *My subconscious mind is to select one of the four motions of this pendulum to answer the questions before me.*"
- Watch and concentrate on the pendulum. It will usually begin to move in a few seconds.

If the pendulum continually moves in circles, the subconscious mind does not want to answer, or does not know the answer. Make sure that your questions are worded exactly as you mean them, as the subconscious mind takes everything literally. This technique is useful in self-therapy and can actually help you with your own personal decisions.

A further word about suggestibility, and that all important subject - rapport. It is important to build a rapport with the client so that the client feels that he or she can trust you. I do not necessarily mean trust in the sense that you are not going to assault or injure them, but that you will treat them sensitively and carry out the duties for which you are being retained in a sensible manner. Rapport covers a multitude of things but its essence is that a complex understanding has developed between the client and the therapist. In many cases this rapport has been built by the client's perception of the therapist. If the rapport between therapist and client is such that the client's perception of the therapist is that of a sound and competent professional then the whole of the client's suggestibility is heightened.

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Back to suggestibility. In view of the fact that you know that everyone can become hypnotised unless they happen to be mentally incapacitated why would you wish to put a new client through any sort of suggestibility test? His suggestibility is already heightened by the fact that he or she made an appointment to come and see you. Furthermore they have come to be hypnotised, so hypnotised they will be.

There is another point. The very fact that you want to give the client some sort of suggestibility test implies that you doubt your own abilities as a hypnotist. The client may also perceive this as doubt on your part. Let me assure you, when you sit the client in your chair or on your couch and commence talking to him using a standard induction he or she will enter the hypnotic state. That is what they came for, that is what they expect to happen – so happen it will.

Be crystal clear on this fact and also be crystal clear that no-one can hypnotise anybody else. Hypnosis is not *heterohypnosis*. That is to say hypnosis is not a phenomena applied by one person to another. What occurs is *autohypnosis*, that is to say that the subject hypnotises themselves. Somewhere during the induction phase the internal switch is thrown and the focus of attention redirected. So, do not use suggestibility tests on clients, use them for your own interest or as a group demonstration during a talk on hypnotherapy.

Another question that we might consider is: “What level of trance is required in order to achieve a successful therapy session?” Most researchers agree that the actual level (or depth) of trance obtained does not in any way relate to the results that might be obtained. In practice, this means that even though a person feels that they have not been hypnotised, given the very important factor of time , the desired outcome of therapy might yet manifest.

This matter of time is especially important in our current society, which has, in many respects, been coerced into believing that gratification of every desire should be instantaneous. However, given the right ingredients, if the time is right and if a suitable practitioner can be found with whom the client is willing to work, then all the client’s (realistic) goals are achievable.

Another question that arises is: “who may benefit from the hypnotic therapies?” This question is answered very well by the prominent hypnotherapist William Broom:

“The answer to this question is “virtually everyone”. Given that hypnotherapy can be utilised to access a person’s inner potential and that probably no one is performing to their actual potential, then this answer is literally true. However, it is not just potential which Hypnotherapy is well placed to address but also one’s inner resources to effect beneficial change. In this regard, it is the innate healing capacity of our own body that may be stimulated by Hypnotherapy. Consequently, the list of problems which may be amenable to Hypnotherapy is far too long and varied to catalogue but certainly includes: stress, anxiety, panic, phobias, unwanted habits and addictions (e.g. smoking, overeating, alcoholism), disrupted sleep patterns, lack of confidence and low self-esteem, fear of examinations and public speaking, allergies and skin disorders, migraine and irritable bowel syndrome (IBS). Additionally, it has proved of value within surgery, where normal anaesthetics have not been practical, in the wider sphere of pain management and in the areas of both sporting and artistic performance enhancement. As an adjunct to other counselling techniques, it can also assist in helping to resolve relationship difficulties and be useful within anger management strategies.

Although there remain many other areas of human suffering in which Hypnotherapy may bring relief, there are instances in which it may be contra-indicated. These could include some manifestations of depressive illness, epilepsy, psychosis (e.g. schizophrenia) and some breathing problems.”

Broom refers to using hypnosis to help with relationship problems. This also includes your relationship with money of course.

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I am sure that you have come across references to the use of “scripts. Many new hypnotists start out by using scripts and it will take a while for you to conduct an induction without using a script. However, although one can easily manage a non-scripted induction, I do not consider it advisable to conduct an unscripted therapeutic intervention when using suggestion therapy. A well-designed script should trap out all the extraneous verbiage and also ensure that no undue or incorrect suggestion reaches the unconscious mind. It is also important that no *necessary suggestion* be omitted.

This can happen quite by accident so I would advise you to always carefully plan your suggestion interventions and conduct them from a carefully constructed script.

There are of course various characteristics of the hypnotic condition which enable a hypnotherapist to gauge the depth of hypnosis of the subject in hypnosis. Generally we would describe the levels of hypnosis as shown in the table below.

The column headed General Description is to my way of thinking a nice simple way of describing the hypnotic condition. However, many authors and experts use alternative terms for what is more or less the same thing. Note that the definitions are, and can never be, entirely precise. You can see that DEEP and SOMNAMBULISTIC are clearly overlapping terms because the nuance of meaning is not exactly precise. Nevertheless I consider that the table provides a useful working description.

	GENERAL DESCRIPTION	ALTERNATIVE DESCRIPTION
1	LIGHT	LETHARGIC OR DREAM STATE
2	MEDIUM	CATALEPTIC OR HYPNOIDAL STATE
3	DEEP	SOMNAMBULISTIC
4	SOMNAMBULISTIC	COMATOSE STATE

The hypnotic condition can be indicated by reference to the four states of mind as evidenced by brainwave patterns. These four states of mind are; BETA – the waking state: ALPHA – the hypnotic state: THETA – the dream state: DELTA – the state of deep sleep.

Brain-Wave Frequency	State of Consciousness	
BETA: 14 to 30 hertz	Fully-awake, Alert, Excitement, Tension	
ALPHA: 8 to 13 hertz	Deeply-Relaxed, Passive-Awareness, Composed	Light Hypnosis
THETA: 4 to 7 hertz	Drowsiness, Unconscious, Deep-Tranquillity	Medium Hypnosis <hr/> Deep Hypnosis
DELTA: .5 to 3.5 hertz	Sleep, Unaware, Deep-Unconsciousness	

You will sometimes hear the term “Esdaile State” used to describe deep hypnosis. This is a depth of hypnosis not normally sought or even needed for most therapeutic purposes. It is named after James Esdaile. This state can be achieved with most subjects provided that proper deepening techniques, coupled with patience, are applied. This state is evidenced by a total physical relaxation in which there is no movement of the limbs upon suggestion, the subject has an inability to properly formulate audible vocal sounds, even though the subject can hear and recognise all that is going on around him. It is in this state that surgical procedures can be carried out.

Recommended Reading

- http://www.enigmabooksonline.net/RR_Hypno.htm

Please note that the states described cannot be taken literally. No two subjects are going to experience hypnosis in precisely the same way and there will be a lot of variance between subjects.

State Theory versus Non-state Theory - Now lets take a brief look at a bit of theory. There is a major difference of opinion amongst hypnotists. There are two fundamentally different theories of hypnosis, the “state theory” and the “non-state theory”.

The first theory, the state theory, assumes that there is a special condition achieved when one experiences hypnosis. In other words there is an actual hypnotic state which is somehow different from all the other mental states in which people might find themselves.

The second theory is that there is no such thing as a special hypnotic state and that hypnosis is no more than an internal redirection of attention and that this in itself is nothing particularly special.

Before we go into further discussion there is something that I want get across to you, something that is crucially important to your understanding of the hypnotic condition whether or not you subscribe to a “state” or “non-state” theory.

What must be understood about hypnosis is that no matter what level of hypnosis is being experienced by the subject, even if he or she is in the deepest possible (Esdaile) state, the subject is always totally and completely aware of his surroundings and all that is going on within his surroundings.

There is no time whatsoever during the hypnotic session when the subject is unaware of his or her surroundings. In fact, the greater the depth of hypnosis, the more awareness the subject possesses and consequently the results of the hypnotherapy session are better because there is an increased attention to the hypnotist’s suggestions.

From this I feel sure that you readily appreciate that even after a very successful session with a client it is perfectly possible for the client to believe that he or she was never hypnotised, and that the process “just didn’t work for them”. This in fact, when the process has in all probability worked perfectly and the hypnotist has done a first class job.

Convincing people that they have undergone successful hypnosis is difficult, statistics suggest that some 90% of subjects experiencing hypnosis for the very first time deny that they were ever hypnotised. The reason that they give for their denial is that *they were completely aware of everything that was said and done during the therapy session*. From the foregoing, you and I now know that the very fact of their heightened awareness is an indication of the success of the hypnosis experience.

Clearly, you the hypnotist need to take this into account, and you do this by explaining to the client *well in advance* of the first treatment session that this is what the experience will be. Impress on the client that they will be fully aware, in fact even more aware than normal. Notwithstanding all of this, you will still have the problem of convincing some subjects.

There is another point that I would like to make. Hypnotists are all too fond of using the word “sleep”. We know full well that hypnosis has nothing to do with sleep, but we all equate relaxation, with dozing and sleep. It is our nature. From now on I want you never to use the word “sleep”. In every case substitute the word **relax** whenever you feel inclined to use the word sleep. If you feel that you really must use the word sleep then you must fully explain to the client the context in which you are using the word, only then is it reasonable to use it.

Returning to our state/non-state discussion. Even though hypnosis has been seriously researched for over half a century, there is still enormous disagreement and controversy as to whether a person in hypnosis is in an actual separate psychological state in which a set of rules exist in a complete self-contained manner, or whether no such unique state exists and a person in hypnosis is doing no more than indulging in a directed daydream with no particular psychological state involved except a willingness to comply with the hypnotist’s requests.

Just to give you some idea of the diversity of opinion concerning hypnosis:

“... a subjective state in which alterations of perception or memory can be elicited by suggestion..” Orne 1959, 1977

“... a psychophysiological tetrad of altered consciousness, consisting of heightened suggestibility, narrowed awareness, selective wakefulness, and restrictive attentiveness ...”Marmer 1959

*“ most investigators acknowledge the existence of an hypnotic state ..”
M.H. Erickson*

“.. hypnosis is simply exaggerated suggestibility ..” George H. Estabrooks

These quotations from world renowned experts are nothing more than a tiny sample of differing expert opinion. It is important (and interesting) to be aware of the various theories of hypnosis and I would recommend reading as widely as possible on the subject of hypnosis. In particular two authors, Dr. Michael D. Preston [“Hypnosis: Medicine of the Mind”](#) and Michael D. Yapko [“Essentials of Hypnosis”](#).

For my own part, rightly or wrongly, I subscribe to the view that hypnosis is an identifiable separate psychological state. Let me give you a reason as to why I say this. Hypnosis has been described as relaxed suggestibility, rather like daydreaming. If I stick a needle in you while you are day dreaming you will jump a foot in the air. However, if I take you through induction, deepening, and then suggest that your right hand is completely frozen (glove anaesthesia), I can then (with proper attention to sterilisation) stick a needle into you. Taking the point further, provided that I can assist you to gain a deep level of hypnosis a surgeon could carry out surgery without the use of anaesthetics. To my way of thinking the subject in this situation is in a definite specific state.

Another example is memory recall from childhood. You know that the memories are all there in your head – but just try and recall them in their entirety, you cannot. However, in the state of hypnosis, with suitable direction, you will be able to bring memories to light. Once again, I subscribe to the “state” theory. You must come to your own conclusions about this. No matter which theory you finally accept, belief in either will not affect your ability as a hypnotist.

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Hypnotic Induction

There are no hard and fast rules concerning hypnotic induction, but there are basic principles that need to be adhered to. In essence, all you have to do is to get the client's focus of attention directed away from the external world. To do this we rely on five key components. These key components must be built in to our hypnosis induction scripts. These five key components are:

- Synonyms
- Paraphrased Suggestions
- Connective Words
- Time Designations
- Repetition

Synonyms: The use of synonyms reinforces the suggestion by ensuring that the suggestion is thoroughly understood. For example one would not just use the phrase "*... you are feeling calm ...*". You would reinforce this feeling of calm thus; "*... you are feeling calm, relaxed, comfortable, and at ease...*". This use of synonyms ensures that the message is getting across. (Note also that our fifth key, repetition, is actually included by the use of synonyms.)

Paraphrased Suggestions: Once again the object here is to enhance comprehension. Remember that I pointed out that we try to avoid using the word "sleep" ? By using the word "relax" and its derivatives we can enhance our suggestions to make them more comprehensible to the mind thus assuring retention of the suggestion. For example "*... feel yourself relaxing ... feel the muscles of your face relaxing ... feel this relaxation flowing through the muscles of your face ... relaxing the muscles of your face ...*". (Note the flow of the paraphrased suggestions and the use of repetition.)

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Connective words: One thing that you cannot afford to do in an induction is to come to a full stop. The whole process must flow as one monologue. Your delivery of the induction script has to be “smooth” as opposed to “jagged”. To this end we link phrases with the connecting word “**and**”. “**And**” is a powerful word because it allows the therapist to do three things, (1) continue the monologue in a smooth manner, (2) link suggestive phrases and (3) indicate to the mind that something else is coming, some additional suggestion is about to be made. For example “ ... *as you walk towards the flowers you can smell their perfume **and** you can see their bright colours **and** you feel calm and relaxed..*”

Time Designations: During the delivery of your induction monologue you are continually introducing repetitive suggestions and it is very helpful to warn the client’s mind that some further suggestions are coming. We use time designations to cue the next suggestion or to end a particular activity. For example “... *in a few moments I will begin to count from 5 down to zero ...*” or “... ***now at this moment** you will enter a state of deep, deep relaxation...*”

Repetition is a crucial key to successful inductions. It is used with all the other four keys in order to aid in forcing the acceptance of a suggestion. As an example of repetition, “... *just **listen to the sound of my voice ... listen to the sound of my voice as I count down***”, or, “*let the **shoulder muscles relax ... let all your shoulder muscles relax ... just let the muscles of your shoulders relax ...***”

Now that we have the keys to building our induction we can begin to form the induction script. Until you are very experienced and can reel inductions off to order, it is advisable to use a script. Its best to have a few standard induction scripts, which can be interchanged to suit the client. You can write your own or purchase a [book of standard scripts](#). You will find a few in this ebook.

The object of your induction monologue is to cause the client to enter a state of hypnosis and we employ all our keys within the script to cause this to happen.

A basic script will take the client all the way down his body relaxing as he goes until that point where the indications of hypnosis begin to show. Here is an induction script that contains all the elements that we have discussed.

When you commence reading this script to the client he or she should already be settled down into a comfortable chair or reclining on a couch. Contrary to popular belief, you do NOT have to speak like a Dalek. The best approach is to speak quietly and monotonously, pitching your voice at a constant level, but with definite emphasis on important points.

I find that a slow deliberate monologue delivered in an even tone of voice will generally prove very effective. You can enhance the effectiveness of specific suggestions by modulating your voice as required by your specific script.

"I want you to get into a comfortable position so you can relax easily ... that's right ... settle down and relax ... take a long, deep breath ... exhale slowly ... that's good . . . and as you breathe normally ... just become aware of the rhythm of your breathing.

Hold your hands in a comfortable position ... just resting on your lap or on your thighs ... please sit comfortably and adjust your body as necessary for your comfort ... that's right ... and I want you just to cooperate with me and close your eyes when I ask you to ... and just cooperate with me and close your eyes now ... thank you.

Now take a deep breath ... exhale slowly ... that's good ... and as you breathe normally ... just become more aware of the rhythm of your breathing ... become aware of your hands as they touch your body and as you rest there, become aware that you are beginning to experience a sense of comfort, calmness, and inner peace.

As you breathe in and out each breath relaxes you more ... become aware of the texture of the chair ... it is just right for your relaxation.

Now become aware of the temperature of the room ... it is just right for this experience ...

As you become aware of the sounds around you ... you know that those sounds ... whether loud or barely audible ... are cooperating in helping you to relax ... and to be at ease ... and to be at peace. The sounds are easing you into deeper and deeper relaxation. They are a part of all things ... they belong here ... it is normal. Should you hear a telephone ring, you'll be able to blend that sound, too, into your experience ... the sound of my voice will go with you as a guide ... should a fire alarm ring ... or should there be any other indication of an emergency ... indicating a need for you to respond consciously ... you will become alert immediately and you will be able to respond appropriately.

Your eyes are closed and your eyelids are beginning to relax. Allow the relaxation to increase ... becoming more and more relaxed. If, at any time you sense some movement in your eyelids ... you will know that it is called ... Rapid Eye Movement ... and that it is a normal part of this experience ... it is similar to the state of dreaming.

Now take a long deep breath ... and allow the muscles in the eyelids to relax ... that's good ... allow that feeling of relaxation to move to the whole facial area ... now let it spread to the neck and throat ... to the shoulders ... arms ... hands ... and fingers. Take a long deep breath ... and ... as you inhale and exhale ... allow your chest area to relax ... allow the relaxation to flow along the spine ... relaxing all areas as it moves along ... let the relaxation spread to the hips ... legs ... and feet ... let the relaxation spread all the way to the toes ... that's great ... now take another deep breath ... and realize that the whole body is becoming more and more relaxed.

Focus again on the rhythm of your breathing observe the deep inhaling and the slow exhaling ... as you continue to be aware of your breathing ... you continue to relax ... and ... as you breathe ... you realise that you are going deeper and deeper into relaxation ... deeper and deeper into relaxation ... you can sense an inner quiet within yourself.

As you flow with the rhythm of your breathing ... you are becoming aware that ... as you breathe ... your body becomes more and more relaxed ... and your body seems to be lighter. You feel lighter and relaxed ... lighter and relaxed ... and you are becoming very comfortable ... you are becoming very calm ... you are becoming very peaceful ... you are entering a very pleasant state of relaxation ... you might feel that your body is asleep but that your mind is alert ... that's good ... that's very good ... the most important thing now is your own inner reality."

At this point you would continue with a suitable deepening script.

You can assist the client's acceptance of suggestions by :-

- Changing the rate of delivery.
- Stressing particular words.
- Varying the volume of your voice while keeping it sufficiently loud to be easily understandable.
- Making use of pauses to allow suggestions to be absorbed or actions carried out.

Talking of pauses, when I set out scripts in this book I will do it like this "*... just sit back in the chair ... and as you listen to the sound of my voice ... I want you to settle down in the chair ... settle down in the chair..*" I will indicate pauses in speech by three dots "...". This does not mean three seconds or any particular time, you would decide that for yourself during your delivery by observing your client.

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Before we move on and discuss intensifying the depth of hypnosis, better known as “deepening” I just want to make a point about eye closure. When commencing induction it is important to get the subject to close their eyes as soon as possible. In view of the nature of hypnosis, a very light state commences when the eyelids are closed. This is because shutting the eyes shuts down one eighth of conscious awareness. In each eye there are some 120 million specialist light sensitive cells called rods and cones. These cells are also sensitive to movement and to colour, so you can clearly see that closing the eyes shuts down 240 million cells feeding information to the visual cortex of the brain.

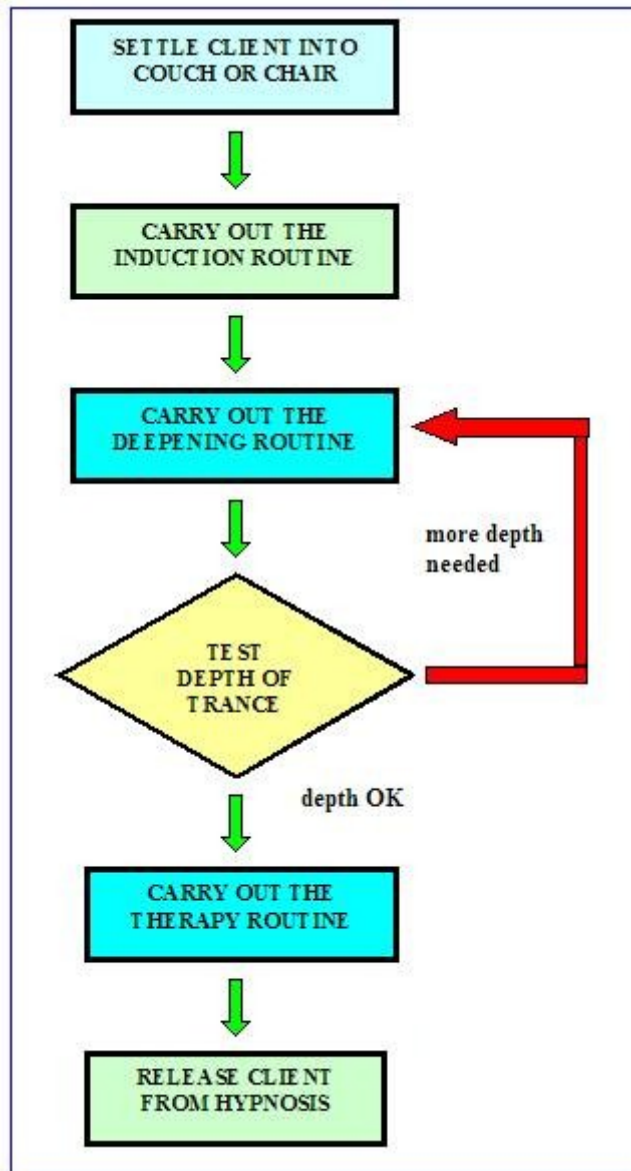
The information transmitted by these cells flows along the optic nerves of which there are between 30 and 50 thousand. These nerves are also closed down on eye closure. Shutting down one eighth of conscious awareness has the effect of raising the subconscious awareness by the same amount. The purpose of hypnotic induction is to reduce the level of conscious awareness further, and thus raise the level of subconscious awareness so that that the subject is in a light to medium state of hypnosis.

The purpose of deepening is to reduce the conscious awareness even further (and, of course, to raise the subconscious awareness further).

Deepening is intended to shut down as much as is possible of the subject’s conscious awareness by progressive and repetitive relaxation suggestions. Deepening is the prelude to therapeutic intervention. So let us just quickly look at an overall picture of an hypnotic session.

First we settle the client down into the chair, making sure that they are comfortable and relaxed, we then carry out the induction routine; once the induction routine is completed we carry out a deepening routine. After we have carried out the deepening routine we check for depth of trance. You will remember that I said that it is always difficult convincing the first time client that they have actually experienced hypnosis. Well, if you carry out tests for depth of trance after only the basic induction then there is always the likelihood that the client will suddenly come back to conscious focus. The result of this is to cause apprehension and doubt about the whole hypnosis process. You do need to ensure a good depth before carrying out any tests.

If you have any doubts as to the client's state then repeat the deepening using a different script. The quality of the therapeutic intervention in the hypnotic state is only as good as the quality of the hypnotic condition.



The Observable Signs of Hypnosis - A good hypnotist needs to use his or her eyes and observe the client throughout the induction and deepening process. In fact a good therapist needs to observe the client at every stage of the session just in case abreaction occurs and soothing and calming of the client is needed.

Remember the general classification of hypnotic levels:

- 1) Light
- 2) Mild
- 3) Medium
- 4) Deep
- 5) Somnambulistic
- 6) Esdaile

The designation of these levels comes about by reference to

the client's responses to tests. Concerning visually observed effects of value to the therapist we can list these as follows:

- A facial flush is seen on a significant number of people.
- Flickering of the eyelids is seen on a significant number of people as they enter the hypnotic state.
- Inversion of the eyes coupled with a slight parting of the eyelids so that the whites of the eyes are observable.

- Some people can be observed to make involuntary facial grimaces throughout the session.
- Head sags and lies to one side. Mouth gapes slightly.
- Some client's will be observed to swallow as if actually wallowing something as they enter hypnosis.
- Breathing slows down and becomes shallow.

All of these signs are useful to the therapist because they help to see how an induction or deepening is proceeding.

Once we have carried out deepening we can carry out some simple tests in order to satisfy ourselves as to the advisability of going on to the therapy intervention stage of the session.

Eye Catalepsy Test: This test is carried out by saying to the subject *"your eyelids are closed ... your eyelids are tightly closed ...they are closed so tight that they stick together ... try to open them, but you cannot ...the harder you try the harder they stick together ..."*. Observe the movement of the eye muscles and of the eyelids. Should they only flicker with some slight movement of the eyeballs then the subject is in a light state of hypnosis. If no movement at all of the eyelids, but some slight lifting of the eyebrows is observed then the subject is in a medium state of hypnosis. If you observe no reaction whatsoever, that is to say you can detect no physical response then the subject is in a deep state of hypnosis.

Recommended Reading

- http://www.enigmabooksonline.net/RR_Hypno.htm

Limb Catalepsy Test: This test is carried out in the same way as for eye catalepsy. The first thing to do is to suggest to the subject that their leg (or arm, left or right) is numb and immovable “... *as you relax your left leg is feeling numb and you cannot use it...it is numb and cannot move ...your left leg is numb and you are unable to move it*”. Continue with some further relaxation suggestion and then continue “ ... *now that your left leg is numb and you cannot move it ... you cannot move it to lift it and cross it over the right leg ...try and move your leg... the harder you try the more numb and immovable your leg becomes ... your leg is so numb that you cannot lift it to cross it over the right leg...try to cross your legs ... you will find that you cannot ...*”.

Observe the client's reactions. If the client can lift and cross the leg then he/she is only in a light state of hypnosis. As with the eye opening, attempted movements of the leg indicate a medium state of hypnosis and no reaction at all indicates a deep state of hypnosis.

Now you might ask, what if in both of these tests the subject appears to be moving the eyelids or lifting the leg? All you have to do is to say “... *stop trying now ... there is no need to try anymore ... just relax and listen to my voice ...*” and go straight into a deepening process.

In the **medium state of hypnosis** the subject is capable of exhibiting the following characteristics:

- Inhibition of voluntary movement.
- Automatic obedience.
- Emotional changes.
- Partial post-hypnotic amnesia.
- Induced personality changes (temporary)

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In the **deep state of hypnosis** the following responses can be obtained:

- Age regression.
- Extensive anaesthesia (i.e glove anaesthesia).
- Expanded emotional changes.
- Automatic writing.
- Mild hallucinations (induced).
- Simple post-hypnotic suggestion.
- Symptom removal by suggestion.
- General desensitisation.

Although a substantial amount of therapeutic treatment can be carried out in the medium and deep states, it is the **somnambulistic state** that is the preferred state for hypnotherapy. In this state the external observer knowing nothing about hypnosis would assume that the subject was fast asleep.

The type of phenomena that can be attributed to the **somnambulistic state** are:

- Complete posthypnotic amnesia
- Positive and negative hallucinations (i.e seeing what is not there and not seeing what is there)
- Extreme post-hypnotic suggestions.
- Drastic emotional changes
- Hypnoanalysis
- Psychobiological therapy (i.e. assisting healing)

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In this condition it can be sometimes observed that the subject will open their eyes. However, this opening of the eyes will in no way affect the state of hypnosis and should it occur it will be instantly obvious to you that your client does not receive any visual stimuli to the visual cortex. All that is necessary is to ask the subject to “ ... *just close your eyes ... let your eyelids close... that's right ... eyelids fully closed...*”

let's look a bit more deeply at the **Esdaile state**. This the deepest hypnotic state of all and is evidenced by absolute and total relaxation. The relaxation is so complete that even though the subject can hear, recognise, and understand all that is going on around them they show a distinct lack of being able to vocally answer questions. The speech is slurred and distorted and cannot be easily understood. Achieving this state requires persistence and sound deepening techniques properly worded with much repetition. It is in this state that surgical procedures can be carried out as the subject is completely anaesthetised.

Let us examine a typical deepening routine. You can note the repetition and phrasing as we have previously discussed.

“Let yourself relax even more In a moment or two I will count down from TEN to ZERO. This time I want you to imagine a very wide staircase ... with a firm handrail running down the side of it ...a very firm and safe handrail. This staircase leads down to calmness ... the stairway leads down to peacefulness ... the stairway leads down to relaxation.

As I count down from TEN to ZERO each number going down is a step down the staircase ... each number is a step down the staircase ... so just listen to my voice and as I count down from TEN to ZERO think of each number as that step down into calmness ... every step down relaxes you more.

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- http://www.enigmabooksonline.net/RR_Hypno.htm

TEN ... relaxing ... letting go

NINE ... feeling more and more relaxed ... moving easily down

EIGHT ... another step down calmness

*SEVEN ... deeper and deeper ... holding the rail firmly ... relaxing as
you move down*

SIX ... deeper down

FIVE ... letting go

FOUR ... deeper ... deeper ... deepest

THREE ... calmer ... calmer ... calmest

TWO ... more and more relaxed

ONE ... all the way down to

ZERO ... fully relaxed

Now that you are totally relaxed ... now you can completely let go ... every word that I say is relaxing you more and more ... and every breath that you draw is relaxing you more.

This is the state called hypnosis ... it is a very pleasant ... very relaxing feeling. Sometimes there are signs and symptoms that the state is present ... sometimes you feel a small tingling sensation on your face ... sometimes you are aware of a heaviness to your limbs ... sometimes you are aware of a calm feeling ... sometimes you can be aware that your eyeballs have actually rolled up behind your closed eyelids ... but there is always this feeling of calmness ... always this feeling of relaxation. You are enjoying those feelings of calmness and relaxation now.

In a moment or two I am going to give you some suggestions ... some positively phrased suggestions ... these suggestions will benefit you greatly ... these suggestions are entirely for your well-being ... they are for your continuing calmness ... and for your continuing confidence ... and for your continuing health and well-being.

You will find that these suggestions take root in the subconscious part of your mind ... and you with the help of your subconscious ... will then be able to act upon them ... you and your subconscious will act upon them.

As you breathe in and out you become more relaxed ... your whole body is completely relaxed ... your mind is completely relaxed ... just keep listening to my voice and allow yourself to enjoy this wonderful feeling of relaxation ... listen to the suggestions that I am now going to give you ... and you will find that these suggestions will take root in the subconscious part of your mind."

This is a simple, traditional deepening. It will work well with the majority of people. However, directing the client's imagination is a valuable tool provided that the client can work with imaginative concepts. Of course, as the hypnotist, and having conducted your suggestibility estimate you will know this won't you?

This is my favourite deepener using directed imagination:

"I would like you to imagine you're in a beautiful garden ... a beautiful garden with no pollen ... with no annoying insects ... The garden has lush manicured lawns ... and beautiful exotic plants... the sun is shining and there is a cool breeze ... and the temperature is just as you would like it. The air in this garden is pure and fresh ... and as you marvel at the vivid colours all around you ... you hear the relaxing sound of birds singing overhead. I would like you to take a deep breath... that's right ... breathe deeply ... and as you breathe out ... you relax deeper and deeper ... deeper and deeper. I would like you to take another deep breath... that's right ... breathe deeply ... and as you breathe out ... you relax deeper and deeper ... deeper and deeper ... each breath that you take takes you deeper and deeper into relaxation... and as you stroll around the garden ... you feel the soft grass underfoot ... you see the beautiful flowers around the garden ... and you wander towards these beautiful flowers ... and as you approach them... the scent grows more fragrant than anything you have ever experienced... and the rich colours brighter than you ever seen. Take a deep breath again ... and inhale the soft warm and perfumed air ... and as you breathe ... out relax deeper and deeper... and as you continue on your way ... you come to a pretty winding pathway which leads you down to a beach ... and as you wander along ... relaxing deeper and deeper with every step ... you soon reach the beautiful beach with miles of golden sand ... and as you slip off your shoes and stroll

across the soft sand ... you gaze out into the distance and see the vastness of the sea ... the vastness of the deep ocean ... and you watch how the waves roll towards the beach ... in a never ending sequence ... one after another ... and you hear the sound of the waves building up ... and then petering out as they near the beach... and you feel a growing feeling of peace and calm ... feeling calm as the warm sea air lightly brushes your skin ... feeling peaceful as your feet sink into the sand ... you feel more peace and calm with every step you take . With every step you take you are relaxing deeper and deeper ... deeper and deeper ... with every step you take. And you soon reach the wet sand near where the sea begins ... and you notice how much louder the sea is up close ... as wave after wave rolls towards you ...and your feet now sink down deeper than before ... into the wet sand... and when you reach the water's edge ... you gently let your toes test the water ... which is slightly cold at first ... but soon warms as you take a few more steps into the water ... and as you allow the waves to roll over your feet and ankles ... and then retreat again ... you breathe in the fresh salty sea air ... and relax deeper and deeper ... deeper and deeper. You just stand there ... by the water's edge ... feeling calm and relaxed ...and after a while you stroll back up the beach ... to a most inviting sunbed ... a sunbed that is there especially for you ... and there is a sunshade and a table ... and on the table your favourite refreshing drink ... and as you adjust the sunshade so that it's just right for you ... you lie back on the sunbed with your drink ... and as you take a deep breath once more ... you relax deeper and deeper still as you breathe out ... breathing out all the tensions in your body. And as you gaze out at the calm blue sea ... you see the waves lapping lazily on the beach the sun is shining brightly ... the sky is clear blue ... not a cloud in the sky ... and your feeling more and more relaxed ... as you doze on your sunbed ... with not a care in the world at this moment in time ... and you take a deep breath once again ... and as you breathe out you relax deeper and deeper ... deeper and deeper than ever before ... and as you are completely relaxed just continue to listen to the sound of my voice ... continue to listen to my voice.”

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The Intervention Stage

Having completed the deepening phase of the session and satisfied yourself that the client is in a sufficiently deep level of hypnosis, using our tests, you may then continue with your suggestions.

You can of course acquire all the induction and deepening scripts you will ever need for any aspect of hypnotherapy from [books](#) and from sources on the internet. Quite frankly, although these are very useful to help you get started, and you can learn a lot by reading other people's scripts, I strongly advise that you design and write your own scripts. What you need to do is the following:

Design and write two induction scripts – one of these goes through the muscle relaxation technique and the other one uses directed imagination such as a walk in the garden. Design and write two deepening scripts one a straight forward count down and another using more sophisticated imagination. Design and write a standard release from hypnosis script, simple counting from 1 to 5 is sufficient.

Now we know how to induce hypnosis, we need to know what to say, and what not to say, to our hypnotised client. Lets start by looking more closely at the different types of suggestion.

Subliminal Suggestion is a form of suggestion that manages to get through to the subconscious without the intervention of the conscious faculties; which means that the suggestion is delivered to the subconscious without attracting attention, so consequently, it never enters consciousness.

This form of suggestion has been used in advertising although it is now illegal in many countries.

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The way in which it was used is best illustrated by imagining yourself watching a play on the television, when suddenly, a message is flashed on the screen - '**Buy Kleeno Soap**'. That is the message, but it only appears for a split second. Its duration is so short in fact, that you never become consciously aware of its presence on the television screen.

You see, before we can become conscious of anything, the attention must be moved from whatever we might be thinking about at that moment, onto the new event. And in the case of the television advert, the attention was on the play. The message was the new event; but before the attention could be switched from the play to the message, which would take a little time, the message would have disappeared, so it would not enter consciousness. Consequently, the message would go straight through to the subconscious, and the subconscious would respond to that message. That message would have been delivered as a Subliminal Suggestion.

Yes. The subconscious would respond to the subliminal suggestion, so possibly, as early as the next morning, you would feel compelled to rush out and buy 'Kleeno Soap', not really knowing why you should buy it, or why you should choose that particular brand.

Look very closely at the packaging of some products. You may need a magnifying glass. If you look closely enough you may see, hidden in a picture, a sexually suggestive graphic. This is intended by the designer to be picked up by your subconscious and cause you to associate the product with sex thus making it desirable. A prominent American soft drink brand is a good example.

Recommended Reading

- http://www.enigmabooksonline.net/RR_Hypno.htm

Conscious Acceptance: This, as you already know, is suggestion which, before it can be acted upon by the subconscious must meet with the approval of the conscious faculties.

If a suggestion approaches the subconscious in full view of the conscious mind, the suggestion can be intercepted. The conscious faculties can then instruct the subconscious to respond naturally to the suggestion, respond in an entirely new way, or to make no active response at all.

Naturally, a suggestion is given with the intention of provoking a specific, predictable, relevant response such as when the suggestion is given, **'Raise your right arm'**, the right arm would be expected to rise. But of course, if such a suggestion was intercepted by the conscious faculties, and did not meet with their full approval, the response to that suggestion could well be the raising of the left leg instead.

A successful suggestion depends largely on the approval of the conscious faculties; so let us consider how we can win such approval when attempting to deliver a suggestion to the subconscious. Always remember that if the faculties of the conscious mind approve your suggestion, then they will allow it to reach the subconscious, and furthermore, they will allow the normal, predictable, relevant response to be made to that suggestion. Only when they disapprove do suggestions fail to produce the intended responses.

From now on we will call the person giving the suggestion, **'the operator'**, and the person receiving the suggestion we'll call, **'the subject'**.

Now one must not forget that the main reason for the conscious faculties intervening when a suggestion is being delivered to the subconscious, is protection of the subject. If a suggestion is considered by the conscious faculties to be genuinely beneficial to the subject, or belonging to the harmless, non-threatening category, then it will be allowed to pass through to the subconscious, unimpeded.

If, on the other hand, a suggestion is thought to be harmful to the subject, or is, perhaps, just a little suspect, then the conscious faculties will protect the subject by intervening so as to prevent the threatened disaster.

To be certain of delivering a suggestion without conscious intervention, it is as well to give suggestions which are designed to provoke responses from which the subject is likely to benefit.

Now that you know the type of suggestion most likely to meet with the approval of the conscious faculties, there are a few further points to be considered: points to give the suggestions shape, direction, quality and impact, and the first point is ***Positive Suggestion***.

1) Suggestions must at all times be Positive. That is to say, they must tell the subject what to do, and not what ***not*** to do, for the latter would be negative suggestion and unlikely to provoke any response at all - even without conscious intervention. Here is an example of the futility of negative suggestion:-

Imaging a small boy is at school in the 1950s (when I was at school, was I that boy?). He is pushing his finger into a knot-hole in his desk. The teacher sees this, and says, '*Don't do that Peter*'; so Peter, being most obedient, withdraws his finger and pokes it into the inkwell instead. Anyone here except me remember inkwells?

Without hesitation, the teacher says, '*You must not put your finger in that inkwell Peter*'. Once again, Peter, being a very obedient boy, puts the inky finger in his mouth, whereupon, the teacher, in sheer desperation, pleads '*Peter, put your hands on your head*'; and to her amasement, and relief, Peter puts his hands on his head.

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On reflection, we realise that Peter had been most obedient throughout. He had taken his finger out of the knot-hole. He had taken his finger out of the inkwell. He had taken his finger out of his mouth. But none of these responses satisfied the teacher until she suggested that he put his hands on his head.

Yes! That was the only **positive suggestion** the teacher had made. Peter then knew, for the first time, exactly what the teacher wanted him to do. Before, she had only told him what she didn't want him to do; thereby leaving him with an infinite number of alternatives, most of which could have been worse than what he was doing originally. But when he received the positive suggestion, if he wanted to remain obedient, there was only one choice open to him - to put his hands on his head.

The subconscious mind is much the same as Peter. If it receives a negative suggestion telling it what **not** to do, it has no idea of what is expected of it. It needs to be told exactly what to do. Suggestion must, at all times, be **Positive**.

2) Suggestion must be Singular. Complexity is confusing when dealing with the subconscious mind. We must remember that we are dealing with the unreasoning, illogical, obedient part of the human mind; and the rule to be observed here is, **One Suggestion = One Response**.

Subconscious response is coldly mechanical. It works very much like the coin-in-the-slot machine. Take the automatic vending machine that gives you the choice of tea, cocoa or soup. You may be required to insert a coin, select your particular drink, and await its delivery.

Now if you were to insert a coin of sufficient value to cover the cost of all three drinks before the delivery of your first choice, you would most likely finish up with no drinks at all, or possibly, one drink at three times its normal price.

The machine is programmed, or conditioned, to respond in a particular way to a familiar stimulus, exactly like the subconscious mind. The subconscious is also programmed, or conditioned to respond in a particular way to a familiar stimulus or suggestion.

But if instead of observing the rule, **One Suggestion (stimulus) = One Response**, confusing, complex stimuli or suggestions are presented to the subconscious, then as with the vending machine, the result would be unpredictable and disappointing. For a suggestion to work, it must **Singular**.

3) Suggestions must be Authoritative. It is always necessary to convince a subject that, as an operator, you have the authority to give a certain kind of suggestion. The salesperson would sell little or nothing if he or she allowed prospective customers to think for one moment that he knew nothing about the item he was trying to sell. A salesperson spends most of his time proving that he is qualified to give advice on the benefits and advantages of buying whatsoever it is he is trying to sell. He proves himself to be an authority on the matter, and, as a result, his prospective customer listens and accepts his suggestion as making good sense. A suggestion must always be **Authoritative**, or it will be rejected by the conscious faculties of the subject.

4) Suggestions must always be Rational. It must be remembered that we are dealing with a technique known as conscious acceptance, and that means that the conscious faculties must approve of a suggestion. As one of the conscious faculties is Reason, an irrational or unreasonable suggestion is surely going to meet with immediate rejection. The conscious faculty of reason is most certainly going to disapprove, and reject any such suggestion. A suggestion must be **Rational**.

5) Suggestions are Familiar to the subject. When a suggestion is given, it must suggest a response already conditioned, unless of course, the response which is suggested can be made instinctively. Whatever is suggested to the subconscious mind must be in the subconscious's repertoire of conditioned or instinctive responses. All suggestions must be **Familiar** to the subject's subconscious responses.

6) Finally we come to the sixth point, and this concerns the operator. The hypnotist must be Acceptable to the subject, and this is mainly to do with appearance. An operator should, at all times, avoid outlandish trends in hairstyle, dress and manner. Instead, he, or she, should try to be what is commonly known nowadays as *'Middle of the Road'*.

Release From Hypnosis

Once you have given your clients all necessary suggestions it is time to bring them back to everyday waking consciousness. This is simply a matter of reversing the process of induction.

During the induction you counted then down from ten to zero. This time you will count them up from zero to ten.

Some practitioners get away with just counting up from zero to five. If you find this works for you then go for it but I prefer the consistency of counting from zero to ten.

Say something like this:

You have listened to my suggestions and integrated them into your life at a very deep level. Now it is time to return to normal waking consciousness. As I count up from ZERO to TEN you will become more aware of the room. Each number coming up is a step up the same staircase you descended earlier so just listen to my voice and as I count up from ZERO to TEN.

ONE ... you see the staircase ahead of you and place your foot on the first rung.

TWO ... climbing up

THREE ... feeling more awake, refreshed and alert

FOUR ... even more awake, refreshed and alert

FIVE ... halfway back to full wakeful consciousness

SIX ... more and more awake, refreshed and alert

SEVEN ... feeling so happy, so very, very happy

EIGHT... feeling so successful, happy and optimistic

NINE ... so successful, happy and optimistic, you know you achieve whatever you desire

TEN... fully awake, refreshed and alert. Open your eyes, take a deep breath and SMILE !

Conclusion

You are now able to conduct a hypnotic session on another person. You can use this same information to record a session for yourself. Do remember to download your 3 free sessions if you have not already done so - www.thelawofattractioncoach.co.uk/NaturalHypnosis.htm

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