

# **Rapid Trance Formations Basic 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 than 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.

# 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. Some of the African tribes of today 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.

## Hypnosis Today

Hypnosis is widely accepted by most people in the world today. Hypnosis was first recognized by the American medical association in 1952. 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.

Hypnosis has also 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. Hypnosis that is used to help a person change something in there life is called Hypnotherapy. Hypnotherapy is commonly used to assist people to stop smoking and lose weight. The most popular form of hypnosis is called stage hypnosis. Stage hypnosis involves a hypnotist hypnotizing volunteers on stage for entertainment purposes.

## Key Figures

- Franz Anton Mesmer
- James Braid
- James Esdaile
- Dave Elman
- Milton Erickson
- Ormond McGill

# 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 12

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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 14

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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**

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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 18

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The hypnotic induction induces the hypnotic state.

1. Dave Elman Induction

## ➤ **Deepeners**

Page 22

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We use deepeners to deepen & maintain the hypnotic state.

1. Number Deepener
2. Utilization Deepener

➤ **Hypnosis Skits**

Page N/A

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We use skits as a way of entertaining an audience.

➤ **Emerge**

Page 24

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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.

**Notes**

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# 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 in your life, 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 in action. 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.

### **The Moral and Ethical Code**

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.

## 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 given for several reasons:

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

## 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.

## 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. 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.

**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.

**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 such as "daydreaming" or "zoning out."

**Hypnosis is dangerous:** Hypnosis is very safe when used by a responsible person that keeps in mind common sense, the safety guidelines, and the code of ethics.

**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

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# 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**

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# 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**

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# Hypnotic Inductions

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 hypnosis, 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 are 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.

## Types of Inductions

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

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

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

## The Dave Elman Induction

The Dave Elman Induction is a very popular Rapid induction. The Dave Elman Induction is most effective when the induction is completed within 4 minutes or less. The Dave Elman Induction Consists of 5 key components:

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

# 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 causes 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.

*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."*

## 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 1**

*"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!"*

## **Notes**

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## Emerging

*When you bring someone out of a hypnotic state it's called emerging. People do not wake up from hypnosis, they wake up from sleep. When we say sleep we don't mean night time sleep, it means close your eyes and act like your asleep. The word sleep reflects what we want people to do. Therefore, 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), I'm going to bring you out of hypnosis. We are removing any previous suggestions that were implanted. I'm going to count from one to five. 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, 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 relaxed and refreshed.
4. Instruct the subject that they will be emerged from hypnosis when you count to a specific number.

## **Notes**

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## **Recommended Products**

### **Instant & Rapid Inductions Products**

Sean Michael Andrews Instant & Rapid Inductions  
[http://www.worldsfastesthypnotist.com/store\\_tg.html](http://www.worldsfastesthypnotist.com/store_tg.html)

### **Street Hypnosis Products**

Reg Blackwood's Streetnosis Course  
[http://streetnosis.com/wp/?ap\\_id=SASRosco03](http://streetnosis.com/wp/?ap_id=SASRosco03)

### **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>

## **You tube Channels**

<http://www.youtube.com/SASRosco03>  
<http://www.youtube.com/user/UtahHypnotist>  
<http://www.youtube.com/user/glenelg1>  
<http://www.youtube.com/user/BrizyComics>  
<http://www.youtube.com/user/quintroon>  
<http://www.youtube.com/user/hypnosis101>  
<http://www.youtube.com/user/michaelcanthony>  
<http://www.youtube.com/user/KeysToTheMind>  
<http://www.youtube.com/user/pokerwithoutcards>  
<http://www.youtube.com/user/HypnotistMarcSavard>  
<http://www.youtube.com/user/RapidTranceFormation>

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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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