

Rapid Trance Formations Advanced Manual



By: Tyler Guest C.H

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Legal Disclaimer

This book has been constructed for informational purposes only! If you choose to act upon the information provided, you agree that you will take full responsibility for your actions and only use hypnosis legally, ethically, safely and within your competence and training. You also agree to practice hypnosis with the full understanding and consent of all parties involved. You understand that this information does not qualify as professional hypnosis training and does not award any certifications or professional titles. The owner, Tyler Guest, does not accept any responsibilities for any liabilities resulting from this information. The reproduction or distribution of this material is strictly prohibited.

Introduction

Congratulations on your decision to purchase Rapid Trance Formations Basic Manual. The information comprised inside this book comes from countless hours of study, large sums of money invested, and the dedication of a young teenager to become a master hypnotist. I promise that if you apply yourself to learn the art of hypnosis, you will truly become a fantastic hypnotist.

People often ask me, “How did you learn hypnosis?” I reply, “I didn’t learn hypnosis, I studied it.” That’s truly what you have to do. You do not become a hypnotist overnight. There is a big difference between a hypnotist--and a person that can hypnotize people. Hypnotist is a title that is earned through hard work and perseverance.

I am going to be honest with you. You will not have 100% success with hypnosis. No one ever has and never will. When you fail, don’t take it personally. The wonderful thing about failure is you will learn more from a failure then you will from a success. When something doesn’t go as planned, go back and figure out what went wrong and do better next time. If everything went exactly as planned, what would you learn from that experience? Nothing! You have to fail to figure out what works and what doesn’t work. Thomas Edison once said, “I’m not a failure, I just found 10,000 ways the light bulb won’t work”. I promise that if you truly apply yourself you too can become a master hypnotist.

Sincerely,

Tyler Guest C.H

Code of Ethics

By: The International Association for Teenage Hypnotist

General Principles

- A. Hypnosis will always be performed legally, safely, ethically and responsibly.
- B. The safety and well-being of all those involved shall be the prime consideration.
- C. Hypnosis will not be used to humiliate, embarrass, degrade or harm any individual.
- D. The rights and desires of all those involved shall always be respected.

Practice of Hypnosis

- A. **Limitations of Use:** Hypnosis shall not be advertised or used in any way that would violate any existing and applicable law or government regulation. The use of hypnosis will only be used within the competence and training of the person performing the hypnosis.
- B. **Medical Use:** The use of hypnosis will not be used to treat, diagnose or cure any medical problem, with the exception of use under the direction of a licensed member of the healing arts.
- C. **Therapeutic Applications:** Therapeutic Hypnosis may be used by those qualified in the areas of the desired therapy.
- D. **Inductions:** Inductions will be non-harmful and will only be used only within the scope of your own competence.
- E. **Illegal Drugs & Alcohol:** Hypnosis shall not be used while all those who are involved are under the influence of drugs or alcohol.
- F. **Demonstrations:** Demonstrations shall be conducted in a dignified and professional manner and shall not include bizarre, humiliating or hazardous effects.
- G. **Emerging:** Positive suggestions will be suggested prior to emerging. Emerging a subject from hypnosis shall be non-harmful. Slapping is inappropriate. Any prior suggestions that may have undesirable effects shall be removed prior to emerging.
- H. **Hallucinations:** Suggested hallucinations will not be frightening, shocking, obscene, or sexually suggestive.
- I. **Post-hypnotic Suggestions:** Suggestions that are considered embarrassing or degrading shall be avoided. Suggestions to block a hypnotic induction by another person are considered unethical.
- J. **False Titles:** The use of any false titles that would tend to mislead or give a false impression as to qualifications shall be avoided.

Safety

Before attempting to hypnotize someone, complete the manual. When performing hypnosis, common sense reigns. The Hypnotic experience should be a positive event for everyone, and the safety of all those involved should be your main priority. You must act ethically and morally at all times. When performing hypnosis, you always need to be ready for the unexpected. For example, hypnotized people are at a high risk of falling. When given the command “sleep”, some people's legs give out and they fall to the floor.

Be very careful when performing hypnosis on subjects that are standing. Be prepared to catch a hypnotized person from falling on the floor and hurting themselves. The person could become seriously injured and you may have a lawsuit on your hands. I advise only doing inductions while the subject is sitting down.

However, some people will also fall out of their chairs because they are so relaxed. Always be prepared to catch a person. Never suggest something illegal or harmful to a person. Insure that you perform hypnosis in an area that is free from hazards.

Before doing a hypnotic induction, be aware of the person's age, gender, weight and any injuries that the person might have. If the person is elderly, we don't want them falling down. When doing hypnosis, you need to be careful of where you're touching people, as some hypnotists have been accused of molesting people while they were hypnotized. Always get permission to touch the person.

If you're hypnotizing a person that weighs more than you, you're not going to be able to hold them up. Insure the person is sitting down. If the person has any back, shoulder, neck or any other health problems, don't hypnotize them using an Instant Induction. Use the Dave Elman induction; it is a very gentle hypnotic induction.

Abreactions

An abreaction is an emotional outburst after a given suggestion. This could be a positive or negative outburst. The outburst could be laughing, screaming, crying, yelling--any emotion. Negative Abreactions are a reliving of a traumatic event as if it were happening in the present. Abreactions are very rare and easy to handle. If an abreaction occurs, stay calm and in control of the situation. Do not attempt to comfort the person! Do not touch the person! Simply tell the person, “*The scene fades and you tend to your breathing.*” Repeat this until the abreaction stops.

Hypnotic Process

The hypnotic process shows the steps that should be taken when doing hypnosis. You can use this as a check list as you're going through the process.

➤ **Pretalk**

Page 23

In my experience the pretalk is the most important part.

1. Educate
2. Build trust & rapport
3. Build expectation
4. Dispel myths & misconceptions

➤ **Imagination Games**

Page 26

We use imagination games for three reasons...

1. See who is the most suggestible in the audience.
2. Get people to volunteer to be hypnotized
3. Excites the person's imagination.

➤ **Getting Volunteers**

Page 28

There are several things we want to do when getting volunteers...

1. Project confidence
2. Get the volunteer to say, "yes I want to be hypnotized"
3. Perform hypnotic contract
4. Test for compliance

➤ **Hypnotic Inductions**

Page 30

The hypnotic induction induces the hypnotic state.

1. Arm Drop Induction
2. Arm Pull Induction
3. Dave Elman Induction

➤ **Deepeners**

Page 37

We use deepeners to deepen & maintain the hypnotic state.

1. Number Deepener
2. Utilization Deepener

➤ **Hypnosis Skits**

Page 39

We use skits as a way of entertaining an audience.

1. Pyramid Suggestions

➤ **Emerge**

Page 41

Emerging is when we bring the person out of the hypnotic state

1. Speak with energy in your voice!
2. Remove any prior suggestions that may cause any undesirable effects.
3. Suggest positive suggestions of feeling relaxed and refreshed.
4. Instruct the subject that they will be emerged from hypnosis when you count to a specific number.

History of Hypnosis

For as long as there have been humans upon the earth, there has been hypnosis. Don't believe me? Go grab your bible. Genesis 2: 21 "And god caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof." That sounds like hypnosis to me.

Sleep Temples

Hypnotism dates back to the time of the Hindus of ancient India. They would often take their sick and afflicted to sleep temples to be cured. There, the medicine man would perform a hypnotic ritual that put the individuals into a sleep like trance state. More often than not, the person became cured. They have found similar cases in ancient Egypt and Greece. Even today, many of the native African tribes still use these rituals to cure people.

Middle Ages

During the middle ages, wizards and sorcerers kept hypnosis alive. This is where the evil connotation came from. This is where the pictures of lightning bolts coming out of a hypnotist's eyes came from.

Franz Anton Mesmer

In the 1700's, many physicians diagnosed their patients with consumption. The theory of consumption was people got sick because they had bad blood in their bodies. The only way to treat consumption was to bleed out the bad blood in the person's body. In 1772, an Austrian physician named Franz Anton Mesmer didn't like the way consumption was being treated. One day, Mesmer was walking down the streets of Paris when he came across a street performer. The performer was doing a demonstration involving magnets. He demonstrated how the magnets could propel and move objects without touching them. The spectators were amazed by seeing magnets for the first time. The performer told his audience that everything has magnetism inside it--trees, animals and even people.

The performer then took his magnets' and walked over to one of his spectators and said, "The magnetism inside you is such, that when I run this magnet past your face you will fall on the ground laughing!" The performer passed the magnets past the spectators face, and she fell on the ground laughing. Mesmer was astonished by these magnets, and soon obtained magnets for himself.

Mesmer, being a physician, thought there must be a way he could implement these magnets in to his medical practice. Mesmer soon developed a new way to treat

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consumption. His theory was that everybody has a magnetic field. When this magnetic field is in balance with the magnetism in the rest of our bodies, we are healthy. Mesmer called this “Animal Magnetism.” Mesmer started treating patients using magnets and more often than not they were cured.

Mesmer used many different methods to cure his patients. Mesmer would lay his patients down on a table, aligned to true north, and he would run magnets across the patient’s body. At one point, Mesmer magnetized a tree in his garden and people would pay to touch the tree; they were healed exactly as Mesmer said. Don’t think of Mesmer as a con man, he truly believed in what he was doing.

Mesmer became so popular that he would often see up to 3,000 patients a day, making him one of the world’s most successful physicians of all time. Mesmer became so popular that the local physicians started going out of business. The physicians became angry with Mesmer and went to King Louis XVI. The physicians informed the king that Mesmer was stealing all of their patients.

In 1784, the king offered Mesmer 50,000 Francs (\$10,630) per year if he would stop his practice. Mesmer refused. The king ordered an investigation of Mesmer’s practice. A popular American statesman who was serving as the American minister to France was appointed to the investigation committee. This man’s name was Benjamin Franklin. Franklin investigated what Mesmer was doing, and immediately knew more about what Mesmer was doing than Mesmer did himself. Franklin posted his finding in a local newspaper, *“If these people get well at all, they seem to get well by their own imaginings.”*

After Benjamin Franklin’s words were published, Mesmer was ridiculed by the public. He was issued a “cease and desist” order and died in poverty several years later in the country side. Many people thought that Mesmer was a crook; others thought that Mesmer was on to something big. The followers of Mesmer began practicing Mesmerism. For 75 years, Mesmerists searched for the secrets of Mesmer’s success.

James Esdaile

In 1830, Dr. James Esdaile graduated from the University of Edinburgh, and moved from Scotland to Calcutta, India because he thought that the climate might help his chronic bronchitis & Severe Asthma. When he arrived, he was appointed to assistant surgeon. Esdaile had a major breakdown and was given sick leave. When Esdaile returned to work, he was appointed to a small hospital that was responsible for a local jail house.

During this time period they had no Anesthesia and didn't sterilize their instruments before performing surgery. After performing one of his first surgeries, Esdaile didn't like that the patients had to endure the pain during the surgery. Esdaile had heard of mesmerism and decided to try it out on one of his patients. He successfully induced a mesmeric trance on the patient and performed the surgery. The patient experienced no discomfort. Esdaile performed over 1,000 surgeries' using mesmerism as the only Anesthesia. Remarkably, his survival rate was almost as good as today's.

Esdaile left India to teach doctors how to use mesmerism so that patients wouldn't have to experience pain in surgeries. The medical board gave him a "cease and desist" order because he was relieving peoples pain. They said, "God lets us experience pain for a reason. Your going against God's will." Esdaile returned to India and continued using mesmerism in surgeries. Several years later Chloroform was discovered, and they used that in surgery's to put patients to sleep.

James Braid

In 1840, Dr. James Braid, a Scottish eye doctor & Surgeon discovered the secret of Mesmer's success. Braid had studied Mesmer's work and was familiar with some of the techniques that Mesmer had used. One day, Braid was working with a patient in his office, and another patient arrived. Braid told the man that he would be able to help him after he finished with the other patient, and when he returned he needed to test the reflexes of his eyes by having him stare at a lamp. The man figured he would save time and started staring at the light. Braid finished with his patient and forgot about the man sitting in his waiting room. An hour had passed and Braid remembered the patient sitting in the waiting room.

When Braid went to the waiting room, the man had been staring at the light for an hour. When Braid approached the man, he noticed signs of animal magnetism. He told the man if he closed his eyes, he wouldn't be able to open them. The man closed his eyes and couldn't open them. Braid had just stumbled on the secret of Mesmer. *It wasn't the magnets that were healing people, it was the suggestions.*

Braid, being a successful physician, didn't want people to know he was practicing Mesmerism in fear of being ridiculed like Mesmer was. Braid decided to change the name to "*Hypnosis*" after "*Hypnos*", the Greek god of sleep. Braid believed that hypnotized people were actually asleep. Braid soon found out that hypnotized people were not asleep but they were merely focusing on one idea. He then tried to

change “Hypnosis” to “Monoideaism” which means one idea but it never caught on.

Milton Erickson

Milton Erickson had a rough childhood, having contracted Polio twice. He could not move his body during these periods, only having control over his eyes. It was during this time that Milton began watching people, noticing people had certain micro gestures and body language patterns. As he grew up, he became so in tune with reading a person’s body language that he could easily tell if a woman was in the early stages of pregnancy, or had an abortion, just by looking at her.

Professionally, Erickson was a psychologist, who secretly hypnotized his clients with their eyes wide open. He could walk up to a person, shake their hand, and almost instantly hypnotize a person using a pattern interrupt. This is known as, “The ambiguous touch”. Erickson had a client that was afraid to meet him, so she would drive to his office and sit in her car. The funny thing is that she got cured. This proves a point of how powerful expectation really is.

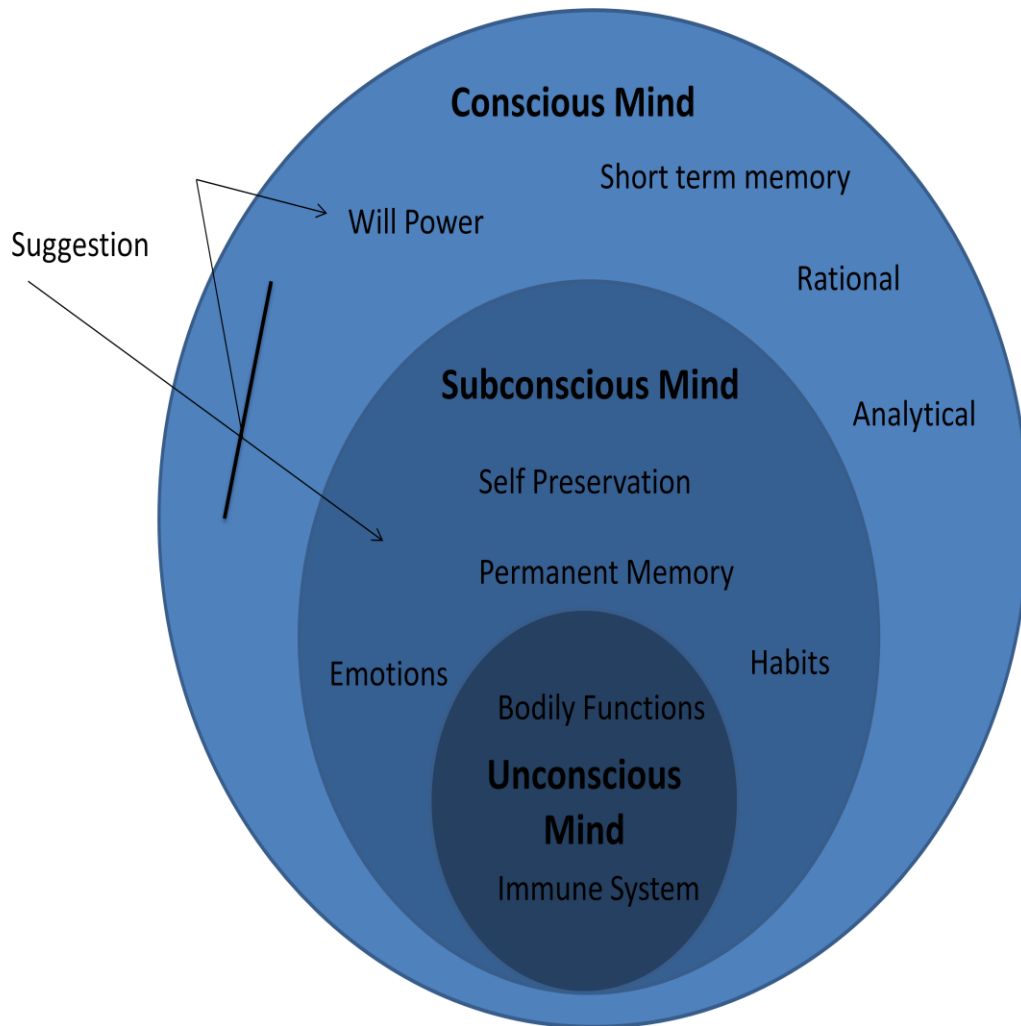
Dave Elman

The notorious Dave Elman became interested in hypnosis when a family friend used hypnosis on his dying father. Elman realized the potential of hypnosis and began learning as much as he could about it. He became a popular stage hypnotist while in his teenage years, going by the name, “Elman, The Youngest and Fastest Hypnotist”. Decades passed, and Dave Elman performed a stage show one evening; after the show, an individual from the medical field asked if Elman could help train some of the doctors in his hospital. Dave Elman, who had no medical background, began teaching hypnosis to physicians--teaching them techniques from pain control to regression. Today, Elman’s Techniques are widely used in hypnotherapy.

Hypnosis Today

Hypnosis is widely accepted by most people in the world today. Hypnosis was first recognized by the American Medical Association in 1952. Hypnosis has been incorporated into the medical field. A Hypnotist can assist a pregnant woman in giving natural child birth using hypnosis as the only anesthesia. This process is called Hypno birthing. Many major religions accept hypnosis as an effective healing tool. The Techniques of James Esdaile have been used in the Civil war, World War I, World War II, Iwo Jima and the Korean War.

What Hypnosis Is



Model of the Mind diagram by Gerald Kein

What Is Hypnosis

In the world of hypnosis, there is a lot of controversy about what hypnosis actually is. It also depends on who you ask. The United States government defines hypnosis as, *“the bypassing of the critical factor of the conscious mind, and the establishment of acceptable selective thinking.”*

Let’s look at this definition a little deeper now. What is the critical factor? The critical factor is the part of the conscious mind that rejects suggestions. These could be positive suggestions that you want, or negative suggestions that you don’t want. Think back to a time that you thought of something and then second guessed

yourself. This is an example of your critical factor. With hypnosis, we bypass the critical factor, the part of the conscious mind that rejects suggestions. From here we select a suggestion that the conscious mind and the subconscious mind will accept. This is how we get a desired change in hypnotherapy.

Forms of Hypnosis

1. **Stage Hypnosis**: A hypnotist up on stage hypnotizing volunteers for comedy entertainment.
2. **Clinical Hypnotherapy**: A client is hypnotized by a hypnotherapist to achieve a certain desired goal, such as quitting smoking or losing weight.
3. **Covert Hypnosis**: Secretly hypnotizing a person in a conversation to persuade them to do something.
4. **Street Hypnosis**: Hypnotizing random strangers on the street for fun or entertainment purposes.

What does hypnosis feel like?

Hypnosis feels very normal. Hypnosis is a naturally occurring state of mind that everyone goes into at least seven times a day, without the use of a hypnotist. We just call it something different. You may have heard the term “zoned out” or “day dreaming.” These are forms of natural occurring hypnosis. Another example of natural occurring hypnosis would be when you’re reading a book. You are concentrating on the words on the page, but at the same time your mind is thinking about something completely different. By the time you realize you’re at the bottom of the page, you have no clue what you just read. However, if you were to think back to when you were reading, you were still aware of everything around you. You simply forgot what you read. This is what we call spontaneous amnesias. Many times when you talk to a person that was hypnotized after a stage show, they will have spontaneous amnesia and not remember the show. However at the time, they were completely aware of what they were doing. Hypnosis feels very natural, very normal, and it is hard to tell when you’re hypnotized and when you’re not.

What happens to the person’s brain?

When you think of a hypnotist you might think of a man with a pocket watch swinging it back and forth, saying “you’re getting very sleepy.” It’s important to know that the individual is not actually falling asleep. When a hypnotist performs a hypnotic induction, the volunteer’s brain experiences a brain frequency shift.

There are four main brain wave frequencies that a person's brain creates, which are called:

1. **Beta:** Awake and alert.
2. **Alpha:** Relaxed or daydreaming, what could be called a "light trance."
3. **Theta:** Light sleep or what could be called a "deep trance."
4. **Delta:** Deep sleep or totally unconscious.

When a person is hypnotized they enter into a *heightened state of awareness where they become more open to suggestions and ideas*. In this state, the person is more aware of what's going on around them. The individuals' five senses are better while in a hypnotic state. Every fifteen minutes a person is in hypnotic state is equal to one hour of night time sleep. When we hypnotize a person, we are unleashing the power of that person's subconscious mind. The subconscious mind loves to imagine and pretend. The subconscious mind is where everything we have ever learned is stored.

Also located inside the subconscious mind is where our moral and ethical code is stored. If a hypnotist suggests something against the subjects' moral or ethical code, the suggestions will automatically be rejected and the suggestion will not be acted upon. There is a famous story about a great stage hypnotist doing his stage show. He had this great volunteer on stage and she was the star of the show. He was on the very last skit and he suggested that everybody do the hula. The women refused to do the hula. He approached the women after the show and asked her why she didn't perform the hula. She replied saying, "No, I don't dance, it's against my religion!" There you have it; you cannot force someone to do something that they don't want to do.

Review

1. **Hypnosis:** The bypass of the critical factor of the conscious mind and the establishment of acceptable selective thinking.
2. Hypnosis is a natural occurring state of mind that everyone goes into at least seven times a day.
3. A person's brain experiences a brain frequency shift. A hypnotized person is in a heightened state of awareness where they are more open to suggestions and ideas.
4. You can never make a person do something that they don't want to do while under hypnosis.

Nine Suggestion Types

There are different suggestion types that will be more effective on different people. We are going to break these suggestion types into Direct & Indirect Suggestion Types.

Direct Suggestions

1. **Instructional Suggestions:** Giving direct and simple suggestion.

Example: *“Your Arm is Lifting.”*

2. **Cognitive Suggestions:** Using the mind/ intellect to activate a suggestion

Example: *“Think about your arm lifting.”*

3. **Imaginative Suggestions:** Commanding the imagination to activate the suggestion

Example: *“Imagine your arm lifting.”*

4. **Sensory Suggestions:** Engages one of the five senses.

Example: *“Feel your arm lifting, See your arm lifting.”*

5. **Imaginative Metaphors:** Using metaphors by means of implying the suggestions.

Example: *Imagine a bright red balloon lifting your arm.*

Indirect Suggestions

6. **Embedded Suggestions:** Suggestions embedded into sentences.

Example: *“In the morning it feels good to reach up and stretch out your arms”*

7. **Associational Suggestions:** Encouraging similar experiences in the past.

Example: *“When you sneeze your hand reaches up to cover your mouth.”*

8. **Situational Suggestions:** Similar to Associational Suggestions. Focusing on the situation that the suggestion would naturally occur in.

Example: *“There’s something in your teeth.”*

9. **Implied Suggestions:** You imply/describe the effect in different ways.

Example: *“You could lift your arm.. or experience it lifting by itself.”*

Hypnotic phenomena

Hypnotic phenomena are natural occurring phenomenon's that happen in everyday life. When a person is hypnotized, we can recall this phenomena whenever we want, provided that the person is in somnambulism. When eliciting hypnotic phenomena, we want to *access a reference experience*. We want to give them an example of a similar situation they might have had in everyday life. You can also *incorporate imagery* into the suggestion, making it even more powerful. Below you will find some of the most popular hypnotic phenomena.

Muscular catalepsy: The making stiff and rigid of a group of muscles so that they will not bend or move through a given suggestion.

Example: *“Your hand is now stuck to the table it is becoming part of the table. Imagine glue sticking your hand to the table now. Notice as you press your hand down on to the table.”*

Automatic Movement: The subconscious movement of a body part.

Example: *“Imagine or pretend that there is a very powerful, very strong balloon pulling your hand into the air now. Lifting your hand up quickly and easily.”*

Amnesia: The inability to recall certain past experiences or memories.

Example: *“You have forgotten things in the past, is that correct? Can you remember what that was like when you couldn't remember what you needed to remember? When I count to three you will try to remember what your name was but you won't be able to remember.”*

Anesthesia: The inability to experience pain or discomfort without the use of chemical anesthesia.

Example: *“Has your arm ever fallen asleep? It's kind of cool because your arm is numb and you can't really feel anything. Im going to run my hand down your arm three times with each swipe it's going to become number and number by the third time you won't be able to feel any discomfort on that arm.”*

Sensory change: Almost instantaneous change in senses, such as hot/cold.

Example: *“I want you to imagine that your hand is in a cold bucket of water and your hand is becoming very, very cold.”*

Positive Hallucination: The ability to see something that is not in reality.

Example: *“In life our minds play tricks on us. We see a person standing in the darkness. When we look at the outline of the person and we can see that it is the outline of a man. When you open your eyes you will see a dog sitting on the floor.”*

Negative Hallucination: The ability to not see something that is in reality.

Example: *“When you open your eyes, you will not be able to see your hand. It will be completely gone, and you will be able to see right through it, just like you look through a window; even though the glass is there, you can see right through it, that’s how your hand will be.”*

Note: The given examples do not guarantee eliciting the phenomena; however the reference experiences and the imagery greatly increase your chances. Use your own reference experiences and imagery and make them work for you.

Review

1. Access a reference experience.
2. Incorporate Imagery

Notes

Depth Testing

The topic of trance depth is very controversial. Many people say that there is no such thing as trance depth, while others argue that there is a depth to trance. If there is such a thing as depth of trance, we need to know the states are. When testing for the trance depth, we hypnotize the subject, then use hypnotic phenomena to know how deeply hypnotized the person is. Listed below are the states of hypnosis and the tests done to insure that depth has been achieved.

The States of Hypnosis

Light

The first state of hypnosis is called “light”. In my experience, by the time you have finished your Pretalk and done some imagination games with the person, you have already achieved a light state of hypnosis. The way we test to see if we have a light state of hypnosis is by using *muscular catalepsy on a small group of muscles*, such as the eyes or the fingers.

Example: *“Squeeze your eyes together, you will find the harder you try to open your eyes, the more they begin to lock, tighter and tighter and tighter. The harder you try to open your eyes, the more they begin to lock tighter and tighter.”*

Medium

The second state of hypnosis is called “medium”. We test for a medium state of hypnosis by using catalepsy of a larger group of muscles, such as an arm or a leg. If we can successfully achieve *muscular catalepsy on a large group of muscles*, we have a medium state of hypnosis.

Example: *“I want you to hold your arm out in front of you as far away from your body as you can. Make a fist, and close your eyes. I’m going to tap you on the arm, with each tap, your arm starts to lock tighter into that position. The muscles begin to lock, tighter and tighter, it’s becoming stiff and rigid like a steel bar.”*

Somnambulism

Dave Elman once said, “The only good thing about the light and medium states of hypnosis is you have to go through them to get to somnambulism”. That being said, somnambulism is where you want your subjects to be when doing hypnotherapy or stage hypnosis. In somnambulism, we can illicit any hypnotic phenomena that we want, such as positive and negative hallucinations.

The way we test for somnambulism is with a *suggestion for amnesia & Anesthesia*.

Example: *“On the count of three, you’re going to open your eyes, and when you do, you will not remember your name. The more you attempt to try to remember your name, the more you forget it. Remember to forget; forget to remember your name.”*

Esdaile

The Esdaile State is a very deep state of hypnosis where anesthesia occurs naturally. This is the state in which surgery is performed. In this state, the person somewhat detaches from their physical body, so they have no pain, no stress, no worries. In this state, they do not accept any suggestions except pain control. When attempting to emerge a subject, they typically will not emerge from this state.

To test for this state, we *test for natural anesthesia* without a given suggestion; we test for them *not to respond to simple suggestions, and failure to emerge* from hypnosis. If we have these three things, the person is in the Esdaile State.

The reason why the person does not emerge is because they want to stay in this state. In the real world, the person has pain, stress, and whilst in this state, they are at total peace. The only way to emerge the person is by using what is called “the hypnotic threat”. The hypnotic threat is a technique a hypnotist uses to emerge clients that refuse to emerge. Never actually go through with the threat, it is the person’s right to experience hypnosis. Only use the hypnotic threat as the last resort. Below is the patter for the hypnotic threat.

Hypnotic threat: *“I know that hypnosis feels good. But if you do not emerge from hypnosis, I’m going to make it so you can never experience this peaceful state of relaxation again.”*

Ultra Depth

Very few people have actually gone into this state. Ultra depth is a deep state of healing that carries with it extreme time distortion. When attempting to emerge the person, they will not emerge, not even with the hypnotic threat. The hypnotist instructs the subject to emerge on the count of three, the subject does not emerge. Ten to twenty minutes later, the person emerges as if the hypnotist just finished counting to three. As you can tell, there is an extreme time distortion for the subject.

Here is an interesting story about the power of The Ultra Depth State. There was a physician by the name of Dr. Sorge. Dr. Sorge was able to hypnotize himself and go into the Ultra Depth state. One day he was driving his motorcycle to work, when he drove over a cattle guard, his wheel popped, and his bike flipped. He broke almost every bone in his body; he was in critical condition. They didn't know if he was going to be able to walk again. He was in a coma for a week, and when he woke up, he was informed about his condition. Dr. Sorge hypnotized himself and went into the Ultra Depth state. A week later, he walked out of the hospital, all of his bones had mended, and he was fine.

The way we test for Ultra Depth is *failure to respond to simple suggestions* and *failure to emerge using the hypnotic threat*. The person will emerge by themselves when they are ready.

Review

The States of Hypnosis	
<u>State</u>	<u>Test</u>
Light:	1. Suggestion for catalepsy of small group of muscles
Medium:	1. Suggestion for catalepsy of large group of muscles
Somnambulism:	1. Suggestion for Amnesia 2. Suggestion for Anesthesia
Esdaile:	1. Failure to emerge 2. Failure to follow suggestions 3. Natural Anesthesia
Ultra Depth:	1. Failure to follow suggestions 2. Failure to emerge using hypnotic threat.

Notes

Six Areas for Signs of Trance

There are six common areas you can look at for signs of trance. You want to notice how the person was before you hypnotize them so you can compare. You want to notice any change in the individual. You want to combine depth testing with these six areas of trance to ensure the person is hypnotized. Most of the signals cannot be faked. If they can be faked, the majority of the population would not know how to fake them.

1. **Tonality:** typically the individual's speech becomes slower and softer. Make a mental note of how their speaking beforehand.
2. **Eyes:** When doing the imagination games, you can have the person close their eyes, and typically their eyelids tend to flutter. In somnambulism, the eyes dart back and forth below the lid. The eyes will tend to water; the whites of the eyes appear red. These are unconscious signals and cannot be faked.
3. **Facial Changes:** Typically, the persons face will appear very smooth or relaxed. Some people appear to be concentrating, and their forehead will be wrinkled. The skin may appear pale or red, the lips appear relaxed.
4. **Breathing:** When a person is hypnotized, their breathing slows, and then may suddenly change into deeper breathing, or vice versa (shallow breaths). Watching a person's breathing is one of the easier signals to observe. Simply watch the shoulders rise and fall, and listen for the change in respiration.
5. **Body:** The persons' body will appear relaxed, but this can easily be faked. We want to use unconscious feedback. Large areas on the body, such as the hands or the arms, may appear red as the skin capillaries expand allowing more blood to flow to the skin.
6. **Movement:** A hypnotized person is typically not fidgety, and does not readjust themselves. If you ask them to raise their hand, it should be slow and rather jerky. But this is not always the case. The person tends to have increased swallowing.

Hypnotic Pretalk

In my experience the most important part of a hypnotic event is the Pretalk. A Pretalk is given to the audience and potential volunteers before a Hypnotic Induction. The Pretalk is give for several reasons.

1. Educate
2. Build trust & rapport
3. Build expectation of being hypnotized.
4. Dispel fears, myths & misconceptions

1. Educate

We want to educate the people we are doing hypnosis with. You need to prove to your audience that you know what you're talking about and what you're doing. Think about hypnosis like a dentist's office. Would you want to get your teeth worked on by a dentist who doesn't know what they're doing? The same goes for hypnosis if you don't seem to know what you're doing people won't want to be hypnotized. To educate your audience, memorize any information that you find important from Page 8 and 9. Then explain what hypnosis is to your audience.

2. Trust & Rapport

When you're hypnotizing a person, that person has put their trust in you to keep them safe and give them a positive experience. Rapport is a strong liking between people. It's almost like you're on the same wave length. You have rapport with parents and friends. Rapport happens very naturally. The best way to develop rapport, is to assume you have it. Pretend that this person is your best friend, and your playing a game that you don't know each other. This is a very effective technique.

3. Build Expectation

The rule of the mind is... "What the mind expects to happen tends to be realized." So when you are doing hypnosis, you want to build an expectation that the person will be hypnotized. You want to get them excited to the point that when you do your induction they know they will drop into hypnosis easily. You can build expectation by simply implying that they will go into hypnosis. Notice the language in the example below. The whole time Im implying that they will go into hypnosis.

Example: *“You’re going to love it when I hypnotize you. Hypnosis feels great; you’re going to be so relaxed! Would you like to go into hypnosis in this chair or on the couch?”*

4. Dispel Fears, Myths & Misconceptions

Take a minute to think back to the first time you ever heard about a hypnotist or a hypnosis show. More often than not you had a fear pop into your head. The same is true with other people. Many people have their own individual fears about hypnosis. Below are some of the most common myths and Misconceptions about hypnosis. Explain to your audience that there are many myths and misconceptions about hypnosis, and then dispel them by using the information below. It’s best if you memorize some of the most common myths and misconceptions about hypnosis, that way you look like you know what you’re talking about.

Common Myths & Misconceptions

- **Only stupid people can be hypnotized:** Wrong! It’s actually the opposite. The smarter the individual is the easier they can be hypnotized.
- **Hypnosis is dangerous:** Hypnosis is very safe when used by a responsible person that keeps in mind common sense, the safety guidelines & code of ethics.
- **A Hypnotized person is unconscious:** This statement couldn’t be farther from the truth. In fact a hypnotized person is actually more awake and aware than they would usually be. They are in a heightened state of awareness. They can see, smell, hear, and taste better than normal. Nearly everything is better with hypnosis!
- **Hypnosis is mind control:** Hypnosis is not mind control. Hypnosis is a 100% consent state. A stage hypnotist asks for volunteers on stage to be hypnotized. A stage hypnotist creates the Illusion of mind control it. Just like a magician creates the Illusion that he has cut his assistant in half with a saw.
- **You can get “Stuck” in Hypnosis:** Never in the history of the world has anybody ever gotten stuck in hypnosis. Hypnosis and sleep are not the same but they have similar characteristics. Never in the history of human beings has a person gotten stuck asleep. A coma is different from sleep.

- **Hypnosis is weird and mysterious:** Hypnosis is a natural occurring state of mind that we enter into every single day without the use of a hypnotist. We just call it something different, “Daydreaming” “zoning out.”
- **Hypnosis will make you reveal your deepest darkest secret:** Hypnosis will not make you reveal your deepest darkest secrets. You will never do anything that you wouldn’t normally do in hypnosis.
- **Hypnosis is evil and devilish:** Hollywood has taken hypnosis and turned it into something evil and scary. They have made it seem as if a hypnotized person is possessed by Satan. When, in fact, they are experiencing a very deep state of physical and mental relaxation.
- **The Hypnotist has a Magical power:** Being a hypnotist doesn’t make you have a power over other people. In reality, a hypnotist has never hypnotized a person, because all hypnosis is self hypnosis. The hypnotist simply acts as a guide.

Notes

Imagination Games

Imagination games are very useful. *We use imagination games for three reasons, the first being to see who is the most suggestible in the audience. These are the people that we want to work with on stage. The second reason is that imagination games tend to get people to volunteer to be hypnotized. The third reason is imagination games excite the persons' imagination.*

Secretly, imagination games are actually suggestibility tests. However, we do not call them suggestibility tests anymore because a test can be failed. Imagination games are very easy to do. You simply tell the subject that you want to show them how powerful their subconscious mind can be, and then you choose one of the following games below.

Do not read the imagination games from out of the book. This makes you look like you don't know what you're doing. Prior to doing hypnosis, you should read over the material so you have a general idea of what the imagination game consists of. For this to work, it doesn't need to be perfect, you could just wing it. As long as you get the desired result, then you have performed an imagination game successfully.

Balloon Rising & Falling

(The desired effect is having one arm rise and one arm fall.)

“Now I want you to hold both of your arms straight out in front of you. Palms facing down. Now I want you to turn one hand over, palm up. Now in the hand that is palm up, I want you to imagine that you're holding a bucket. Feel the handle of that bucket. Imagine the color of that bucket. Now in that bucket I'm placing a very heavy bowling ball, and that bucket is getting heavier and heavier and heavier. I'm going to tap you on your hand, with each tap that bucket will become ten times heavier.” (Tap as desired)

“Now shift your attention to your other hand. Imagine that I have attached a very strong, very powerful balloon to your wrist. This balloon is lifting that hand up, lifting and pulling, that hand up, up into the air! Rising higher and higher into the air. The higher that hand lifts, the more heavy the bucket becomes. The heavier the bucket becomes, the stronger the balloon lifts your hand up into the air.” Continue giving suggestions, until you get the desired effect.

Eye Lock

(The desired effect is the persons eyes won't open.)

“I want you to close your eyes and relax your eyes to the point that they would not work. When you know that you have relaxed your eyes to the point that they would not work if you wanted them to, I want you to test those eyes. You will find that your eyes just won't work, as long as you hold on to that relaxation, You will not be able to open those eyes until you tap yourself on the head. Now you're in control of when those eye's open and when they are stuck tight. When you tap yourself on the head, your eyes will shoot open but until then you could try to open those eyes but notice that they are sticking tighter down now.”

Magnet Hands

(The desired effect is the out stretched hands pull together.)

“I want you to put your hands about 8 inches apart. Now close your eyes. I want you to imagine that on the palms of your hands are very powerful magnets, pulling your hands closer and closer together. I really want you to imagine that these magnets are pulling your hands closer together, now! Quicker, faster, more powerfully these magnets pull these hands toward each other! I'm going to tap you on the hand; with each tap the magnets become even more powerful, pulling those hands together! When they touch you can open your eyes!”

Trouble Shooting

If you find that you're having trouble with the imagination games, tell the person that it's like riding a bike, you have to learn how to do it. Remind the person that this is an Imagination game, and that they need to imagine! Have the person re-try the imagination game until they succeed, or move to a different one. There are different games that work for different people. Keep working with them and eventually you will succeed!

Notes

Getting Volunteers

Getting a person to want to be hypnotized is one of the most important parts of a hypnotic interaction. Lucky for you, it is one of the easiest parts of a hypnotic interaction. It's very rare that you will meet a hypnotist in your everyday travels. When people think of hypnosis, they tend to think a hypnotist with a mind control power, up on stage hypnotizing his volunteers for comedy purposes. For this reason, many people are very interested in hypnosis. For you, this is a very good thing. If people are interested in hypnosis, they will often want to be hypnotized.

Confidence

*One of the most important things to do when asking for volunteers to be hypnotized is to project confidence! The best way to get confidence is to study and perform hypnosis. When you're doing hypnosis use the old cliché, "Fake it till you make it!" When you are announced as a hypnotist, within the first five seconds, the audience will judge you. They judge you based on your appearance and qualifications. You want to be able to get up on stage and begin to talk about hypnosis confidently. *Act like you're the best hypnotist in the world and project that confidence to your audience!**

Getting the Volunteer

The very best way of getting a volunteer to be hypnotized is by simply asking them, "*Have you ever wondered what it would feel like to be hypnotized? Would you like to be hypnotized?*" You want your volunteers to say "Yes" out loud. If they say "No", don't take it personally. There are some people that are afraid of hypnosis. If they don't want to be hypnotized, don't waste your time. You will be fighting an uphill battle. There are plenty of people that would love to be hypnotized. In my opinion, being hypnotized is a gift you're giving the person. You're letting the person experience a very intense state of mental and physical relaxation. Every 15 minutes in a hypnotic state is equal to 1 hour of night time sleep!

Hypnotic Contract

Once you have a person that wants to be hypnotized, you create a hypnotic contract between you and your subject. In the contract, they are expected to follow your contract, "*I want you to do exactly what I say, automatically without thinking. If you do this, in return I will keep you safe from harm and treat you with respect.*"

Testing for Compliance

Compliance is ensuring the person is following your instructions. Before performing a hypnotic induction, we want to test for compliance. Testing for compliance is simple and easy to do. Simply give the subject several random instructions, and watch how quickly and easily the person responds. The instruction could be anything you want, such as, “Step over here” or “Put your hand on your head”, etc. You want to notice if the person is being hesitant. If the person is being hesitant, they may still have a fear you need to clarify for them. Once the person is quickly and easily following your instructions, you have compliance. The theory behind this is, with each suggestion or instruction the person accepts, the next one becomes easier and easier. So when you do your hypnotic induction, the person is more likely to accept the suggestion of going into trance.

Getting Volunteers Process

1. Project Confidence
2. Ask the person if they would like to be hypnotized
3. Get the volunteer to say “Yes I want to be hypnotized”
4. Perform Hypnotic contract
5. Test for compliance

Notes

Hypnotic Inductions

When a hypnotist hypnotizes people on stage, he uses an Induction to induce a hypnotic trance on their volunteers. The hypnotic induction actually starts when you first begin talking to an individual about hypnosis. What happens when you hear the word “Red Ball?” For you to understand the word you have to either imagine what a red ball would look like, or have to remember an experience when you saw a red ball. When you hear the word “Hypnosis”, you can’t imagine something so for your mind to make sense of the word “hypnosis” you have to experience it.

The point I’m getting at is when you’re talking to a person about hypnosis they are already in a state of hypnosis, you just have to prove it to them. When the actual “Induction” happens, it’s simply a ritual performed by the hypnotist to convince the person that something hypnotic is occurring. The truth is anything can be a hypnotic induction.

Charles Tebbets Six Induction Techniques

Charles Tebbets came up with several induction techniques that almost all hypnotic inductions include. Each one of these techniques has their own unique way of assisting the hypnotist induce a trance. The more of these techniques you incorporate into a hypnotic induction, the better.

Confusion:

When you confuse a person enough, they become overwhelmed with message units. The person cannot make sense of what is being said and will accept any suggestion suggested by means of escaping confusion.

Eye Fixation:

When you stare at something for a long time, you tend to enter into a natural state of hypnosis. When the hypnotist has the person stare at something above eye level, it becomes very tiring for the person’s eyelids.

Misdirection:

When you direct a person’s attention elsewhere, their conscious mind is focused on the task at hand so you can have a better chance of inserting suggestions without conscious interference.

Loss of Equilibrium

When a person is off balance, the conscious mind is focused on regaining balance, making a perfect opportunity to insert a suggestion with little conscious interference.

Shock of the Nervous system

More than likely someone has scared you and made you jump. This person successfully shocked your nervous system. When you shock a person's nervous system, their brain scrambles to figure out what's going on, providing you a small amount of time to insert a suggestion.

Physical & Mental Fatigue

You can use fatigue to limit the persons focus on what you're doing and more on the fatigue. An effective way of using fatigue is having someone hold their arm up for long periods of time. That way when you say the "sleep" command, they are very happy to go into trance because they can finally relax their arm. You can also incorporate it into a deepener.

Types of Inductions

Instant Induction: An instant induction is to take a willing volunteer that is wide awake and hypnotizing them in ten seconds or less.

- Arm Drop Induction (Page 33)
- Arm Pull Induction (Page 33)

Rapid Inductions:

A rapid induction is taking a willing volunteer that is wide awake and hypnotizing the person in four minutes or less.

The Dave Elman Induction

The Dave Elman Induction is a very gentle and popular rapid induction. The Dave Elman Induction is most effective when the induction is completed within 4 minutes or less, and it consists of 5 key components.

1. Eye Closure
2. Body Relaxation
3. Fractionation
4. Arm Drop Deepener
5. Suggested Amnesia

Progressive Muscle Relaxation: Hypnotizing a person by the use of relaxing the person's muscles, usually takes twenty to thirty minutes.

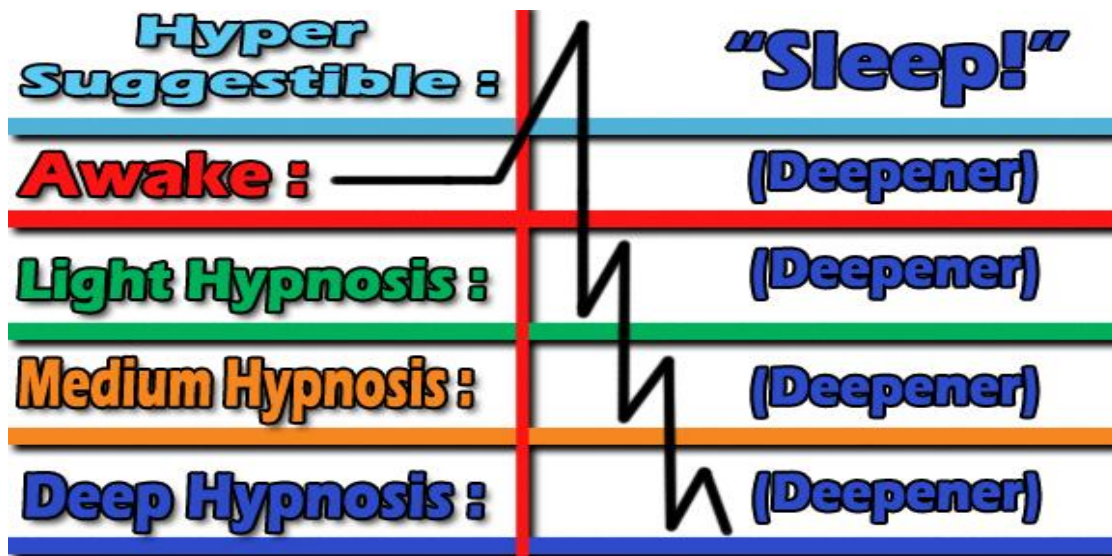
Instant Inductions

A Hypnotist uses the word sleep along with the induction to induce a hypnotic trance. We use the word sleep because it's easy to say and it resembles what we want the person to do. So basically when we say "sleep" it means close your eyes and act like your asleep. When doing Instant Inductions, you should explain to the person what will happen when you say the word sleep. Example: *"When I say the word sleep your eyes will close and you will be deeply hypnotized."*

Physiology behind Instant Inductions

The diagram below illustrates the physiology behind instant inductions. The different colored lines illustrate different depths of hypnosis. The black line represents the person. Look at the black line and notice that it suddenly shoots up this represents the shock to the nervous system, causing a hyper suggestible state for about an 8th of a second. While in this hyper suggestible state the person's critical factor is bypassed. So we quickly give the command "sleep!"

They then enter into a state of hypnosis and we deepen them down immediately following the "sleep!" command. You will notice that the black line moves up and down. This represents the person coming up from the state of hypnosis. Once the person is in hypnotic state, they will begin to come up from that state. In order to maintain the hypnotic state, we deepen them further down--that way when they begin to come up again they are still in a hypnotic state and not in the awake state.



Arm Drop Induction

Explain to your subject that they are going to press down against your hand while you will be pressing up against their hand. Tell them that you're going to count to three. With each number tell them to press harder. When you reach three they need to press as hard as they can. As you're slowly counting to three, encourage the person to press harder. Between each number, distract the person with multiple things at once.

Example:

“One: press harder now as you focus on your breathing.”

“Two: press harder now as you become aware of the sensations in your body”

“Three: press hard now focus on your breathing and the sensations in your body”

When the person least expects it, move your hand out from underneath theirs and command the word *“Sleep, deeper and deeper...!”* Follow the sleep command with a deepener immediately after.

Note: This induction is most effective while sitting in a chair. While they are pressing down against your hand, put your elbow on your leg to help brace the weight of them pressing down. Make sure the persons hand is not above their genitals. When you move your hand, their hand will come down and hit hard. Always be prepared to catch the person.

Arm Pull Induction

Explain to your subject that you want them to let their arm be loose and limp, and not to let them help you lift it. Lift their hand and move it back and forth, it should be very loose and limp. *Tell them that their legs will be able to support them at all times.* While holding their hand, instruct them to step forward and put their feet together. Put your other hand on the back of their neck or shoulder, use some misdirection, and at some point give a slight jerk by pulling their arm down and giving the command, *“Sleep, deeper and deeper and deeper.”* Follow up with a deepener immediately after.

Note: This induction can be used standing up or sitting down. When you pull their hand, you are not jerking it out of its socket, it's a very gentle pull that is sudden, that gets them into trance. Always be prepared to catch the person.

The Dave Elman Induction

Eye Closure

“Take a deep breath. As you let it out, close your eyes and relax. Now, become aware of your eye muscles. Relax the muscles in and around your eyes. So completely, that as long as you maintain that relaxation, your eyes just won’t work. Not because I say so, but because you are relaxing them now to the point that they just won’t work. When you know... that you have relaxed your eyelids to the point that they just won’t work, attempt to try to open them. You will find that they are just stuck tight and they won’t open. Go ahead, attempt to try to open your eyes, try hard. (Watch for attempt) Good, stop testing, and go deeper.”

Body Relaxation

“Take that same quality of relaxation in your eyes, and allow it to spread from the top of your head down to the tips of your toes, when you’ve done that, nod your head yes. (Wait for nod) Good. And go deeper.”

Fractionation

“In a moment, not now, but in a moment I’m going to ask you to open your eyes and close them again. When you close your eyes, just go 10 times deeper into relaxation. Open your eyes now close your eyes. (Pause) Go 10 times deeper. In a moment, I’m going to ask you to open your eyes and close them again. This time,

just double your relaxation. Open your eyes now close your eyes. Good, now double that relaxation. (Pause) That's right, you're doing perfect.

Good. In a moment I'm going to ask you to open your eyes and close them again. This time, go as deep as you can go, and then go deeper. Open your eyes now close your eyes. All the way down now. Good.” (Pause)

Arm Drop Deepening

“In a moment, not now, but in a moment, I'm going to pick up one of your arms by the wrist. If you've followed instructions so far, your arm will be so loose and limp like a wet dish rag. Now don't help me lift it, let me do all the work. I'm going to lift your arm up just a few inches and then drop it, when I do, just allow it to take you much deeper relaxed (pick up the arm and drop it). Good, and go much deeper. Each time I pick up your own arm and drop it, allow it to take you and your unconscious now mind much deeper into a profound state of relaxation.”
(Repeat arm drop a few times).

Suggested Amnesia

“Good. Now that's all the physical relaxation that we need, let's add mental relaxation to it. In a moment, I'm going to ask you to begin counting from 100 backwards. Allow each number you say to help your mind to grow more and more relaxed, calm and serene. You'll find that within just a few numbers, your mind can grow so relaxed, that all rest of the numbers just fade away, grow dim and

distant, become quiet and disappear altogether. When that happens, notice how good it feels. You'll count backwards in this matter. 100...99....98.....(say slowly, in time with each of their exhales) allowing each number to relax your mind so completely that it by the time you reach 97 or sooner, all the rest of the numbers will just disappear altogether.

Begin counting backwards from 100...

"100"

"Good."

"99"

"Relaxing more and more."

"98"

"Now just allow them to disappear completely.

Are they all gone?

(Wait for response)

Good."

- End of induction –

(Follow up with a deepener)

Deepeners

When a person is hypnotized their brainwave frequencies fluctuate. This is where deepeners come into play. Deepeners are performed once the volunteer is in a state of hypnosis. We want to deepen that state to maintain trance. A deepener is a suggestion said to the person telling them to go deeper into trance. The truth is a person can't go deeper into a trance. We are not really deepening anything. A deepener cause's a person to become more and more suggestible. The more suggestible, the better the hypnotic subject is.

That being said, anybody can become a great hypnotic subject! We just need to expand their suggestibility through the use of deepeners. Listed below you will find a list of deepeners and a description and several brief examples. You do not need to follow the example word-for-word, it is more important to focus on the concept of the deepener.

Number Deepeners

Number deepeners are very simple and easy to do. You simply suggest that the person goes deeper and deeper with each number that you say. This deepener is most effective when you say the number as your subject exhales. You can also incorporate visual such as writing on a chalkboard.

Patter: "Im going to count from 10 to 1. With each number I say, allow yourself to relax and let go, and go deeper into trance now. 10, 9, 8,7 going deeper now 6, 5, 4, deeper relaxed now 3, 2, 1 all the way down now."

Patter: "I want you to count down, out loud, very slowly, very calmly, from ten to one, and after each number, say deeper asleep."

Situational Deepeners

Include different situations such as staircases, escalators, walking on the beach, ect., to help the subject go deeper into trance. These can also be incorporated with number deepeners.

Patter: "I want you to imagine yourself at the top of a staircase. I am going to count down from 10 to 1, with each number that I say I want you to take a step down. With each step that you take down, go deeper and deeper into trance now..."

Patter: *“I want you to imagine yourself on a relaxing beach, you’re looking out at the sunset, and you can feel the warm sand between your toes, the sun on your skin and a warm wave of relaxation come over your body, and allow that warm wave of relaxation to take you deeper and deeper relaxed now.”*

Utilization

In my opinion, the best deepener is called utilization. This simple principal works very well. When deepening the subject you simply utilize the surroundings or their responses and suggest that they go deeper because of it.

Patter: *“As you breathe in and out and your heart is beating, and you can feel your body pressing down against the chair, you can go deeper & deeper relaxed now...”*

Patter: *“In a moment, not now, but in a moment, I am going to pick up your hand and drop it. When I drop your hand, just relax much more.”*

Sounds around you Patter

The sounds around you patter is a simple utilization technique. Most people think that to get hypnosis the environment has to be quiet. This is not true. If you think about it, you’re a hypnotist; you can manipulate your environment to be beneficial to you. This is where the sounds around you patter comes in handy. We take the sounds around a person and cause them to deepen a person. This way, the sounds are not a distraction, they are assisting you. Listed below are some “sounds around you patters.” (Note you can just make something up, it will work fine)

Patter: *“Any sounds that you hear inside or out makes it easier and easier, for you to listen to my voice and follow my suggestions. Any sounds that you hear causes you to go much deeper into trance, because the deeper you go the better you feel and the better you feel the deeper you go!”*

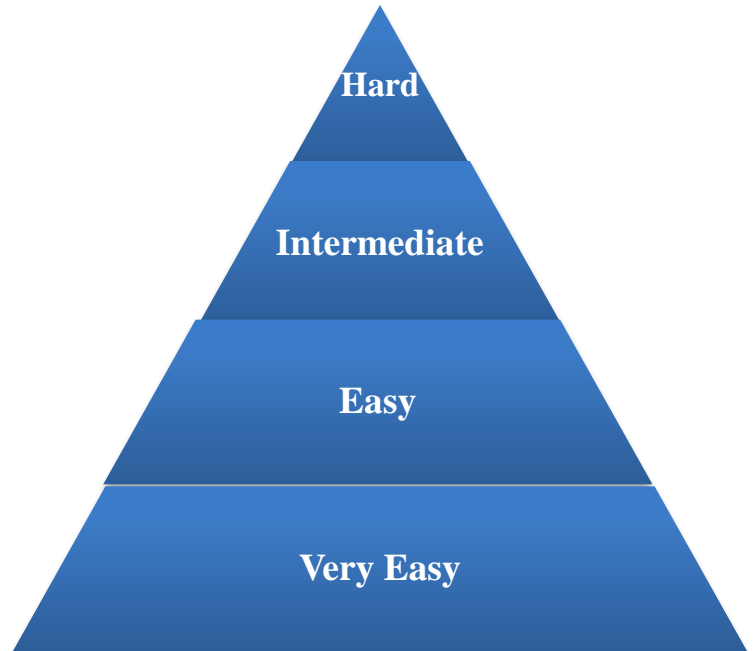
Patter: *“Just allow all the sounds around you to cause you to go deeper and deeper into a wonderful and peaceful state of hypnosis. Letting all the sounds around you guide you deeper and more profoundly relaxed. These sounds that you hear do not effect or disturb you in anyway. These sounds cause you to go much deeper relaxed.”*

Hypnosis Skits

If you have ever seen a stage hypnosis show you may have noticed that the Stage Hypnotist never starts off his show with a Britney Spears dancing skit, or Aliens on Mars skit. He saves these skits for the very end of the show. There is a reason why he is doing this. It's not because he wants a big finish for his show. When doing hypnosis we have to work our way up to the more complicated suggestions. This process is called "pyramiding suggestions".

When pyramiding suggestions, we start off with a simple skit such as automatic movement and making the hand rise into the air. We then move to something a little more complicated such as Muscular catalepsy, or making them stick to an object. You then move to a Hot & Cold skit. From here you could move to amnesia and make them forget their name. So basically *we start off with very easy suggestions then advance to harder suggestions.*

There are lots of hypnosis skits out there, if you jump onto Google.com, you will be able to find a bunch of skits.



Hypnosis Skits

Stiff Arm: Extend your arm out in front of you. You're arm is becoming stiff and rigid and it will not bend.

Arm Floating: Your arm is floating into the air as if a balloon is lifting that hand up, lifting, pulling, tugging higher and higher into the air.

Hot/Cold: Instruct the subject that they are becoming either hot or cold. You can either place them on a warm beach, or in Antarctica.

Good smell/bad smell: Instruct the subject that they smell either a good or bad smell.

Forget name: Tell the subject that they cannot remember their name

Forget Gender: Subject cannot remember their gender.

Lost Belly Button: Inform the subject that someone has stolen their belly button, and they need to find it.

Race Car Driver: Tell them they are driving the world's fastest race car.

Hairy Body: Tell the subjects that their body is becoming increasingly more hairy.

Stuttering: Instruct them that the harder they try to say their name, the more they stutter.

Lottery: Tell the subject they just won the lottery and they need to celebrate.

Speaking Japanese: Can only speak in Japanese.

Michael Jackson: Instruct a subject that they are the king of pop himself, Michael Jackson.

Bad Name: Instruct the subject that whenever someone says their name, they think it is a very bad swear word.

Bragger: Instruct them that they are the biggest bragger in the world.

Hot Chair: Tell the subject that whenever you snap your fingers their chair becomes very hot until you snap your fingers.

Movie: Tell the subject that are watching a movie that changes from scary to funny or whatever you want.

Famous Celebrity: Tell the subject that someone in the audience is their favorite celebrity and the subject is their biggest fan.

Invisible: Tell the subject that you have just turned invisible and they can't see you.

Emerging

When you bring someone out a hypnotic state it's called emerging. People do not wake up from hypnosis, they wake up from sleep. People emerge from hypnosis. Emerging a person from hypnosis is very simple. All you need to do is count the person out of hypnosis. Tell the person that they will be wide awake on a certain number. When emerging a person speak with energy in your voice! Suggest positive suggestions of how wonderful the person will feel. Be certain to remove any undesirable suggestions prior to emerging the subject.

Emerging Patter

“Now (Persons Name), Im going to bring you out of hypnosis. We are removing any previous suggestions that were implanted. Im going to count from one to five, and on the count of five you will be wide awake feeling wonderful, feeling amazing, from the top of your head to the tips of your toes! Feeling like you have had a nine hour nap a seven hour massage feeling completely relaxed and refreshed and rejuvenated!.. Do you understand? Alright here we go!

One... takes a deep breath in and exhale when you're ready...

Two... take another deep breath in and hold it... as you exhale let all the negative tension leave your body...

Three... take a deep breath in... feel energy flow through your entire body...

Four... becoming more and more aware of your surroundings...

Five... wide awake feeling wonderful feeling completely relaxed and refreshed! Feeling better than you have felt in a long time...”

Stuck In Hypnosis

What do you do if the person doesn't emerge from hypnosis? *First off, a person cannot get stuck in hypnosis.* If you attempt to emerge the person and nothing happens, just redo it. If that fails simply ask the person why they didn't emerge. Maybe the person didn't understand your instructions.

Hypnotic Hangover

The hypnotic hangover occurs when you emerge a person from hypnosis too quickly. When a person gets emerged from hypnosis too quickly they may feel tired, sick or have a headache. When you emerge the person ask the person how they feel. If they have the symptoms of the hypnotic hangover simply walk up to them say sleep and bring them out of hypnosis slower.

Emerging Process

1. Speak with energy in your voice!
2. Remove any prior suggestions that may cause any undesirable effects.
3. Suggest positive suggestions of feeling good once the emerging process is complete.
4. Instruct the subject that they will be emerged from hypnosis when you count to the number.

Notes

Recommended Products

Thank you for reviewing my advanced hypnosis manual. In return, send me a link to some of your materials or websites. I will post them in this section of the book.

Sincerely,

Tyler Guest

If you're interested in adding some bonus material to the book, send me a message on Facebook or my email.

SASRosco03@Hotmail.com

Instant & Rapid Inductions Products

Sean Michael Andrews Instant & Rapid Inductions
http://www.worldsfastesthypnotist.com/store_tg.html

Hypnotherapy Training Products

Gil Boyne's Advance Online Hypnotherapy Training Program!
<http://www.gilboyneonline.com/register/?hop=sasrosco03>

Jeffery Stephens 20 Minute Hypnotherapy Training Program!
<http://www.hypnosis-mentor.com/live.php?hop=sasrosco03>

Hypnosis T-Shirts

<http://www.zazzle.com/sasrosco03>

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About the Author



Rapid Trance Formations.com is owned by Certified Hypnotist Tyler Guest. Tyler has been doing hypnosis since he was fourteen years old. When Tyler was seventeen years old, he became a Certified Hypnotist. Today, Tyler is recognized as one of the world's leading teenage hypnotists. He also holds the title of "Utah's Youngest Professional Hypnotist." Tyler performs often at local comedy clubs and High Schools. Tyler has a passion for Hypnosis and wants to share it with others around him.

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